

Nanba is the Art of Physical Finesse, and Nanba Walking is a fundamental way to practice it. Nanba is found throughout the Japanese traditional arts, and has applications which range from martial arts, to music, to physical exercise, and daily movement.

The benefits of Nanba Walking are increased energy, increased efficiency in performance, greater awareness and enjoyment of body movement.

We conduct training each month in Nanba Movement, where you can meet and learn directly from the founders and chief instructors in this method. Check the calendar in the left hand column for announcements of the next monthly Nanba training session.

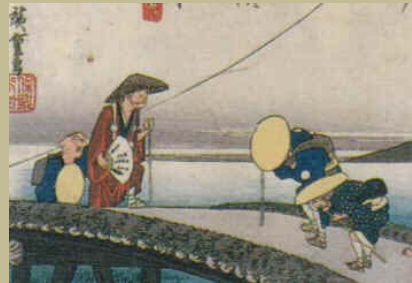
Although Nanba movement is natural and sustainable at any age, it is an art which is easier to learn when you follow certain fundamental principles. To make Nanba easier to understand and practice, I produced an article which summarizes the **Seven Secrets of Nanba Walking**, which you can download at the website shown below right.

At Toho Gakuen, where we teach Nanba movement, we created a video which demonstrates Nanba Walking, and to which I added captions to illustrate the Seven Secrets. I posted this video on YouTube, which you can watch to better understand the principles in the article. The music was improvised on the piano by a student at Toho Gakuen, where we apply Nanba Movement to music, dance, and martial arts.

Nanba Secrets



Nanba runner as the logo for Sagawa Kyubin



Hiroshige woodblock print



Renaissance nanba man

*Nanba is a movement filled grace
Which runners used for increased pace,
Samurai would train to perfection
So to disguise their own protection;
Dancers too, and farmers toiling
Save energy from over boiling,
Artists, craftsmen and merchants too
Improve their services to you.*

*So let me whisper to you here
If you would kindly lend an ear,
Some secrets of the Nanba way
Which you can practice every day;
With this you will soon increase
Your physical moves with ease,
Release the tension as you move,
With finesse you can hit the groove.*

*Turn your body without a twist,
Keep all together, foot to wrist,
Shoulders should be aligned with hip;
And please don't let you posture slip,
Step with hand and foot together,
Break the old habit forever,
Right foot forward, with palm to floor,
Foot rises, palm turns up once more.*

*Connect your body high and low,
Many don't so it breaks the flow;
Movement connected as a whole
Gives grace and power, that's your goal,
Step forward softly and with speed,
Be supple like a cat, take heed,
Keep relaxed and make no sound,
You'll find new energy abound.*

*Our bodies full of natural rhyme,
Breathing, heart beat all keeping time,
The way we walk, talk and behave,
Energy emits in a wave;
Let music dance in your feet
Blending to a natural beat,
Small steps show an elegant gate
To move at pace, so never late.*

*These are the secrets to success
To give you poise and great prowess,
Stimulating body and mind
In activities of every kind;
Try hard to practice when you can,
Poor habits from your routine ban,
In daily life and martial arts
Improve your style in all these parts .*

Verse by Hugh Purser

