

Urban Awareness

Michael André-Korbl



Background Information

Version: 1.2

Date: April 2026

Ort: Freiburg

© Any partial reprinting, reproduction, microfilming, translation, or storage and processing in electronic media is permitted only with the express permission of the author.

Contents

Background Information	2
Contents	3
Foreword	9
Awareness Theory	12
Part 1: General Information	12
The connection to the surrounding area	12
Inner attitude	13
Openness	13
Vigilance	14
Reduce speed – Slow down	19
To be motionless.....	19
Put your worries aside for a moment.....	20
Death as a Teacher	21
Practicing silence	21
Stop analyzing.....	22
The Name Trap	23
The "Taking things for granted" Trap	25

Follow your heart.....	25
Inhibitions slow things down	26
Expectations often lead to disappointment	26
Plunge into life	27
Part 2: The five senses.....	29
Vision	33
Hearing.....	43
The sense of smell.....	49
The sense of taste	55
The sense of touch.....	58
Blind exercises	59
Part 3: Baselines in Urban Areas	60
Primary baseline	60
Part 4: Concentric Circles	80
Preliminary Remarks.....	80
Concentric circles	81
Taboos and Rules of Conduct	85
Part 5: Body Radar.....	102
Preliminary Remarks.....	102

The intimate area.....	104
Threshold	106
Presence.....	108
Part 6: Tools for Mental Awareness.....	112
Preliminary Remarks.....	112
Training the Five Energetic Senses	119
Training the five spiritual senses	122
Practical Application of Training the Five Energetic and Spiritual Senses	128
Awareness Practice.....	131
Part 1	131
Exercise 1 – Living in the Moment.....	131
Exercise 2 – Pausing.....	131
Exercise 3 – Image Awareness	132
Exercise 4 – Rediscovering an Object	132
Exercise 5 – Pros and Cons.....	132
Exercise 6 – Pushing Boundaries.....	133
Exercise 7 – Follow Your Heart	133
Reflection	133

Part 2a – The Five Senses	134
1. Sense – Sight	134
2. Sense – Hearing	135
3. Sense – Taste	136
4. Sense – Smell	137
5. Tactile Sensation	137
Exercise 6 – Body Awareness Meditation.....	137
Exercise 7 – Sensory Meditation.....	137
Part 2b – Review Exercises for Awareness.....	141
Day 1 – Seat	141
Day 2 – Shoes	141
Day 3 – Hair.....	141
Day 4 – Jewelry	141
Day 5 – Hands	141
Day 6 – Voice	141
Day 7 – Smells	142
Summary.....	142
Part 2c – Awareness Rope Course.....	143
Setup	143

Stations:	143
Reflection:	143
Part 3 – The Baselines	147
Exercise 1	147
Exercise 2	147
Baseline Protocol	147
Part 4 – The concentric circles	156
Exercise 1 – District Map.....	156
Exercise 2 – Territorial Laws	156
Exercise 3 – Interview	156
Exercise 4 – Groupings.....	156
Exercise 5 – Personal Space	157
Exercise 6 – Taboos.....	157
Exercise 7 – Alarms	157
Part 5 – Body Radar.....	158
Exercise 1 – Exploring the Threshold	158
Exercise 2 – Exploring the Intimate Zone (Inner Circle of Awareness or Personal Space)	158
Exercise 3 – Sensing Negative Intent	158

Exercise 4 – Finding a Person.....	159
Exercise 5 – Feeling Emotions.....	159
Exercise 6 – Projecting Presence	160
Exercise 7 – Sensing an Ambush	160
Part 6 – Tools for Mental Awareness	162
Exercise 1 – Body Relaxation	162
Exercise 2 – Long-form meditation.....	166
Exercise 3 – Spirit Journey	174
Appendix.....	179
The Fridge Game	179
The Noise Map	179
The One-Minute Game	180
Who's the boss?	181
Rotten Egg	181
The Awareness Bracket	183
Afterword	184

Description:

- Format: DIN A5
- Number of pages: 198
- Binding: Metal spiral binding
- Price: 30,00 € (including shipping costs)
- PDF version: 20,00 € (high-resolution and printable)

Available only from:

Michael André-Korbl
Am Herrengarten 3
D-79224 Umkirch
mak@bujinkan-freiburg.de

How do I order my book?**Print Version:**

- 30.- € Please transfer the funds to the following account:
Michael Andre-Korbl
ING-DiBa Frankfurt
SWIFT-BIC: INGDDEFF
IBAN: DE45500105170367096855
- Or send the money via **PayPal** to mak@bujinkan-freiburg.de
- Send an email to mak@bujinkan-freiburg.de with your name and full address, using "Book Order UAT" as the subject line

PDF Version:

- 20.- € Please transfer the amount to the account above
Or send the money via **PayPal** to
mak@bujinkan-freiburg.de
- Send an email to mak@bujinkan-freiburg.de with your name and full address, using "PDF Order UAT" as the subject line
- As soon as we receive the payment, we will ship the book.



Urban Awareness is a training program designed to sharpen our awareness, with a specific focus on our urban environment and built-up areas. The foundations of this training are rooted in the teachings of Stalking Wolf, the grandfather of Tom Brown Jr., who trained his grandson to be an Apache scout. Tom Brown Jr. founded Tom Brown Jr.'s Trackers School in Waretown, NJ, USA, in 1978. He passed away on August 16, 2024, at the age of 74.

In accordance with Tom's last will, the Trackers School was entrusted to his son, River Brown. River, who grew up immersed in these ancient traditions, has been an integral part of the school since his early youth. As a teacher, tracker, and guardian of the earth for the next generation, he now carries on his father's vision and legacy.

Michael André-Korbl

is a martial artist, dancer, certified educator, and certified physical education instructor.

Since 1973, he has been teaching and conducting research as a martial artist in a wide variety of disciplines. His primary focus in martial arts is Ninjutsu (since 1983) and Bujinkan Ninpo Taijutsu (since 1988). Since 2004, he has been training regularly in Japan for further education at the Bujinkan Hombu Dojo and the private dojos of the instructors there. His rank is Daishi-han (15th DAN Bujinkan Ninpo Taijutsu). He has also been practicing Philippine martial arts regularly since 1985 and the Russian martial art Systema since 2004.

This book was written based on the experiences gained from martial arts training and seminars attended by students of Tom Brown Jr., with the intention of highlighting the importance of awareness in today's daily life and in dangerous situations that may arise.