

Danish Spring Seminar 2024

This spring, on 13-14 April The Danish Shinto Muso Ryu dojo was very happy to welcome Michael Söderkvist to the central island of our small kingdom again!

We were in a different hall with a lovely light to fall on the shomen.

Michael opened with a much-needed overview of history and tradition and teaching praxis, and then we dived into kihon tandoku and kihon sotai.

Everyone tried for *shoshin*, listening and learning as for the first time, and hopefully threw off bad habits under Michael's gaze.

We worked our way through Omote with tough thorough thought, working on form as well as timing/dynamics, and had a little bit of time for Chudan.



New members joined us, but not everyone was present when we took the group photo; below are Marco, Solveig, Michael, Magdalene, Eja and Jørgen Jakob. Jamshid also participated – but not in the photo:



The next visit is already planned, and we will work hard to keep our new, better habits and improve!