

Danish Autumn Seminar 2024

On 18-20 October, the Danish Shinto Muso Ryu dojo was again very happy to welcome our teacher, Michael Söderkvist - and to our great delight, reinforcements arrived from Finland, too! Michael also brought an escort from northern Sweden, and it was wonderful to feel part of a larger whole. This was also reflected in the theme:



(The calligraphy refers to an old proverb, *Travel alone to go fast; to go far, travel together*. From left to right, Asbjørn, Magdalene, Jøgen Jakob, Natalie, Solveig, Michael, Tim, Malviina, Anders, Heidi.)

Due to our guests from Finland and Sweden, the content of this seminar was more advanced than previously. As some of us continued to work hard on our Kihon, Omote and Chudan, Michael pulled others off to polish their skills further.

In our daily practice, we try to implement corrections from seminars, and it was gratifying to be able to arrange a shinsa for four participants (including Heidi from Finland!), confirming that we are not wandering into the wilderness but are making progress along the Shinto Muso Ryu path.

As is our habit, we enjoyed Danish *smørrebrød* at lunch and a wonderful Japanese curry for dinner, and kept up our energy levels with homemade cake for our coffee breaks. All very civilized!

We look forward to welcoming Michael and guest jodoka in the future!