



This time, for our annual course which took place on January 20<sup>th</sup> and 21<sup>st</sup>, 2024 in La Mulatière, we had the great pleasure of welcoming Michel DUCRET & Michel COLLIARD, who also both gave us the pleasure of arriving on Friday evening to lead the Judo class. Almost all the Lyonnais were there and ready to brave the cold (the room was not heated). We worked on the Kihon Tandoku and then the older ones, under Michel's direction, chose according to their level some kata to work on, while Coco supervised the Kihon Tandoku and Sôtai for beginners

The day after, we received reinforcements from Thierry, Sébastien, Pierre and Baptiste, who arrived from Grenoble, and the morning was mainly dedicated to the study of Omote and Chudan. As far as I was concerned, I was entitled to a special treatment (which lasted all weekend), since Coco made me work intensively on the Kihon, the first four series of Jo and the Kusarigama



At half past noon, everyone stopped for the lunch organized by the club. The weather was not good, so it was impossible to picnic outside, and it was even really cold, coffee was welcome!

Good humour too, of course...

The afternoon, after another moment dedicated to Chudan, was mainly devoted to the study of the Tanjo Jutsu series.



In the evening, as usual most of us met at Yves and Nathalie's, and we warmed up around drinks, before enjoying the beef carbonade prepared by Eliane. And we licked the dish!

So, we ate well, drank well, chatted a lot and had a great evening, before going our separate ways quite late, before going back home with guests for those who were hosting practitioners.

On Sunday morning, we followed the same pattern: we first worked together on the Kihon Tandoku, then we split into several groups, working respectively on the Chudan series, Ran-Aï (with a big focus on Ran-Aï Kodachi), and Kusarigama for the more advanced students, before everyone came back together to work on part of the Kenjutsu series. And throughout the morning, there were moments devoted to learning new kata: Ichi Mon Ji and Ju Mon Ji for Pierrick, Ran-Aï Kodachi for Eliane and Marie-Pierre, Kengome for Cécile.

At noon, after a quick last picnic (during which the seats near the only radiator were highly coveted...), everyone went home. Endings of a course are always a bit sad, but if you want to see each other once again, you have to say goodbye at some point!

We just have to wait until next year and, once again, thank you Michel, thank you Coco, for your availability, your patience and your kindness. The Dojo was freezing, but the atmosphere was warm and friendly, and in the opinion of everyone present, it was a really good course! I'd also like to thank all those who helped to make the course a success: the external participants who came with their enthusiasm and their desire to practice, and those from the club who were present and who prepared the course beforehand, and then throughout the weekend!

Nathalie