



4th Ravensburg Jōdō Seminar

From Saturday 26 to Sunday 27 October 2024, Uwe Geiser and his group successfully hosted the 4th Ravensburg Jōdō Seminar.

Jōdō practitioners from groups in and around Germany joined for a weekend of intensive training led by Jan Gerrit Post (FEJ Official Teacher, Shomokuroku). A special thanks for our friends coming from abroad for joining us once again.





With twelve hours of practice in total, both the beginning and advanced students had a lot of time to improve their understanding of the basics; and apply this on their own level in the kata.

The technical focus of the seminar was on the body mechanics of *Kuri tsuke* and *Kuri hanashi*: to leverage the full power of the body structure by proper *Ma-ai*, *Shisei* and *Kuzushi*.

Recurring themes during the seminar were *Riai* (logic) and *Ki no nagare* (flow). Both beginning and advanced students dug deep into several kata to get a thorough understanding of the *Riai* by reconstructing the kata step by step.





The advanced students also worked on improving Ki no nagare in the kata by noticing and reducing any stops while executing their techniques.

Several small breaks, with all practitioners demonstrating a few kata, offered a good view of everyone's progress throughout the weekend. On Saturday night, we enjoyed reconnecting with our friends over a wonderful dinner with a taste of Schwabian beers, food and hospitality.

We are looking forward to meeting friends from in and around Germany again in the next Ravensburg Jōdō Seminar, in Spring 2025! ●

UG/JGP

