



JODO Shinto Muso Ryu

15th Spring gasshuku in Fribourg (CH)

For the 15th time, we met up in Fribourg to practice. The regulars were there, and some new faces too. 4 practitioners from Hungary should also have been there, but for family reasons they cancelled at the last minute.



From left to right (standing): Cécile, Nathalie, Michel, Pierrick, Yves, Jean-Louis, Eliane, Marie-Pierre, Didier, Bianca, Manu, Raphael, John, Jean-Jérôme, Lionel, Bénédicte, Roland, Séverin and Tristan.

Front row: Jean-Louis, Yves, Yvan and Michel

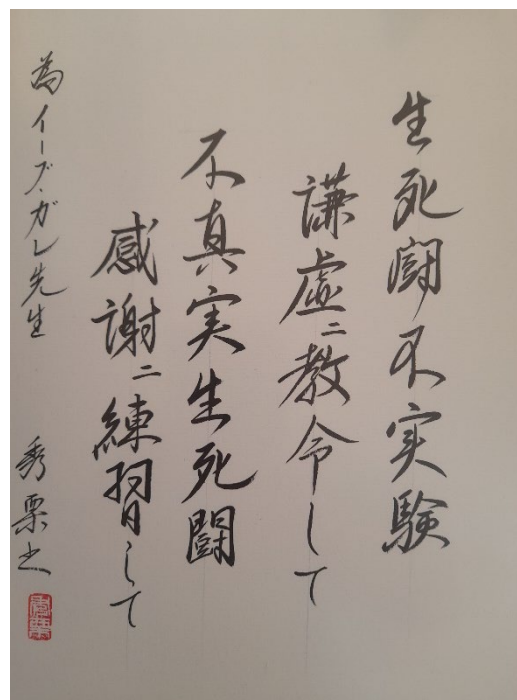
I chose Pascal's calligraphy to accompany our gasshuku. I'll skip the Japanese pronunciation, but I'll give you the meaning:

Having never experienced a real fight, teach with humility.

Since the experience of a real fight is unlikely, train with gratitude.

So it was with these wise words in mind that we practiced intensively on Saturday and Sunday morning.

As in previous years, the focus was on posture and relaxation in technique. Various techniques were



approached through repetitive exercises, then put into practice in series of katas under Michel's expert eye.

On Saturday, Didier passed his first Kyu (thanks to Raphael for his commitment).



On Saturday evening, after an aperitif concocted by our crack kitchen team, we enjoyed the now traditional fondue, followed by the no less traditional dessert (meringues, berries and Gruyère double cream).



For me, it was a very good gasshuku, with a studious but relaxed atmosphere. I hope everyone had as much pleasure as I did. See you next year
Yves