

ROMA 15-16 MARCH 2025

LORENZO TRAINELLI SENSEI, SHINTO MUSO RYU JODO MENKYO KAIDEN
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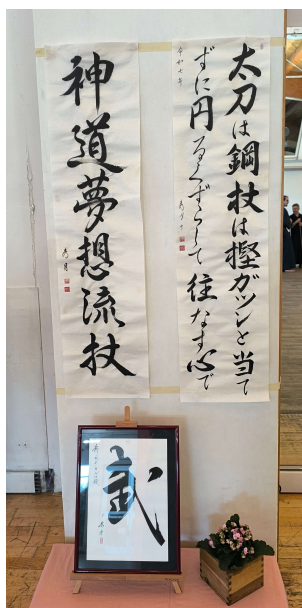


Tachi wa kane jo wa kasha gatsun to atezu ni maruku zurashite inasu kokoro de

The tachi is steel, the Jo is oak. Do not strike the tachi violently, but slide along the tachi gently.

(The fifth "Golden Rule" of the Jo, by Koichi Hamaji)

**Every year is better than the previous one. Almost 40 jodoka gathered from all over Italy:
Milan, Udine, Padua, Foligno, Rome, Montefiascone, Salerno, Bari**



Insights on the topic of the seminar



As usual,
kihon for
everybody



Meticulous work on suburi, kihon sotai and uchi komi, and after a long training on omote e chudan waza, preparation for ranks progression.



Candidates are confident





Exams and a few suggestions for everyone to improve their practice



Impossible not to celebrate Maria Rosa's Menkyo Kaiden (and Lorenzo's birthday)



In Italy it's always a party!



THANK YOU ALL AND SEE YOU SOON

