

Artigues près Bordeaux, 15/16 February 2014, 2 Fej Gassuku.

Despite the hassle caused by the airline (change of flight schedule) this second internship in Bordeaux could proceed in a good mood.

While Gerard, faithful, and Mary, native, led the Kihon Tandoku, I was the shuttle to take our guests teachers.

A study based on the analysis of the movement was initiated upon arrival, taking tachi otoshi, Ukan and Ran Ai as support. Do everything that is possible on spot without changing the distance, before entering to the partner, "hidden" behind our weapon.

The afternoon was over, an appetizer came to give it extra flavor.

Farm hosted us for dinner, foie gras and fine wine, among others.

In its rural setting.



Sunday morning was devoted to kihon Sotai, always with the same approach to the execution of each movement. Then two groups, one continuing on Omote, the other on Samidare.



Noon arrival, a gourmet Chinese from there, the meal was taken on the spot, almost everyone present. A moment of exchange out of tatami.



An afternoon devoted to kenjutsu, ki awase , ki azushi, Ai suri sa and yu, Yu, Chi barai.

Already time to leave for the airport just time for a cold beer.
Farewell and already thinking about when the next time? With additional participants?

We met on this occasion a practitioner who began there more than 40 years Judo, and having Pascal book in hand, looking for the Bordeaux guy, who is in photo at the end

Hopefully the contact remains established, as well as our colleagues from Sete Merignac.



This time everyone is on the photo.

2 Comments:

1. Always a pleasure to listen and receive their instructions. Clear and précise.
2. Too short