

1st stage FEJ in Bordeaux, 16/17 June 2013.

It has been a sunny week-end on which the 1st FEJ stage in the region of Bordeaux was hosted.

About a dozen participants, mostly local, have benefited from the comments of Gilles and Jean-Claude, who gave us the pleasant "surprise" of his presence.

Recalling the fundamental principles contained in the kihon, as well as their usefulness for building cohesive kata, was the main content of the lessons, which took place in good mood. This was done in a way so that everyone could progress according to their level.

Suitable for all, part of this group consisted of members of a friendly Setei Jo club, of a town on the other riverside. The opportunity has also allowed an isolated practitioner (who knows us from elsewhere) to join us this weekend.

The layout of the dojo allowed for a little appetizer to be served in the evening. The opportunity to share a little more.

Lunch at the farm ...



...and dinner in Japan



Despite the lack of heating on Sunday, and a small problem with the return train schedule, one can already see the satisfaction of practitioners. We hope that we can make this course a regular appointment in the region (and maybe more).

A big thank you to Gerard who made the trip from Metz.

Thanks to Marie-Ange for her little message of support.



everyone doing Kihon !!



(I'm behind the camera ☺, but you've already seen me )

JB