



Good practice came back with ease, Gilles TACHE and Jean-Claude Hamel were back in Lyon La Mulatière on April 15th & 16th 2023, for their annual seminar they give since 2014.

They arrived on Friday evening with Jacky and Marie's van, with other students from Cannes, Nice and Pierrefeu. They were joined by Yvan and Barbara, who came from Switzerland, by Corine and Gérard from Rémilly, and Anastasia representing the Grenoble club. Everybody was hosted by locals but the night was rather short as the day after, we started early at 6:30 am (almost) everybody attended the Kenjutsu course given by Gilles and Jean-Claude. We mainly worked with the Kodachi, first basic exercises to study specifications, before trying to put them back into the last katas of Shinto Ryu Kenjutsu serie.

The 9 o'clock course officially opened the beginning of the seminar, we were joined by Lionel and Corinne from Levallois, Sébastien from Rémilly, Christian from Mâcon (Francis arrived by the end of the morning). And of course all students from Lyon were also here! To begin with, Marie and Jacky introduced the calligraphies they wrote to illustrate the seminar theme.



RI-AÏ

Coherence of the movement

Then after Kihon Tandoku, we studied a sequence proposed by Gilles and applying the main difficulties of the first two serie : holding Kamae, Kuritsuke of Tachi-Otochi, etc... We then tried to transfer all these topics on Tokushu Waza and Tachi-Otoshi. And this kept us busy until noon!

We stopped for our traditional picnic, sheltered from rain (we exceptionally did not succeed in ordering a shining sun this year!), then we started our training dedicated to Chudan (meanwhile Cécile, our Grasshopper, who recently finished Omote, started to study educative exercises of Chudan!).

And then at 6:00 pm, it was examination time for Eliane (the Seagull) and Marie-Pierre (the Okapi) who both successfully completed their Nikkyu. Congratulations! And thank you to our two Menkyo Kaiden who oversaw this examination!



In the evening, everybody gathered by Yves & Nathalie's around a dinner cooked by Eliane (chicken gratin and spring vegetables this time!). The feast was a little bit darkened by someone's personal little problems, but each person took upon himself not to ruin the evening, and I hope that it will remain a good memory for everybody.

And this did not prevent (almost) everybody from being present on the tatami at 6:30 am for the traditional Tanjojustu course with Gilles!

Quick breakfast and we started at 9:00 am for our last working morning during which students were divided into level groups: in a first time Chudan and Kage, then Ran-Ai and Kusarigame, while less advanced kept on working the series they knew.

And at noon, it was the end of this seminar, and we shared a last quick picnic with our guests before they go away...lot of them came for far away.

A great thank you to those who made this seminar a great successful moment: external persons, who came with their desire to work and their energy, those who hosted them, involved in registration, cooking, shopping... in short who did their best to make things work.