



JODO Shinto Muso Ryu

13th spring gasshuku Fribourg (CH)



During the weekend of April 23 and 24, 2022, 22 jodokas from France, Germany and Switzerland met for the 13th spring workshop in Fribourg.



From left to right standing: Matthias, John, Didier, Lucas, Manu, Jean-Jérôme, Philippe, Catherine, Cécile, Pierrick, Yvan, Marie-Pierre (with Oliver hiding behind her!), Nathalie and René. On their knees, myself, Michel and Jean-Louis. Some people had to leave before the end of the workshop and are missing on the picture (Séverin, Bénédicte, Ksenia and Céline).



The weekend was dedicated to deepen the notion of SHISEI. This notion was first worked on during Kihon sotai, on which we spent a lot of time. The kihon sotai were practiced in a relaxed way, with intensity, not muscular, but intensity in the concentration, which allowed us to work also on the notion of zanshin.



These notions were then transferred to the katas. Some katas of Omote, Chudan were explained in detail and practiced intensively. The same thing was done for Ran-Ai.

On Saturday evening, in order not to change the good habits, after a wonderful aperitif prepared by Chantal and Marie, we enjoyed the traditional half and half fondue.



On Sunday morning, the notions seen the day before were reworked.



And to finish, during the last hour, the advanced students served Uchidashi so that the less experienced could progress.

Lucas, one of Jean-Jérôme's students, successfully passed the 5th kyu.
Didier, one of my students passed his 3rd kyu and Catherine, from Gif-sur-Yvette passed her 2nd kyu.

It was a nice gasshuku, after the cancellation of the gasshuku in 2020 and 2021 due to the pandemic. So it was back to business!

Thanks to all the participants

Yves