



JODO Shinto Muso Ryu

14th Spring gass Fribourg (CH)



During the weekend of April 22 and 23, as every year since 14 years, 27 jodokas met in Fribourg to practice.



As every year, the regulars were there: the people from Lyon (Nathalie, Marie-Pierre, Pierrick, Eliane and Yves) - Jean-Jérôme and the group from Valais (Bénédicte and Vagan) - Jean-Louis from Geneva- Claudia and Simone from Basel-the group from Neuchâtel with Loïc and Bianca- the group from Zürich (John, Charles who had to leave us quickly unfortunately and Tristan whom we are happy to see again), Catherine from Gif-sur-Yvette and of course Michel from Montreux. And of course, the group from Fribourg with Séverin, Didier, Manu, Céline and myself.

In addition to these regulars, some newcomers who I hope will become regulars: the group from Yverdon (Lionel and Roland) and 2 representatives from Hungary (József and Géza).

Unfortunately this year, Matthias and Oliver could not come. I hope it's only a postponement and we are looking forward to see them again at the summer camp in Germany.

Everyone seemed to be happy to be there on Saturday morning and during the whole weekend I focused on the foot position and the grip of the center in the different kata entries. Whatever the



movement, at the end, we always find ourselves in the same position, the jo on the center line and the two feet well anchored in the ground.



The particular atmosphere of this seminar owes a lot to the fact that during the whole weekend, we are among each other, we all sleep in the same place and our kitchen team (Chantal and Marie) spoils us by preparing a superb meal on Saturday midday and a sumptuous aperitif before the traditional cheese fondue. A big thank you to them.



A big thank you to all for the participation and next year, it's the fifteenth!

Translated with www.DeepL.com/Translator (free version)