

## 9<sup>th</sup> Spring gasshuku in Fribourg (CH)

Saturday 16th and Sunday 17th of April 2016

The ninth spring gasshuku in Fribourg took place during the second week end of april. 29 people attended the gasshuku, coming from Germany, France and Switzerland. . The place we use to train and to sleep were under reconstruction and therefore it was quite difficult for some of us to find the way to the dojo.



Second rank, from left to right : Matthias, Nathalie, Jean-Jérôme, Michel, Jean-Louis, Tristan, John, Charles, Manu, Barbara, Claudia, Oliver, Yves, Pierrick, Charles, Yvan, Eliane, Véro, Bianca, Marie-Pierre, Simone, Séverin, Luc et Helena  
first rank, from left to right : Jean-Louis, Michel, Yves, Claude et Sascha

But once everybody found the way, the gasshuku started. The theme this year was Sei To Do (action-non action). We started to work on this concept in the kihon already, trying to react at the very last moment.

That notion of action and non-action was then exercised in the different series of katas, trying to find the rythm suitable to each serie. For the most advanced people, we trained Sei To Do in Ran Ai as well. In Ran Ai, Uchidachi had to try to « trap » shidachi, by stopping the kata suddenly. In ordert o follow the concept of Sei To Do, shidachi should stop as well, but most of the time, we continue the kata with our own rythm. We have some work in perspective..

In the end of the afternoon, Claude and Sascha from Bushido Club of Fribourg and Véro from Joshin dojo of Basel succeeded their exams. 1<sup>st</sup> kyu for Claude, 2<sup>nd</sup> kyu for Véro and 3<sup>rd</sup> kyu for Sascha.

As usual, after a nice degustation of wine from Valais, we had cheese fondue. Cheese fondue is said in Switserland to be a meal which creates good atmosphere. Seeing the ambiance during the evening, no doubt about this fact. During the evening, some of the participant laughed at my T-shirt. I wonder why !



The next morning, the training started again. I took the advantage of Michel's presence, in asking him to take the group of more advanced people. They worked on samidare.

Then the most advanced people took the role of uchidachi for the less advanced people for one hour. After the bow out and the shower, everybody went home safely.

See you next year

Yves Galley