



# May 2018 Basel Gasshuku Report



## The practitioners

Despite some last minute' disclaimers for health or family reasons, we were ten to gather on the first day.

In the picture's order: Jan, Breno, Yvan, Véronique, Céline, Junko, Kyoko, Yves, Luc et Sascha. Junko, Kyoko & Jan just recently joined Joshin.



... And nine on Sunday.

In the picture's order: Esther, Veronique, Breno, Yvan, Céline, Sascha, René, Yves et Luc





As Yvan had brought this nice calligraphy mentioning the "Gojo" that he had made for me I, it was just perfect for the new comers' initiation of the ryu.

Yvan told us about the fifth virtues of the school: benevolence, justice, etiquette, knowledge & confidence. (Nin, Gi, Rei, Chi, Shin).

Yvan also mentioned a tough from Pascal about benevolence being included in all the others.

In between some kakejikus, the calligraphy became our Shomen for the Gasshuku.

Thanks Yvan for the nice present!



## The practice

As everything starts and finishes by kihon, Yves started his teaching with some exercises on the first three kihon and different exercises concerning position, timing of the body and the Jo, and the relaxation in the action. Some gestures and moments that seemed so obvious in Yves demonstration became not so easy for us to execute... A good introduction for the beginners and a good questioning for the more advanced

During the two days, our practice was oriented toward this idea of looking for simplicity through relaxation, trying to free oneself of the mental and a part of the ego. For the beginners through a few kihon and for the more advanced through the practice of different kata from Omote, Chudan, Ran Ai, Kage and Gohon no Midare.

The notion of distance was also approached through the practice of kihon and kata. Uchidachi being responsible for creating a good space of practice for Shidashi. Shidashi had to concentrate on the distance of the target.

On Saturday, to present the school to the beginners, Yves and Luc demonstrated two kata of each series from Shinto Muso Ryu, two kata from Kasumi Shinto Ryu Kenjutsu, two kata from Uchida-Ryu Tachi Jutsu, as well as two kata from Ikkaku Ryu Jutte Jutsu.

On Sunday, before the lunch break, Breno assisted by Céline, succeeded his first kyu showing Tachi Otoshi, Kasumi, Midare Dome et Kengome in both roles. Well done to Breno and a big "thanks" to Céline for her very good contribution.





## Friendliness

As usual, friendliness was present through the moments of practice as well as the moments of meals around Yves and a good table.

It was a real pleasure to welcome everyone, especially since everyone had brought little presents: wine, beer, homemade syrup, or recipes from different part of the world... Everyone with a smile and good mood... What else was needed?

So, thanks to Yves for his always special and appropriated teaching, his legendary good mood and his model simplicity.

Thanks to all for all these nice moments and long life to everyone!  
Luc



Jurôjin and the crane

