

# Basel 2019 Winter Gasshuku Report

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The theme of the Gasshuku

*"Junanshin"*

*"Flexible mind"*

## The Shomen

To illustrate the theme, a special Shomen:  
*"Sun and Waves".*

To remain with light and move as water.

These elements are symbols of the eternal nature's movement and the fluctuation of life, which we have to accept and go with, as we are all, part of it.



## Michel Ducret Sensei

One more time we were happy to be able to invite Michel Ducret to lead this Gasshuku.

We all enjoyed and profited from his knowledge, his availability and his benevolence.

A great example of a «flexible mind» for all of us.



## The Jodokas

We were just a few jodokas on this Gasshuku, but for sure it felt International!

Picture order: Breno from Brasil, John from USA, Michel our sensei from Switzerland, Luc from France, Hristo from Bulgaria, Simone from Germany, and Kyoko (not on the pictures) from Japan.

Jan and Junko had planned to join but had to cancel at the last moment.

## Our Practice:

The theme seemed quite appropriated to all of us and maybe even more to Hristo a new comer in the FEJ. Coming from years of practice through the Renmaï Federation he had to reconsider and adjust to a lot of the technics. I must admit it reminded me of my own situation a few years ago!

Saturday morning with practiced some of the first Kihon tandoku and Sotai. Michel talked and showed the difference between "Honte" and "Gyakute" associated with the ideas of "Kirite" and "Uchite". So basic but so important! Through these exercises another interesting moment was the approach of the different timings of Kikentaï. Then, as we were in kihon' practice, Michel decided to show the Kenjutsu's kihon to Hristo so he could bring them back to Bulgaria to practice with his students. We practiced Happa Giri and the kenjutsu sotai. After the lunch break, we warmed up with exercises Jo and Ken. "Taking the center" through Honte, Gyakute and Hiki Otoshi. Then we went through series of Jo kata. We practiced Omote and later some went to Ran Ai , and to 3 kata of Samidare as a first approach of this serie for Hristo.

Sunday we were back to training. We studied the last tandoku and sotai and then went to Chudan Waza.

After lunch, we divided into groups. Some to practice Ran Ai and the more advanced went to Gohon no Midare and Okuden.

## Conviviality

Saturday evening, Véronique had prepared a super "hand rolled couscous" and a delicious chocolate cake... John supplied us with some Californian wine that we all enjoyed. Florencia, Breno's wife, joined us, adding "Argentina" to the present nations around the table. A nice time of sharing.

## Conclusion

A big "Thanks" to Michel for coming to Basel!

During these two days Michel took the time to practice with every one of us, giving corrections and advices for our next months practices. As usual, Michel was open to questions and remarks from all of us. We could exchange ideas and have Michel demonstrating.

Some words from Breno: *"We are very fortunate to be under the wings of Sensei such as Yves and Michel. They are different from one another but I find the combination really valuable for us and unique..."*

We will be looking forward to have other great moments like this one in the next future.

Enjoy your practice and see you soon!

Luc