

## Basel Autumn Gasshuku in Basel October 31st & November 1st 2015



By Friday evening we began welcoming our jodokas friends arriving from Metz, Macon, Fribourg, Genève, Zurich.

This Autumn 21015 we were a little group quite motivated by the practice and by the pleasure to meet again around very convivial moments.

Some others had wished to join too (Charles, Séverin, Emmanuel, René,..) but didn't managed because of professional, familial or health reasons.

Nevertheless we will have the pleasure to welcome them on 2016, May 14th & 15th, at our next Spring Gasshuku directed by Yves Galley for the jodo part and Jean Louis Martin for the kenjutsu. I want to thanks Yves and Jean Louis for their agreement on this « mixed weekend ». After having met and appreciated Jean Louis on several occasions, it seems interesting to invite him for kenjutsu practice to improve our Ken technic and offer a better « Uchidachi » through our jo practice.



From left to right and front to rear:  
Christian, Sascha, Corinne, Yves, Yvan,  
Enrique, Gérard, John, Jean Louis, Véronique, Breno, Luc

Behind: Pascal's Enso was with us to symbolize « Togetherness» and on top as decoration, the Toyotomi family kamon illustrated by a Paulownia Tomentosa (also called « Imperial tree»)



## Le planning

For this Gasshuku, we had to change location, as the Turnhalle of the Mission was not available. Thanks to our friends from the Gewerbeschule who let us use the conference room, which was just perfect for the number we were.

### Saturday

8h00: A good English breakfast in our practicing room

9h30: beginning of training

13h00: A light Vietnamese meal + little siesta

14h30: Back to training

18h00: End of training and back to Nonnenweg

20h00: Diner at home "Feijoada" a Brazilian dish especially prepared by Bréno. We were fourteen around the table as Ursula and Florencia joined us.



Véronique & Bréno doing the service



Breno's Feijoada



Yves wondering : « dans quelle galère .... »

### Sunday

8h00: A good English breakfast

9h30: beginning of training

13h00: End of workshop & back to Nonnenweg to finish the « Feijoada » (this kind of dish is even better the next day)

14h30: Departures of our friends



## Our workshop program

For this Gasshuku, Yves had chosen to make us work on the fundamentals points as stability and balance of the body.

A very good topic as Yves noticed all along is teaching experience the numerous lacks regarding this. Often people's feet are not in place and the hips will not work enough. This kind of details is important to have a stable, efficient and powerful move.

From the beginning of the training, through the kihon, Yves pointed out the alignment of the feet and the role of the hips. Every Kihon was demonstrated then executed carefully so we could feel our positions and put into practice all Yves' recommendations. We also went through the same exercise through the kihon sotai. Using the "kime" and the specific Omote' rhythm allowed us to verified our positions and supporting points.

Then Yves formed different groups and each of us could practice and exercise Yves 'advices through Omote, Chudan and Ran Ai. We finished the training going back to the basics: Kihon tandoku. A lot of very good exchanges all day long!

Sunday' training started with the sotai, a way to bring back to memory what we had seen the day before. Then came a time of practice in two groups working on Omote and Chudan. At the end of the morning a third group worked on Samidare. As everyone knows, with Yves, everything starts and ends with Kihon... So we finished our weekend with Tandoku.

Finally, as Yves didn't managed to get the Brazilian dancers which should have come with the Feijoada, Véronique danced (in hakama) a 16<sup>th</sup> century Gaillarde sang by Breno (our favorite baritone)



## Conclusion

I wish to point out the motivation and friendship of our group in the practice as well as in every moment of the Gasshuku that gave us a great feeling of solidarity and togetherness.

A super “Thanks” to Yves for his generous teaching, his commitment and his simplicity that we all appreciate. Thanks to have taken the time to put back in place the basic of our practice. I personally, always leave his workshop with new sensations and new knowledge.

A great “Thanks” to our friends who walked their way to Basel.

Also many “Thanks” to everyone from Joshin, Enrique, Breno and VVéro who helped me to organize and welcome our guests.

I shall be looking forward to our next Basler Gasshuku in May 2016 : Jodo & Kenjutsu with Yves and Jean Louis.

Take care!

Luc