

On 14 and 15 February 2015, a dozen people, sometimes from afar (Charente, Vendée, Bourg en Bresse, Metz) dressed oddly, came together with native, some all new followers to repeat for hours gestures while as bizarre, with sticks so some were not even rights.

Listening to the instructions of the two of them, especially from the south of France, Nice and Cannes, tell them about ki ken tai ichi of kiai harmonize with breathing. Then the whole afternoon kihon tandoku and key points of Omote .



There 's even one who went to the show in the evening before the two of them , and he left with a Shodan .

The next morning it was kihon kihon (??), then the Sotai Omote per group.



The afternoon of Sunday saw people divide into groups to do different things with Asian names their separate ways : Kihon , Omote , Samidare and Gohon No. midare .
And then over, the two southern jumped back into the iron bird , and everyone is dispersed



In short the 3rd internship Jodo EFJ Bordeaux countries Budoshu (fermented) , it is very well. (Despite some worries of restaurant because of Valentine's Day)
And already thinking about the 4th