



神道夢想流

Shintô Musô Ryû Jodô  
Stage dirigé par  
Yves Galley  
Gomokuroku, Chuden IJF



**Workshop du 01-04-2017 au 02-04-2017 @ Gif sur Yvette**

The Jodo section of the HIKARI Club of Gif sur Yvette had the great pleasure to welcome Yves Galley for the 1<sup>st</sup> time to animate a JODO workshop on April 1 and 2, 2017.



The training began on Saturday morning with a dozen participants (most of Gif but also Lionel and Corinne from Levallois and a newcomer from Ris Orangis).

The Tendoku and Sotai kihons allowed us to work on the fundamentals: Yves endeavored to take each one of us to purify our gestures and improve their accuracies and efficiencies.

Then we practiced the Omote katas according to the levels of the practitioners, with many explanations. Finally each one was able to discover a new Kata.



Sunday afternoon, Lionel and Catherine were able to work and improve their skills in the Chudan serie with Yves, while the others repeated on their side various Omote Kata.

Finally, Yves Lionel and Catherine took the Ken and each practitioner took turns to perform the kata of his choice and received the necessary corrections.

Throughout this course, the emphasis has been on essential notions:

- Have a good Hanmi and proper Jô handling (which preserves the "protective triangle"),
- Concept of the KiKenTai
- "Take the center": Concept of a real target, which, for safety reasons, is modified in practice but must remain in the mind.
- Importance of the rear hand

Important information was provided on the Onte and Gyate positions of the hands according to the situation.

At the end it was a very studios nevertheless friendly training. Everyone was very happy and ... very tired!



A big thank you to Yves Galley for these 2 days rich in valuable advice.