



For the fifth consecutive year, Yves Galley came to La Mulatière, in the suburbs of Lyon, to lead a Jodo Gasshuku in our Dojo, on Saturday 30th and Sunday 31st, May 2015. Some of his students came with him, and we had people from all over France and Switzerland (Paris, Remilly, Bâle...). And with the Lyon's group, we were 18 to work together

The training began on Saturday morning at 10:00 am with Yves explaining the theme he wished us to practice during the week-end. It was about the notion of "Kihon", with two complementary aims:

- working on the basic movements and "trim" them from a maximum of useless "scoriae"
- and then, find these Kihons in the Katas and work on them again

Until 01:00 pm, we worked on our first target: we practiced the Kihon Sôtai and tried to remove all the parasitic motions, the useless things....And the three hours were not too long!

After a quick lunch together (picnic prepared by the Jodo section, and we were glad to have some shadow because the weather was almost too fine), we started again until 06:30 pm. Some more details about Kihons Sôtai, and then we tackled our second goal for the week-end, first with Omote, then successively with Chudan, Ran-Aï and Kage for the most ancient students. And during this time, all the people who were not in Ran-Aï worked for a while on the two first katas of the Tanjo Jutsu serie.

And at 06:00 pm, just before the end of the training, we have been very happy to have two of our students, Mado and Marie-Pierre passing their fourth Kyu under the supervision of Yves Galley.

On the evening we were all together at Yves and Nathalie's home. We began with a toast to Mado (she had brought everything that was needed!), and then Yves (from Lyon!) had prepared some Alsatian specialties: Roïgebrageldi (and you can trust us that even people who couldn't pronounce it correctly were allowed to eat it!), bacon and smoked sausages. As usual, each people brought an appetizer, a dessert or something to drink....and we spent a very delightful evening!



And the day after, we were at the Dojo at 9:00 am, fresh and well-rested, and we began with the Kihons Tandokus (with the same requirement of "trimming"! ). Then the most ancient students took ken and kodachi and trained with the beginners, while Yves took a moment to train successively with each student (and it was an opportunity for the most ancients to work on Gohon-no-Midare)

At noon it was the end of the Gasshuku. Another examination, and another Fourth Kyu for Catherine from Paris (the information concerning the examination had clearly not been correctly relayed on the previous day, and Yves was kind enough to accept a second session!)...Then again a toast for Marie-Pierre, who brought things to drink (and to eat!)...And then everybody went back home... Now we just have to wait for the next year!

I have a last thing to do : send a big "Thank you" to all people of the Lyon's group who have helped during this Gassshuku, who have cooked, helped for the registrations, hosted friends, who went shopping....they also have made this Gasshuku a success. Can't wait for the next one!