



We have been very happy to receive Gilles TACHE and Jean-Claude HAMEL for a second Jodo Gasshuku at la Mulatière, in the suburbs of Lyon, Saturday 28th and Sunday 29th, March 2015. Same as last year they arrived with a full load of enthusiastic practitioners, and with some other ones who came from everywhere in France (Grenoble, Paris, Remilly, Tour), and with the people of our group of course, we were more than thirty to work together.



On Saturday morning at 6:30 am we were a dozen in the Dojo, for a laïdo course with Jean-Claude during which we worked on the first and second series of Muso Shinden Ryu (with a special attention given to the way you distribute your body weight in Ukigumo). Then, from 9:00 am to noon, after the presentation of the Gasshuku theme by Marie and Jacky (precision and sincerity), we worked on the Kihon Sôtai with Gilles, while remembering explanations of Marie and Jacky.

After a lunch together (a picnic prepared by the Jodo section, eaten outside, we have been lucky with the weather!), there has been another training session up to 6:30 pm. Gilles showed us the Omote Kihon, which will allow us to work on the main difficulties of this serie, then, except for a few practitioners still in the Kihons, everybody practiced Omote waza.

On the evening everybody shared a meal at Yves and Nathalie's home. Eliane had done the cooking, for the people of the south of France (and the others!) to discover some specialities of Lyon : hot sausage, sweet white cheese with mixed herbs, lentils salad. And as everybody had brought (as asked) a starter, a dessert or something to drink....well, it was a very good evening!



see for yourself.....



Despite this good (and quite late) evening, and above all despite the time change just this night (which made us all lose one full hour of sleep!), we were 18 the next morning, still at 6:30 am, for a Kenjutsu course with Gilles, during which we mostly worked Uke-Kaeshi and Kiriage. Then everybody was together at 9:00 am for the Kihon Tandoku practice, and after that, the practitioners were

divided according to their level: the elder students worked successively on Ran-Aï, Gohon-no-Midare and Okuden, and during the Gohon-no-Midare and Okuden session the Ran-Aï practitioners took the bokken to help the beginners.

And at noon it was the end of the Gasshuku, we can now begin to think to the next one (It will be the third!) next year. The people who had some time left went downtown to have lunch in a “bouchon” (typical restaurant of Lyon), and then everybody went back home....

