

Good news from the Czech Republic

A first Jodo stage after the lockdown was held in Prague on Sunday 31st May 2020. We were a group of ten people from four or five Czech cities. We trained five hours inside the dojo as the weather in Prague was unpleasant. After kihon tandoku we mainly repeated Omote and Chudan. The advanced people practiced Kage as well. It was pleasant refreshment for our sad minds and obese and lazy bodies after more than two months (Jo)doing nothing :)

We hope you would be able to practice soon as well.

Patrik Orth



