



After a two-year hiatus due to a health crisis, Gilles TACHE & Jean-Claude HAMEL were finally able to come back on April 9th and 10th, 2022 to La Mulatière, for the annual training they had become accustomed to running with us since 2014.

As usual, Gilles & Jean-Claude arrived on Friday evening with a full batch of practitioners in Jacky & Marie's truck. They were joined by Yvan and Barbara, who came from Switzerland, and by Guillaume who came to visit us before flying to Canada where he will do his post-doctoral internship. All this little world has settled among the practitioners and the bravest were already present the next morning at 6:30 am for the Kenjutsu and Iaïdo course given as every year by Jean-Claude. We worked on the relaxation, the opening of the joints, the axis of the body, before trying to put these notions back in some katas of Muso Shinden Ryu. For the 9am course, which marked the official start of this workshop, everyone was on deck. Practitioners from Grenoble came in force, led by Thibi, and there were also Corine and Gérard from Rémilly, Lionel and Corinne from Paris, Christian and Nadine from Mâcon, as well as almost all the club's practitioners. To begin with, Marie and Jacky presented us with the calligraphy they prepared to illustrate the theme chosen for the workshop.



As we had asked to work on the theme of spring and renewal, and the "housekeeping" that makes it possible to eliminate bad habits, here is what they chose to calligraphy:

**«The thief in the house has forgotten only one thing,
the moon shining in the window»**

Until noon, we did the usual Kenjutsu. We first worked, in response to a Shomen type attack, on the notions of hitting/absorption/caress that Jean-Claude wanted to develop. Then in a second time, we approached the katas of Kenjutsu: the beginners focused on Suri-komi, and the advanced reviewed the whole series

We stopped at noon for a common meal, as usual under the sun (we definitely have luck every year for our picnics!), then we resumed training to start the work of the Jo proper. After a basic work on Uchite (the striking hand), which made it possible to insist on the position of hands on the jo and control of the weapon of Uchidachi, we undertook a review of several katas of the first three series with a Sho work that allowed us to emphasize the placement and m-ai details.

And then, at 5:30 p.m., to end the day in style, our friend Carlos took his Shodan exam under the supervision of our two Menkyo Kaiden. We had the right to congratulate him!

In the evening everyone met at Yves and Nathalie's, around a menu concocted by Eliane (caramelized chicken spicy sauce & rice). To celebrate this reunion after two long years of interruption, there were also many good things to eat and drink that had been brought in our guests' luggage. We celebrated the stage (and the success of Carlos) as we should, before joining bed, sofa, or inflatable mattress more or less late at night.

But that didn't stop the next morning, almost everyone was on the tatami at 6:30 (just a little late because it was necessary to defrost the windows, and even thaw the locks of the doors!), for a Tanjojutsu class with Gilles, which made us work for two hours the entire series.

A small coffee/cake/chocolate break, and it started again from 9:00 am for a last morning of work during which the practitioners separated by level groups: the oldest ones were able to work successively the series of Samidare and Okuden, as well as the katas of Jutte, while the least advanced resumed the series they knew.

And at noon it was the end of that camp, and we shared a last quick picnic with our guests before they hit the road....

Now all that remains is to wait until next year for it to happen again, and I would like to reiterate how good it was to get together to practice without restriction and without fear. It is also time to say a big thank you to all those who «relaunched the machine» after two years of interruption, and made this training a success: the outside practitioners who for some came from far away, the practitioners from here who hosted them, who took care of registration, cooking, shopping... and we were able to practice together again for a whole weekend (and party a bit, too!).

All right, what about 2023??