



We've had the great pleasure to welcome once again Michel DUCRET in Lyon La Mulatière, on March 25th & 26th. As usual, he arrived on Friday, to run our weekly Jodo lesson; almost all students from Lyon were present, together with a few arrived earlier: Jean-Jérôme & Yvan who came with Michel, and Francesco from Brussels.

The day after, bolstered by Thierry & Areslane from Grenoble, Dominique who crossed France to come from Cahors, and Alexandrine, a former jodo student who now does aikido, we were about 15 to start our training.

The first part of the morning was dedicated to Kenjustu, with exercises to improve our cuts in a smoother way, followed by an application on kata's work. Then we took our jo and started to study the first six Kihon Sôtai, before to divide into groups until the end of the morning: beginners with Kihon Tandoku (and Alexandrine was able to find back her footing, working with Thierry), whereas the rest was divided into 3 groups to study Omote, Chudan and Kage, just few kata, but in greater detail.

At 12:30 pm everybody stopped for a picnic organised by the club. For a change, the weather wasn't fine, so we had to set up inside, but the lack of sun and fresh air was balanced by a warm and friendly atmosphere in the group, and we've just had the time for a coffee before to start again at 2:30 pm!

In the afternoon, after a new common working session (dedicated to the last six Kihon Sôtai), we carried on with a work into groups and kept on studying the same series as those studied in the morning, until 5:30 pm, and then, the end of the afternoon was dedicated to the eldest who studied Kusarigama

As usual, in the evening, we all met by Yves & Nathalie's, for an aperitif who lasted for a while, as we were waiting for Eliane who arrived with the dishes, and we enjoyed a curry chickpeas and chicken with a mustard and beer sauce.

We ate and drank well, talked a lot and spent a very nice evening, before splitting late in the evening ; and then everybody went back home, with guests for those who hosted some.

On Sunday morning, we went back to the same working pattern: a time dedicated to a common work all together on Kihon Tandoku, and then we split into several groups: 4 groups of people who respectively worked on Omote, Chuden, Kage and Kusarigama for the most advanced. Then, during the last part of the morning, the eldest took their ken for the beginners.

At noon, after a last quick picnic, everyone went back home, by bus, by car, by train, by plane, by helicopter (well no! but we never know!). The end of training is always bit sad, but to meet again, we have to leave!

We just have to wait for next year, and once again, thank you Michel for your availability, your patience, our kindness. Thanks you to all those who contributed to the success of this training: external students who came with their enthusiasm, and their desire of studying, and students from the club who were present and who ensured before and during all week-end long!