

ROMA, FEBRUARY 17-18, 2024

LORENZO TRAINELLI SENSEI, SHINTO MUSO RYU JODO MENKYO KAIDEN

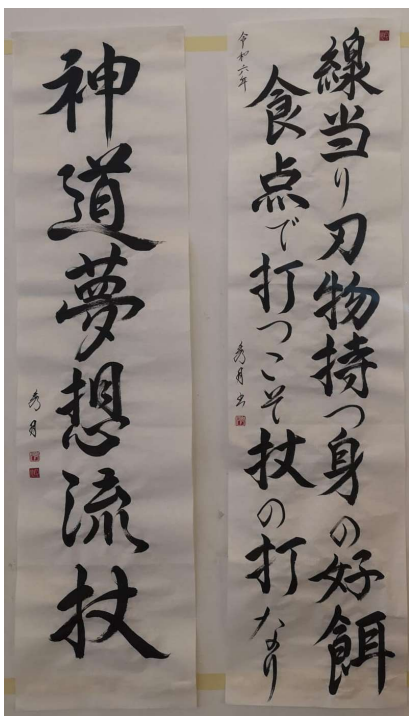


Sen atari hamono motsu mi no kou ejiki ten de utu koso jo no uchi nari

Don't heat your opponent with the side of the Jo, or you will fall prey to the swordsman. Hit him with the end of the Jo



The Italian group is growing. Thirty-six jodoka came from various cities from North to South: Milan, Udine, Padua, Foligno, Rome, Montefiascone and Bari.



Insights on the theme of the seminar



Meticulous work on suburi, kihon tandoku, sotai and uchikomi for everyone, and after a long training on Omote and Chudan waza, preparation for examination for more or less half of those present, who, added to their uchidachi, involved almost all of the seminar participants.





a few small fixes.....



**which didn't take away
the candidates' sense of humor**

And see you all at the next seminar



**Lorenzo, Maria Rosa, Daniele
and the whole Italian group**