



JODO Shinto Muso Ryu

11^{ème} stage de printemps à Fribourg (CH)



During the Saturday 14 and Sunday 15 April 2018 took place the 11th stage of Jodo in Fribourg. 31 jodokas from France, Italy, Germany and Switzerland met to practice during the weekend. This year, it is not one but two Michel (s) who came to help. Michel Ducret, who is already a regular at the spring camp, was accompanied by Coco who came for the first time.



*Standing left to the shōmen : Claude, Helena, Michael, Matthias, Céline, Nathalie, Michel, Esther, Sylvia, Chris, Barbara, Jean-Jérôme, René, Claudia, Charles, Jean-Louis
standing right to the shōmen : Luc, Yvan, Severin, Oliver (caché), John, Rolf, Roland, Matteo, Pierrick, Ursula, Konstantin, Sacha
in front : Michel n°1, moi, Michel n°2*

On Saturday morning, we practiced kihon sotai and emphasized the applications of these kihons in the kata as well as keeping the centerline. In the afternoon, the different levels were separated. Coco taking care of more advanced with the series Okuden, Michel taking care of the series Kage. I stayed with the less advanced ones with whom we worked on the first set of katas.

A exam was organized at the end of the afternoon. Konstatin Mantulnikovs (Bushido club Friburg), Sacha Odin (Bushido club Friburg), Roland Hausheer (Binz dojo Zurich) and Céline Portner (Bushido club Friburg) respectively succeeded their 5th kyu, their 2nd kyu and their 1st dan for the last two. Congratulations to all.



The traditional half and half fondue followed an aperitif superbly prepared by Chantal and Marie who treated us really well all throughout the weekend. Thanks to this superb kitchen team.

On Sunday morning, I took advantage of the presence of our 2 Menkyo kaiden to put them to profit again. Coco took care of a small group working on jutte and kusarigama and Michel took care of the Gohon No Midare serie.

The last group concentrated for one hour on the uchi komi of the first 3 kihons putting the importance on the catch of the center. Then the most advanced ones came to serve as partners for the less advanced.

The course ended with the kihons tandoku all together in which everyone was able to practice the corrections received during the weekend

I want to thank Michel and Coco for their help during this weekend, as well as all the participants.

Yves Galley