



JODO Shinto Muso Ryu

12th Spring gass Fribourg (CH)



During the weekend of 27 and 28 April 2019 took place the 12th stage of Jodo de Friborg. About thirty jodokas from France and Switzerland met to practice during all the weekend. This year, the Germans missed the call. We had though the pleasure of sharing the fondue of Saturday night with Matthias, on the way back from his visit to Pascal.



Standing left of the shōmen : Urs, Benedicte, Renaud, Simone, Pierrick, Konstantin, Claudia, Balu, Christian, Séverin, Yvan, Alexandre

*Standing right of the shōmen : Breno, Jean-Jérôme, Yves, Jean-Louis, Céline, René, Nathalie, Charles, Barbara, Elena, Luc
In front :, me and Michel*

After reviewing the reports of the eleven previous courses, I realize that I must be monomaniac. All the courses, including this one, had as guidelines: taking the center and the target. We tried to put these concepts into practice in different ways by practicing the first 3 kihons, first with significant safety distances, then to finish up to the target. A tighter practice immediately makes the exercise more intense at the level of emotions. Another visible consequence: the target is not the bokken. Hitting the bokken serves only to perfect the technique without risk of injury.



During the weekend, we then tried to put these points into practice in the different series of katas, taking into account the level of each. Michel's usual presence has allowed groups to be formed and everyone to receive quality education.

On Saturday at the end of the afternoon there were 3 passages of rank: Bénédicte, beginner pupil of Jean-Jérôme for the 5th kyu, Alexandre, also at Jean-Jérôme for the 4th kyu and Breno, pupil of Luc for the 1st dan. The 3 have succeeded brilliantly.



The 3 applicants receive the results. (Jean-Jérôme seems to put some pressure on the jury for his pupils to succeed 😊)

As usual on Saturday evening, after a cocktail of quality (thank you to Jean-Jérôme for the choice of wine), we tasted the traditional fondue half and half. A very pleasant and joyful evening.

The next morning (not too early anyway), back in the room to perfect what had been started the day before, with in addition a particular course of parallel weapons for more advanced with Michel.

A successful weekend, at least for me! Thank you to the kitchen team, Chantal and Marie, thank you to Severin for his help for the organization.

Looking forward to seeing you on tatamis

Yves Galley