



For the fourth time in the row, we had the great pleasure to welcome Gilles TACHE and Jean-Claude HAMEL for a Jodo training at La Mulatière, in the suburb of Lyon, on 2017, April 1<sup>st</sup> & 2<sup>nd</sup>. People from Cannes and from Nice arrived on Friday evening, in Jacky & Marie 's truck (full on that occasion) and Marie-Ange's car (full as well !). To welcome them, in addition to Lyon Jodokas group and La Mulatière iaidokas for kenjutsu lesson on Saturday morning, there were students from all over France (Grenoble, Clermont-Ferrand, Mâcon...) and even from Switzerland. In total, we were more than 30 on the tatami.

On Saturday morning, we started at 6:30 a.m. with a iaido lesson, given by Jean-Claude, who made us work the tibetan pilgrim way of walking as a warm-up & stretching, followed by a work based on verticality, particularly while taking Kamae and beginning of katas. Then, as we were on April 1<sup>st</sup>, we started, without any suspicion, an unconventional kata, with a rather bucolic name (however, it really led us to work on verticality, and left us stinging memories for the rest of the week-end).



From 9:00 am until noon, we did Kenjutsu. To begin, Marie & Jacky presented calligraphies they prepared for the training.: Kiri-Otoshi (on the right) and Shô Chû Ku, that represent the different steps during exercises. The interpretation could be for example « simplicity, elegance, depth, or inner work », or notions such as beginning, then intermediary step and finally accomplished mastery.



From there on, we started to work Kiri-Otoshi on pairs in Uchikomi, before performing Otoshi notion through Kiri-Kaeshi work, answering to Shomen attack first, then Tsuki. And we ended the morning seeing again the whole Kenjutsu serie.

After a picnic lunch all together (as usual, organised by jodo class, we were very lucky as the rainy weather let the sun some room, just for our break, letting us eat outside !), we started back until 6:00 pm. We first worked all together : Gilles and Jean-Claude made us work with a laito (or a bokken with plastic saia) the different ways of unsheathing used in Jodo's katas. Then we tried to find back Otoshi notion in the answer given by the Jo to these different ways of unsheathing



Next we all started to study katas, except Brian & Yuki, who came with Marie & Jacky, and who improved Kihons, with a particular attention given to foot and steps.

We first worked all together on Omote serie, slowing down katas to precisely feel the order movements had to start and finish ; afterward we made level groups to do the same research on Chuden and Ran-Ai.



And along the afternoon, our teachers tried to make us feel the different steps : first Shô, with a precise and detailed work, and a great attention paid to Kime, followed by Chu with more linked movements and elegance.

Later, by the end of the afternoon, as Gilles and Jean-Claude kindly agreed with the organization of an examination, Guillaume DESPREZ successfully passed his 1<sup>st</sup> Kyu !

On the evening, as usual, everybody met to Yves and Nathalie, with a meal prepared by Eliane : “brioche-like sausage” and salad (sauce prepared by Yves), with jacket potatoes and “cervelle de canut” (fresh cheese with garlic and herbs). As nobody came with empty hands, there were lots of specialties to eat and to drink, from different regions. Well, to tell the truth, we really did not suffer from hunger... and we did not die from thirst either...

And the day after, almost everybody was there on the tatami at 6 :30 am, for an Tanjojutsu lesson with Gilles, during which students who knew the whole serie had the opportunity to study it entirely, meanwhile beginners improved the first katas. Everybody gathered at 9:00 am for our last Jodo morning and students got separated into level groups : upper students successively worked Kage, then Okuden, and during this time dedicated to Okuden, students not concerned by it, went with less advanced students. And Charles, who successfully passed his Shodan at the Kagamibiraki, entered Kage and studied Tachi Otoshi !

Then, at noon, it was the end, and we shared our last picnic lunch with our guests before they left us....

And until we see again next year, it's now time to thank all those who had a part in the success of this training : whether those who brought their energy and will to practice, or those from Lyon Jodo class who were up to it all week-end long to welcome our guests, to provide accommodation, to deal with registration, cooking, cleaning, shopping..... and who got rid of any kind of difficulties even before they appeared !