



Good habits have returned at a gallop : on June 24 and 25, 2023, we had the pleasure of welcoming Yves GALLEY again for his 11th Gasshuku at the O Sugi Dojo de la Mulatière. Once again, almost all the Lyon practitioners were on deck and we also had the visit of Christian from Bourg-en-Bresse, Areslane and Caroline, who came from Grenoble, Jesus and Daniel, Venezuelan practitioners based for the first in Lyon, for the second in Cambridge (and who had come specially to Lyon for the course) and from Jean-Jérôme, from the Sion dojo, who had accompanied Yves.

The course therefore began on Saturday morning at 10 a.m. (outdoors and in the shade, because like the previous year we had a heatwave!). Throughout the day, Yves made us work on the twelve Kihon Tandoku, first with a set of educational exercises, then by linking each one to a kata that everyone worked on together (and for those who did not know the Kata, they only worked on the extract that corresponded to it)

We still took a break at 1:00 p.m. to breathe a little and cool down (as much as possible!). We picnicked there as usual, and we had just time for a little nap before going back to work for the afternoon.

And at the end of the course, we had the pleasure of giving Yves a small gift related to his “signature” work theme for several years now: “one foot on each side of the line”. A big thank you to Cécile, our Grasshopper, who created the painting!



In the evening, almost everyone gathered for grilled meats at Yves and Nathalie's house. Eliane had prepared a "Green Couscous" (and she wanted us to believe that it wasn't good but no one believed it!). So we spent a delicious and joyful, and perhaps slightly drunken evening

And the next day, we met at 9 a.m. under the trees, and the morning was devoted mainly to the new kata, which Yves first demonstrated before working on them in turn with each practitioner concerned : as for the Lyonnais, Cécile discovered Ichiriki, Marie-Pierre and Eliane tackled Ran-Ai, and Carlos learned Neya-no-Uchi no Kage.

Then at the end of the morning, work in rounds allowed everyone to work together again (and most of them to revise their new kata!)

And then.... It was the end of this course, and after a quick picnic everyone went their separate ways. A big thank you to Yves for his teaching, his energy and the attention he paid to each of us throughout the weekend, and thank you also to all the practitioners in Lyon who got involved in this course, who did the cooking, the shopping, the registrations, who hosted the friends...



And I already said that last year, but I don't see anything changing! So, see you next year?