

## 24<sup>th</sup> JODO Summer Gashuku in Würzburg



This year, we were once again able to welcome around 20 participants from various countries. It is particularly pleasing that the Danish group has firmly included this course in their annual planning.

Unfortunately, we weren't able to train outside. The rain had thrown a spanner in the works, so we had to move into a large hall.

The topic of this course was KIME, a term that is not so easy to grasp. It is based on several techniques, in particular Kiai and Ki-Ken-Tai play a decisive role here, above all because it contains a certain finality. If KIME is applied correctly, every technique ends when the target is reached.

Unfortunately, I was again unable to actively participate in the exercises due to my back problems, but intensive observation is sometimes more beneficial than active participation.

Finally, my thanks again go to Franz and his team, who organized the event on site. We will meet again next year for the 25<sup>th</sup> anniversary course in Würzburg.

Here are some impressions of the training.





