



On 15 and 16 March 2025, it was the 13th year that Yves GALLEY came for a Gasshuku at O Sugi Dojo de la Mulatière. For this new edition we had chosen a much earlier date in the season, and the practitioners were at the rendezvous: Yves was accompanied by Jean-Jérôme and Céline, René came from Basel, Thibi and Seb (finally back after a break of several months following a serious accident, we were so happy to see you again, Seb!) arrived from Grenoble accompanied by Alex and Anastasia, Christian and Flavien also brought two of their students from Bourg-en-Bresse, and Olivier, from Redon, crossed the whole country for the Gasshuku! Most of the Lyonnais were also on the bridge, and last but not least, we had the great pleasure of welcoming Jacques, who decided to start training again after an absence of several years!

As usual, the first class on Saturday morning was devoted to Kenjutsu, and this time again Dominique Andlauer and his students from the laido section of the Mulatière joined us after their laido class. After having taken as the previous year a serie of educational movements on the notion of kiri-otoshi, we worked on the three kata of Kenjutsu where this entry is found, Jyu, Chibarai and Sarin, emphasizing the work of uchidachi. And as we had a little time left, Yves offered to work on Surikomi to study another reaction from Shidachi

At 11h, the honorable sabreurs left us, and we really began Jodo with a work in Sôtai on Honte-Uchi, Gyakute-Uchi and Ikky-Otoshi, and Yves insisted on maintaining throughout the movement a correct

position of the body. Then each of the Kihon was reworked and included in a Kata adapted to the level of each practitioner, trying to keep the same principles

We stopped at 1pm for the traditional picnic, which this time took place indoors (compared to previous editions held in June, there was a little less sun and especially the temperatures were much less mild!). After a little scare of stewardship (I had forgotten to take the cutlery, if we had not discovered hidden resources in the closet of the club, everyone ate with their fingers!), everything was arranged and we could, although a bit crowded, eat comfortably enough. Nous avons repris le collier à 15h pour travailler tous ensemble les Kihon Tandoku, et pour chacun d'entre eux Yves a à nouveau insisté sur le bon positionnement du corps tout au long du travail

Then we divided into two groups: on the one hand the beginners (all those who had not finished the Chudan series, plus Jacques who was taking his marks), continued to work on the same principles and some of the older ones served as Uchidachi. The others worked together on the Chudan series, emphasizing the possible similarities between certain Kata

Then after the break, a new group of elders came to relay the colleagues with the beginners to have them work on the kata of Kenjutsu seen in the morning, while the rest of the group devoted themselves to Samidare.

And the work was serious all afternoon, but that did not exclude good mood!





In the evening, for the traditional meal at Yves and Nathalie's, Eliane had prepared rabbits, and after polls that did not allow to decide the recipes, she chose... not to choose, and there was rabbit with mustard AND rabbit with garlic, both accompanied by a vegetable planter and (for those who had been good and finished their vegetables) a purée prepared by Yves. And then the guests had brought something to drink too, and we did honor it, and of course we talked a little late.... it was a good evening!

And in addition, Géraldine had joined Jacques for the evening, it was really nice to see them both again!

But still, we found ourselves in good shape at 9am on Sunday morning for the last half-day of this course: we started with the Kihon Tandoku (always with the same attention to hip placement and body stability), then it was the moment chosen by Yves to show new kata: Cécile saw the Ken part of Kirikake and Chinchin, Carlos finished seeing the Ken part of Kage, and Alex discovered Kiritsuke in Tandoku. As for Flavien, he reviewed the Ken part of Ran-Ai. And while the members of Seiryukai were working on the Kusarigama, the rest of the group devoted themselves to these new kata with the help of the oldest practitioners

For the last hour of training, the members of Seiryukai took the Ken and served as partners to the rest of the team! And finally, everyone took back their Jo and we remade the first three Kihon

And then.... It was the end of this Gasshuku, we ate together (we had to finish the leftovers!), and then everyone left on their own. A big thank you to Yves for his teaching, his energy and the attention he gave throughout the weekend to each of us, and also to all the practitioners in Lyon who invested in this internship, who did the cooking, the courses, the registrations, who hosted the buddies...

And I say that every year, but I see nothing to change! So, next year?