



The Jodo de Lyon club was once again delighted to welcome Michel DUCRET, who came to lead his annual training course on February 7 and 8, 2026. On the evening of Friday the 6th, as usual, the Lyonnais had the privilege of a bonus since Michel, accompanied by Jean-Jérôme and Valentin, was there to lead the weekly Jodo class of the section. Thibi had been able to free himself too, and Matthieu, from the Iaido section of the Mulatière, had come with his mother Eva to do a trial class. While the two beginner practitioners were discovering the first Kihon Tandoku, the older practitioners from Switzerland, Grenoble and Lyon mixed up to work on Omote, under the watchful eye of Michel who provided advice and corrections to each one. And we even had the opportunity to work on the old version of Ukan, which was that of Master Shimizu, and which Michel made us rediscover.

From Saturday morning, like last year, we went back to the Palais des Sports in Vaulx-en-Velin for the actual training camp. This is the structure that also hosts weekly training sessions for our group, and as last time we were very well received there. The course began with a Kenjutsu class. As in previous years, we had invited practitioners from other clubs in the neighborhood to join us, and besides almost all the Jodoka of the club, we had Aikido practitioners from the Vaulx-en-Velin club, as well as a practitioner of Iaido from Unsui Dojo. And as for the Jodokas, the people from Grenoble were in force (just look at the photo opposite!) and there was also Catherine, from Gif sur Yvette, as well as Christian, Nadine, and Flavien who had come from Bourgen-Bresse.



The first part of the morning was devoted to exercises on the eight cuts, first in Tandoku, then in Sotai. It took a short break because the neurons were starting to heat up! Then, we worked on the basic techniques, Etsu, Kiri-kaeshi, Kiri-otoshi, before ending the morning with two kata of Kenjutsu (Chibara and Sarin). There was a majority of non jodoka on the tatami, but the groups mixed well and at the end of the morning it didn't work so badly!

We were carried away by our momentum and we had trouble stopping, so it was more or less 1 p.m. when we sat down to have our picnic together as usual, after setting up all our gear in the room upstairs. (and everyone lent a hand!). And so we only started again at 3 p.m.

In the afternoon, we were just between Jodoka, and we started by having a long time on the first six Kihon. We worked in Sôtai, except for Annick, who joined our group only last September and is still in the Kihon Tandoku. Then we moved on to the study of the series Chudan, and Michel had chosen excerpts from the different kata to make us work more specifically with the continuity of movement (which was the theme chosen for the workshop).



There was a lot of focus during the demonstrations, and a mix of seriousness and good humor during practice!

And during this time, Annick, who was the only one of that day's group not in the kata, continued to courageously keep up Kihon's lengths throughout the afternoon. Congratulations Annick!

In the evening, almost all of us met up as usual at Yves and Nathalie's place, and after taking our time for a drink (we had earned it!), we devoured the pork rolls that Eliane had simmered for us, accompanied by baked potatoes. No photos, nobody was leaving the fork! Then the evening went by in a good mood and comparing our respective musical choices (with some irreconcilable differences!)

On Sunday morning, back at 9 a.m. at the dojo, we started the morning by working on the last six Kihon Sôtai, then we divided into several groups of different levels: Annick continued to work on the Tandoku (with many, many maki-otoshi and sometimes a bit of company for a few lengths of tatami), the most advanced people worked on Kage, Samidare and Gohon-no-midare, and the others re-attacked in Chudan with the same research as the day before. And we just managed to wrap up by noon, there was nothing too much!



A last picnic to finish the leftovers and regain strength for the road, and then everyone went home. It's always the sad part of a gasshuku!

We just have to wait for next year and once again, thank you Michel, for everything you brought us during this training, and also for your patience and kindness. And of course, thank you also to all those who helped make this encounter a success: the jodoka from here and elsewhere, of course, and also the members of friendly clubs who came to share the Kenjutsu class with us.

Nathalie