



On March 21 and 22, 2026, it was the 14th Gasshuku that Yves GALLEY came to lead at the O Sugi Dojo of the Mulatière. As last year, we had chosen a date quite early in the season, and it seems to suit the practitioners : Yves came with Jean-Jérôme, Eric and Anastasia arrived from Grenoble, Flavien from Bourg-en-Bresse, and Dominique Rossetto, who settled in Cahors a few years ago, traveled across the country to train with us! Most of the Lyonnais were also on deck, with François taking part for the first time and Charles who surprised us by coming all weekend

We started by working on exercises that Yves had prepared for us to illustrate the theme he had chosen for this Gasshuku, namely the Hanmi. For this we used the first Kihon that we experienced alone and with two, attaching ourselves, thanks to the respect of the Hanmi, to arrive each time in a good position at the end of each strike. Then, while François was busy learning the last Kihon Sôtai, we moved on to the Chudan series by trying to put the same elements in the first three Kata, and to bring as much precision as possible to our practice! and it took us until the end of the morning without us seeing the time go by ...

So we stopped at 1pm, and we were able to sit outside for our traditional picnic, the weather being abnormally hot for the season (it's not a good thing in itself, I know well, but in this case we took advantage of it...). It was nice to enjoy the sun, but the break was brief because following a small memory error (no one had the poster in front of them), we resumed at 2:30 p.m. instead of 3:00 p.m. as originally planned. And that's how we found ourselves deprived of a nap, with just enough time to have a coffee before the restart!

So we started the afternoon by working all together on the Kihon Tandoku, trying again to focus on the Hanmi. Then, still with the same instructions, we reviewed the different series, Omote, Chudan, Ran-Aï and Kage, each according to their level. And François had time to finish the Kihon Sôtai, bravo François!

And the work continued like this all afternoon, with seriousness and good humor! With a few union breaks granted following complaints from the audience, it seems that the French have a reputation to uphold!



In the evening, for the traditional evening at Yves and Nathalie's place, Eliane had prepared some caramel pork with rice ((so as not to let the sauce get lost!). And then some people brought good

bottles, and we took out the weird one that was hidden in the cupboards... In short, it was a good evening, which necessarily lasted a bit longer!

But still, we found ourselves in great shape at 9 a.m. on Sunday morning for the last half-day of this internship: We warmed up well with the Kihon (of course keeping the same line of work as the previous day!), then Yves divided us into groups of levels: While the older ones were working on the Kusarigamma, the intermediate group was attacking Ran-Ai. And for those who didn't know yet, or hadn't gotten used to it yet, namely Cécile and Jacques, it was a session on Uchi-Otoshi

For the last hour of the training, we did the traditional work with two lines facing each other, but this time it was the members of Seiryukai who took the Jo!

And then.... It was the end of this internship, we of course ate together (but this time we ate inside, our luck didn't last, it was cold and raining!), and then everyone went their own way. 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 from Lyon who got involved in this Gasshukuinternship, who did the cooking, shopping, registration, who hosted the friends...

And I say that every year, but I don't see anything to change! So, see you next year?