

SHINTO MUSO RYU JODO SEMINAR — MONZA 2026



On March 14th and 15th, the Italian Shinto Muso Ryu Jodo community gathered in Monza for their annual seminar, held under the guidance of Lorenzo Trainelli Sensei (menkyo kaiden, IJF kuden) and Maria Rosa Valluzzi Sensei (menkyo kaiden, IJF kuden), with the ever-cheerful support of Daniele Romanazzi Sensei (shomokuroku, FEJ shoden) completing the inseparable YAMA-TSUKI-KAZE trio.



Over thirty jodoka, representing six Italian groups from Milan, Udine, Padua, Rome, Foligno, and Montefiascone came together for a weekend of dedicated training in a warm and joyful atmosphere.

We commenced Saturday morning with some insight into the seminar central theme. Following an established tradition for this seminar, the theme was drawn from Hamachi Koichi Shihan's (Shinto Muso Ryu Jo menkyo kaiden) "Thirteen Golden Rules of Jo" as detailed in the book *Jo no Hinkaku (The Dignity of Jo)*.



This year's focus was the sixth rule: **when striking with the Jo, use the grip of your orikaesu-te, relying too heavily on the force of the go-te will compromise your technique** (折り返す手首の握りで敵を打て 後手の力まかせは技を狂わす, *Orikaesu tekubi no nigiri de teki o ute, ushirode no chikara makase wa waza o kuruwasu*). *Orikaesu-te* refers to the hand at the rear end of the Jo (usually closest to the body), while *go-te* denotes the forward hand (usually furthest from the body).

The practice began with a kihon tandoku session focusing on the role and correct use of the *orikaesu-te*. Attention was also devoted to precise footwork, including proper steps execution and positioning of the feet throughout the movements. Practice continued with omote-waza, with the senpai taking on the role of uchidachi.



The Saturday afternoon opened with kihon sotai, offering the opportunity to explore the application of *orikaesu-te* from the perspective of the sword. Valuable guidance was provided throughout by the teachers, with detailed corrections and insights offered for each kihon, covering both jo and ken techniques. The class then divided in two groups, one continuing the work on omote-waza, while the other advanced through the chudan series. As the session progressed, grading candidates gathered with their uchidachi for a dedicated review of the exam syllabus, while the rest of the group turned to the bokken to explore the seven principles: etsu, kiriage, ukegashi, kirigashi, ukenagashi, makiotoshi and kiriotoshi. A highlight of the afternoon was a brief enbu showcasing selected kata of *Isshin Ryu Kusarigamajutsu*.

Finally, kyu shiken (exams), where all nine candidates succeeded. Ana, Lorenzo, Andrea, Simone, Luca, Lapo, Ludovica, Fausto and Tommaso, congratulations and keep up the hard work!



The seminar spirit extended well beyond the dojo, carrying over into a lively dinner where, despite the heavy rain outside, the mood was as warm and high-spirited as only thirty Italians together can make it. The evening reached its peak with a very special moment: the celebration of Lorenzo Sensei's birthday. It was a deeply touching occasion, for him, and for all of us.



We kicked off Sunday morning with a post-exam feedback session. It was a great opportunity for the entire group, not just those who fresh-graded. One of the key takeaways from Lorenzo Sensei was the importance of synchronising the ki-ai with the precise moment that the weapon strikes the target. Training then began with ken happogiri, practiced first in tandoku and then in sotai, with emphasis on maintaining an active and

engaged role as ukedachi. Lorenzo Sensei noted the importance of applying the same ashisabaki and hanmi to the sword as we do with the jo, ensuring our body mechanics stay uniform across both weapons. The group then worked through the full jo series, from omote to okuden, each jodoka working according to their level. During this rich and immersive session, several practitioners received new kata, which they worked first in tandoku and then in sotai with their senpai. A short enbu of selected kata from the *Ikkaku Ryū Juttejutsu* closed the seminar.



The seminar ended leaving a profound sense of enrichment and of deep gratitude for the teaching, the practice, and the bonds that make this group a big family. Our only regret? Seminar time always seems to pass far too quickly!

With hearts full and jo in the hand, we are already counting down to next year to explore the seventh of the "*Thirteen Golden Rules of Jo*". Until then... **refine your orikaesu-te work and never let go-te ruin your techniques!!!**



Marzio and Silvia

Take a look at the full photo gallery: <https://www.tsukikage.it/index.php?page=10>