

# 7<sup>th</sup> spring gasshuku in Fribourg (CH)

Saturday 3<sup>th</sup> and Sunday 4<sup>th</sup> of may 2014



25 jodokas were present at the 7th annual spring gasshuku in Fribourg. This year, Patrick Orth, the brand new official teacher of the EFJ came along. It took him almost an entire day of train to arrive in Fribourg. A big group of jodokas from Lyon, as usual, and as every year, Rolf from Germany, accompanied by Oliver, Uwe and Sylvia (unfortunately, Matthias was not able to come, due to health problem). Don't worry, there were people from Switzerland as well ! Thank you to all to have come.



For this gasshuku, I put the emphasis on the *hanmi* position. We work on that topic, especially for the *kihon sotai* and *Omote*. For *Chudan* and *Ran-Ai*, we worked on the speed and fluidity. To improve those points, as *shidachi*, we tried to disengage very rapidly, in order to be ready as soon as possible and be able to respond to the next attack of *uchidachi*.

At the end of Saturday afternoon, the examinations took place. Congratulations to :

Claude Dupasquier for his 4<sup>th</sup> kyu  
Markus Grassi for his 2<sup>nd</sup> kyu  
John McWilliams, Ursula Martig, Luc Quaglia, Yves Spenle et Charles Forey for their 1<sup>st</sup> kyu



In the evening, everybody enjoyed the now traditional cheese fondue. Some of us stayed awake more than others !



The next morning, advanced people worked on *Kage* and *samidare* series for a while- Then they took the role of *uchidachi* for more beginners. Everybody tried to work the way they were taught during the week end.

A big thank to all participants. Thank you to Severin for his help in the organization, and special thank to Chantal for the wonderful lunch, and for the rest.

See you next year

Yves Galley