



Basel May 2019 Jodo Gasshuku report.



The Shomen, "Sugawara no Michizane"

On this particular event I wanted to refer to our teachers and illustrate the idea of "Knowledge and Transmission".

This is why I choose the image of a famous Japanese scholar character for our Shomen: "Sugawara no Michizane". Japanese students often refer to him as god of culture and learning.

The Teacher, Yves Galley

A Shomen that illustrates well Yves Galley's personality.

In his everyday life, Yves studied sciences and now teaches biology.

In Shinto Muso Ryu, Yves has the knowledge and the experience through years of practice and teaching Jodo.

please don't you misunderstand me, I don't take Yves for a god, ;-), but just to mention that he has what we appreciate and look for in every teacher: knowledge, pedagogy, coherency, generosity and humility.



The Practice

For this Gasshuku Yves and I had chosen the notion of Ri Ai (coherency) to lead our practice. An idea that leads us to many other notions in our practice, like Kikentai, Ma-Aï, Ki Musubi, Yoyu and so much more...

So, at 9.30, Yves started the Saturday morning practice by some exercises in the first tree kihons.

- Taking the center
- Not aiming to the ken but to the holder
- Engaging the body at the right time
- Strong positions and good shisei
- Decomposition of movements

A superb illustration of Ri-Ai for three hours!

After a convivial lunch break together, we started the afternoon practice with Kihon. Yves showed each kihon before we practiced them. Corrections and advices were given to each of us.

Then the more advanced took the ken and we all, enriched by our morning practice, studied kata series. Omote and Chudan depending on each other's experience.

After a moment, Yves organized the groups by levels. Omote, Chudan, Ran-AI, Kage, Okuden. Again, Yves took the time to work with each of us giving personalized corrections and advices. We ended the training at 18.00

This first day of training was intensive, rich of details, full of Kokyu.

Arigato Sensei!

Dinner

Those who could, were invited to join Joshin's little group at my place and to share a convivial moment of dinner.

As we were all here through our practice of martial arts, the conversation got quickly a bit oriented around subjects like, martial/pacifism, our approach of the weapon, the weapon as an object, the goals of the person behind the weapon, and the training of the mind in the emotional moment of facing a weapon... We shared and listened to different personal experiences. Another moment to meet and understand better our partners.

Good food, good wine and sake, good company! We enjoyed!





On Sunday morning we were back and started training at 9.30.

A warm up with some Uchikomi on Honte, Gyakute et Hiki Otochi Uchi.
Explanation of Maki Otoshi.
Similitudes of Jo and Ken.
Then, we practiced Kihon Sotai and trained kata until 12.00 altogether.

Lunch in place.

In the afternoon we divided in groups to train the different series of kata.
At 16.00 Jan presented and succeeded his first grade: 5th Kyu.



Bravo Jan!

Conclusion

We were a small number to participate to this Gasshuku. Some expected people had to cancel shortly before the Gasshuku.

I must say that I used to feel sorry when being so few to meet, but this Gasshuku made me change my mind as the small number of practitioners made the teaching even more personalized "ISHIN DENSHIN".

Yves took time to practice and give corrections to all of us, and this was just great!

Each of us practiced with much enthusiasm and heart, everybody left confident and satisfied with these two days of "teaching and learning / giving and taking" of this Gasshuku.

Thanks to the members of Joshin who helped with the preparation.

Thanks for the presents of cakes and Sake.

Thanks to everyone for sharing these moments.

Thanks to Yves for teaching us his knowledge, for showing his views and understandings of our practice, Shinto Muso Ryu!

We will be back!

Luc

Breno, Esther, Yves, René, Luc, Simone, Jan, Sascha (not on the picture)

