

## After the First Spring Gasshuku with Joshin Dojo

That's it! The workshop is over and every one has to get back home, so it is a bit sad to split after such a great ambiance. Quality of training and all the moments of sharing around the meals did for sure unify the group. We were 18 Jodoka coming from Macon, Montreux, Genève, Fribourg, Zurich, Basel. Three persons couldn't come for family or health reasons.



From left to right:

Breno, Sascha, Angela, Yves, Jean louis,  
Manu, Fabian, Séverin, Gail, Christian, Yvan, René, Véro  
Luc, John, Flavien, Marcus  
The regretted absents: Charles, Jean-Jérôme, Enrique



## Planning

As our house is big enough and just across the street of the training hall, we could accommodate since Friday evening some of the jodoka and together to a concert given by some of Véronique's students from the Schola Cantorum Bisiliensis: « Musiques, chants et danses à la cour de Bourgogne »... A culturel evening!

### Saturday

8h00 : Breakfast in the garden

9h30 : Training

13h00 : Meal aux lentilles/saucisses/salade and dessert. Offered by Joshin's members

14h30 : Training

17h30 : Grading and free training

18h00 : End of training

19h30 : Grill in the garden and sake toasts

00h00 : Lights off

### Dimanche

Breakfast in the garden

9h30 : Training

12h30 : End of workshop



Ainsi qu'au précédent stage l'Enso de Pascal nous a accompagné !

## The theme of our workshop: « Ran » 乱

« Ran », an idea that came to me after reading a book about Yasuhiro Ozu and also a serie of events one that happened one day that rang clearly the bell of the chaos of life.

*(Yasuhiro Ozu is a Japanese film director whom I really appreciate and who through his films talks so accurately about reality of human life, which as the whole universe, is a total chaos!) This chaos around us, every second, are we aware of it or are we forgetting it by trying to “harmonize” our every day life?*



For us jodoka, the idea of chaos lead us to the kata « Ran Aï » 乱合.

How can we approach this notion in a workshop in with many different levels of practice?

This was my question to Yves and Pascal.

Pascal suggested “rhythm”. So nicely illustrated by the different serie of SMRJ: Learning the basis, looking for fluidity, fire in action and then through the more advanced series go further and look for simplicity of the moment, essential and effectiveness, to reach a certain control of the chaos through harmony.

With these elements, on Saturday morning, Yves asked us to work on the « Ran, 乱 » side, adding the « Aï » 合. Yves showed us how to perform the Kihon sotaï exploring the « Ran » and the « Aï ». We practiced both Kihon several times with both approach.

1°) Concentrating on the « Aï ».

Do be available and vigilant to the partner. Look for “Awase” between Uchi et Shi through «Kime », « Zanshin », « Metsuke ».

2°) Exploring the « Ran » by the Jutsu aspect of the technics. A few examples:

- In the first three Kihon: The jo doesn't hit the blade but looks for the center through a good hanmi position of the body
- Kaeshi Tsuki and Gyakute Tsuki: The question here is timing and distances. Shi does not let Uchi's attack happen, the Tsuki stops the cut.
- Maki Otoshi, through a smaller movement, the jo is directly in front of Uchi's eyes. Then the feeling begins to change, the « chaotique » aspect of jutsu appears. The threats are direct, and efficient, and the emotional feeling reaches another level.

Practicing these exercises with different partners also helped the adaptation progress.

All the jodoka independently of their level practice really enjoyed this serie of exercise. A great choice, Thanks Yves!





The afternoon was dedicated to Omote, Chudan, Ran Aï.

Ran Aï was performed with three different rhythms, starting by a slow one without kiai (to find the Aï), then a bit quicker with kiai, to finish with the normal rhythm of Ran Aï (depending on every one ability) to enter the "Ran".

This progression was quite interesting and allowed us to understand the difficulty of keeping the "Aï" when "Ran" appears.

At the end of the day, Yves had Gail and Breno for the 4<sup>th</sup> Kyu and Véro for the 3<sup>rd</sup> Kyu. A full success!!! Bravo!



Sunday Morning.

We were back to training with tandoku to warm up. Then we practiced by different level groups through Omote, Chudan, Ran Aï, Kage, Samidare, Gohon no midare. Some learned some new kata, the others could go deeper with what they already knew.

At 11h30, back to a common and large practice together. The more advanced as Uchi. Shi could propose the kata to perform.



## Conclusion

From what I heard from every one, the workshop was a great success: Training jodo and human relationship. The choice of theme and the proposals got a interest.

Quality of teaching, practice, sharing, friendship and a lot "kokoro" from every parts  
A real Gasshuku !



Master « Yoda »

I wish to thank Yves for his teaching, all the jodoka who came from far to Basel, Joshin's members for their help.

With a special thanks to Véro who helped me organized the workshop.

A " Rendez-vous", our next workshop in Basel!

Luc

