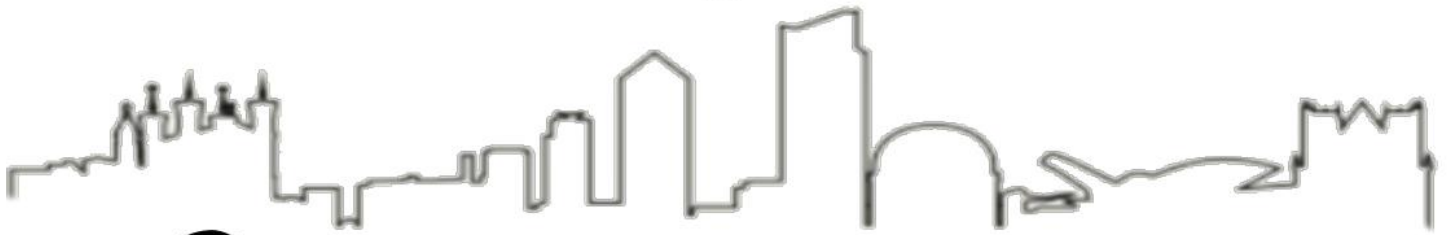


# *Shintô Musô Ryû Jôdô*



*Summer Gasshuku*



# *Lyon 2019*

The 2019 Summer Gasshuku of the European Jodo Federation took place from July 28th to August 3rd at the Lyon St Joseph Domain, an old residential seminar, in the suburb of Lyon. We wanted this Gasshuku to be under the high patronage of Guignol, who certainly was the first Jodoka of Lyon!

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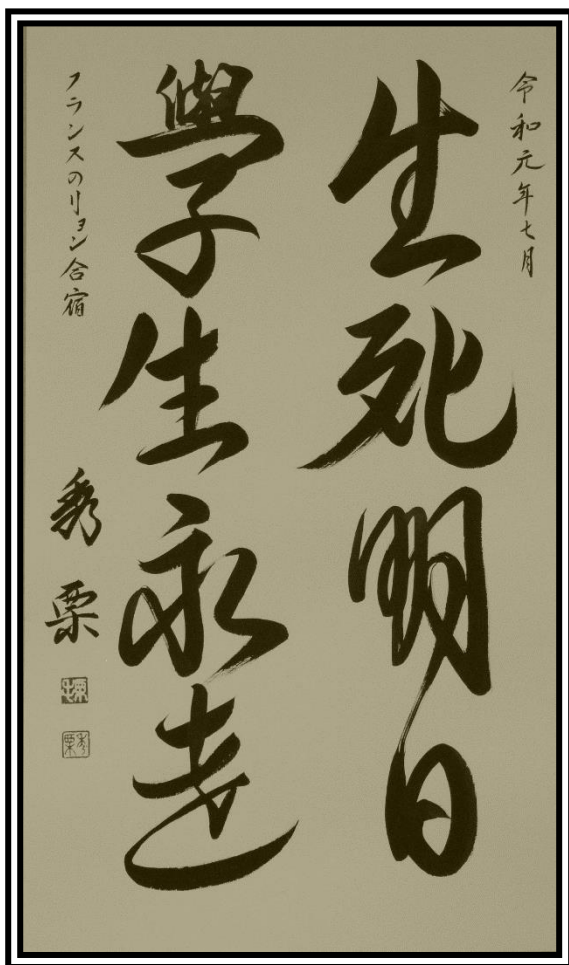


A hundred of students of 14 different nationalities participated in, mainly from European countries (in alphabetical order: Austrians; Czech, Dutch, Finns, French, Germans, Hungarians, Italians Russians, Spanish, Swedish and Swiss) but some came from further, as David who came from the USA, and Glen Henry who came from Brisbane with his wife, Judy.

Teachers arrived on Saturday evening for the day reserved for them on Sunday, while other students mainly joined us on Sunday evening, just in time for the official groups' presentation. This allowed us to welcome everybody, and to distribute a chèche (for sun protection) and a reusable drinking bottle (to avoid the use of plastic during the seminar).



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On Monday morning, during the official opening, Pascal introduced the theme of the Gasshuku, theme that will remain with us throughout the whole week :

*Sei Shi Ashita Gaku Sei Ei En*

Live as if you 're going to die tomorrow  
Learn as if you're going to live for ever

During the whole week, we trained all together from 6:30 am until 06:00 pm, under the leadership of Pascal Krieger Sensei, of Menkyo Kaiden of Seiryukai Europe, and in the presence of almost all the FEJ teachers.



We used to start each half-day training by a formal bow, followed by explanations about principles to study during the seminar.





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Pascal prepared us an ambitious program for the week...

*Principes de Budō à travailler cette semaine · Budō principles to be trained this week*  
 今週の武道信念

<i>Lundi/Monday/月</i>	<i>Mardi/Tuesday/火</i>	<i>Jeudi/Thursday/木</i>	<i>Vendredi/Friday/金</i>
<i>A.M.</i>	<i>A.M.</i>	<i>A.M.</i>	<i>A.M.</i>
<i>Kamae/Osame</i> 構活め <i>Shisei</i> 姿勢 <i>Sei-Chū-Sen</i> 正中線	<i>Zan-Shin</i> 兼心 <i>Metsuke</i> 目付け <i>Ko-Kyū-Hō</i> 呼吸法	<i>Ma-Ai</i> 間合 <i>Hyo-Shi</i> 拍子 <i>Isshin</i> 一心	<i>Ki-Musubi</i> 氣結ひ <i>Sei to Dō</i> 静と動 <i>Mu-Shin</i> 無心
<i>P.M.</i>	<i>P.M.</i>	<i>P.M.</i>	<i>P.M.</i>
<i>Ki-Ken-Tai-Ichi</i> 氣剣体一 <i>Ki-Ai</i> 理合 <i>Sun Dome</i> 寸留め	<i>Te no Uchi</i> 手の内 <i>Mato</i> 的 <i>Anuki-Kata</i> 安き方	<i>Chū-Shin</i> 中心 <i>Yo-Yū</i> 余裕 <i>Trimi-Sankaku</i> 入正角	<i>Shi-Ken</i> 試験 <i>Em-Bu</i> 演武

And then, we trained on the field surrounding the hotel.





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The traditional examination took place on Friday afternoon



Followed by the Embu, during which katas of all the Jodo & parallel weapons series were presented, as well as Hojo Jutsu by Michael Söderkvist.



And, to end off in style, we even had an unseen kata by Pascal!



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And then we finally all met at the Sayonara Party, and ended with a musical and dance evening, with a rock band that generated some confusion in this so quiet and so peaceful suburb area ...



And after we unfortunately had to ask them to slightly reduce the volume, we danced until late in the evening and finally ended with a beer in the common room.





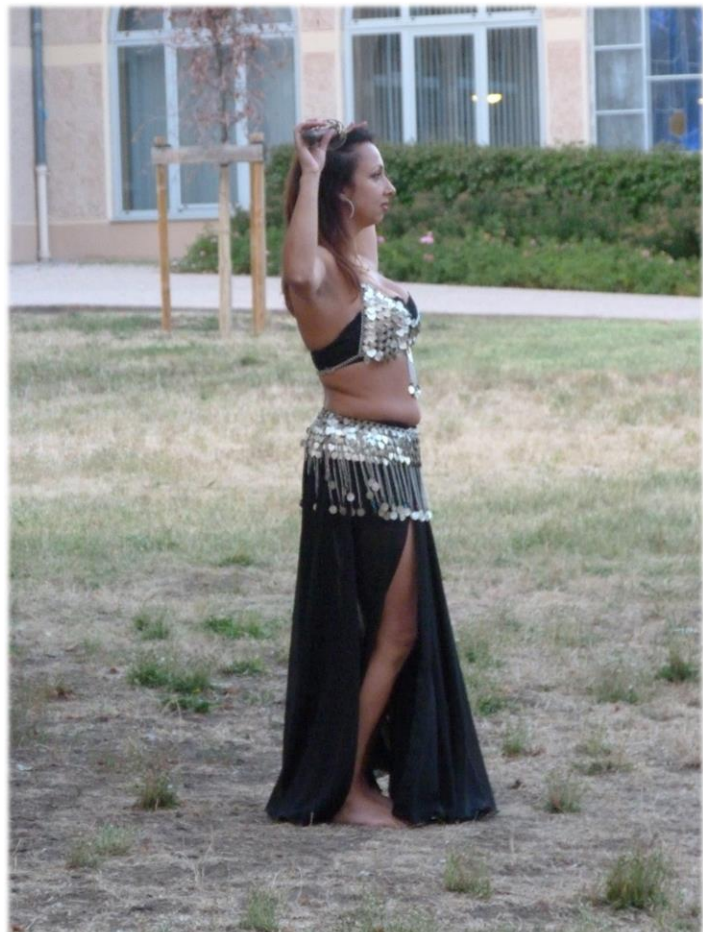
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Of course, we did not only have practice sessions during this week :



the calligraphy evening, prepared by Maria-Rosa and conducted by Pascal, has been a very nice & studious moment, during which lot of students left with a calligraphy specially done for them.

We also tried to give the students the opportunity to discover the importance of the hip in other disciplines, in this case, oriental dance, with Laetitia who came one evening to make us discover her art and even tried to initiate the most courageous...



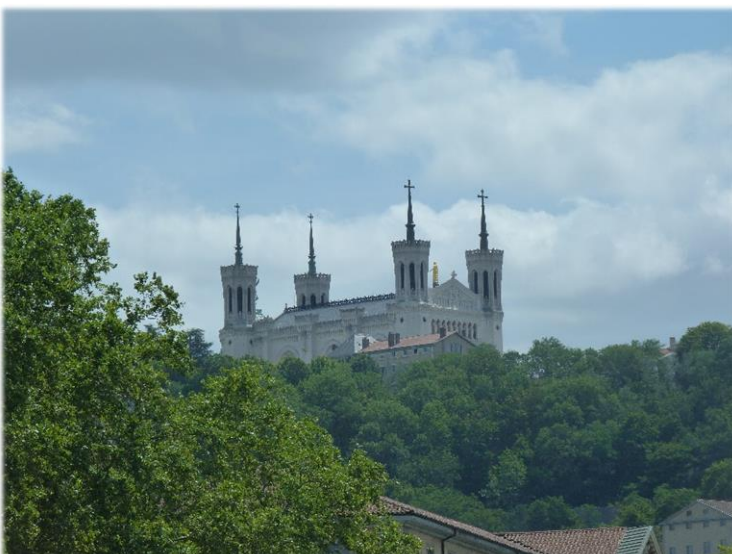
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In the middle of the week, the traditional cultural day gave the opportunity to discover several aspects of Lyon:



as insiders, visiting traboules, followed by a Bouchon restaurant and a visit to the museum

as boaters, with a lunch cruise on Rhône & Saône rivers,



and for the most courageous, as pilgrims, climbing the stairs leading to the Fourvière Basilica for a picnic on the top of Lyon.





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We were so happy to welcome you in Lyon and we know that you will not only remember those working and studying hours, but also Jonh's guitar, and the long time spent discussing outside.

A really big big thanks to Pascal and all the teachers, on the deck during the whole week, and the students who contributed to make this Gasshuku a successful one. And big thanks to the Domaine Lyon St Joseph team who helped us for almost one year and took care of us during the week! In this regard, it appears important to us to mention that this hotel belongs to the

Lyon Diocese, and they are not only caretaking of welcoming all kind of audiences (hence the dormitories and the little kitchen that allowed us to propose less expensive accommodation), but also pay back a part of its revenue to an association focused on aid for disadvantages children in Lyon.



We really hope we'll have the opportunity to see you again very soon, in our very nice town, or somewhere else.

And in the hope, and to remain in the theme....

The Guignols salute you with deep appreciation!

Marie-Pierre (the Okapi), Eliane (the Seagull), Pierrick (Jiminy Cricket) and Nathalie (the Magpie)

