

SMR Jodo seminar report – Milan, 9-10 November 2019

On November 9th-10th, 2019 a *Shinto Muso Ryu Jodo* seminar, directed by Lorenzo Trainelli (SMR Go-Mokuroku, EJF Chuden) with the help of Maria Rosa Valluzzi (SMR Sho-Mokuroku, EJF Shoden) and Daniele Romanazzi (SMR Sho-Mokuroku), was held in Cesano Maderno (in the vicinity of Milan). The seminar saw the participation of five Italian Jodo groups (Milan, Rome, Padua, Foligno, Udine) and of a most welcome guest from Basel, Esther Stebler, who we hope to host again soon. The total of 17 participants shared a weekend of intense and precise practice, together with unmissable moments of sociality.

The theme chosen for the seminar was the second of the “Thirteen Golden Rules Of Jo”, presented in the book “Jo no Hinkaku” (“The Dignity of the Jo”) by Hamachi Koichi Shihan. This rule recites: “Shinbutsu mo koe no chikara de arawaruru / Ikkatsu hittou kisei yashinae” (“The power of the voice can evoke the gods. Cultivate a powerful voice that defeats the enemy”).



The rule was explained by the teachers at the seminar opening on Saturday morning, showing how the element of *Ki-Ai* is of paramount importance for a Jodoka, to be worked with the same precision we work on the other constituents of our techniques in *kata*. Also, it cannot be manifested without correctly mastering other principles such as *Te-no-uchi*, *Shisei*, *Ki-ken-tai*, *Kime* ecc...

On Saturday morning the practice was then conducted with particular attention on elements concerning *Ki-ai*, above all the one that makes it possible: breathing (*Kokyu*), beginning with a work on *Kihon Tandoku* that later evolved practicing the same elements in some *kata* from *Omote* and *Chudan*.



In the afternoon, after returning on the *Kihon*, the work continued on the same subject of the morning. Participants were then divided into two groups: one kept working on *Omote*; the other, more advanced, worked on *Kage*. At the end of the class, the latter acted as *uchidachi* for the former to work on their kata, in the most classical form of *Jiyugeiko*.

In the evening, after the class, the group visited an historical palace in the town of Cesano Maderno and subsequently had dinner in a typical local restaurant, to share a traditional moment of conviviality.



Sunday class started with *Kenjutsu*, working on some fundamental principles of sword technique of our school (with great emphasis on *Kokyu*, *Maai*, *Ki-ken-tai*) and his connection with Jo movements. Later these principles were worked out in the first two kata of *Shinto Ryu Kenjutsu* and in the first two of *Uchida Ryu Tanjojutsu*, showing once again the underlying unity of the various weapons used by a Jodoka. Meanwhile, the most advanced students worked on the parallel weapon arts.



The seminar closed with a short *Embu* where advanced kata of *Jo*, *Tanjo*, *Jutte* and *Kusarigama*, not worked during the seminar, were demonstrated.



Thanks to the teachers and to all the participants, whose determination keeps SMR Judo practice in Italy constantly growing.

See you at the next seminar!

Alberto Dall'Olio
Takehaya Dojo Roma

