



For the sixth consecutive year, we had the great pleasure to welcome once again Gilles TACHE & Jean-Claude HAMEL for a Jodo Seminar at La Mulatière, in the suburb of Lyon, on March 23<sup>rd</sup> & 24<sup>th</sup> 2019.

As usual, people from Cannes & Nice arrived on Friday evening, in Jacky & Marie's van and Marie-Ange's car that were both full to bursting ! Few students coming from farther (Bordeaux, Rémilly, and Geneva) made the same choice, and most of them were fit in local students or friends (few of them, at the hotel). The day after, we started at 6:30 am with a Kenjutsu & laido lesson taught by Jean-Claude as every year. We first worked on relaxation and verticality, and good position of pelvis, before trying to put these notions in Omory Ryu Katas.

At 9:00 am lesson, some laidokas from La Mulatière met us and we were more than thirty students. We first kept on the same work as earlier, based on Kenjutsu exercises, and then during the second part of the morning we studied Shinto-Ryu Kenjutsu serie.

We stopped at noon, sharing lunch, as usual under the sun (we are very lucky every year for our picnic!), then we went back to work with Jo itself.

First of all, Jacky & Marie introduced the calligraphies they wrote to illustrate the seminar theme: Kiritsuke, cut idea, linked with main two hands positions on the weapon, Kirite, the cutting hand, opposed to Uchite, the hitting hand. Then we went on with a serie of exercises meant for experimentation of these two notions, before trying to find them in the study of Omote, Chudan and Ran-Ai series.

In the evening, everybody met at Yves & Nathalie's, as usual, around a homemade menu (lentils & herring salad, followed by a spiced braised beef), cooked by Yves, to which you must add lot of delicious things, delicatessen, desserts, or good bottles, brought in luggage (obviously to wedge keikogis !). We fittingly celebrated the seminar, and some of us went to bed, on sofa or air bed very late (or very early in the morning!).



But this did not prevent most of us, next morning, from being on the tatami at 6:30, for a Tanjojutsu lesson with Gilles, who made us work the whole serie for 2 hours.

We just had time for a quick coffee / biscuit before restarting at 9:00 am for a last morning of work during which students got divided into two groups: the oldest students successively worked Samidare followed by Okuden, while the other spent the left time on series they knew.

And at noon, it was the end! And we shared a last lunch in the sun with our guests before they go....

Hoping to meet next year, it is now time to thank all those who played a large part this successful seminar, students who came from far away to study with us (but also to have fun with us after the lesson!), students from here who hosted them, involved in registration, cooking, shopping..... And always in a good mood!