



On April 12 and 13, we had the pleasure of receiving again at la Mulatière Gilles TACHE and Jean-Claude HAMEL, who came to supervise their annual Gasshuku as they have been doing since 2014. They arrived on Friday evening in the truck of Jacky and Marie, full to the brim of practitioners from Cannes, Nice and Pierrefeu. This time, they arrived earlier and we all had a picnic in the garage! And icing on the cake, Barbara had also made the trip for the weekend and she joined us for the evening in the company of Eliane. We already had a good time of gourmandise and pleasure to meet, and then everyone settled for the night, a party at Eliane, the others at Yves and Nathalie or at the hotel.

The next morning, the bravest ones were on the tatami at 6:30 for the Kenjutsu class led by Jean-Claude and Gilles. We were joined on the spot by Pierre and Jean-Marie, who came from Belgium the day before, by Catherine coming from Paris, by Thibi and Seb, who arrived from Grenoble with a first batch of students, and by Daniel, who came straight from Oxford. So we found ourselves almost twenty to work on «the role of Uchidachi», the theme that had been chosen for the Gasshuku and for which Jean-Claude had prepared us a tailor-made course! In particular, he shared with us his research on the principle of the "blower" which allows Uchidachi to take a slightly more active role to provoke a response from Shidachi, to «blow» him a reaction in a way.

It was quite dense and we didn't stop until 8:30. As we had serious teachers who were committed to respecting the schedules, breakfast was quick, but it did good! So we resumed at 9:00 ringing!

Corine and Gérard, detained on Friday evening by a course in their club, had warned us that they would arrive later in the morning, but with the last arrivals who had joined us (Eric and Savinien, who arrived from Grenoble, Carlos from Saint-Etienne, Christian from Bourg-en-Bresse, and always the same Lyonnais refractory to too early hours) we were about thirty and it was really nice to be so numerous!



To start, Jacky and Marie presented the calligraphies they had made to illustrate the theme that was chosen for this year's course: UCHI DACHI»

Marie explained the meaning of the three kanji that make up calligraphy (literally "the hand holding the pen stick"). Jacky, for his part, had chosen to calligraph "Makoto" which is translated as "sincerity" and whose characters taken one by one mean "do what is said"

Then we started to work properly, and we began with the Kihon Sôtai by taking the principle of the «blower» presented in the morning by Jean-Claude.

Then, to stay in the same search, Gilles and Jean-Claude made us work on the Omote series but in the Jojutsu version of Kyushu, which for many kata gives a more offensive role to Uchidachi. For most of us, it was the first time we had the opportunity to have these kata and it was a great discovery!

Again, we had trouble stopping and it was almost 1pm when we bowed out! The weather being nice (again we were lucky, it's not what was planned!), we were able to settle outside in the sun for a picnic!



And we resumed at 2:30 pm to see the last kata of the Omote series, still in the Kyushu Jojutsu form.

The rest of the afternoon was devoted to a work on Chudan, with attention focused on the role of Uchidachi in the three kata Midaridome, Kengome and Yokogiridome, at the time of absorption of the Honte-Uchi.

We also took advantage of a break to thank Gérard who had offered the practitioners of the Tanjo club that he had made himself!



Then, as exams were scheduled, the candidates received the kata list to prepare and went to work with the partners they had chosen. Meanwhile, the other practitioners put their last strength in some Ran-Ai, and Alex, who had been doing Kihon since the morning without interruption, was able to breathe a little!



And the afternoon ended with the grade examination of five practitioners: Cécile and Chucho passed their 2nd Kyu, Eliane, Marie-Pierre and Flavien (the latter belonging to the club of Bourg-en-Bresse) passed their 1st Kyu. Bravo! And thank you to Gilles and Jean-Claude for once again accepting this additional burden!

After these moments rich in emotions, most of the practitioners met as usual at Yves and Nathalie for a joint meal. Eliane had prepared an Osso Bucco, and it was exactly what we needed to comfort us after a long day of efforts!

And the next day, at 6:30 am, almost all of those who had finished the Chudan series were on the tatami for the Tanjo class given by Gilles. And like the day before, we had a hard time stopping! So as the day before breakfast was quick (but appreciated!)

Following this, we are therefore back at 9:00 for the final straight line. After the Kihon Tandoku, Seiryukai members spent most of the morning at Okuden and Kusarigama, while the less advanced were divided into several groups according to their level (with, particularly, a lot of work on rhythm for the Kage group). Finally, the members of Seiryukai took their Ken and served as partners to the less advanced

And at noon we shared a last picnic before everyone left, and we were relieved to hear that everyone was back safely. We did not know yet, that Barbara would die a few days later and that we would not see her again. We will keep the last bright memories of this weekend with her: working together, moments of relaxation and fun shared during breaks and evenings at home...

We are now waiting for a new edition next year, I end as usual thanking all those who made this Gasshuku possible, our teachers (especially!), the practitioners who came sometimes from far away and who made us the pleasure to come work with us, and also, of course, all SMR Jodo Lyon practitioners who were involved, before and during the internship.