



SMR SEMINAR REPORT - FOLIGNO 2019

For the first time a Shinto Muso Ryu Jodo (SMR) seminar took place in Umbria, in Foligno, in the heart of Italy. The seminar was organized by Inyokai Dojo and was held on 19th and 20th January 2019 under the direction of Lorenzo Trainelli Sensei (SMR Go-Mokuroku, Chuden FEJ) from the Seiryukan Dojo, Milan. The seminar saw the participation of 24 students coming from 8 different national study groups: Milan, Udine, Padua, Rome, Foligno, Osimo, Naples and Bari.

The technical level of the seminar was enriched by the presence of Maria Rosa Valluzzi (SMR Sho-mokuroku, Shoden FEJ) from the Tsuki Kage Dojo, Padua, and Daniele Romanazzi (SMR Okuiri) from the Takehaya Dojo, Rome.



On Friday 18th an introductory lesson took place at Inyokai Dojo. This was mainly addressed to neophytes and conducted by Maria Rosa Valluzzi together with Daniele Romanazzi. The first Kihon of the school were presented together with the practical applications of defense tactics with the stick (Jo) from an opponent armed with the sword (Ken): in other words, the reason why our school originated was shown.

The seminar officially opened on the morning of Saturday 19th and since then the whole weekend went on with segments of intense technical work, as well as calls to reflection combined with convivial moments.



The theme proposed for the seminar was the first of the "Thirteen golden rules of Jo" presented in the book "Jo no hinkaku" ("The dignity of Jo") by Hamachi Koichi Shihan. This reads: "Mi o motte hito or tasukeru tsue no goto kono sugata koso mononofu no michi" ("The stick helps the man, but at the same time represents the Way of the warrior") and in the subsequent considerations Hamachi Sensei states that the Jo symbolizes three virtues:

- Wisdom**, represented by the straight form of the Jo;
- Benevolence**, which manifests itself in the roundness of the Jo;
- Courage**, symbolized by the strong substance of which Jo is made.

These words and their implications allowed each one of us to reflect further on the depth of such a martial practice by adding another piece to the understanding of the Way.

As usual, the proper technical part of the seminar began with Kihon exercises and continued with Suburi and Uchi Komi, deepening the study of the basic principles of both Jo and Ken armed martial practice.



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After the lunch break spent in a well-known local "gourmet cafeteria", the activity resumed at full speed by a division of the group into two parts: beginners and advanced. The first, supervised by the constant presence of a sempai, continued with the study of Kihon Tandoku and Sotai, while the others focused on the school's kata.



Ample space was given to technical questions to whom Trainelli Sensei has always answered in a comprehensive way. Also, everybody was constantly invited to change partners for practice, so as to experience the effectiveness of one's own technique on different opponents: a few words and a lot of work, as it is typical to the teaching of koryu.

Saturday afternoon practice ended with a session of exams ranging from the 5th to the 2nd kyu: congratulations for those who passed a grade!



The evening was an opportunity to gather and spend some time together at the place of the seminar's organizers: Lorenzo&Gino Ricci. Home-made appetizers and some good and healthy products of the Umbrian territory have framed the familiar and friendly atmosphere that you always breathe on these occasions, now become a constant of our meetings and, rightly, officialized as "Bordelloni" ("Bigmess")!

On Sunday practice continued with the same intensity of the first day, always divided into two study groups: while the beginners were introduced in the Tokushu Waza kata, the advanced have deepened the kata of the Chudan series.



At the end of the morning session the seminar ended with the traditional Embu. This time it was enriched by the presence of other Budo thanks to the multidisciplinary of some of the practitioners present. Several schools have been shown: Ryushin Shouchi Ryu Iaijutsu, Aikiken, Hyoho Niten Ichi Ryu Kenjutsu and, of course, various kata from the series of Shinto Muso Ryu Jodo.





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A sincere thank you goes once again to Lorenzo Trainelli with Maria Rosa Valluzzi and Daniele Romanazzi who, with their availability and precious presence, have once again contributed to a step forward in the spread of Jodo in Italy, in the creation of a group of well-trained practitioners and, above all, united in one large family.

Our strongest hug goes to Pascal Krieger Sensei, the one who has made all this possible, who has made this martial art great in Europe and in the world, and to whom we offer our deepest wish for a complete and speedy recovery: C'MON PK !!!

