



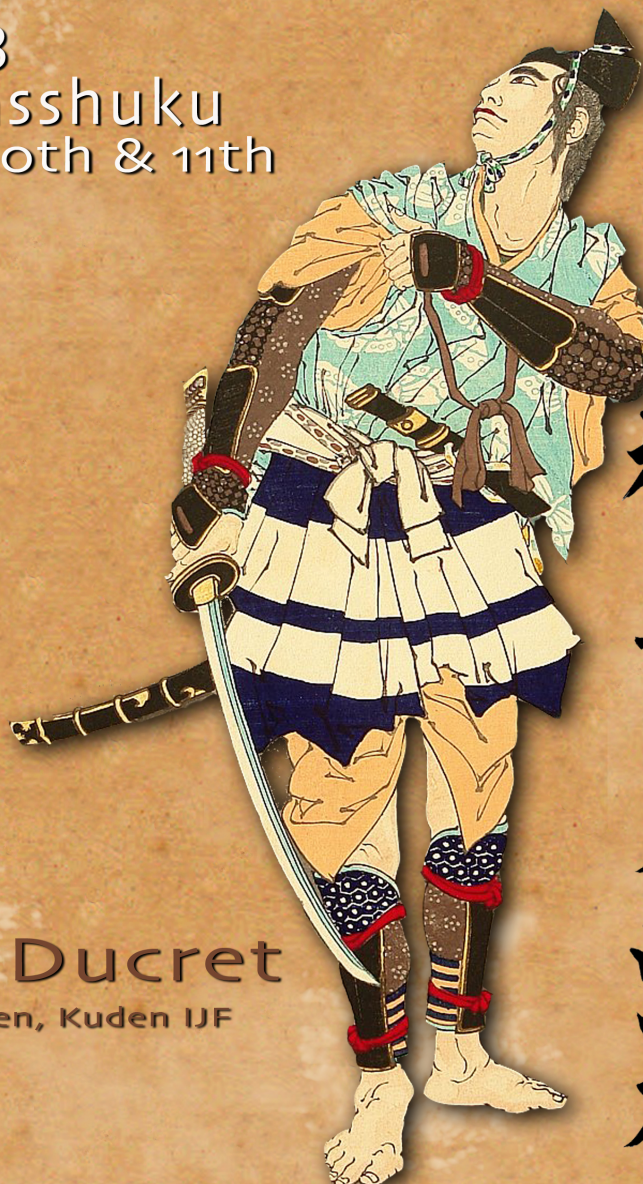
SHINTO MUSO RYU JODO



Basel 2018
Winter Gasshuku
November 10th & 11th

杖
心
道
場

Michel Ducret
Menkyo Kaiden, Kuden IJF



神
道
夢
想
流
杖

w w w . j o s h i n . e u





Basel November 2018 Jodo Gasshuku.



To lead us all along our weekend and for a Kamisa, I had chosen this beautiful calligraphy from Pascal
 «Shôgyô Mujô» («Nothing is permanent»).

I personally see this calligraphy as an image of the natural energy and the original movement of life.
 Enough to meditate for a while!



On each side of the calligraphy a Kakejiku :

On the left: Water and rising sun, images of movement and energy, of life and nature vie.

On the right: Sugawara no Michizane (845- 903). A famous scholar, a god of culture for the Japanese students. An illustration of the knowledge and the consciousness brought by Michel and the level of his teaching as Menkyo Kaiden, and by Pascal's «Shôgyô Mujô».



Jodokas

We were 9nine to profit from Michel's teaching: Claudia, Esther, Simone, Junko, Kyoko, Jan, Breno, Sascha & myself.

Many others would have been with us but had already taken other engagements as we advertised the gasshuku a bit late.



(Simone & Sascha are missing on the picture, Sorry!)





The practice

We began the Saturday morning practice with some Jo Uchikomi.

From Migi Jodan and Hidari Jodan positions, series of large and relax movements passing through the target. All the movements should not be done only with the arms, but should really include the whole body

Then as it is always good to go through the basics, Michel showed us the three first kihons: Honte uchi, Gyakute uchi et Hiki otoshi.

For each of them, a "Sho" version. Coordination of movements, opening of the front foot to prepare the hips rotation. And then a "Chu" version, more fluid together with the "Kikentai" notion

At the end of the morning, a time to repeat kihons, Omote and Chudan Waza pour the beginners, and for more advanced, Samidare, Gohon no midare. Michel took time to work with everyone.

In the afternoon, we were back to Uchikomi and Michel showed the three following kihons: Kaeshi tsuki, Gyakute tsuki, Maki otoshi with approach of Ki musubi, Maai.

Then back to katas with Michel. Ran ai and Kage for the advanced. Suigetsu, Shamen and Tachi otoshi for the beginners.

Sunday, we started in the morning by the different kamae with Ken. Then Happpu giri : The use of the whole body in the movements of cuts. The different cutting angles. Orientation of the Hasuji. Te no Uchi.

To finish before lunch break, we went back to jodo kihon: Kuri tsuke, Kuri anashi and Tai atari.

The common entry of the three kihons. To get out of the cutting line, position of body and jo

The different directions of movements in these three kihons. The role of the back hand.

In the afternoon we work on the last three kihons. Tsuki hazushi uchi, Do barai uchi and Tai hazushi uchi.

Absorption and angle of hits. Alignment of the body and hips rotation. Coordination of the different parts of the body and « timing » of movements.

In the last hours Michel invited us to ask questions. This way Michel managed to go back to certain kihons or katas. Michel used this to illustrate notions like Ki awase, Ki musubi, Kobo ichi, Riaï, Sei to do, Ma ai, Kokyu.

To resume, a rich and intense teaching, a good practice with concentration. Everyone left happy of the weekend, with a lot of things to meditate and pleased with personal corrections given by Michel. Enough to keep busy for the coming months!



Conviviality

As usual, conviviality was much present all along the workshop, during moments of practice but also in moments of meals. All around a good table. Véronique and Camille took care of the meals. Some of Joshin had prepared some entries. We enjoyed nice food and beverages. We had toasts together with sake and fell for a delicious "gâteau au chocolat. Kampai !

It was a real pleasure to welcome all as everyone came with smiles, good humor and an will to receive this teaching... Thanks to all Jodokas !

Thanks to you Michel for sharing and transmitting your knowledge. Thanks for your commitment, your benevolence and simplicity. In fine, thanks for the patience you offered to each of us, all along the workshop

Then thanks to each of you for these nice moments shared together. I wish you all a long and happy life!

See you soon.

Luc

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