

Mannheim Germany iaido seminar 17-18-19 January 2020

Another iaido seminar organized by Gei Shin Kan Dojo in Mannheim. Teacher in this dojo is Roland Tropschlug. We go back more than 20 years. We started with seminars in The Waldorf school in Mannheim. Two times a year I visit Roland and his dojo. All the years Roland kept organizing these seminars, sometimes with a small group but mostly with a nice dojo filling group like this weekend. By the way a seminar with for example 6 students is in it's way much more and different in intensity than a seminar with 20-30 students. We thanked Roland again for organizing. Although he couldn't join because of an injury that needs rehabilitation, Roland studied at the side in the dojo by mitori keiko.

Friday evening 17 January 2020 training from 19:30 - 21:30 hours. We started with 4 iaido ("warming-up" exercises) in which precision, relaxation, metsuke, ashi sabaki, Ukenagashi, kihaku, calmness etc are important. Connection is the word. The connection between these exercises and the execution of ZNKR iaido but als Muso Shindo Ryu iaido. We practised these exercises a long time. On first sight simple exercises and therefore more details were asked from the students. Correctness. Good postures, exact use of footwork. Personal instruction possible because Friday evening was Dojo keiko: 3 students: Jurgen, Wilfried and Dirk. For all three information on their own level. Information to be able to make the next step. Such a step is not always an exam. There are in between many steps possible. Understanding is very important. To be able to understand one has to be flexibel and able to listen and absorb. If these competences are not available then teaching will not reach the core of the student. It is the teachers ability based on his own proficiency that makes a better possible to make the connection with the student. We could say that "rapport" between each other is a necessary item in effective communication. After the 4 exercises we trained the rest of the evening ZNKR kata number 5 called Kesagiri.

After keiko we went to our favorite Spanish restaurant Andalucia for delicious tapas, wine, music and top food. A wonderful evening with friends. Thank you Roland, Dirk and Wilfried.

Saturday 18 January 2020 keiko from 10:00 - 18:00 hours. A full day. A nice group. Creative lesson program. Enthousiastic iaidoka. Lunch and dinner in restaurant Bernstein. The best formula for a great seminar day. Today I am assisted by Karl Dannecker sensei and Peter Röder sensei. We know each other for years and working together is always a great experience. We started like yesterday with the 4 "warming-up" exercises connecting them to ZNKR iaido. After quite a while we did Kesagiri. Then we did 1-12 once, 1-12 twice and 1-12 thrice. We did on such a way that we had time to execute all points needed. Not too fast. After our faces were sweaty and our bodies nicely warm. Time to make a workshop with ipponme Mae while Peter Röder is executing this kata in preparation for his next challenge. Workshop and training by everyone took almost a hour until lunchbreak. After lunch in Bernstein we continued with Koryu:

1. For those (2: one Mudan and one Godan) who only could train standing we practised Koranto.
2. For Nidan (3) we trained Shohatto. There were no Shodan present.
3. For Sandan (4) we trained Ryuto.
4. For Yondan (2) we trained Oroschi.

5. For Godan (3) we trained Taki Otoshi + Kaiwaza.
6. For Rokudan (1) two kata were practised namely Suwari waza Okuden Shihogiri and Tachi waza Okuden Sodome.

After intensive training of these kata, all categories demonstrated (one by one) that what they had trained and learned. With every demonstration learning on the spot stated place. Method: workshop. We went on with this until a coffeebreak at 16:40 hours. After the coffeebreak it was time for training of Tachi waza Okuden kata: Yukizure, Rentatsu (Tsuredachi), Somagori and Sodome. The first two kata we really build up with versions A, B, C and D etc. Everybody learned the many difficulties of the Tachi waza Okuden kata. After keiko shower and to Sayonara dinner in Bernstein from 19:00 hours off. At 22:30 hours we all became really tired after such a full day of keiko. Yawning. Time to go to sleep.

Sunday 19 January 2020 we had keiko from 10:00 - 16:00 hours. Lunch one hour Bernstein. The whole day Koryu iaido. Shoden. Omori Ryu. Muso Shinden Ryu. Kata before lunch: Shohatto, Sato, Uto, Atarito, Inyo Shintai, Ryuto and Junto. Kata after lunch: Gyakuto, Seichuto, Koranto, Gyakute inyo Shintai, Batto A, B and C. Our standing iaidoka Jürgen nicely followed us standing as much as possible. Then the seminar was finished. Nice words to Thank those concerned. Applaus for everybody who joined this seminar. Last but not least group photo. Finally shower and relax. From the dojo together with Roland straight to the nice restaurant at the river Rhein / Rhine. A nice ending of this beautiful weekend. Roland once more thanks for the friendship and hospitality. Until next seminar.
Gambatte kudasai□□□