



Paul Smith Kashima No Tachi & Aikido seminar report (Y. Bourlon / O. Bury).

Calais - Fri 20, Sat 21 and Sun 22 October 2017.

For the venue of Paul, for the first time in France and so, in Calais, this is about 30 members who came from Calais, Lille, Hazebrouck, Dunkerque and Boulogne s/mer dojos and who studiously attended to the Kashima No Tachi Kenjutsu and Aikido seminar from Friday evening, Saturday all day and Sunday morning.

The idea of organising this first seminar with Paul arose from a discussion in between Paul, Josette, Olivier and Yannick at the last ISBA seminar in Devon (UK). This is also a major interest of ISBA seminars to enable this to happen as it ease and create a strong relationship in between ISBA dojo members. After few exchanges of emails, it was then planned to do it in October, few weeks before the AOKI sensei seminar in London. We invited then all the dojos of the north of France to participate.

Paul came with 5 of the Tetsushinkan dojo members : Irena, Stan, Bartek, Neil, Gavin who helped and contributed to having a very rich seminar. Benoit and some Lille dojo members also brought their support.

Paul taught us the fundamental principles of his methodology, principles we should work on, and re-work, and work again as to acquire them, and through which we should build our own practice : breathing, relaxing shoulders/hips/back, relationship between the body, the center, the sword, relationship with the partner, also how to issue a Kiai, how to move and walk with and without the sword. We also worked on Kihon Dachi. Indeed, a lot of key principles that Paul highlighted and insisted on and the ones that are sometimes forgotten, hidden or simply not explained in depth, in Aikido. We received a lot of positive from the attendees and some of them were amazed too by what Paul taught them feedback (*see page 2 of this report*).

Everything was done in a warm and friendly ambiance outside the dojo, as we are used to do in Calais and in the OPALE Coast region.

We look forward to re-organising another one with Paul next year, if possible. As with the seminars we are doing with Josette, it contributes a lot to enhance our practice in Kashima No Tachi Kenjutsu but also find its way in bringing some explanations for our Aikido practice.

Friendly Yours.

Yannick / Olivier

PS. Here are some of the comments – in French - :

Nathalie (Calais - female - beginner) : "Bien que débutante en kenjutsu, j'ai beaucoup apprécié le travail de Paul notamment pour mes déplacements avec et sans le bokuto".

Richard (Calais - male – regular – almost 2 years of practise in kentjutsu Kashima No Tachi) : "Les principes fondamentaux enseignés par Paul et son équipe durant le stage m'a permis de mieux comprendre le kenjutsu Kashima No Tachi mais aussi certains mouvements d'Aikido surtout pour le travail du corps".

Théo (Calais – child – beginner) : "J'ai pu apprendre à manipuler le bokuto. C'était super cool !!!".