

Another successful international TaiKi Budo Gasshuku in Sweden 27-28-29th 2010 of August, in Gothenborg, Lygnared



TaiKi kenpoka attending at the gasshuku at the training site in front of the lake

It was for the 5th time already, TaiKi **shihan McDonagh** and his Swedish TaiKi-members did organize an international TaiKiKen Budo-gasshuku near his hometown Gothenburg.

Teachers present in the gasshuku:

Renshi **Jacques Legree** from Boulogne, renschi **Laurent Rouzeau** (Marseille), both shihan **M.McDonagh** and **J.Kallenbach** (Amsterdam), assisted by **Åke Wall** (mokuroku sandan Stockholm) Around 35 participants from France Paris, Geneva, Marseille, Sweden and the Netherlands came together in the woods near the nice site of Lygnared, with its perfect fresh air and splendid view over the lake.

When all foreign participants mostly coming through Gothenborg-airport had arrived by taxibus and some Swedish members had driven over 1000 km from up north...the owner Stephan and his wife welcomed us at Thursday afternoon...and everyone got installed in one of the well known dark red painted Swedish log-houses.

Thursday evening started with a welcome-meal and a teacher meeting. The program was explained and the shihans pointed out that in this gasshuku the aim would rather be working with and explaining the TaiKi principles, than loading the participants with a lot of new techniques. This according to their opinion that TaiKi is a highly individual budo to practice and in your progression it's more relevant to learn the principles than only waza.

Also the meeting was needed to arrange a few important things at European level, like next year's gasshuku, the maintenance of the European site.

Friday morning from seven on everybody did his own ritsu-zen training around the misty lake and after breakfast from 10.30-12.30 the first gasshuku teacher started.

Shihan Jan was responsible for the teaching at Friday:

in the morning short staff training (tanjo) and in the afternoon from 15.00-17.30 hrs. training according to the TaiKi principle 'All in One and One in All' ...six possible waza responses on one type of attack were subject of study.

In the evening program he had prepared **two lectures**, one about his last Solo-TaiKi Trip in June that year and the second one about '**Perspectives on Zen-training**' in which he wanted to go deeper in into the art and what we can call the real Quality of TaiKi training...and the effects your orientation and intention can have on your personal moving and being.

Saturday sensei Legree started the morning training with 'breathing techniques', the Five original and classic quality waza moves, the so called 'Chuans': pi, peng, tsuan, pao and heng...and his 'right hand and TaiKi Senior mr. Vatha finished with a nice partner routine.

He had a difficulty with the weather, as he started nicely but had to continue in the main tent for a while to go out again when the sun came back. TaiKi teaches us flexibility and feeling for flow...so after all it was not of great influence on his teaching.

In the **afternoon** shihan McDonagh had prepared a really prestigious and daring program on the themes: **Tanshu** and **Tui shou**... at 4 different levels. The 4 levels were very challenging as they were progressing in surface- and height.

It would become a real gasshuku highpoint and as sensei prepared it well...the kenpoka had to do 'solo tanshu' first **on the grass** (within a certain area restricted by a rope construction on it), secondly they had to continue fluently over a strongly fixed layer of 8 old **car-tires**, and from there on the kenpoka were supposed to find their way on a stable and hip height **square** wooden **platform**, to finish on level 4 on top of two **oil drums** that were fixed and tied closely together. One could earn points performing on each level and a jury also would award extra points (scale 1 to 5) for the performance itself.

As every level had its own difficulty...the kenpoka cleverly thought out their way how to perform their tanshu smoothly and without interruptions from one level to another.

The round drums at the end asked for turning in the tanshu but were so high, that falling off was a real option! As enough Seniors were rather close by, they were being able to catch someone who would tumble of the drums.

Certain kenpoka choose for whatever reason not to perform in the higher levels and tried to get maximum points at lower levels.



The tui-shou with an opponent gave hilarious moments and was worthwhile a study of the efforts of the participants, as this tui-shou was indeed real challenging. As big rains were falling in the meantime, the whole exercise ground had to be transported into the main tent. Every one fitted perfectly in, but the rain made the ground around so muddy, for sure the participants had one more reason extra now not to be pushed off and fall down.

After gathering all points Romain Anselmo from ACBB won the tui shou and Senior Laurent Rouzeau from Marseille won the solo tanshu.



Sunday morning we had a general morning training from 07.00 until 09.00 hrs. As the French team had to take the bustaxi at 10.00 o'clock again, we ended the gasshuku after this morning session and breakfast. Both shihans took turns in this teaching and sensei McDonagh finished with some exciting group exercises. So we all finished with a very positive feeling.



at morning sensei McDonagh at the lake

For the moment it has been decided that responsible teachers look for a new gasshuku site for next year...as Yoshinken Sweden takes one year off.

But as they got so many positive reactions...they keep the possibility open for another Swedish gasshuku in 2013.

Anyhow we will see you again.

Marshall McDonagh & Jan Kallenbach

TaiKi kyoshi Sweden / Netherlands