



## **The Cromer Seminar, June 12-13 2010. Always something new.**

Stuck in your old ways, tired of doing the same thing over and over again, looking for some inspiration? Go to a seminar, that 'll get you started!

Last year Dojunim had to cancel his trip to Europe due to health problems, so this was the first opportunity for many of us to train with Dojunim in quite a long time. This time he was accompanied by Grandmaster Serio and his family.

"Rhythm, in your techniques" explained Dojunim, "is important." No hard blocking techniques, but a flowing, continuous motion in a rythm of 3 counts. "Now practice." It's not only the amount of new material during such seminars, that make them worthwhile, it's also the many different ways of practicing older material. Practicing or studying different approaches has several advantages. It keeps you going and you develop a good feel for the techniques.

*Empty your mind and become the target.*

Outside master Franz von Boxtel and several other masters are being instructed by GM Serio on how to throw a knife. "When you throw a knife, it starts to rotate.", GM Serio explains "so your distance to the target is very important. You want the knife to stick straight into the target.". If your are too close the knife will 'under rotate' (handle pointing downward when it sticks in the target) and if you are standing too far the knife will 'over rotate' ( handle pointing upward). "One has to empty the mind and become the target," GM Serio explained to Master van Boxtel.

Unfortunately, a lack of a target prevented Master Frans to actually practice his knife throwing. (Trees, for obvious reasons, are not an option!) (Note: Knife throwing is required for the 6<sup>th</sup> Dan examination. It surely isn't part of the standard curriculum. But yes, it has a certain appeal...)

*Step 1, The textbook version of a technique.*

"When learning a new technique, we all learn the textbook version; we go slowly and we go step-by-step." Dojunim is explaining the different stages of learning and performing new techniques. "The second step is to perform the technique immediately when the opponent grabs, the final and third step is to perform the technique before he grabs your wrist or anything else; you must anticipate his action." Quite a lot of time is invested on explaining and practicing the many different techniques.

Of course, many other things where trained as well; long stick, different sword forms etc, etc,. Unless you make notes during a seminar you will tend to forget some of it. But what you will not forget is how much fun it is to meet hanmudo practitioners from other countries and to train with them.

We hope to see you, in October, at the next big hanmudo seminar with Dojunim. This seminar will be held at Mr. van Boxtel Dojang in Uden, the Netherlands. For further information see the invitation on [www.hanmudo.org](http://www.hanmudo.org)