

PISA - 36° Camp Tetsuji Murakami

Tirrenia, Sunday 31 May - 11.30 am. If everything had gone normally, the last training on the beach would have taken place and the air would now sizzle in the last mokuso of our meeting. But the beach is deserted, the undertow rummages in the sand and the clouds run fast.

But yet.

An echo of energy runs through the expanse of land and water. In gyms, houses, parks, even in some cars, a mokuso resounds from Italy to Great Britain, up to Japan ... we all stop to start a communication that does not need repeaters or cell phones. We are all intensely here, together, to experience, once again, our journey.

This is in some way the beginning of this year's internship, which until the last minute we kept tight in intentions and hope and which in the end we managed to achieve, shorter and elsewhere, but not minor. We "scored" May 2020 and then we met again in mid-June, Saturday 13, on the turf of the University Sports Center of Pisa. The first encounter is a bit strange: we get out of the cars with our dogi already on (the changing rooms cannot be used) and masks on our faces. The eyes tighten making hidden smiles overflow, the hugs holded back, joking with some "elbow" greeting, as we have seen on TV. Not everyone was able to come, the friends of Budokwaj from Parma and we from Seidokan Pisa are here, but greetings come from everywhere.

We queue up at the entrance, to measure the temperature, deliver the self-certification, sign the entry and exit ... The key formula is "follow the change": we have experienced, more than ever given the period, the continuous change of reality ... and the importance of adapting, accompanying, supporting, taking care of the other, helping where needed and letting ourselves be helped ... Despite new places, different numbers, times and methods, we found ourselves. And we are ready.

Both training sessions (morning and afternoon) open with Tenshin-goso. In a circle, well spaced, we go through movements and breaths, tuning in with each other. So Taikyoku-no kata, to go far and open your mind, beyond the trees and houses, beyond the horizon. The forced closure of the past months perhaps accentuates even more the sense of freedom, of openness. The fact is that in these green spaces, with the scents and the sun peeking through the clouds, we move together forgetting problems and difficulties.

Now and here. Long last.

The search for distance and connection continues in the other Heian kata; the steps that are a little "short" are dealt with some kihon sequences.

Enzo sensei explains how the need to stay spaced, preventing us from practicing kumite, is an opportunity to deepen the study of kata, both from a technical and energy point of view. Kata is the artistic expression of our practice and performing it full of energy makes it full of beauty. Our essence, harmony, evolution of our path are expressed in its codified movements, regardless of which it is.

But be careful: the search for openness does not mean renouncing precision: this is instead necessary to reach the limit and push us further. Body and mind must work together to reach and outdo each other.

For this reason, some sweeping techniques. (aoligeri and keage) are addressed, also with the help of the bo, so as not to lose sight of the effectiveness of the technique.

It is a passion that unites us, that goes beyond practice; it is the passion for searching for something that goes beyond everyday experiences.

The sharing of emotions, the energy exchange, culminate in a sense of deep quiet. As the day progresses, the excitement, almost the initial frenzy, changes into a sense of harmony, even more evident in the final meditation exercise, during which, in seiza, we try to transmit to each other the energy that passes through us.

When we say goodbye, in the evening after dinner - at "La Terrazza" restaurant in Tirrenia, it could not be otherwise!, we have the feeling of each camp: the spirit is one, the distances are reset, we all walk on the same path. It seems normal to us, after all it is always like this ... but when you think about it, looking around, it is not so casual to reproduce this alchemy every time, after some time. But we also generated it in the "smart" version of this year.

See you next year in Tirrenia from 27 to 30 May 2021 !!

(The article was composed by Neva, with contributions from Marcello, Ilaria, Fabio, Francesco, Gigi, Margherita and Claudia.)