

Seminar in Mission with Kevin Choate Sensei

Contributed by Jay Lindholm
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This weekend Todd, Tim, Andre and I travelled to Mission, Texas for a seminar with Kevin Choate Sensei from Chicago, Ill.

The seminar was very different in the fact that we were working on movement and connection without the restraint of a technique. The first focus was on moving our feet from our knees and to be moving when grabbed by Uke. This served to keep shoulders over our hips and our hips over our feet. The movement prior to touching also allowed our energy not to be influenced by Uke's attack. We worked on this type of walking and relaxation without turning and then with turning, moving our shoulders and hips together. Later the focus changed from walking to relaxing our lower back muscles and causing the natural arch to straighten a little. The relaxing of the back was done by softening our knees and dropping our hips just a little to allow the lower back to straighten. The relaxation of the back allowed Uke to continue his movement into our space without obstruction from our own resistance. Later we worked on taking technique and utilizing our movement of our lower body to create the potential for martial application as in kicking or punching. The goal was not to hit our partner, but to recognize that being in a place that allowed the application also created proper posture in our bodies as well as the proper relationship to our partner, allowing freedom of movement for nage.

On Saturday we were treated to a special dinner at Francisco's house that was simply outstanding. We had several kinds of barbeque, which included some grilled shrimp and a lot of cake. We visited with everyone from the seminar and had a very enjoyable evening.

Thank you Francisco, and all our friends in Mission, for allowing us to take part in this wonderful seminar and for being such gracious hosts to us all.