



A.R.A.M.I.S

Association de Recherche
en Arts Martiaux Internes
en Sarthe

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A.R.A.M.I.S

Association de Recherche en Arts Martiaux Internes en Sarthe

Rencontres Jasnières



July 23, 24, 25 2010

A.R.A.M.I.S. (Association de Recherche en Arts Martiaux Internes en Sarthe) is happy to present you the 23th edition of the Jasnières meeting.

Definition of the Rencontres Jasnières :

Goal :

1. To allow all those who practice taiji quan to meet - whatever their style - in a spirit of exchange without any competition. In addition of forms, pushing hands and weapons, workshops are also open to bagua zhang, hsing I and other internal martial arts.
2. To allow taiji quan and bagua teachers to demonstrate their art and skills.
3. To contribute to make taiji quan more popular in Europe by example, thanks to an event especially designed for this purpose.
4. To have a local festival as well.

Site :

The meeting will take place next to a wonderful stretch of water in the middle of the vineyards of "Jasnières" and "Coteaux du Loir", about 40 km. south of Le Mans, close to the famous castles of the Loire Valley.

Address of the camp site :

Camping du Lac des Varennes 72340 Marçon. Tel : 33 (0)2 43 44 13 72

Hotel information : Tel association de la vallée du Loir : 33(0)243399500

*You could taste the Jasnières wine on Saturday, 18h30 for a moderate cost.
Dancing party will be given on Saturday evening at the canteen place !
Registration implies renunciation of image rights.*

Zwaart Richard (Holland)

Address : Duindreef 8, 1784 WB Den Helder, Holland

email : richardzwaart@live.nl

Taiji quan : has been practicing for 23 years, has been teaching for 12 years.

Teachers : Rob and Erich Völke, Ma Jiangbao

Style : Yang et Wu style

Teaches in English and dutch.

Before pushing hands, démonstrations (15h-15h30)

Scott Chaplowe : suprise form

Judith Van Drooge : saber form

Michel Dussauchoy : relation between Nien Gun and SanShu.

Laureen Smith : taichi form

Richard Odell : saber form

Epi Van de Pol : taichi short form

Roberta Polizzi : cane form (from N Menaged)

Francisco Rodriguez : taichi forme from Zhen Zong

In parallel of pushing hands, at 17h00 until 18h00

Luce Condamine will teach you a "Tai Chi Massage", for relaxing after the pushing hands afternoon in which you give and you receive, as in Tui Shou.

Stages organized around RJ 2010

S. Chaplowe : July 26, 27 on eyebrow staff. Contact : sgchaplowe@yahoo.com.

L. Condamine : from July 26 to 30. Contact : lucecondamine@free.fr

J. Van Drooge : July 22 (21h30-23h) on RJ warming up. Contact : judithvandrooge@wanadoo.nl.

M. Dussauchoy : July 21 and 22. Contact : m.dussauchoy@gmail.com.

D. Hengst : from July 26 to July 28. Contact : d.hengst1@chello.nl

JL Perot : 10, 16 juillet, qigong-tuishou. Contact : jllperot@gmail.com.

E. Van de Pol : from July 21 to 22 on five exercices of Huang Sheng Shya's-relaxation. Contact : epi@taijiquan.nl.

F. Rodriguez : from July 20 to July 22. Contact : Christiane Dubois . Tel. : 0034 91 485 36 53. email : pacochuan@telefonica.net

L. Smith : July 21, 22 on taichi principles, work with partner, centering. Contact : smithwuji@osnanet.de.

If you want to give a demonstration, please inform the organization committee at the registration.

Teaches in French.

Rodríguez Francisco (Spain)

Address : 12 calle Vara de Rey 280 Madrid.

email : pacochuan@telefonica.net.

Taiji quan : has been practicing for 23 years, has been teaching for 14 years.

Teachers : Liu Chen Yuan, Liu Xia Hao Qing, JL .Perot, M. Napoli.

Style : traditionnel yang , Yang Mi Chuan et Zhen Zong.

Other arts : Qi gong, Ba Gua Zhang.

Teaches in Spanish and a little English.

Van Sickle Kenneth (USA)

Address : 178 5th ave NewYork, USA.

email : kennethvansickle@gmail.com.

Taiji quan : has been practicing for 43 years, has been teaching for 35 years.

Teachers : Cheng Man Ching.

Style : Cheng Man Ching.

Teaches in English and French.

Smith Lauren (USA)

Address : Karlstr. 45, 48429 Rheine-Allemagne.

email : smithwuji@osnanet.de.

Taiji quan : has been practicing for 22 ans, has been teaching for 18 ans.

Teachers : Master Zhong, S. Dreyer, L. Kanzhao, K. Duhamel, Master Tao

Style : Yang, various for bagua.

Other arts : Feldenkrais, gymnastic Bothmer.

Teaches in English, French, Chinese, Deutch.

Thomas Chris (England)

Address : 131 Tunstall rd ; Knypersley, Stoke-on Trent ST8 7AA,

email : taichi@nstcc.co.uk.

Taiji quan : has been practicing for 38 years, has been teaching for 22 years.

Professeurs : D. Connor, R. Li, M. Tse, You Xuande..

Style : Chen Man-ching, south wudang daoist taijiquan.

Teaches in English, a little French.

Van de Pol Epi (Holland)

email : epi@taijiquan.nl.

Taiji quan : has been practicing since 1975, has been teaching since 1979.

Teachers : Kwee Swan Hoo, Benjamin Lo, William Chen, Wang Yen Nien,

Serge Dreyer, Chu King Hung, Patrick Kelly, Wee Kee Jin, P. Ralston.

Style : Yang

Teaches in English, a little French.

Other informations

Practice sites are outdoors, on the shores of the lake.

Workshops will be 1 hour 45 mn long each from 7h45 to 9h30 then from 10h15 to 12h00. Teachers will be presented on Friday 23/09 at 7h30.

Afternoon practice is usually dedicated to demonstrations from 15h to 15h30 and open pushing hands from 15h30 to 18h. The open pushing hands will be non competitive : participants invite each other to push, practice, and share. Pushers should have the greatest respect for each other, which, along with the spirit of coming together to share has become the "trademark" of the success of RJ.

Weapon training is forbidden in the campsite.

If there is a too great demand for a particular workshop, then priority will be given to the first registered.

Reservations have been made for the campsite from the 22th (night). Please avoid noise. When arriving, ask for the RJ reservations. If you want to stay before or after the meeting, you have to book directly to the camp-site office (tel 33(0)2 43 44 13 72). **Book and pay directly your camping fees to the camp site office.** A list of the nearest hotels and bed and breakfast is given for people who do not want to camp.

There is a possibility of a common canteen **but you need to book and to pay it in advance** and to fill up the corresponding registration form. It is not possible to book and pay the restaurant during the meeting.

Two standing committees are taking place during the RJ in case of any problem : 9h30 - 10h15, 14h - 15h at the camp site.

Contact : Aramis, web site : www.aramis72.fr, 39 rue P. Eluard 72000 Le Mans – France,

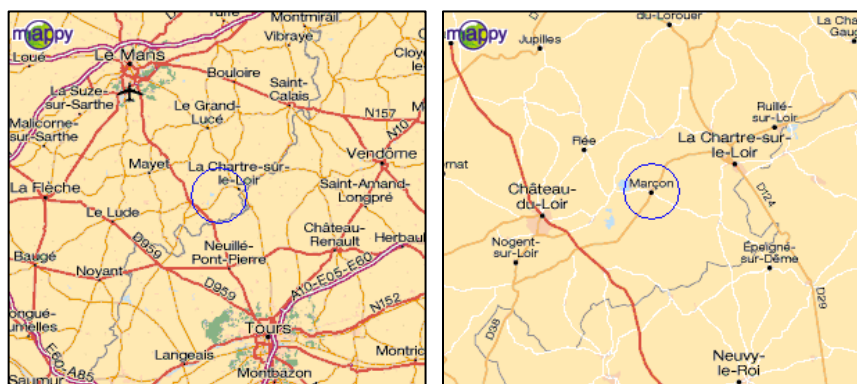
site web : www.aramis72.fr, email : fabienneponcin@yahoo.fr

Address of the camp site :

Camping "Lac des Varennes", 72340 Marçon, phone number : 33(0) 2 43 44 13 72

Aramis will be happy to see you there ! Looking forward to fun and fruitful "Rencontres Jasnières" !

Rencontres Jasnières 2010 – Maps



Access by train : www.voyages-sncf.com

To share transportation, look this web page : www.123envoiture.com.

Rencontres Jasnières 2010 – hôtels, B and B

hotels	address	tel, email
Marçon 72340	Hôtel du bœuf, 21 place de l'église	02 43 44 13 12
La Chartre sur le loir 72340	Hôtel de France, Pl. de la République	02 43 44 40 16
	Hôtel de l'escale, 66 av des déportés	02 43 44 40 03
Dissay sous courcillon 72500	Hôtel auberge, place morand	02 43 44 09 06
Château du loir 72500	Le grand Hôtel, 59 rue Aristide Briand	02 43 44 00 17, avel5@wanadoo.fr
	Hôtel de la Gare, 170 av Jean Jaurès	02 43 44 00 14, marie.janiere@wanadoo.fr
	Hôtel des Voyageurs, 168 av Jean Jaurès	02 43 44 00 31
Luceau 72500	Auberge le Fournil, 12 place de la Mairie	02 43 44 22 88
Ruillé sur loir 72340	Hôtel St. Pierre, 42 rue nationale	02 43 44 44 36
Beaumont pied de bœuf 72500	Hôtel du cheval blanc, 22 rue de la Tour	02 43 44 84 59, phcauchois@club-internet.fr

Informations : association de la vallée du Loir : 0243399500,
<http://www.vallee-du-loir.com/>.

Address : Zakedijkje 2, 1862 HB Bergen, Pays Bas.

email : avdloos@gmail.com .

Taiji quan : has been practicing for 19 years.

Teachers : Benjamin Lo, Patrick Kelly, Wee Kee Jin, Scott Rodell.

Style : Yang.

Other arts : meditation Vipassana.

Teaches in English, a little French, a little deutch.

Lowey Bob (Scotland)

Address : Greenhills, East Kilbride, Ecosse.

email : bobseven@btinternet.com.

Taiji quan : has been practicing for 40 year, has been teaching for 30 years.

Teachers : Jo Bell, You Xande, Zhang Guande.

Style : YangTaijiquan,Wudang, Daoyin.

Other arts : Qigong rock.

Teaches in English, French, a little Mandarin, a little Irish and rock.

Odell Richard (England)

Address : 14 knole Court, Knole rd, Bexhill/sea, East Sussex, TN40 1LN.

email : Rodellqn@aol.com.

Taiji quan : has been practicing for 18 years, has been teaching for 14 years.

Teachers : K Allen, D. Docherty, C Gruber.

Style : Wudang.

Other arts : Qi gong, dragon fan, therapeutic massages.

Teaches in English, a little French.

Polizzi Roberta (Italie)

Address : Telemannstrasse 48, 20255 Hamburg, Allemagne.

email : robpolizzi@aol.com.

Taiji quan : has been practicing since 1990, has been teaching since 2003.

Teachers : Nathan Menaged ; Lauren Smith, Daniel Grolle.

Style : Chen Man Ching.

Other arts : Liu He Ba Fa (Water Style Boxing).

Teaches in English, Italian, Deutch, a little Spanish.

Rousier Dominique (France)

Address : 19 avenue Pauline, 94000 Créteil.

email : dominiquerousier@hotmail.com.

Taiji quan : has been practicing for 15 years.

Teacher : M. Dussauchoy.

Style : Yang/Cheng, Xiao Xia/ Lao Xia.

Other arts : Wing Chua.

Dreyer Serge (France)

Address : 19-8 Tunghai road, Taichung Taiwan.

email : ser@thu.edu.tw.

Taiji quan : has been practicing since 1976, has been teaching for 29 years.

Teachers : Li jin Chuan, Wang yen Nien, Lai Kan zhao.

Style : Yang jia michuan.

Other arts : bagua and xing yi.

Teaches in English and French.

Van Drooge Judith (Holland)

Address : Molenweg 107 8012 WD Zwolle, Hollande.

email : judithvandrooge@wanadoo.nl.

Taiji quan : has been practicing since 1999, has been teaching for 9 years.

Teachers : William C.C. Chen, Luis Molera.

Style : Yang.

Teaches in English.

Gruber Cornelia (Suisse)

Address : Mont Cornu 13, 2300 La Chaux-de-Fonds.

Taiji quan : has been practicing since 1971, has been teaching since 1982.

email : cornelia.gruber@bluewin.ch.

Teachers : Bow Sim Mark, John Chung Li.

Style : Fu, Liang yi chuan, fan, saber, short stick, applications, san shou, tui shou, qi gong.

Teaches in English, French and deutch.

Heckert Andrews (USA)

Address : 236 Benezet St. Philadelphia PA 19118 USA.

email : andrewheckert@gmail.com.

Taiji quan : has been practicing for 36 years, has been teaching for 31 years.

Teachers : William Chen, Ping-siang Tao, Ben Lo.

Style : adaptation du style Yang par Cheng Man-ching.

Teaches in English and French.

Hengst Daan (Holland)

Address : Rietschoot 103, 1511 WE Oostzaan, Holland.

email : d.hengst1@chello.nl.

Taiji quan : has been practicing for 26 years, has been teaching for 13 years.

Teachers : Wee Kee Jin ; Rob et Erich Völke.

Style : Yang de Cheng Man Ching.

Teaches in English and deutch.

Van der Loos Anneke (Holland)

Chambres d'hôtes	address	téel, email
Marçon 72340	M. Sevault, la Parerie	02 43 46 72 84 sevault.aline@wanadoo.fr
	M. Artte, les Borderies	02 43 46 68 38
La Chartre sur le Loir 72340	M. Millet Lecourt, 8 rue de Syke le grand moulin	02 43 44 65 78 mdmillet-moulin@club-internet.fr
	M. Bonnin, 5 rue Carnot	02 43 46 89 06 murielle.bonnin@wanadoo.fr
	M. Gigou, 4 rue des caves	02 43 44 48 72 vins.gigou@wanadoo.fr
	M. Aubry, 3 rue de la Madeleine	02 43 44 92 99 mireille.aubry9999@orange.fr
	M. Bodard, la borde aux Moines	02 43 79 07 70
Vouvray sur Loir 72500	M. Grandamy, 104 rue Oscar Monéris	06 60 23 92 42
	M.Charles, les Sablons 11 rue de la vallée	02 43 79 23 84
Beaumont sur Dême 72340	M. Leclerc-LaRoche	02 43 79 01 39 leclerc.guy@worldonline.fr
Dissay sous courcillon 72500	M. Bretonneau, le moulin du Prieuré	02 43 44 59 79 moulindeprieure@wanadoo.fr
	M. Calla, le Prieuré	02 43 44 09 09 ccalla@club-internet.fr
	M. Letanneux, La Chataigneraie	02 43 79 36 71 michele.marie.celeste@wanadoo.fr
	M. Vérité, 9 rue de Cerizay	02 43 79 12 43
Château du Loir 72500	M. Legoff, 22 rue de l'hôtel de ville	02 43 44 03 38 dilegoff@free.fr
	Manoir du riablay, rue de Saint Jean	02 43 44 20 20 manoir@riablay.com
Luceau 72500	M. Bridault, 11 route de Château du loir	02 43 46 69 28 muriel.bridault@sfr.fr
	M. Combries, le moulin calme	02 43 46 39 75 moulincalme@wanadoo.fr
Chahaignes 72340	M. Butler, 10 rue de la gare	02 43 79 14 99 suebutts@hotmail.com
	M. Hubert, 8 rue saint Blaise	02 43 79 23 62 hubert-jacques@wanadoo.fr
	M. Gibson, la pointe	02 43 79 15 63
Thoiré-sur-dinan 72500	M. Cissé, le saut du loup	02 43 79 12 36
Poncé sur Loir 72340	M. Becquelin, Château la Volonière	02 43 79 68 16
gîtes d'étape, ruraux	address	tel, email
Marçon 72340	M. Estager, 10 rte de la vallée de la Dême	02 43 44 13 71
	M. Iles, rue galène	02 43 44 67 04 02 43 46 45 97
Vouvray sur loir 72500	M. Bruneval, 22 rue basse Coëmont	lesly.bruneval@wanadoo.fr
La Chartre sur le Loir 72340	M. Allaire, 21 rue hector Berlioz	02 43 44 54 25
	M. Reymond, 25 rue carnot	02 43 44 24 06
L' Homme 72340	M. Bodichon, 5 rue de Jasnieres	01 40 62 84 56
Dissay sous courcillon 72500	M. Bretonneau, le moulin du prieuré	02 43 44 59 79 moulindeprieure@wanadoo.fr
		02 47 29 23 59 philippe.tondereau@free.fr
Luceau 72500	M. Pineau, le moulin Guerpeigné	06 89 09 59 80 02 43 79 49 85
	M. Tertrain, moulin d'hillerie	moulin_hilleraie@hotmail.fr
	M. Loiseau, le closeau (rte de Lavernat)	02 43 79 25 37
	M. Durand, la Pelloiserie	02 43 44 68 76
Flée 72500	La petite Foucherie	02 43 44 42 72
Beaumont pied de bœuf 72500	M. Rocheron, le Patis	02 43 38 16 66
Ruillé sur loir 72340	M. Daguene, la Touche	02 43 79 0029

Rencontres Jasnières 2010 - Workshops.

Friday July, 23 7.45 - 9.30

Dounia Ahmed

Preparation for fan. Warming the body. Beginning the form.

Du Feu Martin

The Taoist way eight pattern system is a set of Taoist morning qigong exercises that work to relax, open and strengthen the whole body. Opening the joints by stretching the ligaments and tendons, you learn to activate the chi within your body. Then with this personal knowledge of chi the mind or self will begin to understand how to balance breath within the movements of each exercise. With yin and yang working naturally within relaxed balanced body, one can begin to understand the true nature internal breath Qi gong of Sha Guozhen.

Dussauchoy Michel, Rousier Dominique

Tai Ji Gun (long stick of Tai Ji Quan) / Tuishu – fixed stance. Connection between basic Tuishu (sticky hands) and basis of « sticky long sticks » of Tai Ji Quan, fixed stance. Pierce. As in bare hands Tuishu practice, specificity of Tai Ji Gun is to use the energy of sticking, in order to favour fluidness, non-resistance, and ability to transform. During this workshop (all levels !) we will constantly propose around trip between some basic Tuishu and their equivalent sticky sticks. First day : fixed stance in order to assimilate the general structure of the exchange. NB : length of the stick : up to eyes

Dreyer Serge

tui shou : let go, spiral.

Heckert Andrews

"Hidden in plain sight- the secrets of Tao Ping-siang's push hands : don't push back ; don't pull away."

Hengst Daan

Taiji, originally a martial art, can also be practised in daily activities in and around your house (pulling, pushing, lifting and bending) by using the same principles. Through awareness of how you do things, you gradually enhance your sensitivity of the position in which you find yourself. That will be the

Présentation of teachers

Chaplowe Scott (USA)

Address : IFRC, P.O. Box 372, 1211 Geneva 19. Switzerland.

email : sgchaplowe@yahoo.com.

Taiji quan : pratique depuis 1988, has been teaching for 1994.

Teachers : Serge Dreyer, Lauren Smith, Veera Vassanta Chart, and others.

Style : Yangjia michuan taijiquan, long stick, JKD, Ru tai.

Other arts : Massage therapy, yoga, mountain climbing, white water rafting.

Teaches in English, a little spanish and mandarin.

Condamine Luce (France)

Address : La Maison du Taiji, 57 rue Jules Ferry, 93170 Bagnolet.

email : maisondutaiji@free.fr.

Taiji quan : has been practicing for 23 years, has been teaching for 15 years.

Teacher : Dan Docherty.

Style : Yang, Wudang.

Du Feu Martin (Jersey)

Address : 40 rue Pargaminière, 3100 Toulouse.

email : dragtao9@hotmail.com.

Taiji quan : has been practicing for 37 years, has been teaching for 28 years.

Teachers : Tommy Fong, Chow, Xue WenZhi, Li Dexing, Jingjie Sha

Style : Yang 24 et 42 competition.

Other arts : various qigong, hsing-I, lohan shaolin, traditional swords.

Dussauchoy Michel (France)

Address : 5 impasse St Sulpice, 92500 Rueil-Malmaison.

email : m.dussauchoy@gmail.com, site internet : www.taijitaio.org.

Taiji quan : has been practicing since 1975, has been teaching since 1980.

Teachers : Li Hang Hua, Jean Gortais, Wang Weiguo, Philippe Raffort.

Styles : Yang (Yang Chao Hou) and Chen (Xiao Jia).

Other arts : Aikido.

Teaches in French and English.

Ahmed Dounia (England)

Address : The Courtyard New rd, Hellingly East Sussex, BN274EW.

email : douniaahmed@hotmail.com.

Taiji quan : has been practicing for 15 years, has been teaching for 6 years.

Teachers : R. Odell, C. Gruber.

Style : Wu dung, dragon fan form.

Teaches in French and English.

Zwaart Richard

Basics of push-hands (detailed) in explanation and practicing with and without partner practices.

Sunday July, 25 10.15 - 12.00

Chaplowe Scott

More taiji eyebrow staff.

Van Drooge Judith

ZhIntegrate Chi Kung manners into Pushing hands actions. For better stands (body mechanics and spring-force of the body), focus and (re)action. Dao Chi Kung, bamboo stick Chi Kung, energetic loosening exercises. Continued with form movements and application. You do not need to bring your own stick.

Gruber Cornelia

Revision of tai-chi dragon form fan for people who are already practising this form.

Lowey Bob

Daoyinbaojian gong - Daoyin exercise for keeping fit exercises : 7. Dusting against the wind 8. Old man flicks his beard with revision of the previous 6 exercises, massage and acupoints

Odell Richard

Continuation and work on demonstration.

Rodriguez Francisco

Qi gong and voice : Qi gong exercises with sonorisation.

Van Sikle Kenneth

Applications from sword form.

Smith Lauren

Spaciousness : Different exercises for feeling the space within and around us.

Van de Pol Epi

Moving step pushing hands : pull and roll back with intrinsic relaxed connection .

challenge feel the (un)balance in your body ! The exercises are done with a understanding partner, not an opponent !

Try to realize that by continuous relaxation, you can make your rooting, your body alignment and your feeling of (un)balance, better. Visualization of what you are doing right now makes a better understanding of your action.

For example, you push your partner in the way you push a wheelbarrow, with as little energy as possible. Learning in this way makes you feel less stressed and gradually you also learn how to play free pushing hands with a laugh on your face as well on your partner's.

Wrong in this case he/she is your opponent. Have much fun !

Van der Loos Anneke

The body has limits. The earth has no limits (phrase of Cheng M'an Ching) About relaxation and sinking. What to do with pressure on and in your body. In individual work as well in pairs. Exercises connected to form and pushing hands.

Polizzi Roberta

Water Style Pushing Hands. Working gently and with no-pressure, we will explore in solo and partner exercises the very core of Water Style pushing hands : unconditional yielding in three dimensions and its body mechanic. Beginners welcome ! Connecting with the incoming force.

Thomas Chris

South Wudang Tao 18 movements form / some specific movements. First serie.

Zwaart Richard

Basics of push-hands (detailed) in explanation and practicing with and without partner practices with focal point to overcome the stronger opponent with lesser strength.

Friday July, 23 10.15 - 12.00

Chaplowe Scott

Taiji Eyebrow Staff is a traditional weapon form that stresses fundamental principles of movement and body alignment. It is also fun ! Workshop excer-

cises and interplay will reinforce understanding of flow, rooting, absorption, footwork, closing and opening space, and redirecting and neutralizing force with the staff. Staff movements will be sequenced together into a form that you can take with you after the workshop to develop. This workshop is suitable for both beginners and more advanced practitioners of all styles. Please bring a smooth staff of eyebrow height, and a fun, curious, open attitude.

Van Drooge Judith

Zhu Dao Chi Kung, bamboo stick Chi Kung, energetic loosening exercises. Continued with form movements and application. You do not need to bring your own stick.

Gruber Cornelia

IBang : internal work, facia and dantien training.

Lowey Bob

Daoyinbaojian Gong. Daoyin Exercises for keeping Fit This is a serie of 8 exercises for increasing your energy. The relative acupuncture points to each exercise will be taught and on this first day, I will teach the first. 4 exercises : 1. Adjusting the Breath, 2. Push the Boat into the Water, 3. Carry the Sun & Moon, 4. Crane Spreads Its Wings.

Odell Richard

Introduction to saber form and applications. This is designed for anyone who would like to try saber work and also to continue with those who have attended before. We will work on a section of wudang saber form and with patterns on the applications. I will have some sabers but please bring your own if you have.

Rodriguez Francisco

Qi gong and voice : Qi gong exercises with sonorisation.

Van Sikle Kenneth

Applications from sword form.

Smith Lauren

Neutralising. With different exercises and partner work we will work toward finding a balanced posture for accepting pushes.

Sunday July 25 7.45 - 9.30

Dounia Ahmed

Preparation for fan. Warming the body. Review. Forms, techniques. Demonstration practice.

Du Feu Martin

Work on the whole pattern. Ending with the qigong of Sha Guozhen.

Dussauchoy Michel, Rousier Dominique

Introduction to the basis of double sticks (two sticks of 60 to 80 cm) of Tai Ji Quan, and its relation to the long stick of tai ji quan in basic duet practice. Double sticks is an unusual practice in tai ji quan but very interesting for the development of the intention further than the physical body, for the wrist skillfulness and relaxation, and a better sensation and representation of the circles drawn in space. Solo basis exercises (static and walking) as well as duet practice (also defense against long stick attacks) will be proposed always with the Tai Ji energy of sticking, as already studied during the two previous workshops.

Dreyer Serge

Pushing hands : let go, spiral.

Heckert Andrews

A last day of secrets : reward your opponent.

Hengst Daan

Continuation. Taiji in daily activities.

Van der Loos Anneke

Continuation. About relaxation and sinking.

Polizzi Roberta

The Swimming Dragon body .

Thomas Chris

Continuation. Final serie of movements and revision of the complete form.

Basics of push-hands (detailed) in explanation and practicing with and without partner practices.

Saturday July, 24 10.15 - 12.00

Chaplowe Scott

More Taiji Eyebrow Staff.

Van Drooge Judith

Chi Kung is practised as a warming-up and a cooling-down system. Pushing hands act and react in a direct manner. Your one mission is to stay on your feet, rooted, and adjust in ever changing movements. Make the body spring-force useable and work in illuminated directions. Yin and Yang become dirigible and useful, also for daily movements. Open for all levels.

Gruber Cornelia

IBang : internal work, facia and dantien training.

Lowey Bob

Daoyinbaojian Gong - Daoyin Exercise for Keeping Fit Exercises : 5. Lifting a Huge Rock 6. Push Open Window to See the Moon With revision of the previous 4 exercises, massage and acupoints

Odell Richard

Continuation.

Rodriguez Francisco

Qi gong and Voice : Qi gong exercises with sonorisation.

Van Sikle Kenneth

Applications from sword form.

Smith Lauren

Flowing and Sticking : Various exercises for relaxing and opening the body as well as staying in contact with the movements of a partner.

Van de Pol Epi

Moving step pushing hands : the push with intrinsic relaxed connection

Van de Pol Epi

Pushing hands : roll back press and push

Saturday July, 24 7.45 - 9.30

Dounia Ahmed

Preparation for fan. Warming the body. Beginning the form.

Du Feu Martin

Continuation. See how these exercises are designed to help create an understanding of how qigong is needed when studying the internal Chinese martial arts systems. Work with Sha Guozhen

Dussauchoy Michel, Rousier Dominique

Tai Ji Gun (long stick of Tai Ji Quan) / Tuishu – moving steps. Connection between basic Tuishu (sticky hands) and basis of « sticky long sticks » of Tai Ji Quan, moving steps. Pierce, split, lift. Continuation of the first day workshop but with moving steps (in line, turning and changing side for advanced students) and with combined energies.

Dreyer Serge

Pushing hands : let go, spiral.

Heckert Andrews

“More secrets : solve your problem first.”

Hengst Daan

Continuation. Taiji in daily activities.

Van der Loos Anneke

Continuation. About relaxation and sinking.

Polizzi Roberta

Continuation : Accepting defeat *or* : the out-of-balance experience !

Thomas Chris

Sout Wudang tao 18 movements form. Revision of the first movements. Serie of movements of mid-section.

Zwaart Richard



Application forms to be sent

before June 30 2010

Registration form - Rencontres Jasnières 2010.

To be returned imperatively before the 30th June 2010

Family name (capital letters) :

First name :

Address :

Telephone : **email** :

Registration :

I register **in advance** using this form, I enclose **75 €** in bank cheques, international money order to ARAMIS. International money transfer is now possible to Aramis account (Iban : FR76 1548 9048 1600 0134 3124 051, BIC CMCIFR2A), **however precise your name on the transfer money form.** In any case, this form has to be sent to ARAMIS, 39 rue P. Eluard, 72000 Le Mans – France. Registration fees are not divisible/day.

I prefer to pay **during the workshop itself**, the cost will be **100 €** Even if you choose the second solution, please, don't forget to send us this subscription form.

I need a receipt at my arrival : yes no

Without a negative response from ARAMIS, your registration will be accepted at the reception of the fees.

Important reminders :

The risk of bad weather is shared by everyone. Unless all four days are cancelled, money will not be refunded. Canceling any registration after July 15th will not refund. For pushing hands, take off glasses and jewels for avoiding any damage. ARAMIS is not responsible for any damage, accidents, robbery during the meeting.

Your choices :

Write workshops in order of preference : *(we try to respect your wishes although it is also necessary to balance the number of participants in each workshop).*

	7h45 - 9h30		10h15 – 12h00	
	Choice 1	Choice 2	Choce 1	Choice 2
Friday 23				
Saturday 24				
Sunday 25				

Signature : Date :

Registration form – Canteen.

To be returned imperatively before the 30th June 2010

Family name (capital letters) :

First name :

Number of meals : reservation and payment in advance are imperative

	Friday 23		Saturday 24		Sunday 25	
	Adult	Kid	Adult	Kid	Adult	Kid
Lunch						
Dinner						

Adults : * 10,90 € =kids : * 6,10 € =**Total = €**

Paiement : bank cheques, international money order labelled in euros are to be made out to ARAMIS and sent with this coupon to ARAMIS, 39 rue P. Eluard, F - 72000 LE MANS. International money transfer is now possible to Aramis account (Iban : FR76 1548 9048 1600 0134 3124 051, BIC CMCIFR2A), **however precise your name and the number of meals on the transfer money form.**

Reservation form – Camping

To be returned imperatively before the 30th June 2010

Family name (capital letters) :

First name :

Address :

Tel :

Number of installations :

Caravan : Tent : Camper :

Electricity : yes no

Number of adults : Number of children : (less than 10 years)

Date of arrival : 2010 Date of departure : 2010

The office is open 9h to 20h, gate 7h - 22h

Signature

Fees must be paid directly to the camp office.