



**Association de Recherche en
Arts Martiaux Internes en
Sarthe**

39, rue Paul Eluard 72000 Le Mans
Tel : 02 43 76 88 08, 06 19 82 28 10
<http://www.aramis72.fr>



Rencontres Jasnières

July 24, 25, 26 2009

ARAMIS

Rencontres Jasnieres 2009

July 24-25-26

A.R.A.M.I.S. (Association de Recherche en Arts Martiaux Internes en Sarthe) is happy to present you the 22th edition of the Jasnieres meeting.

Definition of the Rencontres Jasnieres :

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 "Jasnieres" and "Coteaux du Loir", about 40 km. south of Le Mans, close to the famous castles of the Loire Valley.

Camp address :

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

Serge Dreyer proposes workshops on July 6-12 on the form (form Wang Yen Nien) and on July 15-21 on free pushing hands and ba gua zhang. Contact: serge.dreyer@gmail.com.

Michel Dussauchoy proposes a workshop on July 27 to July 29 on Tai Ji long stick and TuiShu / SanShu. Contact: 06 81 77 25 78 (et www.taijita.org).

Daan Hengst proposes a workshop from July 27 to 28 July. Contact : d.hengst1@chello.nl.

Bob Lowey proposes a workshop on July 23 (from 10am to 12pm and 4pm to 6pm - 8 Animal Wushu Form). Contact : bob.lowey@btinternet.com

Nathan Menaged proposes a workshop on Waterform on July 21 - 23. Contact : Nathan Menaged at yielding@taichicorner.net/ (614) 668-4915

Ronnie Robinson proposes a workshop on July 23, on stillness in movement through pushing hands and meditation. Contact : promo@taichiunion.com

Paul Silverstråle proposes a workshop on July 23 (from 9h30 to 11h30 and from 13h30 to 15h30, on pushing hands skills and applications. Contact : paul@yinshu.se.

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

Paul Silfverstråle (Sweden)

Address : G. Adolfsgatan 4, 582 20 Linköping, Sweden.

email : paul@yinshu.se

Taiji quan : has been practicing for 11 years, has been teaching for 10 years.

Teachers : Dan Docherty

Style : Wudang

Other arts : Japanese martial arts, SE asian martial arts.

Teaches in English.

Xu Xuan (China)

Address: via regnoli 10, Rome Italy

email: darragi@hotmail.com

Pekin opéra : studying and performing since 10 years old.

Teachers : Academy of Chinese Traditional Arts.

Style : Pekin opera, Commedia dell'Arte

Other skills : physical expression, traditional choreography, combat (similar martial arts, with and without weapons), acrobatics.

Teaches in English; Italian and Mandarin.

Richard Zwaard (Holland)

address: Duindreef 8, 1784 WB Den Helder, Holland

email : richardzwaard@live.nl

Taiji quan : has been practicing for 22 years, has been teaching for 11 years.

Teachers : Rob and Erich Völke, Ma Jiangbao

Style : Cheng Man Ching, Wu

Teaches in English.

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 : a workshop in which you give and you receive, as in Tui Shou.

Other informations

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

Workshops (cf. programs) will be 1 hour 45 mn long each from 7h45 to 9h30 then from 10h15 to 12h00. Teachers will be presented on Friday 24/09 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 23th (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). **Pay directly your camping fees to the campsite 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, email : fabienneponcin@yahoo.fr

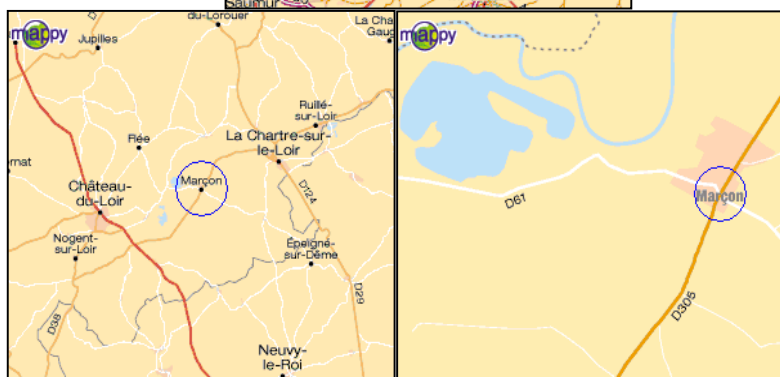
Address of the camp-site :

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 Jasnieres"!

N.B. Enclosed: map, teachers' programs, subscription form, information for workshops.

Rencontres Jasnières 2009 – map



Access by train : www.voyages-sncf.com

Rencontres Jasnières 2009 – hotels

Hôtel	adresse	tél	fax
Hôtel du Boeuf	Marçon	02 43 44 13 12	02 43 44 54 75
Hôtel du Port Gautier	Ancienne gare, Vouvray	02 43 79 44 62	02 43 44 66 03
Hôtel de France	pl de la République, La Chartre/Loir	02 43 44 40 16	02 43 79 62 20
Hôtel de l'Escale	66 av des Déportés, La Chartre/Loir	02 43 44 40 03	
Le Grand Hôtel	pl de l'hôtel de ville, Château du Loir	02 43 44 00 17	02 43 44 37 58
Hôtel de la Gare	170 av Jean Jaurès, Château du Loir	02 43 44 00 14	02 43 44 11 79
Hôtel des Voyageurs	168 av Jean Jaurès, Château du Loir	02 43 44 00 31	
Hôtel du Val de Loir	RN138, Dissay /Courcillon	02 43 44 09 06	02 43 44 56 40
Auberge Le Fournil	12 place de la Mairie, Luceau	02 43 44 22 88	
Le Renaissance	12 rue du Val de Loir, Lhomme	02 43 79 14 15	
Hôtel du Grd St Vincent	6 rue Pasteur, Couture	02 54 72 42 02	02 54 72 41 55
Hôtel Saint Pierre	42 rue Nationale, Ruillé/Loir	02 43 44 44 36	
Hôtel du Cheval Blanc	Place libération, Trôô	02 54 72 58 22	
Hôtel la Grotte	Rue Auguste Arnault, Trôô	02 54 72 51 02	
Auberge St Catherine	Trôô	02 54 72 51 23	

Teachers: Jo Bell, You Xande, Zhang Guande
 Style: YangTaijiquan, Wudang, Daoyin,
 Teaches in English, French, a little Mandarin, a little Irish.

Nathan Menaged (USA)

Address : 5082 N. High St., Columbus, Ohio 43214.
 email : yielding@taichicorner.net
 Taiji quan : has been practicing since 1976, has been teaching for 18 years
 Teachers : W. C.C. Chen (Tai Chi Chuan), Ping Siang Tao Water boxing (liu he ba fa), Robert Taini Go Ju (Karate).
 Style : William CC Chen Tai Chi, Waterstyle Boxing/ Lui He Ba Fa.
 Other arts : Water Boxing (liu he ba fa).
 Teaches in English.

Richard Odell (England)

Address : 14 knole Court, Knole rd, Bexhill/sea, East Sussex, TN40 1LN.
 email : Rodellqn@aol.com
 Taiji quan : has been practicing for 17 years, has been teaching for 13 years
 Teachers : K Allen, D. Docherty, C Gruber.
 Style : Wudang.
 Other arts : Qi gong, dragon fan, therapic massage.
 Teaches in English and a little French.

Jean-Luc Perot (Belgium)

Address : 9, rue henri lemaître– B5000 Namur Belgique
 email : jlperot@skynet
 Taiji quan : has been practicing since 1978, has been teaching since 1983
 Teachers : S. Dreyer.
 Style : Style YJMichuan (form, tui shou, neigong, qi gong and san shou).
 Teaches in English, French and Spanish.

Ronnie Robinson (Scotland)

Address : 1 Littlemill Drive Crookston Glasgow G53 7GF.
 email : prom@taichiunion.com
 Taiji quan : has been practicing for 28 years, has been teaching for 24 years.
 Teachers : Larry Butler, Tom McClue, Michael Tse.
 Style : Cheng Man-Ching, various qigong.
 Other arts : Qi gong, Yijinjing
 Teaches in English and Scottish.

Serge Dreyer (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 internal arts : ba gua and xing yi

Teaches in French and English.

Andrews Heckert (USA)

Address : 236 Benezet St. Philadelphia PA 19118 USA.

email : andrewheckert@gmail.com

Taiji quan : has been practicing for 35 years, has been teaching for 30 years.

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

Style : Cheng Man-ching's abridgement of the Yang style

Teaches in English and French.

Daan Hengst (Holland)

Address : Rietschoot 103, 1511 WE Oostzaan, Hollande

email : d.hengst1@chello.nl

Taiji quan : has been practicing for 25 years, has been teaching for 12 years.

Teachers : Wee Kee Jin ; Rob and Erich Völke

Style : Yang style from Cheng Man Ching

Teaches in English and German

Huynh Chieu Duong (Vietnam)

Address : 54 avenue E Pinmez 1040 Bruxelles, Belgique

email : thuyphapvietnam@yahoo.fr

Thuyphap: has been practicing for 25 years, has been teaching for 8 years.

Teachers : farmers, unknown in Occident countries

Teaches in Viet, English and in French.

Nils Klug (Deutschland)

Address: Zur Bettfedernfabrik 1, 30451 Hannover, Germany

email : info@tai-chi-studio

Taiji quan : has been practicing for 21 years, has been teaching for 18 years.

Teachers : William C. C. Chen, Tao Ping Siang.

Style : Yang.

Teaches in English and German.

Bob Lowey (Scotland)

Address : Greenhills, East Kilbride, Ecosse

email : Wudang@mail.ru

Taiji quan : has been practicing for 39 years, has been teaching for 28 years.

14

Rencontres Jasnieres 2009 – B and B

Chambres d'hôtes	adresse	tél	fax
Manoir du Riablay	Rue St Jean, Château du Loir	02 43 44 20 20	02 43 44 20 20
Mme Le Goff	22 rue Hôtel de ville, Château du Loir	02 43 44 03 38	
Mr Calla	Le Prieuré, Dissay-sous-Courcillon	02 43 44 09 09	
Mme Bretonneau	Le moulin du Prieuré, Dissay/Courcillon	02 43 44 59 79	
Mr. Hennequin	Le Pressoir, Dissay-sous-Courcillon	02 43 79 23 49	
Mr. Vérité	Les Ormeaux, 9 rte de Cerizé, Dissay/C.	02 43 79 12 43	
Mme Bodard	La Borde aux Moines, La Chartre/Loir	02 43 79 07 70	
Mr. Gigou	4 rue des caves, La Chartre/Loir	02 43 44 48 72	02 43 44 42 15
Mme. Chesneau	Château de Girardel, Epeigné/Dême	02 47 52 36 19	02 47 52 38 90
Mr. Becquelin	Château de la Volonière, Poncé	02 43 79 68 16	02 43 79 68 18
Mme. Sueur	Le Moulin Calme, Gascheau, Luceau	02 43 46 39 75	02 43 46 49 96
Mme. Cissé	Le Saut du Loup, Thoiré/Dinan	02 43 79 12 36	
Mme.Arte	Les Borderies, Marçon	02 43 46 68 38	
Mme Sevault	La Parerie, Marçon	09 64 14 93 18	
Mr.Rouballay	Le Patis du Vergas, Lavenay	02 43 35 38 18	02 43 35 89 08
Mr.Rossignol	29 rue du Gravier, Poncé	02 43 44 62 41	
Melle. Guidoin	Relais du Gravier, Aubigné Racan	02 43 46 20 61	
Mr. Langevin	La Garenne, Jupilles	02 43 44 11 41	
Mr. Bartoli	La pte Rigannerie, Pruillé l'éguillé	02 43 40 88 72	
Mme. Charles	Les Sablons, Vouvray/Loir	02 43 79 23 84	
Mr Betner	10 rue de la Gare, Chahaignes	02 43 79 14 99	
Gîtes d'étape, ruraux	adresse	tél	fax
Mme. Mariot	Moulin d'Huizé, Beaumont Pied Bœuf	02 43 44 15 31	
Mme Iles	Rue Galène, Marçon	0 2 43 44 67 04	
Mme Plisson	Les Blinières, Marçon	02 43 79 07 69	
Mme Dupe	Les Annelles, Chahaignes	02 43 44 46 25	
Mme Tondereau	La Croix, Thoiré/Dinan	02 47 29 23 59	02 47 29 32 41
Mme Sevault	50 rue Principale, Poncé/loir	02 43 40 22 60	
Mme Allaire	21 rue Hector Berlioz, La Chartre/Loir	02 43 44 54 25	
Mme Reymond	25 rue Carnot, La Chartre/Loir	02 43 44 24 06	
Mme Delois	15 rue St Blaise, La Chartre/Loir	02 43 44 54 22	
Mme Mauclair	Les Rochereaux, Beaumont/Dême	02 43 79 06 56	
Mr. Chevrieux	Les Aulnais, Ruillé/Loir	02 43 79 17 55	
Mr. Daguinet	La Touche, Ruillé/Loir	02 43 79 00 29	
Mme Bodichon	5 rue des Jasmiers, Lhomme	01 40 62 84 56	
Mme Dosso	Le moulin de Brives, Courdemanche	02 43 44 82 25	02 43 44 82 25
Cosson	La Grapperie, Couture/Loir	02 54 58 81 64	02 54 56 04 13
Melle Beucher	Chantemerle, Villedieu le Château	02 43 44 49 18	
Mr Blanchard	La petite Foucherie, Flée	02 43 44 42 72	02 43 44 55 68
Mme Trémeau	Rue Haute, Trôô	02 54 72 61 38	
Mr Jehl	Le Cloître, Trôô	02 54 72 52 38	02 54 72 55 89
Mr Hugon			

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

Rencontres Jasnières 2009 - Workshops.

Friday July 24 7.45 - 9.30

Chaplowe Scott

Pushing Hands. Appropriate for both beginning and experience tai chi students, this workshop will reinforce the fundamental concepts of tai chi through the interplay of pushing hands. Solo and partner basic exercises will stress rooting, absorption, sticking, footwork, closing and opening space, and redirecting and neutralizing force. We will practice listening to an opponent's energy, while at the same time projecting and leading our own energy. Exercises will progress to more spontaneous, but sensitive pushing. Pushing hands is approached as a valuable opportunity to provide clear and immediate feedback for practicing tai chi principles with a partner in a safe, noncompetitive format.

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.

Dornelly Godfrey

1. Dao-yin exercises for relaxation and strength, improvements in blood circulation and chi flow.
2. Tui shou working on various partner drills to help develop:
 - a) the ability to interpret the opponent's attack before it can be completed
 - b) techniques to destroy the opponent's centre of gravity
3. Shuai jiao and chin na techniques for the Tai Chi practitioner to enable them to train an essential fighting skill less taught in Tai Chi Chuan today.

Heckert Andrews

"There is a force in the universe that makes things happen. You have to identify with that force and be the ball." - Chevy Chase in Caddy Shack. Exploring Tao Ping-siang's idea of yielding in three dimensions: how the idea of a ball suggests solutions to yielding out of difficult situations in push hands.

Huynh Chieu Duong

Warming : hands cycle movements, motion and respiration, base exercises. Initiation to the form « khoi thuy khai ba quyên » (at the beginning of water, the waves rise up or the cell wake up).

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.

Luce Condamine (France)

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

email : maisondutaiji@free.fr

Taiji quan : has been practicing for 22 years, has been teaching for 14 years.

Teacher : Dan Docherty.

Style : Yang, Wudang.

Teach in French, English and Russian.

Martin Du Feu (Jersey)

Address : 40 rue Pargaminière, 3100 Toulouse

email : dragtao9@hotmail.com

Taiji quan : has been practicing for 36 years, has been teaching for 27 years.

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

Style : Yang 24 and 42 competition.

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

Teaches in French, English.

Michel Dussauchoy (France)

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

email : m.dussauchoy@gmail.com, site internet : www.taijitao.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).

Others arts: Aikido.

Teaches in English and in French.

Dounia Ahmed (England)

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

email : douniaahmed@hotmail.com.

Taiji quan : has been practicing for 14 years, has been teaching for 5 years.

Teachers : R. Odell, C. Grubber.

Style : Wu dung, dragon fan form.

Teaches in English and French.

Godfrey Dornelly (England)

Address : 75 Edenbridge Road, Enfield, Middlesex EN1 2HS.

email : maryandgodfrey@hotmail.com

Taiji quan : has been practicing for 21 years, has been teaching for 19 years.

Teacher : Dan Docherty.

Style : Wudang

Teaches in English.

Sunday July 26 10.15 - 12.00

Dussauchoy Michel

Tai Ji Quan (locks) studied from and inside the four gates Tuishu. (Peng Lü Dji An) + specific Qina Tuishu.

Ahmed Dounia

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

Dreyer Serge

Basic exercises of pushing hands for beginners: exercises with one partner and with 2 partners

Hengst Daan

Continuation. Taiji in daily activities.

Klug Nils

Tui Shou/ Push Hands - Form Applications, Body mechanics. For all levels. Through some movements of the form we will work on the applications in push hands and the possibilities in free fighting and the benefit of being a good partner.

Lowey Bob

Today we complete all the exercise, revise the transitions of the moves, meridians and points.

Menaged Nathan

Ward off, roll back, yield chest, with one hand . Solo and partner exercises to “follow, stick, be continuous and then adhere (control)”.

Robinson Ronnie

Tui Shou. Continuing the theme of quiet sensitivity to explore qualities such as stillness and stability, inner strength and positive focus and attention.

Silferstråle Paul

Pushing hands. Distance : Qinan and shuai jiao

Presentation of the teachers

Scott Chaplowe (USA)

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

email : sgchaplowe@yahoo.com

Taiji quan : has been practicing since 1988, has been teaching for 1994.

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

Style : Yangjia michuan taijiquan, eyebrow staff, JKD, Ru tai.

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

Teaches in English, basic Spanish and Mandarin.

Perrot Jean-Luc

Long stick : There are so many variations to discover- left/right, up/down, frontward/backward and a much clearer relationship between body (central line and motor center) that the stick form comes to be an excellent exercise of motricity focusing on the TaiJi principles. We will play with some qigong and drills with partner. The rather short form will be visited or revisited all along the 3 days.

Xu Xuan

The Peking Opera workshop program. Including a small martial part (basic acrobatics), a short choreography of Peking Opera, some movements of Peking Opera, a short singing of Peking Opera.

Zwaart Richard

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

Friday July 24 10.15 - 12.00

Dussauchoy Michel

Basic exercises (static and dynamic), walks and martial applications. Sticky sticks (Nien Gun).

Ahmed Dounia

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

Dreyer Serge

Basic exercises of pushing hands for beginners: the topics will be let it go and forget the hands which are essential concepts to fully understand and enjoy pushing hands. Exercises in solo and with partner

Hengst Daan

Taiji in daily activities.

Klug Nils

Tui Shou/ Push Hands - Form Applications, Body mechanics. For all levels. Through some movements of the form we will work on the applications in push hands and the possibilities in free fighting and the benefit of being a good partner.

Lowey Bob

Shujinzhuangong is Qigong system for health, vitality and specifically reinforcing muscles and bones pour la santé composed of eight exercises for joints and acupuncture massage. Today, we will learn exercises for meridians.

Menaged Nathan

Push and Press (whole body). “In practice, begin with larger movements and reduce them to smaller ones. In this way they will become perfectly compact.” Solo and partner exercises to develop effortless power.

Robinson Ronnie

Dai Lui. A two-person set designed to exercise the principles of tai chi through safely structured applications.

Silferstråle Paul

Pushing hands. Footwork and position. Posture/stance versus mobility.

Saturday July 25 7.45 - 9.30

Chaplowe Scott

More Pushing hands.

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.

Dornelly Godfrey

continuing work from previous day's workshop.

Heckert Andrews

The idea of the ball: fixed ball or free ball. Ed Young once suggested that trying to push Cheng Man-ching was like trying to submerge a floating ping pong ball.

Huynh Chieu Duong

Warming : hands elliptic movements, motion and respiration, base exercises. Continuation of the form « khoi thuy khai ba quyên” (at the beginning of water, the waves rise up or the cell wake up).

Odell Richard

Continuation.

Perot JeanLuc

Long stick, continuation.

Xu Xuan

The Peking Opera workshop program, continuation.

Zwaart Richard

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

Saturday July 25 10.15 - 12.00

Dussauchoy Michel

Sanshu (long codified duet). Basic exercises, initiation to high level Tuishu (pushing hands) « hidden » in Sanshu (« loops »).

Ahmed Dounia

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

Dreyer Serge

Basic exercises of pushing hands for beginners: exercises in solo and with partner

Hengst Daan

Continuation. Taiji in daily activities.

Klug Nils

Tui Shou/ Push Hands - Form Applications, Body mechanics. For all levels. Through some movements of the form we will work on the applications in push hands and the possibilities in free fighting and the benefit of being a good partner.

Lowey Bob

Having learned the meridians and points required for the exercises yesterday, we will continue with the next 3 exercises and include the medical effects they have on the body

Menaged Nathan

Misdirection: double ward-off rollback. Solo and partner exercises “to lead your opponent in and become off balance”.

Robinson Ronnie

Qigong and meditation. Using a variety of qigong methods to calm the mind, quieten the emotions and stimulate a positive and radiant outlook.

Silferstråle Paul

Pushing hands. Purpose and training environment. Awareness and attitude.

Sunday July 26 7.45 - 9.30

Chaplowe Scott

More Pushing hands.

Du Feu Martin

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

Dornelly Godfrey

continuing work from previous day's workshop.

Heckert Andrews

We will look at how we get stuck and seek ways of yielding out of traps.

Huynh Chieu Duong

Warming : motion with hands movements, secondary and ternary respiration, base exercises. End of the form « khoi thuy khai ba quyên” (at the beginning of water, the waves rise up or the cell wake up).

Odell Richard

Continuation and work on demonstration.

Perot JeanLuc

Long stick, continuation.

Xu Xuan

The Peking Opera workshop program, continuation.

Zwaart Richard

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

Rencontres Jasnières 2009 - Registration form

Family name (capital letters):

First name (capital letters):

Address:

Telephone.....email:

Registration of the RJs:

() I register **in advance** using this form, I enclose **70 €** in () bank cheques, () international money order, () traveller's cheques 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

() I prefer to pay **during the workshop itself**, the cost will be **95 €** 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	Choice 1	Choice 2
Friday 24				
Saturday 25				
Sunday 26				

I do assume all risk of personal, physical or mental disabilities, injuries or losses which may result from participating in the event.

Signature:

Date:

Registration form – Canteen

(To be returned imperatively before the 30th June 2009)

Surname (in capitals and script) :.....

First Name :

Number of meals : reservation and payment in advance are imperative

	Friday 24		Saturday 25		Sunday 26	
	Adult	Kid	Adult	Kid	Adult	Kid
lunch						
dinner						

Adults : * 10.60 €=Children..... * 5.90 euros=**Total =€**

Cheques only () bank cheques, () international money order, () traveller's cheques 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 to the camp office before the 30th June 2009)

Surname (in capitals and script):

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: 2009 Date of departure: 2009

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

Signature

Fees must be paid directly to the camp office.

If you want to stay longer before or after the RJ, contact the camp office:

Camping du Lac des Varennes, Mr and Mme Fravallo, Les Varennes 72 340 Marçon

Tel. 02 43 44 13 72, Fax 02 43 44 54 31

email : camping_des.varennes.marcon@wanadoo.fr