



**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.chez.com/aramis72>

Rencontres Jasnières

**July 28, 29, 30
2006**

Association de Recherche en Arts Martiaux Internes en Sarthe

ARAMIS

Rencontres Jasnieres 2006

28-29 - 30 July

A.R.A.M.I.S. (Association de Recherche en Arts Martiaux Internes en Sarthe) is happy to present you the 19th 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. telephone : 33 (0)2 43 44 13 72

Hotel information : Tel Association de la vallée du Loire: 33(0)243399500

Stages organized around the RJ 2006

Dashi Chu Kocica organizes a workshop on July 27 contact : Dashi Chu Kocica, AP, info@asianhealingarts.org. US Tel: 305-776-0760

John Cole organizes a workshop from July 22 to July 27th on Tibetan White Crane. contact : John Cole, john@johncole.com

Nathan Menaged organizes a workshop July 25, 26, 27. Registration: Nathan Menaged, 77 Westview Avenue Columbus, OH 43214, USA. Phone number : (614) 841 – 0781, email : Tcyinyang@aol.com

Ronnie Robinson organizes a workshop from July 31 – 1 August on Tai Chi Partnerwork using a number of techniques including push hands, Da Lui and Applications. Registration: Ronnie Robinson, 1 Littlemill Drive Crookston Glasgow G53 7GF Scotland UK. Phone number : +44 141 810 3482, email : Ronnie@taichicaledonia.com

Laureen Smith organizes a workshop from July 26 to July 27 about with Taijiquan principles and personal development. Registration : Lauren Smith, Karlstr. 45, 48429 Rheine. email: smithwuji@t-online.de

Chris Wyhowski organizes a workshop from June 26 to 27 and from July 31 to August 1 août. Registration : Chris Wyhowski, « Enchose » 24420 Sorges, email : chrisw3@wanadoo.f

Ifam organizes the sword play on August 18,19, 20 in Anjou. Contact :06 81 538 462

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

Ronnie Robinson (Scotland)

Address : 1 Littlemill Drive Crookston Glasgow G53 7GF.
email : Ronnie @taichicaledonia.com
Taiji quan : has been practicing for 25 years, has been teaching for 20 years.
Teachers : Larry Butler, Michael Tse.
Style : Cheng Man-Ching.
Other arts : Taiji Qigong, Dayan Qigong, Yijinjing, Wudang Sword.
Teaches in English and little French.

Shi Dan-Qiu (Netherlands)

Address : Saffierstraat 97-A, 1074 GP, Amsterdam, The Netherlands.
email : d.shi@chello.nl
Teachers : Gu Li-Sheng en Zhang Zhuo-Xing.
Style : Yang.
Teaches in Dutch.

Laureen Smith (USA)

Address : Karlstr. 45, 48429 Rheine, Germany.
email : smithwuji@t-online.de
Taiji quan : has been practicing for 18 years, has been teaching for 15 years.
Teachers : Zhong, Ken Duhamel, Serge Dreyer, Lai.
Style : Yang Taijiquan long and short forms and Bagua.
Other arts : Feldenkreis
Teaches in English, French and Chinese.

Chris Wyhowski (England)

Address : « Enchose » 24420 Sorges
email : chrisw3@wanadoo.f
Taiji quan : has been practicing since 1985, has been teaching since 1998
Teachers : N. Sutton, Lao K. H., R. Chen, W. Lowenthal, Ken Van Sickle
Style : Cheng Man Ching,
Teaches in English, French

In parallel of pushing hands

Dashi Chu Kocica will give a mini-workshop on the TriYoga Flows.

At 17h00 until 18h00 :

Agnès Brouillaud will give a workshop on Korean relaxation (Friday and Saturday)
It will continue the work with partner in the goal of deep relaxation, work based on simple, precise movements from soft, vibrational stretching, mobilisation of all body parts. Bring towel. On Sunday, she will give the **traditionnal thaï massage**. Simple and precise exercises will be done by 2 partners (donnor and receptor) based on successive pressures, mobilisation and stretching close to Yoga postures. It corresponds to a tonic action that densifies and recentres one who receives.

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 28/07 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 27th (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.chez.com/aramis72
39 rue P. Eluard
72000 Le Mans - France
email : fabienne.poncin-epaillard@univ-lemans.fr

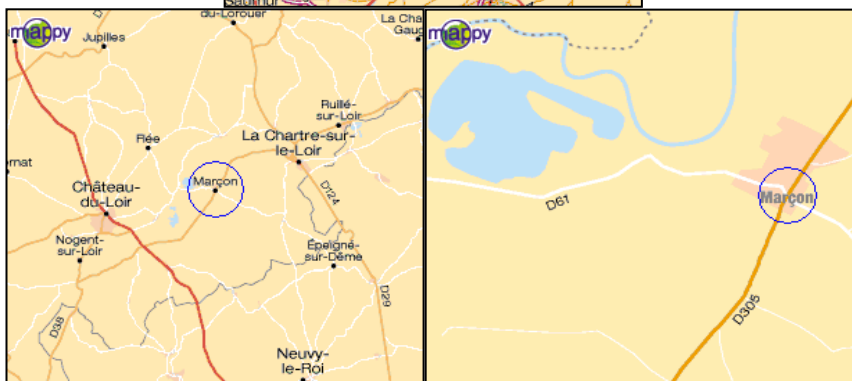
Address of the camp-site :

Camping "Lac de 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"!

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

Rencontres Jasnières 2006 – Map



Access by train : www.voyages-sncf.com

Rencontres Jasnières 2006 – hotels

Hotel	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	

Nils Klug (Germany)

Address: Zur Bettfedernfabrik 1, 30451 Hannover, Germany

email : info@tai-chi-studio

Taiji quan : has been practicing for 18 years, has been teaching for 13 years.

Teachers : William C. C. Chen, New York.

Style : Yang.

Teaches in English and German.

Dashi Chu Kocica (USA)

Address: 4255 Meridian Ave, Miami Beach, Florida 33140

email : info@asianhealingarts.org

Taiji quan : has been practicing since 1994, has been teaching since 1997

Teachers : *Taiji*- Wing Kwong Wong; *Wisdom Qigong*- Dr. Pang Ming & Luke Chan; *Lian Gong*- Dr. Zhuang Yuan Ming

Styles : Yang et Wu, Qigong : Wisdom/Zhineng Qigong, Swimming Dragon Qigong

: Lian Gong.

Others arts: asiatic arts of moving. TriYoga

Teaches in English, Spanish, German and French.

Bob Lowey (Scotland)

Address: 45 Eider Avenue, Greenhills, East Kilbride G75 8UA

email : bob@7starstcc.freeserve.co.uk

Taiji quan : has been practicing for 35 years, has been teaching for 25 years.

Teachers : Jo Bell, Professor Zhang Guande, Hu Xiao Fei, Master You Xuande

Style : Yang, Wudang

Other arts : Daoyin Yangsheng Gong, Wu Shu, Classical Weapons, Acupuncture,

First Aid, Guitar, Camel Jumping, Spider Dancing.

Teaches in English, Urdu and Swahili.

Nathan Menaged (USA)

Address : 77 West view Avenue, Columbus,OH 43214.

email : tcyinyang@aol.com

Taiji quan : has been practicing since 1976, has been teaching for 16 years

Teachers : William C C Chen and Dr. Tao Ping-Siang and Master Robert Taiani.

Style : William CC Chen Tai Chi, Waterstyle Boxing/ Lui 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 14 years, has been teaching for 10 years

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

Style : Wudang.

Other arts : Qi Gong, dragon fan, therapic massage.

Teaches in English and little French.

email : samuel_cuadrado@vnumail.com.

Taiji quan : has been practising for 8 years, has been teaching for 6 years (motion).

Teachers : Thierry Alibert.

Style : Yang

Teaches in French.

Carine De Beurme (Belgique)

Address : 119 Chaussée d'Alseberg 1630 Linkebeek Belgique.

email : cawine@skynet.be.

Taiji quan : has been practising for 14 ans, , has been teaching for 11 ans.

Teachers : E. Caulier, Su Fa, L. Serruys.

Styles : Yang, Dao Yin Qo gong.

Teaches in French.and in English.

Godfrey Dornelly (England)

Address : 58A Raleigh Road, Hornsey, London N8 0HY.

email : maryandgodfrey@hotmail.com

Taiji quan : has been practising for 18 years, has been teaching for 16 years.

Teachers : Dan Docherty.

Style : Wudang

Teaches in English.

Serge Dreyer (France)

Address : 19-8 Tunghai road, Taichung Taiwan.

email : ser@thu.edu.tw.

Taiji quan : has been practising since 1976, has been teaching for 27 years.

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

Style : Yang jia michuan

Teaches in french and english.

Michel Dussauchoy (France)

Address: 5 impasse Saint Sulpice 92500 Reuil Malmaison.

email : domrousier@hotmail.fr.

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

Teachers :: J. Gortais, Wang Wei Guo, Wong Tun Ken, Kuong Tek Meng.

Style : Yang.

Others arts: Trong Beichuan.

Teaches in French, English.

Cornélia Gruber (Suisse)

Address: Bellevue 22/2300 La Chaux-de-Fonds

email : cornelia.gruber@bluewin.ch.

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

Teachers : Bow Sim Mark, CC Chen, T.T. Liang, John Chung Li.

Style : combined taichi chuan, dragon fan sword, leung Yee Chuan, Fu style taichi chuan, san shou, tui shou and chi kung

Teaches in French, English and German.

Rencontres Jasnieres 2006 – 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	
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	
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. Chevrier	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 Cosson	Le moulin de Brives, Courdemanche	02 43 44 82 25	02 43 44 82 25
Melle Beucher	La Grapperie, Couture/Loir	02 54 58 81 64	02 54 56 04 13
Mr Blanchard	Chantemerle, Villedieu le Château	02 43 44 49 18	
Mme Trémeau	La petite Foucherie, Flée	02 43 44 42 72	02 43 44 55 68
Mr Jehl	Rue Haute, Trôô	02 54 72 61 38	
Mr Hugon	Le Cloître, Trôô	02 54 72 52 38	02 54 72 55 89

For more information, phone to the Association de la vallée du Loir :

33(0)243399500 or look their web site <http://www.vallee-du-loir.com/>.

Rencontres Jasnières 2006 - Workshops.

Friday 28th July 7.45 - 9.30

Thierry Alibert

Study of the old system of Yang school, "the 12 energetic circles". Study of the associated meridian, opening exercise, application of the 1st circle, heart, alone and with a partner. Application to animals game in the circles.

Philippe Brown

From Tui Shou to San Shou 1. Fundamental Tui Shou exercices, jiben gong (fundamental exercices for San shou), respecting the partner in san shou and tui shou exercices, greeting force with emptiness, Ting jin (listening).

Godfrey Dornelly

Dao-yin exercises for relaxation and strength, improvements in blood circulation and chi flow. Tui shou working on various partner drills to help develop: the ability to interpret the opponent's attack before it can be completed, techniques to destroy the opponent's centre of gravity. Self defense and Chin na techniques. Working with the Wudang Square Short Form as a means of Zhan Zhuang training for strength, posture, stance, rooting and chi flow.

Serge Dreyer

Moving steps pushing hands. Practice of the different possibilities of moving steps.

Michel Dussauchoy

Tui shou , china.

Nils Klug

"To be a good partner", form applications: push hands and martial art applications.

Dashi Chu Kocica

Wisdom Qigong. Rated the #1 Qigong in China, Wisdom Qigong has a 95% overall improvement rate in treating over 180 diseases, without medicines or special diets. In this workshop you will experience the remarkable healing benefits of "Qi" in a "group healing Qi field" and learn powerful methods for self-healing and healing others to eliminate disease and promote life-long health.

Richard Odell

We will work an application sequence of Wudang style Sabre form. We will work slowly and no previous knowledge of the form is required. Suitable for anyone.

Shi Dan Qiu

Tai Chi basics: rooting, explain the 'jin' and 'qi' of Taiji and the Taiji principles. Form correction. Fajing exercises. San shou exercises.

Friday 28th July 10.15 - 12.00

John Cole

Concept of finesse, rather than brute force, in pushing hands. The footwork of White

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Presentation of the teachers

Thierry Alibert (France)

Address : Avenue Henry Mazet 46 300 Gourdon.

email : alibert.thierry3@wanadoo.fr

Taiji quan : has been practising since 1985, has been teaching since 1990.

Teachers : B. Sautarel, Georges Saby.

Style : Yang Lu Chan, Yang Shaohou.

Others arts : qigong, karate, full contact, bagua.

Teaches in French and in English.

Agnès Brouillaud (France)

Address : 14 rue Garoche 31450 Pompertuzat

email : a.brouillaud@envt.fr

Corean relaxation : has been practicing for 5 years, has been teaching for 4 years.

Teachers : M. Braet

Other internal arts : Taichi (Yang et Chen), qi gong, gong fu, Bagua, Xing yi.

Teaches in English, French

Philippe Brown (England)

Address : 6 résidence tournemire, 91940 Les Ulis.

email : phil.brown@wudangfrance.com

Taiji quan : has been practising for 20 years, has been teaching for 14 years

Teachers : Dan Docherty

Style : Practical Tai Chi Chuan

Teaches in English and French.

John Cole (USA)

Address : 535 Whitecliff Drive, Vallejo, CA 94589 USA.

email : john@johncole.com

Taiji quan : has been practising for 31 years.

Teachers : Tsuei Wei; Wong Y. W., Min Ou-Yang; G. Long; Chan Hak Fu

Style : Yang Jai Michuan Taijiquan; Emei Taijiquan.

Teaches in English.

Luce Condamine (France)

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

email : maisondutaiji@free.fr

Taiji quan : has been practising for 20 years, has been teaching for 12 years.

Teachers : Dan Docherty.

Style : Yang, Wudang.

Teaches in English, Russian and in French.

Samuel Cuadrado (France).

Address : 134 rue du mas de litre 46260 Limogne en Quercy.

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Cornélia Gruber

Focalised expression in the movements of the Dragon fan.

Bob Lowey

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

Nathan Menaged

Introduction to water-form and its principles.

Ronnie Robinson

External Softness/Internal Strength. Most of us, when attacked, whether physically or emotionally, tighten up, become rigid, tense or stuck. This stuckness often results in the Zhang Hai Dong 24 movements form. Form in which the spiral or silk thread energy appears with up-down and more marked ying-yang alternation.

Laureen Smith

Explorations of space. We will do different exercises to feel inner and outer space on the physical and mental levels.

Chis Wyhowski

Lao ba zhang, continuation



Crane Gong Fu will be used to expand the students understanding of angles and their application to push hands.

Samuel Cuadrado

The stick as partner. The stick as vertical axe. Relationship between the center and contact points. Motions on the vertical axe.

Carine De Beurme

Study of the 24 steps form of Zhang Hai Dong. Form characterized by the spiral or silk thread of energy, with up or down motion and a more marked yin – yang alternance.

Cornélia Gruber

introduction to the fan, basic techniques.

Bob Lowey

Shujinzhuangong is Qigong system for the health, vitality reinforcing muscles and bones. The 8 exercises allow discovering acupuncture points and massage. Today we will learn the exercises and the meridians.

Nathan Menaged

Movements and principles relating to push-hands of water-form.

Ronnie Robinson

Dayan Qigong (Wild Goose). This dynamic system was created in the Kunlun mountains of China and is based on the movements of the Wild Goose which is a strong bird who flies very long distances. The movements range from gentle and fluid to encourage the flow of positive energy, to the fast, sometimes fluttering movements designed to release negative energy. After practicing this system, you will feel invigorated and more alive!

Laureen Smith

In Taijiquan an old text says that the qi follows intention. We will explore intention through simple exercises alone and with partners.

Chis Wyhowski

Introduction to bagua, steps; introduction to the 8 fixed palms to qi gongs of Ba Gua Zhang; martial application martial.

Saturday 29th July 7.45 - 9.30

Thierry Alibert

Idem with the master meridian, heart (5th circle).

Philippe Brown

From Tui Shou to San Shou 2. Explanation and practice of certain techniques in the forms (hand and weapon forms), applied in san shou, basic training in freestyle tui shou, Hua jin (diverting).

Godfrey Dornelly

Continuation.

Serge Dreyer

Moving steps pushing hands; exercises on pushing .

Michel Dussauchov

Initiation to the long stick, solo et application with partner, sticking stick.

Nils Klug

"Be a good partner", form applications: push hands and martial art applications.

Dashi Chu Kocica

Swimming Dragon Qigong. Learn a graceful Taoist form that regulates the metabolism and hormones, slenderizes the waist and keeps joints supple and pain-free, while promoting overall rejuvenation and inner peace.

Richard Odell

Sabre applications. Continuation

Shi Dan Qiu

Continuation.

Saturday 29th July 10.15 - 12.00

John Cole

Dodging techniques from White Crane Gong Fu will be taught to gain a better understanding of angles that limit your opponent footwork and increases your ability to recover your footwork.

Samuel Cuadrado

Work on contact point : utilisation of the body surface for the stick motion, relation between body and stick motion, illustrations with spirals.

Carine De Beurme

Continuation.

Cornélia Gruber

basic tehcniques from the Dragon fan, stepping, partner work.

Bob Lowey

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.

Nathan Menaged

First set of movements of water-form.

Ronnie Robinson

Push Hands: Letting Go – How Much or How Little.

The concept of yielding or 'letting go' is often misinterpreted when applied to push hands. In this workshop, we will work to discover our range of abilities in yielding as far as we can and then as little as is actually necessary to the situation. Through a spirit of acceptance and cooperation, we will gradually discover how to extend our possibilities in this work.

Laureen Smith

Yin, Yang and the center. We will explore yin and yang through practical exercises and work on finding our center.

Chis Wyhowski

Introduction of bagua with circles moving, of qi gongs, of 8 fixed palms. Entire form.

Sunday 30th July 7.45 - 9.30

Thierry Alibert

Idem with the meridian lung (9th circle).

Philippe Brown

From Tui Shou to San Shou 3. Using footwork and diversions to parry and avoid standard techniques, as well as countering the techniques practiced the day before, Fa jin (lightning).

Godfrey Dornelly

Continuation.

Serge Dreyer

Moving steps pushing hands; exercises on absorption-transformation.

Michel Dussauchov

Initiation to san shou, codified form fixed or mobile steps.

Nils Klug

"To be a good partner", form applications: push hands and martial art applications.

Dashi Chu Kocica

Continuation of the swimming Dragon qigong.

Richard Odell

Sabre applications. Continuation.

Shi Dan Qiu

Continuation.

Dimanche 30 Juillet 10.15 - 12.00

John Cole

White Crane Gong Fu uses the art of disappearing, or going behind the opponent, to step outside their footwork. The application of this technique to push hands will be introduced and practiced.

Samuel Cuadrado

Fine touch : Spilling hands on the stick and the stick on the body.

Carine De Beurme

Continuation.

Rencontres Jasnières 2006 - 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 **60 €** in () bank cheques, () international money order, () travellers 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 **80 €** 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 three days are cancelled, money will not be refunded. Cancelling any registration after July 15th will not be refunded. 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 28				
Saturday 29				
Sunday 30				

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 2006)

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

First Name :

Number of meals : reservation and payment in advance are imperative

	Friday 28		Saturday 29		Sunday 30	
	Adult	Children	Adult	Children	Adult	Children
Lunch						
dinner						

Adults : * 10,00 €=Children..... * 5,90 euros=**Total =€**

Cheques only () bank cheques, () international money order, () travellers 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 2006)

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 : 2006 Date of departure : 2006

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, Ch et G. Tirel, Les Varennes 72 340 Marçon

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

email : camping.des.varennes.marcon@wanadoo.fr