

**A.R.A.M.I.S**

Association de Recherche en Arts Martiaux Internes en Sarthe

(<http://taichilemans.fr/>)

Association de Recherche en Arts Martiaux

Internes en Sarthe

**July 27, 28, 29 2018**

**Rencontres Jasnières**



A.R.A.M.I.S. (Association de Recherche en Arts Martiaux Internes en Sarthe) is happy to present you the 31th 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. How ? simply by spontaneously applying.
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, Saint-Lézin route de Port-Gauthier, 72340 Marçon. tel : 33(0)2 43441372, email : [contact@lacdesvarennes.com](mailto:contact@lacdesvarennes.com).

**Hotel information :** tel. Office du tourisme de la vallée du Loir : 33(0)2 43 38 16 60, [www.vallee-du-loir.com](http://www.vallee-du-loir.com)

*You will taste the Jasnières wine on Friday, 18h30 for a moderate cost.*

*Dancing party will be given on Saturday evening at the canteen place !*

*Registration implies renunciation of image rights.*

### 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 27/07 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 26th (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. **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 in advance during the meeting.

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

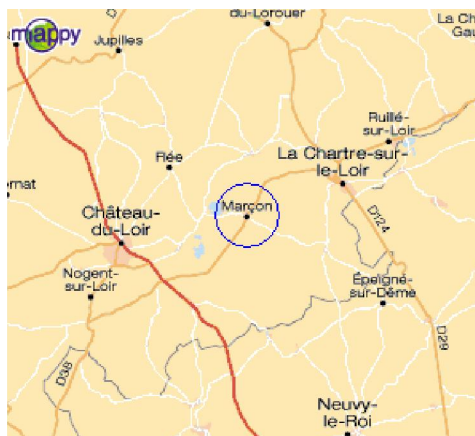
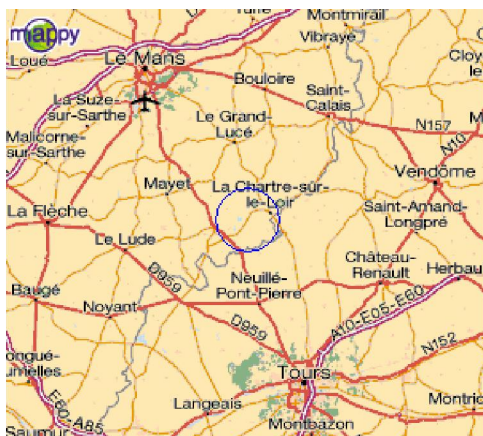


**Contact :** Aramis, web site : <http://taichilemans.fr/>, 39 rue P. Eluard, 72000 Le Mans - France,  
email : [fabienneponcin@yahoo.fr](mailto:fabienneponcin@yahoo.fr)

**Address of the camp site :** Camping "Lac des Varennes", Saint-Lézin route de Port-Gauthier,  
72340 Marçon. Phone : 33(0)2 43441372, email : [contact@lacdesvarennes.com](mailto:contact@lacdesvarennes.com).

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

### Rencontres Jasnières 2018 – Maps



Access by train : [www.oui.sncf](http://www.oui.sncf)

### Rencontres Jasnières 2018 – hotels, B and B

Hotels informations : <http://www.vallee-du-loir.com/> ; <http://www.ville-marcon.fr/index.php/a-votre-service/gites-chambres-d-hotes>.

Place	address	Tél ; email
La Chartre-sur-le-Loir 72340	Hôtel de France, Pl. de la République	02 43 44 40 16 <a href="mailto:hoteldefrance@worldonline.fr">hoteldefrance@worldonline.fr</a>
Dissay-sous-Courcillon 72500	Hôtel auberge, place Morand	02 43 44 09 06 <a href="mailto:bazin.ghislaine@neuf.fr">bazin.ghislaine@neuf.fr</a>
Château-du-loir 72500	Hôtel de la Gare, 170 av Jean Jaurès	02 43 44 00 14
	Hôtel des Voyageurs, 168 av Jean Jaurès	02 43 44 00 31
	Le Grand Hôtel, 59 rue A. Briand	0243382585
Ruillé-sur-loir 72340	Hôtel St. Pierre, 42 rue nationale	02 43 79 50 33
Beaumont-Pied-de-Bœuf 72500	Hôtel du Cheval blanc, 22 rue de la Tour	02 43 44 84 59 <a href="mailto:contact@aubergechevalblanc72.com">contact@aubergechevalblanc72.com</a>

B and B	address	Tél, email
Marçon 72340	"Les pies jacassent"	06 79 57 39 96
	"les Borderies", Marc et Rusthon	09 67 74 58 15
	"L'Orliarlière", Mme MC William	02 43 79 26 62 lorliarliere@orange.fr
	"La Cendrinerie"	02 43 44 13 22 jmathan@wanadoo.fr
	"La Borde Gontier", M. et Mme Lansac	02 47 61 17 44 / 06 81 04 48 52 Jacques.lansac@orange.fr
La Chartre-sur-le-Loir 72340	M. Avril Arnaud, 17 rue de la Gérigondie	06 66 15 21 60
	M. Brisset, la borde aux Moines	02 47 52 30 63, info@labordeauxmoines.fr
	M. Gigou, 4 rue des Caves (2 épis)	02 43 44 48 72, chambres.gigou@wanadoo.fr
	M. Millet Lecourt, 8 rue de Syke le grand Moulin	02 43 44 65 78 / 06 85 56 30 45, mdmillet-moulin@club-internet.fr
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
	M. Bruneval, 22 rue basse Coëmont	02 43 46 45 97
Port-Gautier 72500	M. Mme Pommier	06 26 03 06 21 / 09 54 02 52 95
	Giteduportgautier@gmail.com	giteduportgautier@gmail.com
Beaumont-sur-Dême 72340	M et Mme Chirol "l'aître des greniers"	02 28 01 96 46, famill.chirol@wanadoo.fr
	Le Patois	02 47 54 78 56, rojofamille@numericable.fr
Ruillé-sur-Loir 72340	M. Dagueneu, la Touche	02 43 79 00 29 / 06 89 02 43 38, claudette.dagueneu@wanadoo.fr
chambres d'hôtes	address	Tél
Dissay-sous-Courcillon 72500	M. Bretonneau, le Moulin du prieuré	02 43 44 59 79 / 06 20 73 56 11, jack.guy@free.fr
	Mme Guy Moulin de Longesvres	02 43 44 62 92, 06 20 73 56 11
	M. Calla, le Prieuré	02 43 44 09 09, 06 15 77 84 48
	M. Letanneux, La Chataigneraie	02 43 79 36 71
	Les ormeaux, 9 route de Cerize	02 43 79 12 43 / 06 81 49 39 28, contact@naturedetente.com

Château-du-Loir 72500	M. Legoff, 22 rue de l'Hôtel de ville	02 43 44 03 38, dilegoff@free.fr
	Manoir du Riablay, route de saint Jean	02 43 44 20 20
	M. Faure, Château des Remparts	06 81 38 56 39
Chahaignes 72340	M. Butler, 10 rue de la Gare	02 43 79 14 99, lamaisoncremyll@hotmail.co.uk
	La Tale	02 43 46 95 99
	M. Hubert, 8 rue saint Blaise	02 43 46 78 05, moulinstblaise@gmail.com
	M. Vigoureux "L'autourserie"	02 43 79 15 63, contact@autourserie.com
	La maison de Milton	02 43 44 62 62, reservation@sarthe- developpement.com
Thoiré-sur-Dinan 72500	M. Tondereau, la Croix	02 47 29 23 59, philippe.tonderau@free.fr
	M. Cissé, le Saut du loup	02 43 44 17 28 / 06 33 16 67 54, marysecisse@wanadoo.fr
Poncé-sur-Loir 72340	M. Becquelin, Château la Volonière	02 43 79 68 16, château-de-la- voloniere@wanadoo.fr
	Mme Dupuy, 50 rue Principale	02 43 44 18 59 / 06 87 72 51 59
	La Ponce secrète, 2 rue des coteaux	06 61 16 03 88
L' Homme 72340	La loge du Courtoux	01 41 52 91 62
Luceau 72500	M. Pineau, le moulin Guerpeigné	92 44 52 11 31, 06 78 54 90 01, marc.pineau28@sfr.fr
	02 43 44 22 88	Le Fournil
	M. Tertrain, moulin d'Hilleraie	02 43 79 49 85 / 06 09 22 64 17, moulin_hilleraie@hotmail.fr
	M. Loiseau, le closeau (route de Lavernat)	02 43 79 25 37 / 06 10 79 24 66, lbbluceau@orange.fr
	M. Durand, la Peloiserie	02 43 44 68 76 / 06 23 05 49 41, fabienne.durand.72@gmail.com
	M et Mme Boutard La Queue de l'étang	02 43 44 69 57 / 06 74 68 13 50, boubprin@aol.com
	M Bridault 11 rte de Château-du-Loir	02 43 46 69 28 / 06 81 85 51 37, muriel.bridault@wanadoo.fr
	M. Combries, le Moulin calme	02 43 46 39 75 / 06 87 02 49 84, moulincalme@wanadoo.fr
Flée 72500	La petite Foucherie	02 43 44 42 72, gitesvdl@wanadoo.fr
	M Delmas, M Michelin Les Chalets du Val de loir	06 13 66 79 59, chaletsduvalde Loire@free.fr



Beaumont-pied-de-bœuf 72501	Mme Detambel La Guéjaillière	02 43 79 18 32 / 06 60 56 69 74, michel.detambel@orange.fr
	Mme Dufour Gîte du Biou	06 03 95 76 92, info@gitedubiou.fr
	Mme Carré Jumelle	02 43 44 24 77 / 06 03 36 67 27

## Rencontres Jasnières 2018 - Workshops.

### Dornelly Godfrey

Friday July 27  
7.45 - 9.30

1. *Dao-yin exercises for relaxation and strength, improvements in blood circulation and chi flow. Ideal morning exercises by which to maintain balance of body and mind.*

Saturday July 28  
7.45 - 9.30

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.*

Sunday July 29  
7.45 - 9.30

3. *Zhan Zhuang : standing meditation for improving the structure and strength of the body.*

4. *Shuai jiao and chin na techniques for the tai chi practitioner to enable them to train essential fighting skills less taught in tai chi chuan today.*

### Klaus-Heinrich Peter

Friday July 27  
7.45 - 9.30

*Effortless movement within the gravitational field I:*

*Find those paths in space on which your body parts move easily. Relax, move your whole body from the center and experiment to discover the most effective body movement. Learn about the basic physics of moving bodies. You can use these exercises to adjust your Taiji-form to your individual body.*

Saturday July 28  
7.45 - 9.30

*Effortless movement within the gravitational field II: sword.*

*Find the paths in space on which your sword moves easily. Relax, experiment and move from the center. The completely relaxed movement will turn out to be most effective. You can use this exercises to improve your performance of any weapon-form.*

Sunday July 29  
7.45 - 9.30

*Effortless movement within the gravitational field III: planetary pushing hands*

*Stay in harmony with the gravitational pull while playing with your partner. Yield, relax and experiment to discover the intrinsic strength of your body and your natural interaction-intelligence.*

### Nousiainen Heikki

Friday July 27  
7.45 - 9.30

Saturday July 28  
7.45 - 9.30

Sunday July 29  
7.45 - 9.30

*We begin by qi gong as a warming up and then we research how to use minimum of force to get maximum of effect. We do this using pushing hands and applications as a tool.*

### Smith Lauren

Friday July 27

7.45 - 9.30

Saturday July 28

7.45 - 9.30

Sunday July 29

7.45 - 9.30

*The Four Elements: Although the Chinese system of the five phases is traditionally connected to taichi, the four elements may also be used as a doorway to exploring basic abilities and principles. Through meditation, exercises and partner work we will apply earth, wind, fire and water to the practice of form and pushing hands.*

### van Drooge Judith

Friday July 27

7.45 - 9.30

Saturday July 28

7.45 - 9.30

Sunday July 29

7.45 - 9.30

*We start with some strengthening and stretching qi gong exercises. To wake up the body, make the blood flow go to stimulate detoxify the body. Opening the meridians for optimal energy flow. I will be introducing ba duanjin and yi jin jing movements with are sets who more focus on tendons muscle exercises*

*Shibashi sets are famous for their soft approach and repetition of the movements. This makes it very easy for anyone to follow and come in a direct flow of yin and yang. Each set has 18 tai chi qi gong movements, each movement repeats itself at least 6 times. With gives you time / room to focus on different aspects and principles of body mechanics. For example : breathing, relaxation, rooting, spiralling. The effortlessness, what goes up must come down !*

*Pushing hands. The skin is the biggest organ we have with many functions, the touch of the skin gives you information about the directions of someone's intent. The way you stand and handle pressure from outside, in today's busy world. By practicing this art you learn to recognise and discipline your feelings and responses recording them. Every action has a reaction. yin and yang. We are mirrors to teach and learn from others. Your battle within and with your surrounding world.*

### Völke Rob

Friday July 27

7.45 - 9.30

Saturday July 28

7.45 - 9.30

Sunday July 29

7.45 - 9.30

*Internal movement.*

*How to us internal movement in de taiji form and in pushing hands.*

### Zwaart Richard

Friday July 27

7.45 - 9.30

Saturday July 28

7.45 - 9.30

Sunday July 29

7.45 - 9.30

*Short form Wu-style and push-hands practice.*

### Benetti Roberto

Friday July 27

10.15 - 12.00

Saturday July 28

10.15 - 12.00

*Central Axis : Alignment, power and transformation.*

*Workshops are on internal work to train, reinforce and use the Central Axis.*

*We will practice exercises to align the axes of the body, to connect and reinforce them.*



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Sunday July 29  
10.15 - 12.00

*Repeated twists around a solid axis give power and flexibility by allowing the transformation of movements. The workshop is open to all levels.*

### Ebel Hella

Friday July 27  
10.15 - 12.00

*Ways into free pushing: We will work on pushing hands patterns to train to move in a taiji-way when a force is coming into us, when we neutralize it, when we follow in to send out internal relaxed force. Master Huang created 18 patterns to build a bridge between the form and free pushing hands. I find them very helpful to prevent us from using brute force and to get rid of the fear of being pushed.*

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Saturday July 28  
10.15 - 12.00

Sunday July 29  
10.15 - 12.00

### Higginson John

Friday July 27  
10.15 - 12.00

*Healing, improving and Mastering Taiji with Pushing Hands  
Using Pushing hands -Part1 to find blockages and problems in and with the body and body / mind connection. The most essential step on the taiji path.*

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Saturday July 28  
10.15 - 12.00

*Healing, improving and Mastering Taiji with pushing hands  
Using Pushing hands -Part2 to improve all of ones taiji and raise ones whole level.  
Following the classical advice ' Push hands should be practised with the mind of Form'.*

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Sunday July 29  
10.15 - 12.00

*Healing, improving and Mastering Taiji with Pushing Hands  
Push hands-Part3 containing fa jing(releasing energy), ting jing(sensertivity and understanding), dong jing(absorbing force) and hua jing(neutralizing), as well as peng, lu, ji and an. So if your single push hands is good you should have no problems even with a western boxer.*

### Leclaircie Michel

Friday July 27  
10.15 - 12.00

*Internal energy practice approach through tuishou practice.  
Experimental approach of tuishou aiming to understand principles, without aggressiveness.*

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Saturday July 28  
10.15 - 12.00

*Familiarisation with big notions : action/reaction, gravity, balance, inertia, interrelationship...*

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Sunday July 29  
10.15 - 12.00

*How can we manage psychological and physical aspects in order to have pleasure.  
For all levels*

### Murray Adrian

Friday July 27  
10.15 - 12.00

*Sword work of Dr Chi Chiang Tao.  
Dr Chi was a student of Cheng Man Ching for 20 years but he learnt his sword from another famous sword man in Taiwan.*

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Saturday July 28  
10.15 - 12.00

*The movements are light and smooth, they flow together and the form is very spirted.  
The applications follow principles and character of soft pushing hands.*

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Sunday July 29  
10.15 - 12.00

*During the three sessions we will practise some basic exercises, sword sticking, 'pushing swords', and we will learn some of the opening section of sword form as taught to me by Dr Chi Chiang Tao.*

### Tran Cong Francine

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Friday July 27

*Flexibility and fluidity of the body. Moving in consciousness, identifying tensions.*

10.15 - 12.00	<i>Seek/deepen its rooting, listen and release. We will rely on the techniques of hui chun gong (qigong Taoist "return to Spring"). Each workshop is independent but the movements are part of one of the three methods of this practice.</i>
Saturday July 28	
10.15 - 12.00	
Sunday July 29	
10.15 - 12.00	

### Vallotton Zouzou

Friday July 27	<i>For 12 years, I was teaching taiji quan in medico-social institutions for dependent elderly people. Classes are seated. Regularly, I propose a work with 2 persons based on listening to their own feelings generated by the movement with other partner. I also use a wooden walking sticks for such exercise. Several exercises gathered around a long stick may be also practised. Then the session ends with massages that one receives and gives to the other.</i>
10.15 - 12.00	
Saturday July 28	
10.15 - 12.00	
Sunday July 29	<i>I will propose a discovery workshop on this seated practice of taiji quan. Some short sequences of sitting taiji quan, which I created based on Yangjia Michuan movements, will precede the work with a partner. Each participant will come with a seat.</i>
10.15 - 12.00	

### Instructors présentation

#### Benetti Roberto (Italy)

Address :	Via Perrucchetti 13, 36100 Vicenza - Italia..
email :	info@associazionePMC.it.
Taiji quan :	has been practicing since 1985, has been teaching since 1996.
Teachers :	George Xu and other (taiji Chen, xin yi quan, qi gong), Wu Wen Wei and other (Liu He xin yi quan, qi gong), Ji A Dong and others (taiji yang), Wu Ji (lanshou quan), Gordon Xu (tuina), F. Ferraro (buteyko breathing).
Style :	taiji quan chen and yang style.
Other arts :	Liu He xin yi quan (10 animal and 6 harmonies xinyi), qigong, tuina, buteyko breathing, adapted Taiji for Parkinson's disease patients.
Teaches :	in French, English.

#### Dornelly Godfrey (England)

Address :	75 Edenbridge Road, Enfield, Middlesex EN1 2HS.
email :	maryandgodfrey@hotmail.com.
Taiji quan :	has been practicing for 30 years, has been teaching for 28 years.
Teachers :	Dan Docherty.
Style :	Wudang.
Teaches :	in English.

#### Dreyer Serge (France)

Address :	19-8 Tunghai road, Taichung Taiwan.
email :	serge.dreyer@gmail.com.

**Taiji quan :** has been practicing since 1976, has been teaching for 34 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.

#### **Ebel Hella (Germany)**

**Address :** Natruper Str. 6, 49076 Osnabrueck, Germany.  
**email :** hella@taiji-schule-os.de.  
**Taiji quan :** has been practicing since 1983, has been teaching since 1986.  
**Teachers :** Wee Kee Jin (New Zealand), Toyo Kobayashi, Patrick kelly, Tony Ward  
**Style :** Yang style taijiquan and Fujian white crane.  
**Other arts :** Meditation, qigong.  
**Teaches :** in English and German.

#### **Hamlett Katy (England)**

**Address :** La Nesliere, St. Symphorien Des Monts, 50640 Buais-Les-Monts, France  
**email :** qigongsh@gmail.com, www.peter402.wix.com/qigong  
**Taiji quan :** has been practicing for 24 years, has been teaching for 20 years.  
**Teachers :** Bruce Frantzis.  
**Style :** Wu style and old Yang style taiji quan.  
**Other arts :** Qigong, meditation, qigong tui na massage, ba gua zhang.  
**Teaches :** in English and French.

#### **Higginson John (England)**

**Address :** 74, Great stone road Manchester M16 0HD Great Britain.  
**email :** zhongdao@live.co.uk.  
**Taiji quan :** has been practicing for 38 years, has been teaching for 28 years.  
**Teachers :** Chen Style - Grand Master Chen Zheng Lei-Inside door disciple (China).  
 Zheng 37 Style - Master Lau Kim Hong-Inside door disciple (Malaysia).  
 Zheng 37 Style - Master Tan Ching Ngee-representative (Singapore).  
**Style :** Chen, Zheng, Yang, Sun.  
**Other arts :** Qigong, Bagua, Wingchun Buddhist Meditation.  
**Teaches :** In English and Spanish.

#### **Klaus-Heinrich Peter (Germany)**

**Address :** Steinbuschkate 10, 23744 Schoenwalde, Germany.  
**email :** info@chenghsin.de.  
**Taiji quan :** has been practicing for 25 years, has been teaching for 15 years.  
**Teachers :** Peter Ralston, Omer Humbaraci, Wilhelm Mertens, Nathan Menaged, Cheng Hsin Tai Chi (Peter Ralston).  
**Style :** Yang (Cheng Man Ching), Cheng Hsin.  
**Teaches :** in German and English.

### **Leclaircie Michel (France)**

**Address :** 38 rue Paul Bert, 49400 Saumur, France.  
**email :** michel.leclaircie@orange.fr.  
**Taiji quan :** has been practicing for 28 years, has been teaching for 18 years.  
**Teachers :** Serge Dreyer, Nicolas Ivanovitch.  
**Style :** yang Taijiquan, Baguazhang, Hsing I quan.  
**Teaches :** in English and French.

### **Murray Adrian (England)**

**email :** hello@dakuai.co.uk  
**Taiji quan :** has been practicing since 1978, has been teaching since 1982.  
**Teachers :** Chiang Tao Chi, Chen Xiao Wang, Lin Chiang Li.  
**Style :** William CC Chen.  
**Autres arts :** hsing I chuan.  
**Teaches :** In English.

### **Nousiainen Heikki (Finland)**

**Address :** London, England.  
**email :** nousiainen.heikki@gmail.com.  
**Taiji quan :** has been practicing for 40 years, has been teaching for 30 years.  
**Teachers :** Cheng Man Ching, Leong, Dan Docherty.  
**Style :** Wudang.  
**Other arts :** Kali silat.  
**Teaches :** in English, French, swedish and Finnish.

### **Smith Lauren (USA)**

**Address :** Lotter str 11, 49078 Osnabrück, Allemagne.  
**email :** smithwuji@gmx.de.  
**Taiji quan :** has been practising for 28 years, has been teaching for 26 years.  
**Teachers :** Zhong, Serge Dreyer, Ken Duhamel, Lei kanzhao.  
**Style :** yang and bagua.  
**Other arts :** wrestling and grappling, Bothmer gymnastics.  
**Teaches :** in English, French and German.

### **Tran Cong Francine (France)**

**email :** fuxin.francine@gmail.com.  
**Taiji quan :** Had practising from 1979 to 1997, taiji quan since 1997 and qigong since 2000. Has been teaching since 2011.  
**Teachers :** Tse Billy, Yuan Liming, Zhang Aijun, Sun Fang, Chen Yuying.  
**Style :** Yang - Wudang - Wu - Sun - Chen  
**Teaches :** In French.

### **Vallotton Zouzou (Suisse)**

**Address :** 1880 Bex Suisse.

email : Zouzou.vallotton@gmail.com.  
Taiji quan : has been practicing for 28 years, has been teaching for 24 years.  
Style : Yangjia michuan taiji quan.  
Teaches : in French.

#### **Van Drooge Judith (Netherlands)**

Address : Molenweg 107, Pays Bas.  
email : judith@inner-touch.nl.  
Taiji quan : has been practicing for 18 years, has been teaching for 16 years.  
Teachers : William C.C. Chen and Luis Molera.  
Style : yang and different qi gong.  
Autres arts : meditation.  
Teaches : in English.

#### **Volke Rob (Netherlands)**

Address : Trekvalk 30, 3905RD, Veenendaal.  
email : rivotke@gmail.com.  
Taiji quan : has been practicing since 1977, has been teaching for 35 years.  
Teachers : Ben Lo, Wiliam CC Chen, Ma Jian Bao, Wee KeeJin  
Style : Yang style from Chin Man Cheng.  
Teaches : in English.

#### **Zwaart Richard (Netherlands)**

Address : Duindreef 8, 1784 WB, Den Helder, The Netherlands  
email : richardzwaart@live.nl.  
Taiji quan : has been practicing for 31 years, has been teaching for 20 years.  
Teachers : Ma Jiang Bao.  
Style : Wu.  
Teaches : in English and Dutch.

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#### **Before pushing hands, demonstrations (15h-15h30)**

Ebel Hella : White crane Fujian form.

Van Drooge Judith : Sabre yang style 60 movements from Rosa Chen Taiwan.

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

**At the beginning of tui shou**, Serge Dreyer will ensure the pushing hands initiation for beginners.

**In parallel to pushing hands from 4:15 p.m. to 6:00 p.m., Katy Hamlett will propose a  
massage-qi gong.**

*Tai chi massage based on qigong tui na. Deeply relaxing massage to reduce pain and tension from tired muscles and joints. Will improve tai chi and qigong practice. Bring a mat to lie on.*

### Stages organized around RJ 2018

**Ebel Hella** : from July 25 to July 26 , contact : [hella@taiji-schule-os.de](mailto:hella@taiji-schule-os.de), [www.taiji-schule-os.de](http://www.taiji-schule-os.de).

**Higginson John** : from July 30 to July 31, contact : [zhongdao@live.co.uk](mailto:zhongdao@live.co.uk).

**Klaus-Heinrich Peters** : from July 30 to August 1 on Cheng Hsin sword, contact : [info@chenghsin.de](mailto:info@chenghsin.de).

**van Drooge Judith** : from July 30 to August 1 on pushing hands, contact : [judith@inner-touch.nl](mailto:judith@inner-touch.nl).

### Instructor's pictures

**Benetti Roberto**

Axe central: alignement, puissance  
et transformation.

Central axis: alignment, power  
and transformation.



**Dreyer Serge**

Tuishou pour débutants, le tuishou  
comme jeu à partir d'exercices.

Tuishou for beginners, the tuishou as  
game from exercises.



**Dornelly Godfrey**

Travail autour du tuishou :  
méditation Zhan Zhuang  
et techniques shuai jiao, chin na.

Tuishou working:  
Zhan Zhuang meditation  
and shuai jiao, chin na techniques.



**Ebel Hella**

Travail sur le tuishou libre.

Ways into free pushing.



**Hamlett Katy**

Massage taichi dans l'après-midi.

Afternoon taichi massage.



**Higginson John**

Le tuishou pour renforcer la santé,  
améliorer et maîtriser son taiji.

Healing, improving and mastering taiji  
with pushing hands.





*Klaus-Heinrich Peter*

Mouvement sans effort  
grâce à la gravité.

Effortless movement within  
the gravitational field.



*L'eclaircie Michel*

Approche pratique de l'énergie interne  
à travers le tuishou.

Internal energy practice approach through  
tuishou practice.



*Murray Adrian*

Pratique de l'épée de  
Dr Chi Chiang tao.

Sword work of Dr Chi Chiang Tao.



*Nousiainen Heikki*

Tuishou : minimum de force pour  
un effet maximum.

Pushing hands : minimum of force  
for a maximum of effect.



*Smith Lauren*

Les quatre éléments.

The four elements.



*Tran Cong Francine*

Souplesse et fluidité du corps.

Flexibility and fluidity of the body.



*Vallotton Zouzou*

Taiji quan pour personnes âgées.

Taiji quan for elderly persons.



*Van Drooge Judith*

Tai chi qi gong et tuishou.

Tai Chi Chi Kung and pushing hands.



*Völke Rob*

Mouvements internes.

Internal movement.



*Zwaart Richard*

Forme courtestyle Wu et tuishou.

Short form Wu-style and push-hands  
practice.



Who is cooking for us ?



**Jean-Marie Barbotin**

If you come to cross the path of JM B, a basket in his hand, in tall grass of the ditches, you can bet that he is preparing one of his divine recipe made with violets. He could also be caught by surprise behind the gates of a cemetery harvesting some rosemary which he would match without hesitation with an apricot pie. While fully inspired, JM B would have fun inserting some white chocolate nuggets inside mashed parsnip covering delicately a thick steak. His face beaming with joy he would then joyfully serve you the whole thing with his usual humor. Besides, you'll have to credit him with a pinch of talent hidden behind the unspoiled lively spirit of a chef who loves both people and cooking with a simple touch.

*(from his own web site)*

### Registration form - Rencontres Jasnières 2018.

To be returned imperatively before the 30th June 2018

**Family name** (capital letters) :

**First name** :

**Address** :

**Telephone** :

**email** :

#### Registration :

( ) I register **in advance** using this form, I enclose **95 €** in ( ) bank cheques, ( ) international money order to Aramis account (Iban : FR76 1548 9048 1600 0134 3124 051, BIC CMCIFR2A).

( ) Secure on line payment is now possible from our web site. **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 **120 €**. 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. 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 27				
Saturday 28				
Sunday 29				

Signature :

Date :

### Registration form – Canteen.

To be returned imperatively before the 30th June 2018

**Family name** (capital letters) :

**First name** :

**Number of meals** : **reservation and payment in advance are imperative.**

	Friday 27		Saturday 28		Sunday 29	
	Adult	Kid	Adult	Kid	Adult	Kid
Lunch						
Dinner						

Adults : ..... \* 12 € = .....kids : ..... \* 6,50 € = ..... **Total = ..... €.**

**Paiement** : ( ) bank cheques, ( ) secure on line payment is now possible from our web site, ( ) 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.** NB : Kid not more than 10 years old.

.....x

### Mandaroty reservation form – Camping

To be returned imperatively to the camp-office before the 30th June 2018

**Family name** (capital letters) :

**First name** :

**Address** :

**Tel** :

**email** :

Number of installations :

Caravan :

Tent :

Camper :

Electricity : yes

no

Number of adults :

Number of children :

(less than 10 years)

Date of arrival :

2018

Date of departure :

2018

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

Fees must be paid directly to the camp office.

Camping Lac des Varennes, Saint-Lézin route de Port-Gauthier, 72340 Marçon, Tel : 33(0)2 43441372, email : [contact@lacdesvarennes.com](mailto:contact@lacdesvarennes.com).

Signature :

Date :

**Application forms to be sent  
or registration and payment on line :**

**<http://taichilemans.fr/>**

**before June 30 2018**

# **A.R.A.M.I.S**

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**en Arts Martiaux Internes**  
en Sarthe

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