

A.R.A.M.I.S

Association de Recherche en Arts Martiaux Internes en Sarthe
(taichilemans.fr)

July 28, 29, 30 2023

Rencontres Jasnières



A.R.A.M.I.S. (Association de Recherche en Arts Martiaux Internes en Sarthe) is happy to present
you the 34rd 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.camp.

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), [https://www.booking.com/...](https://www.booking.com/)

You will taste the Jasnières wine on Friday, 18h30 for a moderate cost (4€).

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 28/07 at 7h30. Oral communications are also proposed from 14h to 15h, followed then by the demonstrations from 15h to 15h30 and the 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. If there is a too great demand for a particular workshop, then priority will be given to the first registered.

If you wish to stay at the Lac des Varennes campsite, **book and pay directly your camping fees** at the camp office for a group (meadow) or private camping pitch. 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 at pushing hands practice, 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

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

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

Rencontres Jasnières 2023 - Maps



Access by train : www.sncf-connect.com, think also about car sharing.

Rencontres Jasnières 2023 - 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>, <http://www.booking.com/>, <http://www.gites.fr/>.

Place	address	Tél ; email
La Chartre-sur-le-Loir 72340	Hôtel de France, Pl. de la République	02 43 44 40 16 hoteldefrance@worldonline.fr
Dissay-sous-Courcillon 72500	Hôtel auberge, place Morand	02 43 44 09 06 bazin.ghislaine@neuf.fr
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
Ruillé-sur-loir 72340	Le Grand Hôtel, 59 rue A. Briand	0243382585
	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 contact@aubergechevalblanc72.com
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. Daguenet, la Touche	02 43 79 00 29 / 06 89 02 43 38, claudette.daguent@wanadoo.fr
guest room	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"	06 71 86 17 15, fvigoureux@wanadoo.fr
	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
Lhomme 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 Guéjaillère	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 2023 - Workshops.

7h45 - 9h30.

Alibert Thierry

Friday July 28	
Saturday July 29	Use in combat of the movements of the Yang style from the opening to the simple whip. Form with two small Sanshou of Yang Shaohou and application in self defense.
Sunday July 30	

Avivi Saar

Friday July 28	
Saturday July 29	Tuishou and applications.
Sunday July 30	

Benetti Roberto

Friday July 28	Combining power and elasticity : Elasticity : tongbei quan exercises to loosen the main joints and to transmit force along spiral paths.
Saturday July 29	Power : lanshou quan exercises to develop strength through precise and correct movements.
Sunday July 30	Combining power and elasticity in tuishou and tai ji quan forms.

Dornelly Godfrey

Friday July 28	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 29	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 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.

Gruber Cornelia

Friday July 28	Taichi Dragon Fan Combat Form.
Saturday July 29	The fan is a discreet weapon, hidden behind an aesthetic appearance with a functional purpose, which give it a falsely innocent appearance - it can be carried into enclosed spaces where conventional weapons are not allowed. It is not bulky and can be quickly functional.
Sunday July 30	The fan is versatile and effective – a weapon of first choice !

Koesoemobroto Job

Friday July 28	Xing-Yiquan - Basis stepping, 5-Element Form Stationary.
Saturday July 29	Xing-Yiquan - Stepping, 5-Element Form with stepping.
Sunday July 30	Xing-Yiquan – Advanced stepping, 5-Element Form, applications with a partner.

Tran Cong francine

Friday July 28	The 13 steps of tuishou. This sequence of 13 steps applies all the techniques of tui shou with fixed or mobile steps. The 2 partners do the same thing, maintaining permanent contact, moving lightly and fluidly. The movements follow the 8 directions, sometimes side-by-side, sometimes face-to-face. We will find there the fundamental bases of taiji quan in 13 movements whatever the practiced style. From 1 to 5 : single push / double push.
Saturday July 29	From 6 to 9 : join / follow / link / pull .
Sunday July 30	From 10 to 13 : elbow strike / shoulder strike / press.

Rencontres Jasnières 2023 - Workshops.

10h15 - 12h00.

Chaplowe Scott

Friday July 28	Tai Chi Eyebrow Staff. This workshop will introduce a partner form for two people to impart body alignment, sequencing, flow, and origin (application) of staff tai chi movements. The 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.
Saturday July 29	
Sunday July 30	

Ciaburri Consiglia

Friday July 28	Qi gong of bagua zhang, the benefits of bagua zhang. Practical : Learning the 8 basic palms of the Cheng style, in static. Movements in a circle with the first 2 palms.
Saturday July 29	Taolu : “Cheng style mother palms ”. Practical : Walking in circles and changes of direction. Learning/discovery of the 8 mother palms of the Cheng style.
Sunday July 30	The martial dimension of bagua zhang. Practical : Work with a partner.

Du Feu Martin

Friday July 28	Xing yi I will start the weekend with the basic concept of Wu Ji, and why it is important in the study of Xing Yi. Then, we will see how the position of San Ti is created from Wu Ji, using Chicken foot, Dragon body, Bear head and Tiger's intent. The 5 forms will then come from this concept.
Saturday July 29	We will continue with the 5 forms : splitting, drilling, crushing, pounding and crossing. Looking at the way they work with each other.
Sunday July 30	Revision of the last two days and an idea of some of the 12 animal styles of xing yi. Especially the dragon, tiger, bear and eagle.

Hengst Daan

Friday July 28	We practise taiji basic exercises with a partner and compare these to the movements in our daily life or sports : like pushing, lifting, pulling.
Saturday July 29	
Sunday July 30	

Saint Catherine Albert

Friday July 28	Awareness - Both in social and Martial arts environments, our physical body Awareness gives rise to readiness. Contact and Yielding reading intentions are important for self-defence and pushing hands. Practice techniques to promote listening and sensitivity through practical movement. The awareness of contact, mental and physical intentions, is important in self-defence, especially in the art of tai chi chuan.
Saturday July 30	Looking at and creating some tai chi chuan concept-based awareness tools. Examples : retreat to advance looking at stepping and turning, strategies to entice the opponent

	forwards. Tools to promote the use of awareness while practicing pushing hands and self-defence in a sensitivity-based environment. This is useful to identify our movement so we can change when our movement is interrupted.
Sunday July 30	Bring together the aspect of the previous two days. To evaluate what we have studied and practiced, and to apply what we have learnt, through the use of self-defence applications and pushing hands techniques.

Vicente Thierry

Friday July 28	Presentation of the practice of duan bing jian, with the basic principles, manipulation of duan bing (cuts, dives, protection, dodging). Codified sequence (attacks / defenses) with a partner. Free practical discovery (with presentation of safety rules).
Saturday July 29	Conditioning (stretching and cardio). Repetition of codified work in pairs. Practice duan bing in free combat with arbitration rules (touches, validated points).
Sunday July 30	Resumption of the basic principles (with movement in line, circular, cuts, dives). Free practice duan bing for two (duilan). Three-on-one strategy. Martial applications (partner with duan bing, partner without duan bing).

Zeng Xiang Bo

Friday July 28	Basic push hands movements - Partner work It's the practice of cooperation rather than against each other. The goal is to develop "listening" skills. Drills : shifting, vertical circle hands movements, horizontal hands movements, switch hands movements. Posture adjustments.
Saturday July 29	Form Immersion push hands - Partner work Drills : basic push hands movements. Strum the lute, Brush knee, twist step, step forward, move, parry, and punch.
Sunday July 30	Form immersion push hands - Partner work Drills : basic push hands movements. Fist under elbow, diagonal flying, descending single whip.

Instructors presentation

Alibert Thierry (France)

Address : 2 av Henri Mazet 46300 Gourdon.
email : ecoletao.thierryalibert@gmail.com.
Taiji quan : Has been practising for 37 years, has been teaching for 32 years.
Teachers : Bernard Sautarel and Georges Saby
Style : Taiji style yang and bagua zhang.
Other arts : Xing Yi Chuan and Kick Boxing.
Teaches : French and English.

Avivi Saar (Sweden)

Taiji quan : Has been practising for 25 years, has been teaching for 24 years.
Teachers : Paul Silfverstråle, Dan Docherty
Style : Practical Tai chi chuan.

Other arts : Sometimes.
Teaches : English, Hebrew, Swedish.

Benetti Roberto (Italia)

Address : Via Perrucchetti 13, 36100 Vicenza - Italie.
email : benetti.roberto@fastwebnet.it.
Taiji quan : Has been practising since 1985, has been teaching since 1996.
Teachers : George Xu and others (taiji Chen, xin yi quan, qi gong), Wu Wen Wei and others (Liu He xin yi quan, qi gong), Ji A Dong and others (taiji yang), Wu Ji (lanshou quan), Gordon Xu (tuina), F. Ferraro (buteyko respiration).
Style : taiji quan style chen et yang.
Other arts : Liu He xin yi quan (xinyi of 10 animals and 6 harmonies), qigong, tuina, buteyko respiration, taiji adapted for Parkinson diseases.
Teaches : In French and English.

Chaplow Scott (USA)

Address : IFRC, P.O. Box 303, 1211 Geneva 19. Switzerland.
email : sgchaplowe@yahoo.com.
Taiji quan : Has been practising for 22 years.
Teachers : Serge Dreyer, Lauren Smith, Veera Vassanta Chart, and others.
Style : Yangjia michuan taiji quan, eyebrow staff, JKD, Ru Tai.
Other arts : Accupressure, yoga, mountain climbing, white water rafting.
Teaches : English, Basic Spanish, Basic Mandarin, Very basic French.

Ciaburri Consiglia (France)

Address : 2 chemin de la Grue, 95450, Fremainville, France.
email : consigliavicente@yahoo.fr.
Taiji quan : Has been practising taiji quan since 1999, bagua zhang since 2015, has been teaching since 2003.
Teachers : Yang Jwing Ming, Li Jun.
Style : taiji quan : long form 108 (Yang Jwing Ming), Ba Fa Wu Bu : form 42 (created by Men Huifeng), bagua zhang : style Cheng (Sun).
Other arts : kung fu shaolin : Xiao Hong Chuan, Qi Mei Gun, Yin Shou Gun, weapons : saber, stick and fan mostly.
Teaches : In French, English and Italian.

Dornelly Godfrey (United Kingdom)

Address : 75 Edenbridge Road, Enfield, Middlesex EN1 2HS, UK.
email : maryandgodfrey@hotmail.com
Taiji quan : Has been practising for 35 years, has been teaching for 33 years.
Teachers : Dan Docherty.
Style : Wudang.
Other arts : judo-jujitsu, modern and traditional dances.
Teaches : In English and a little French.

Dreyer Serge (France)

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

Taiji quan : Has been practising since 1976, has been teaching for 37 years.
Teachers : Li jin Chuan, Wang yen Nien, Lai Kan zhao.
Style : yang jia michuan.
Other arts : bagua and xing yi.
Teaches : In French and English.

Du Feu Martin (Jersey)

Address : 40 rue Pargaminère, 3100 Toulouse.
email : dragontao9@hotmail.com.
Taiji quan : Has been practising for 45 years, has been teaching for 36 years.
Teachers : Tommy Fong, Chow, Xue WenZhi, Li Dexing, Jingjie Sha.
Style : yang 24 et 42 compétition.
Other arts : divers qigong, hsing-I, lohan shaolin, traditional weapons.
Teaches : In French and English.

Gruber Cornelia (Switzerland)

Address : Mt. Cornu 13, 2300 La Chaux-de-Fonds, Suisse
email : cornelia.gruber@bluewin.ch
Taiji quan : Has been practising since 1970, has been teaching since 1982.
Teachers : sifu Bow Sim Mark.
Style : Tai-Chi Chuan combined 67 movements.
Other arts : qigong, meditation, qigong tui na massage, ba gua zhang .
Teaches : In English, French and German.

Hengst Daan (Holland)

Address : Rietschoot 103, 1511 Oostzaan Pays-Bas.
email : d.hengst1@chello.nl.
Taiji quan : Has been practicing since 1984, has been teaching since 1997.
Teachers : Wee Kee Jin, Erich and Rob Völke.
Style : style yang (Cheng Man Ching).
Teaches : In English and German.

Koesoemobroto Job (Holland)

email : job@koesoemobroto.nl.
Taiji quan : Has been practicing since 1984, other martial arts (judo, jiu-jitsu, aikido) since 1980-1988 ; has been teaching since 1989.
Teachers : San Gee Tam (1985-2020) and Annukka. Scott M. Rodell (Swordsmanship).
Style : Yang style (medium circle and small circle), taiji qigong system, xing yi quan, bagua zhang.
Other arts : Sword (jian), sword fighting and applications, spear.
Teaches : Dutch and English.

Saint Catherine Albert (United Kingdom)

Address : 201 Bream Close tottenham , london N17 9DW.
email : albert@firstedition.co.uk.
Taiji quan : Has been practising for 26 years, has been teaching for 22 years.
Teachers : Godfrey Donnelly, Dan Docherty, Fehmi Sitki.
Style : wudang tai chi cChuan.

Teaches : English.

Tran Cong Francine (France)

email : fuxin.francine@yahoo.fr.
Taiji quan : 1980-1984 karate, 1997-2023 taiji quan, 2010-2023 qigong, has been teaching since 2011.
Teachers : Chen Yu Ying.
Style : Wu chen sun, wudang, yang.
Other arts : 2018-2023 Kung fu.
Teaches : French.

Vicente Thierry (France)

Address : 2 Chemin de la Grue, 95450 Frémainville
email : thierryvicente@yahoo.fr.
Taiji quan : Has been practising since 1995, has been teaching since 2011.
Teachers : Robert Zemb.
Style : Taiji Quan, Bagua Zhang, Xing Yi Quan.
Teaches : French and English.

Zeng Xiang Bo (Taiwan)

Address : 5F., No. 107, Sec. 2, Chunjing Rd., Luodong Township, Yilan County 265, Taiwan (R.O.C.)
email : wuyuhuagrace@gmail.com.
Taiji quan : Has been practicing since 1982, has been teaching since 1994.
Teachers : Cheng Kuo Ming (CMC lineage 鄭曼青)
Style : CMC37P taiji, form and applications, pushing hands.
Teaches : Wing Chun

Causeries (in French) (14h - 15h).

Vendredi 28 Juillet, 14.00 - 14.20	Tran Cong Francine : How qigong and taiji quan can support long-term job seekers in their job search process: job interview and stress management, daily management.
Vendredi 28 Juillet, 14.30 - 14.50	Vicente Thierry : Chinese martial arts, political object ? The political use of Chinese martial arts, between the end of the Qing dynasty and the Mao period (1911 to 1976).
Samedi 29 Juillet, 14.00 - 14.20	Koesoemobroto Job : Talk about Secrets in Taiji Taiji secrets : do they still exist ? In a time where about everything can be found on the internet, secrets are still hidden, often in plain sight. You may find all information as text or even as videos, when you don't practice this information properly, they keep being secrets. In this talk Job will reveal some secrets that are 'hidden in plain sight'.
Samedi 29 Juillet, 14.30 - 14.50	Open to anyone who wants to share his (her) experience.
Dimanche 30 Juillet, 14.00 - 14.20	Dreyer Serge : External and internal dimension of Chinese martial arts, a false debate and a distorted debate.
Dimanche 30 Juillet, 14.30 - 14.50	Open to anyone who wants to share his (her) experience.

Demonstrations before pushing hands, (15h - 15h30)

Before the session of tui shou, it is possible for you to propose a demonstration, do not hesitate to contact us. Some of the animators have already announced demonstrations : Alibert Alibert « Pao chui of yang style and old form », Chaplowe Scott « Tai Chi Eyebrow Staff », Tran Cong Francine « Taiji qiu (ball) » and Zeng Xiang Bo « tuishou and sword ».

At the beginning of pushing hands, Serge Dreyer will ensure the pushing hands initiation for beginners (15h30-16h15).

In parallel with tuishou, from 16h15 to 18h00, for those who wish, the barnum is at your disposal for a self-managed massage session.

Workshops around the RJ

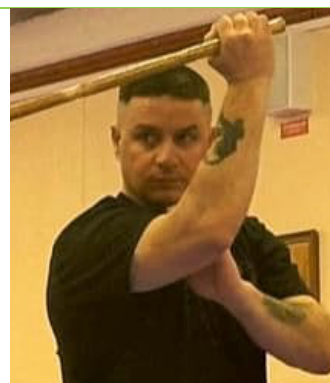
- Scott Chaplowe will probably organize a workshop on the Tai Chi Eyebrow Staff, contact : sgchaplowe@yahoo.com
- Zeng Xiang Bo will organize a workshop on July 31st and August 1st, contact : wuyuhuagrace@gmail.com.

Instructor's pictures



Alibert Thierry

Workshop :
Sanshou, style yang shaohou.
Applications in self défense.



Avivi Saar

Workshop :
Tuishou, applications.



Benetti Roberto

Workshop :
Combine power and elasticity.



Chaplowe Scott

Workshop :
Taichi eyebrow staff.



Ciaburri Consiglia

Workshop :
Qi gong of bagua zhang.



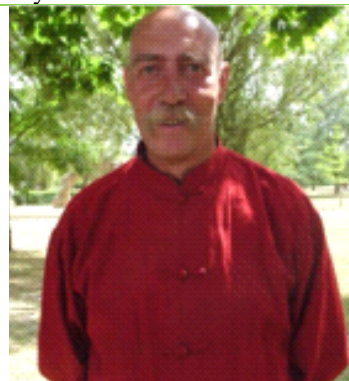
Dornelly Godfrey

Workshop :
Dao yin and tuishou.



Dreyer Serge

Workshop :
Tuishou for beginners.
Présentation :
External and internal dimension of chinese martial arts, a fasle debat and a distorted debate.



Du Feu Martin

Workshop :
Xing Yi.



Gruber Cornelia

Workshop :
Taichi dragon fan combat form.



Hengst Daan

Workshop :
Taichi basic exercises.



Koesoemobroto Job

Workshop :
Xing-yiquan.
Presentation :
Taiji secrets.



Saint Catherine Albert

Workshop :
Awareness and taichi chuan.



Tran Cong Francine

Workshop :
Tuishou techniques with fixed and moving steps.
Presentation :
Qi gong and taichi, help for job seekers.



Vicente Thierry

Workshop :
Pratice of duan bing jian.
Présentation :
Chinese martial arts, a political object ?



Zeng Xiang Bo

Workshop :
Tuishou basic movements.

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 2023.

To be returned imperatively before the 20th July 2023

Family name (capital letters) :

First name :

Address :

Telephone : **email**

Registration :

☐ I register **in advance** using this form, I enclose ☐ **105 €** in ☐ bank cheques or ☐ 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 **130 €**. 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 28				
Saturday 29				
Sunday 30				

Signature :

Date :

Registration form - Canteen.

To be returned imperatively before the 20th July 2023

Family name (capital letters) :

First name :

Vegetarian : yes no

Reservation and payment in advance are imperative.

	Friday 28		Saturday 29		Sunday 30	
	Adult	Kid	Adult	Kid	Adult	Kid
Lunch						
Dinner						

Adults : * 14 € =kids :..... * 7 € =**Total = €.**

NB : kid not more than 10 years old.

Paiement of registration and canteen :

- ☐ on secured line from our website,
- ☐ international money order,
- ☐ bank 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 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.**

Mandaroty reservation form - Camping

The registration form has to be returned imperatively **to the camp-office**. The campsite manager will contact you by email or telephone, to inform you of its acceptance or refusal.

<p style="text-align: center;"><u>CAMPING LE LAC DES VARENNES</u> <u>SAINT LEZIN</u> <u>72340 MARCON</u> <u>TEL 02 43 44 13 72</u> <u>contact@lacdesvarennescamp</u></p>

Family name (capital letters) :

First name :

Date of birth :

Address :

Zip code :

Town :

Country :

Telephone :

email

How did you hear about camping? (guide, word of mouth, lounge, etc.) :

Arrival date :

Departure :

Please inform the campsite if you plan to arrive opening hours (after 8 pm.). Office closed from 12 am. to 2 pm.

List of participants (in addition to the applicant) :

Family name, first name :

date of birth :

Family name, first name :

date of birth :

Family name, first name :

date of birth :

Family name, first name :

date of birth :

total : kids - 2 years old :persons between 2 and 12 years old :persons between 13 et 18 years old :persons + 18 years old.

Number of vehicles :

Number of animals vaccinated and tattooed obligatorily :

Private location (price for 1 or 2 persons) :

- without electricity (17.10 €)

- with electricity (+3.70 €)

Location in the in the meadow with the RJ group

- without electricity 8.50 € par person

- with electricity (+ 3.70 €)

(supplement not included : additional person, tourist tax, animal)

TERMS OF SALES

Booking methods

To make a reservation, it is requested :

- The entire stay upon booking
- for the rental of accommodation : when booking a deposit of 30% of the stay + €10 for administrative costs and the balance 1 month before arrival

Upon receipt of your reservation request, we will contact you by email or telephone to inform you of its acceptance or refusal.

Terms of cancelation :

The cancellation of a reservation must be confirmed in writing (e-mail, letter). Administrative fees are not refunded under any circumstances.

The payment of a deposit commits the booker to make the stay. Any deposit paid cannot be claimed in the event of cancellation.

Nevertheless, to take into account the hazards that campers may encounter, the campsite undertakes to reimburse all or part of the deposit under the following conditions :

If your cancellation is received :

- 2 months before the scheduled arrival date at the campsite : you will be refunded the full deposit;
- between 2 months and 1.5 months before the scheduled arrival date at the campsite : you will be refunded 75% of the deposit;
- between 1.5 months and 1 month before the scheduled arrival date at the campsite : you will be refunded 50% of the deposit
- Below and in case of late arrival or early departure : no refund.
- Your pitch or rental will be kept at your disposal until noon the day after the scheduled arrival date. After this period, and without any news from you, the campsite may dispose of it as of right. Consider calling.

We remind you that we can offer you cancellation insurance
(Membership possible at our campsite, do not hesitate to inquire!).

Signature :

Date :

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

[http ://taichilemans.fr/](http://taichilemans.fr/)

before July 20 2023

A.R.A.M.I.S

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en Arts Martiaux Internes
en Sarthe

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