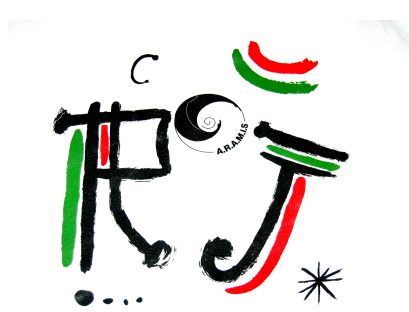


A.R.A.M.I.S

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

July 24, 25, 26 2026

Rencontres Jasnières



A.R.A.M.I.S. (Association de Recherche en Arts Martiaux Internes en Sarthe) is happy to present you the 36th edition of the Jasnières meeting.

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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.



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

Campsite accommodation

If you wish to stay at the Lac des Varennes campsite : Camping Lac des Varennes, Saint-Lézin, route de Port-Gauthier, 72340 Marçon, phone : 33(0)2 43 44 13 72, email : contact@lacadesvarennes.camp, site web : <http://www.lacadesvarennes.camp>.

Book and pay directly your camping fees at the camp office for a group (meadow) or private camping pitch.

Hotels, B and B accommodation

Informations :

Office de tourisme de la vallée du loir : 33 2 43 38 16 60 www.vallée-du-loir.com

www.gites-de-france.com

www.sarhetourisme.com

www.chambres-hôtes.fr

<https://www.mairie-marcon.fr/index.php/a-votre-service/gites-chambres-d-hotes>

<http://www.booking.com>

<http://www.airbnb.fr>

Place	Hotel - address	Tel ; email
Beaumont-Pied-de-Bœuf	hôtel du Cheval blanc, 22 rue de la Tour	02 43 44 84 59 contact@aubergechevalblanc72.com
Château-du-loir	hôtel de la Gare, 170 avenue Jean Jaurès	02 43 44 00 14
	le Grand Hôtel, 59 rue A. Briand	02 43 38 25 85
Dissay-sous-Courcillon	hôtel auberge du val du loir, 3 place Morand	02 43 44 09 06
La Chartre-sur-le-Loir	hôtel de France, place de la République	02 43 44 40 16 hoteldefrance@worldonline.fr
Ruillé-sur-loir	hôtel St. Pierre, 42 rue nationale	02 43 79 50 33

Place	B and B - address	Tel ; email
Beaumont sur Dême	La Maison des Bois	06 76 61 47 54 https://www.vallee-du-loir.com/offres/la-maison-des-bois-beaumont-sur-deme-fr-3821035/
	Les Côteaux de Beaumont	02 28 01 96 46 https://www.vallee-du-loir.com/offres/gite-les-coteaux-de-beaumont-beaumont-sur-deme-fr-585459/
Beaumont Pied de Boeuf	Gîte du Biou	06 16 58 23 72 https://www.vallee-du-loir.com/offres/gite-du-biou-beaumont-pied-de-boeuf-fr-585767/
	La Crocherie gîte des Elfes	09 72 85 92 51 https://www.vallee-du-loir.com/offres/la-crocherie-gite-des-elfes-beaumont-pied-de-boeuf-fr-4420468/

Chahaignes	Le petit gîte de l'étang d'Asnière	06 31 11 93 45 https://www.vallee-du-loir.com/offres/le-petit-gite-de-letang-dasniere-chahaignes-fr-2450871/
	Vaugermain	02 43 23 84 61 https://www.vallee-du-loir.com/offres/vaugermain-chahaignes-fr-4489711/
	L'écho pin	02 43 23 84 61 https://www.gites-de-france-sarthe.com/fr/location/locations-gites-chahaignes-l-echo-pin-h72g024492
La Chartre sur le Loir	Au bord de l'eau la maison du clapotis	02 43 23 84 61 https://www.vallee-du-loir.com/offres/au-bord-de-leau-la-maison-du-clapotis-la-chartre-sur-le-loir-fr-4919875/
	Broc'N Gîte la belle Etoile	06 76 71 55 21 https://www.vallee-du-loir.com/offres/broc-n-gite-la-belle-etoile-la-chartre-sur-le-loir-fr-5192621/
	Campetoile au camping du vieux moulin	02 72 88 44 78 https://www.vallee-du-loir.com/offres/campetoile-au-camping-du-vieux-moulin-la-chartre-sur-le-loir-fr-4206424/
	Gîte avec piscine intérieur	02 85 85 94 98 https://www.vallee-du-loir.com/offres/gite-avec-piscine-interieure-la-chartre-sur-le-loir-fr-2439519/
Loir en vallée	Les Loges	02 43 23 84 61 https://www.gites-de-france-sarthe.com/fr/location/locations-gites-loir-et-vallee-les-loges-h72g019330
	Le Petit Aître	02 43 23 84 61 https://www.gites-de-france-sarthe.com/fr/location/locations-gites-ruille-sur-loir-le-petit-aitre-h72g012525
	Gîte l'Ancienne Ecole	06 89 23 60 20 https://www.vallee-du-loir.com/offres/gite-lancienne-ecole-loir-en-vallee-fr-2994313/
	Gîte de la campagne	06 48 11 93 04 https://www.vallee-du-loir.com/offres/gite-de-la-campagne-marcon-fr-2791810
		02 47 24 83 69

Marçon	Gîte de la perdrière	https://www.vallee-du-loir.com/offres/gite-la-perdrillere-marcon-fr-585666/ 06 29 54 25 39
	Gîte d'étape du Loir à vélo	https://www.vallee-du-loir.com/offres/gite-detape-du-loir-a-velo-marcon-fr-4045305/ 06 68 56 34 57
	La cabane dans les Vignes	https://www.vallee-du-loir.com/offres/la-cabane-dans-les-vignes-marcon-fr-5153785/ 06 79 57 39 96
	Gîte les pies jacassent	https://www.vallee-du-loir.com/offres/gite-les-pies-jacassent-marcon-fr-687623/ 06 48 11 93 04
	Gîte du chêne	https://www.vallee-du-loir.com/offres/gite-du-chene-marcon-fr-4029470/ 06 48 11 93 04
	Gîte de la campagne	https://www.vallee-du-loir.com/offres/gite-de-la-campagne-marcon-fr-2791810/ 07 71 01 39 52
Montval sur Loir	Le lizzard	https://www.vallee-du-loir.com/offres/gite-le-lizzard-montval-sur-loir-fr-2848059/ 0618586488
	Le gîte de Bannes	https://www.vallee-du-loir.com/offres/le-gite-de-bannes-montval-sur-loir-fr-1824532/ 0676902820
	Le gîte des Fontaines	https://www.vallee-du-loir.com/offres/gite-les-fontaines-montval-sur-loir-fr-1786392/ 06 62 59 28 62
	Le gîte de l'Ire	https://www.vallee-du-loir.com/offres/gite-de-lire-montval-sur-loir-fr-3770152/ 06 88 90 16 00
	Gîte le P'tiny	https://www.vallee-du-loir.com/offres/gite-le-ptiny-montval-sur-loir-fr-5225947/ 06 95 53 19 37
	CaBercé Studio	06 95 53 19 37

		https://www.vallee-du-loir.com/offres/caberce-studio-montval-sur-loir-fr-5661126/
	Chambre à la campagne	06 77 03 41 44 https://www.vallee-du-loir.com/offres/chambre-independante-a-la-campagne-montval-sur-loir-fr-2024511/

Place	Guest room - address	Tel ; email
Chahaignes	La Tâle	02 43 46 95 99 https://www.vallee-du-loir.com/offres/chambres-dhotels-la-tale-chahaignes-fr-706366/
La Chartre sur le Loir	Le Grand Moulin	06 85 56 30 45 https://www.vallee-du-loir.com/offres/le-grand-moulin-la-chartre-sur-le-loir-fr-4269175/
	Chambre chez un Antiquaire	06 76 61 47 54 https://www.vallee-du-loir.com/offres/chambres-dhotels-chez-un-antiquaire-la-chartre-sur-le-loir-fr-4652284/
	La Fontaine	02 43 44 48 72 http://www.gigou-jasnieres.com/
Loir en vallée	La Ponce Secrète	06 61 16 03 88 https://www.vallee-du-loir.com/offres/chambres-dhotels-la-ponce-secrete-loir-en-vallee-fr-723416/
	La Gauganaise	02 44 35 11 30 https://www.vallee-du-loir.com/offres/chambres-dhotels-la-gauganaise-loir-en-vallee-fr-585384/
Marçon	Le Vaux Jouin	06 75 04 29 03 https://www.vallee-du-loir.com/offres/chambres-et-table-dhotels-le-vaux-jouin-marcon-fr-6242844/
	Les Borderies	02 43 79 58 15 https://www.vallee-du-loir.com/offres/chambres-dhotels-les-borderies-marcon-fr-585538/
Montval sur Loir	Chambres d'Hôtes le Port Gautier (Vouvray sur Loir)	09 54 02 52 95 https://www.vallee-du-loir.com/offres/chambres-dhotels-le-port-gautier-montval-sur-loir-fr-585341/

Other informations

Workshops will be 1 hour 45 mn long each from 7h45 to 9h30 then from 10h15 to 12h00. Teachers will be presented on Friday 24/07 at 7h30. Oral communications and round-table 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. Participants choosing a "weapon" workshop will be required to bring their own equipment. If there is a too great demand for a particular workshop, then priority will be given to the first registered.

There is a possibility of a common canteen **but you need to book and to pay it in advance before July 20** 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 pushin



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

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.

Workshops, 7h45 - 9h30.

Alibert Thierry (France)



Email : taiji ecoletao.thierryalibert@gmail.com.

Taiji quan : Has been practising taiji for 46 years, has been teaching for 41 years.

Teachers : Sautaree, Saby, Signat.

Style : taiji style yang.

Other arts : Kick boxing.

Teaches : French, English.

Friday
Saturday
Sunday

Small San Shou of the Yang School : A rare and efficient codified fighting system originating from Yang Shao Hou (1862–1930), the elder brother of Yang Chengfu. This two-person practice emphasizes rotational evasion for close-quarters combat. It incorporates techniques used in the older form of the Yang School, with a particular focus on the use of vital points (Dim Mak). This practice develops numerous qualities such as rhythm, explosiveness, precision, dodge, and distance.

Béja Vincent (France)



Email : vincentbeja@gmail.com.

Taiji quan : has been practising since 1989, has been teaching since 1993.

teachers : Ge XianZhong, Su BaoQuan.

Style : wu Shanghai school.

Teaches : French and English.

Friday

Fixed-step tuishou - Basic rotation

During these three days, we will use the basic rotation of the wu school in fixed-step tuishou to develop sensitivity in contact and explore the implementation of the principles of adhering, sticking, and following in the following way:

Relaxation and « presence in space » to absorb and push.

Saturday
Sunday

Central axis and control of space.

Lots of mistakes we can make... or not.

De Cock Douceline (Belgium)



Email : taichichuanetartsinternes@gmail.com.

Taiji quan : Has been practicing for about 20 years and has been teaching for about 15 years.

Teachers : Jean-Jacques Hanssen, Eric Lee, Karl-Heinz Klug, Georges Saby.

Style : yang, chen, sun and wu.

Other arts : liu he ba fa.

teaches : French, English, Spanish, little Dutch.

Friday

Liu he ba fa white monkeyRod : Liu he ba fa offers a wide approach of the internal art. The rod is a tremendous extension of the arm, it is asymmetrical ! The practice is especially interesting as we get older, we learn harmony between earth and sky and remain staying in harmony and in safety (thanks to one more support on the earth and thanks to self-defense). We'll discover the beginning of the form. Bring your own cane, I'll bring some also. A classic cane for walking with a rounded end is suitable (so you can hook).

Saturday

Concerning the sun system on Saturday and Sunday : Teaching following the lineage of master Sun Lutang, Sun Cunzhou, Sun Shurong (respectively the son and granddaughter of Sun Lutang), Eric Lee (co-founder of international sun tai chi association) and Karl-Heinz Klug (founder of european sun taiji association)

Sun style tai chi chuan : To advance with pulling and « landing » in the forward leg. To practice standing high and using small steps allows to experiment the distribution of the bodyweight 100/0 % following a dynamic harmony which actually corresponds to the daily life. We'll practice movements from the 98 form and the corresponding martial applications.

Sunday

Sun style hsing i chuan : To advance with pulling by throwing a grappling hook in the forward foot and keeping 100 % of the bodyweight in the rear leg gives a lot of power to the hsing i chuan movements thanks to the concentration on the central line. We'll practice a short kata with a mixed form of the 5 elements.

Foucher Sophie (France)



Email : contact@meng-diao.fr

Taiji quan : has been practising for 25 years, has been teaching for 15 years.

Teachers : Liqin Yang.

Style : yang, chen.

Other arts : kung fu, health qi gong

Teaches : French and little English.

Friday

Introduction and first movements of the taiji kung fushan 52 form (learn the first movements and become familiar with the fan). Fans will be available on site.

Saturday

Deepening the movements of the taiji kung fu shan form (reinforcing learned movements and introducing new movements).

Sunday

Deepening and introduction of new movements of the same form. Integration and fluidity (integrate all the movements learned and work on fluidity).

Janssen Henk (Holland)



Email : hjek@xs4all.nl.

Taiji quan : has been practising 1976

Teachers : Y.T. Phoa, S. M. Rodell.

Style : yang.

Teaches : English and little French.

**Vendredi
Samedi
Dimanche**

Jianfa: basics and partnerwork with the chinese sword. Proper grip. Basic cuts. Footwork related to positioning and timing. Two person drills. Light sparring.

Koesoemobroto Job (Holland)



Email : job@koesoemobroto.nl.

Taiji quan : has been practising for more than 40 years; has been teaching for more than 35 years.

Teachers : San Gee Tam.

Style : yang.

Other arts : xing yi quan, bagua zhang, weapons.

Teaches : English, Dutch.

Friday

Saturday

Sunday

Cultivating internal power. In the taijiquan community, people often speak about the mysterious idea of internal power. But what does it actually mean ? How do you develop it, and how do you strengthen it ? The foundation lies in the three treasures : jing, qi, and shen. The practical use of internal power follows the principle of the three internal transformations : intention (yi) guides energy (qi) and energy guides physical power (li and jin). In this workshop, these principles are explained not only in theory but also through d-on practice. We will work on exercises that strengthen the three treasures and apply the three internal transformations. The aim is for you to be able to integrate what you learn into your own training system. Friday focuses on the jing level, Saturday on the qi level and Sunday on the shen level.

Lenzini Alessandro (Italie)



Email : alefree84@gmail.com.

Taiji quan : has been practising for 30 years ; has been teaching for 20 years.

Style : mainly yang style, and chen style, But last 10 years wu style.

Other arts : wushu, shaolin, shou bo, sanda, qi gong, duang ding.

Enseigne : Italian, English, Chinese.

Friday

Saturday

Sunday

Follow and conduct: listen to the force, the direction and the intention of the partner and guide it in a logic way to keep balance and structure. Work in pairs and continuous changing. Start with fixed step.

From taolu to applications. Starting with a solo movement and then work in pair in attack and how to managed it.

Tui shou fixed step, moving step, relation and differences with fighting sports. San shou, basic work.

Peters Klaus-Heinrich (Germany)



Email : info@chenghsin.de .

Taiji quan : has been practising for 30 years ; has been teaching for 20 years.

Teachers : Peter Ralston (Ömer Humbaraci, Dr. Tao, Wilhelm Mertens).

Style : cheng hsin tui shou and cheng hsin tai chi.

Other arts : cheng hsin. The art of effortless power.

Teaches : English and German.

Friday

Taiji long staff : falling and following. In this approach to the taiji stick we focus on using the stick as a "partner" to train principles of interaction such as yielding, following and joining. On Friday, we will focus on the natural motion of the stick in the gravitational field. We will study how to initiate the stick's movement and follow its way through space. We will learn how to respect the stick's own movement, yield to it and softly guide it our way.

Saturday

Taiji long staff : following and joining. We will learn how to follow the natural motion of the stick and blend with it. In this way we start to control the movement of the stick staying in harmony with gravity. This joint movement of human body and the stick turns out to be very fluid and effective.

Sunday

Taiji long staff : playing with a partner. We will experiment and learn how we can coordinate the movement of our stick with the movement of our opponent“ and his stick. In a playful atmosphere we will introduce simple games to study the principles of interaction.

Ropion Florent (France)



Email : florent.ropion@gmailcom.

Taiji quan : has been practising for 10 years (taichi) , 16 years (wing chun) ; has been teaching fir 6 years (taichi) and 10 years (wing chun).

Teachers : Patrick Gicquel (wing chun and tai chi chuan) ; Me Wong Tun Ken for internal arts.

Style : wing chun school Ip Chun fils of Ip Man, tai chi chuan style yang school Yang ChengFu.

Other arts : kung-fu.

Teaches : French and English.

Friday

Wing chun : the practice of body structure, geometry, and listening in Wing Chun and in the practice of Chi Sao (listening to hands, sticky hands) within wing chun.

Wing chun is a Chinese martial art that originated in the 17th century. Its creation, attributed to a woman, offers a sensitive and effective practice where emotional intelligence and the expression of natural principles serve to transform challenging situations.

Saturday

Wing chun : practice of wing chun hand forms and their connection to internal practice through the use of qi nah (locks).

Sunday

Wing chun : games of release and retrieval and percussive techniques at the boundary between external and internal movement in the practice of Wing chun.

Schmidt Philippe (France)



Email : contact@wuji-taichichuan.fr.

Taiji quan : has been practising since 2002, has been teaching since 2010.

Teachers : W. Lowenthal.

Style : cheng man ching.

Teaches : French and little English.

Friday
Saturday
Sunday

The structure's mobility allows for better neutralization.

Workshops, 10h15 - 12h00.

Appelmans Marc (Belgium)



Email : marc.appelmans.chenghsin@live.fr.

Taiji quan : has been practising for 43 years, has been teaching for 42 years.

teachers : Robert Ruck, Peter Moy, Peter Ralston, Serge Dreyer, Epi Van de Pol, NingXiu Xia.

Style : yang jia michuan, cheng hsin.

Other arts : qi gong, systema.

Teaches : French and English.

Friday

The stick (eyebrow height) as a tool of body preparation. Bring your own stick.

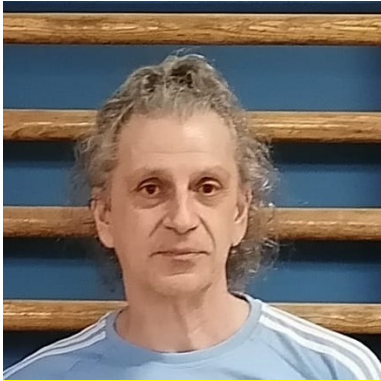
Saturday

In the form, there are kicks. And in this workshop, we will explore various warm-up preparations in order to perform kicks to the best of our ability in this area.

Sunday

A gentle push towards the fist, in complete calm. A soft approach, always empathetic to one's partner and in tacit agreement with the fist.

Belotti Daniel (France)



Email : belottidaniel@gmail.com.

Taiji quan : has been practising xinyi quan for 36 years, has been teaching xingyi quan and bagua zhang for 26 years .

teachers : xinyi quan and bagua zhang : Chen Bing Dong, wing chun : Pun Kiping, taichi tang lang : Lien Hua, i quan : Wang Xiang.

Style : as mentioned above.

Teaches : French, English, Italian and Chinese.

Friday

Sticky hands and qigong from Wang Wa Bo's internal wing chun.

Saturday

Sticky hands and qigong exercises.

Sunday

Benetti Roberto (Italie)



Email : robertobnt18@gmail.com.

Taiji quan : has been practising since 1985, teaching since 1996.

teachers : George Xu, Wu Wen Wei, Ji A Dong.

Style : chen and yang.

Other arts : liu he xin yi quan, lanshou quan, qi gong, tuina, buteyko respiration, taiji adapted for Parkinson's patients.

Teaches : French and English.

Friday

From internal work to form, passing through tuishou : the three transformations. Working on ourselves with physical, energetic and mental internal work, to create the necessary conditions to develop sensitivity.

Saturday

Using sensitivity in the relation with other in tuishou to develop the qualities of the force.

Sunday

Using the qualities of strength to develop awareness in movement by moving from the experience of tui shou to the model represented by the form.

Favraud Georges (France)



Email : contact@inace.fr.

Taiji quan : Has been practising for 27 years, including 7 years in China and teaching for 11 years drawing on his research in the anthropology of Taoism and embodied knowledge.

Teachers : Li Jiazhong (a Daoist monk living in a small temple in Hunan).

Style : daoist internal martial arts and *daoyin*.

Other arts ; Studies in chinese medicine (theories and massages, 2000-2005) and Aikido (1979-1999).

Teaches : French and English.

Friday

Internal hunyuan boxing. Solo and collaborative exercises on the spheres of qi (qiqiu). Between emptiness and fullness, revisiting the "hands like clouds" (yunshou) and the punches of taijiquan.

Saturday

Internal hunyuan boxing. Solo and collaborative exercises on the spheres of qi (qiqiu) and spiral movements around the "pushes" (an) of taijiquan.

Sunday

Internal hunyuan sword. Solo exercises on extending spiral movements and the sphere of qi (qiqiu) with Taoist sword techniques from the wudang and laoshan styles.

Hengst Daan (Holland)



Email : d.hengst1@chello.nl .

Taiji quan : has been practising since 1998 and has been teaching since 2005.

Teachers : Wee Kee Jin.

Style : yang

Teaches : English.

Friday

How can we be aware of : relaxation, body structure and the timing (taiji basics) in our daily activities.

Saturday

We are going to ask ourselves : how do we stay, walk, push, withdraw. The aim is to keep ourselves in balance in different situations.

Sunday

We repeat the exercises from the last 2 days and learn from the problems that we met. Do not hesitate to ask!

Higginson John (United Kingdom)



Email : zhongdao@live.co.uk.

Taiji quan : Has been practising for 46 years, has been teaching for 36 years.

Teachers : Chen Zheng lei, Lao Kim Hong, Tan Ching Ngee.

Style : yang, chen, zheng.

Teaches : English, spanish.

- Friday** Taiji push hands. Techniques for improving. Taiji's speed, learning techniques.
- Saturday** Zheng/chen man qing. Style fan by master Tan Chin Ngee. Improve one's overall taiji.
- Sunday** Push hands is the form for health. Physical/energy/mental for yin and yang to expand one's sphere.

Niayesh Ladan John (France)



Email : wudangfranceladan@gmail.com.

Taiji quan : has been practising since 1995 and teaching since 2005.

Teachers : Chau wei-Sonn, Docherty Dan

Style : wudang and practical tai chi chuan.

Teaches : English, French and Persian.

- Friday** Two-person sabre sparring set, with its forces and applications. The sabre style used is Wudang/Practical tai chi chuan, but the workshop is accessible to all. It is better to bring your own sabre, as we have a limited supply of wooden sabres. For obvious security reasons, thank you for not bringing any sharp or heavy metal weapon. Initiation to the fundamentals and forces of the sabre form. Introducing two-person training.
- Saturday** Stabilising the partnered work and learning the first part of the two-person set.
- Sunday** Revision and learning the end of the two-person set. Auxiliary applications.

Van den Berg Mark (Holland)



Email : taichichuanwijchen@gmail.com.

Taiji quan : has been practising since 1999 and teaching since 2002.

Teachers : Hans Lauxen, Louis Molera, Judith van Drooge, Willem Kienhuis.

Style : yang, cheng man ching.

Teaches : Dutch and English.

Friday

After few qigong exercises with the staff, we'll look at some of the fundamentals of the long staff, both individually and with a partner. And then into the world of form and function. We will explore different staff form-exercises and make the transition to application.

Saturday Sunday

Continuation of Friday and further exploration.

Continuation and further exploration.

Zeng Xiang Bo (Taiwan)



Email : wuyuhuagrace@gmail.com.

Taiji quan : has been practising for 43 years and teaching for 32 years.

Teachers : Cheng Kuo Ming (CMC 鄭曼 ascendance).

Style : Tai Chi CMC37P, Form applications, pushing hands.

Other arts : wing chun, sword and stick.

Teaches : Chinese and Taiwanese.

Friday

Basic Push-Hands Partner Training. Foundational two-person drills focusing on coordinated movement, sensitivity, and stable structure. Weight-shifting practice. Vertical circling ∙ Horizontal circling. Hand-switch drills. Posture refinement.

Saturday

Form-to-function push hands drills. These partner exercises translate form postures into practical engagement skills : pressure handling, angular entry, and whole-body power generation..

Sunday

Fa jin. Partner training. This section focuses on the fundamental components required for issuing force with precision, structural integrity, and coordinated whole-body power. Neutralization. Hip-driven power. Shifting mechanics. Soft-hand method. Body alignment.

Causeries (in French) 14 h - 15 h.

Vendredi, 14h00 – 14 h20

Hengst Daan :

Principes du taiji dans la vie quotidienne.

Vendredi, 14h30 – 14 h50

Dreyer Serge :

Les conditions de transmission du taiji quan dans la Chine ancienne afin de mieux comprendre les évolutions actuelles de cette discipline.

Samedi, 14h00 – 14h20

Favraud Georges :

De notre posture intérieure : Le Yi comme « intention, désir et sens » dans les Arts chinois du corps.

Dimanche, 14h00 – 14h50

Table ronde sur la transmission du taiji quan en France

Demonstrations 15h00 - 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 :

Sophie Foucher and the participants in her workshop will present the 52 form of the taiji kung fan on Sunday.

Ladan Niayesh and the participants in her workshop will present the two-person sword form on Sunday.

Tuishou 15h30 - 18h00

Common practice of tuishou with change of partner every ten minutes. **At the beginning of pushing hands**, Godfrey Dornelly will ensure the pushing hands initiation for beginners (15h30-16h15).



Email : maryandgodfrey@hotmail.com.

Taiji quan : has been practising for 37 years, has been teaching for more than 35 years.

Teachers : Dan Docherty.

Style : wudang.

Teaches : English, little French.

In parallel with tuishou, from 15h30 to 18h00, for those who wish, the barnum is at your disposal for a self-managed massage session.

Workshops around the RJ

Appelmans Marc propose a workshop on July 19-23, contact : marc.appelmans.chenghsin@live.fr

Peters Klaus-Heinrich propose a workshop on July 27-29; contact Klaus-Heinrich Peters@chenghsin.de

Zeng Xiang Bo propose a workshop on July 27-28, contact : wuyuhuagrace@gmail.com

Registration to the Rencontres Jasnières 2026.

To be returned imperatively before the 20th July 2026

Family name (capital letters) :

First name :

Address :

Telephone :

email :

I register **in advance** using this form, I enclose **115 €** 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.** Registration for three non-breakable days.

I prefer to pay **during the workshop itself**, the cost will be **140 €**. Even if you choose the second solution, please, don't forget to send us this subscription form : ARAMIS, 39 rue P. Eluard, 72000 Le Mans - France..

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).*

	7 h 45 - 9 h 30		10 h 15 - 12 h 00	
	choice 1	choice 2	choice 1	choice 2
Friday				
Saturday				
Sunday				

Signature :

Date :

Restauration

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)

Canteen registration

Registration and payment has to be returned imperatively before the 20th July 2026.

Family name (capital letters) :

First name :

Vegetarian : yes no

	Friday		Saturday		Sunday	
	adult	kid	adult	kid	adult	kid
Lunch						
Dinner						

Adults : * 15 € = Kids..... * 8 € = Total = €.

NB « kid » = not more than 10 years old.

Paiement of registration and canteen (precise your name and the number of meals) :

- on secured line from our website, Iban : FR76 1548 9048 1600 0134 3124 051, BIC CMCIFR2A
- international money order, Iban : FR76 1548 9048 1600 0134 3124 051, BIC CMCIFR2A
- 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.

I will camp : yes no

Mandatory reservation form - Camping

The registration form has to **be returned imperatively to the camp-office.**

CAMPING LE LAC DES VARENNES
6, SAINT LEZIN
72340 MARCON
TEL 02 43 44 13 72 contact@lacadesvarennnes.camp

Family name (capital letters) :

First name :

Date of birth :

Address :

Zip code :

Town :

Country :

Telephone :

email

Arrival date :

Departure :

Please inform the campsite if you plan to arrive opening hours (between 12h – 14h and after 19h30.).

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 between 3 and 12 years old ;persons between 13 et 17 years old ;
.....persons more than 18 years old.

Number of vehicules : Number of animals :

Circle your choice :

Private location (price for 1 or 2 persons)

 without electricity 17.35 € par person.

 with electricity : 21.30€

Location in the meadow with the RJ group :

 without electricity 8.70 € par person

 with electricity : 12.65€

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

PLEASE RESPOND TO ALL THESE INFORMATIONS BECAUSE THE MORE INFORMATION WE HAVE, THE BETTER WE CAN PROVIDE YOU A VERY PRECISE QUOTATION.

TERMS OF SALES

Reservation rule:

To validate the reservation, we request the entire stay upon validation of the quotation. When we receive your request, we will contact you by email or telephone to inform you of its status.

Terms of cancellation :

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!).

Registration and payment on line :

<http://taichilemans.fr/>

before July 20 2026

A.R.A.M.I.S

Association de Recherche
en Arts Martiaux Internes en Sarthe

39, rue Paul Eluard 72000 Le Mans
Tél : 02 43 76 88 08, 06 19 82 28 10

<http://taichilemans.fr/>, aramis@taichilemans.fr
fabienneponcin@gmail.com