

Association de Recherche en Arts Martiaux Internes en Sarthe

ARAMIS

Rencontres Jasnières 2000

28 - 29 - 30 July

A.R.A.M.I.S. (Association de Recherche en Arts Martiaux Internes en Sarthe) is happy to present you the 12th 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.

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.

Camp address :

Camping du Lac des Varennes 72340 Marçon. Telephon : 33 (0)2 43 44 13 72

Other informations

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

Workshops (CF programmes) will be 1 hour 45 mn long each from 7h45 to 9h30 then from 10h15 to 12h00. Teachers will be presented on friday 28/07 at 7h30. Afternoon practice is usually dedicated to demonstrations from 15h to 15h30 and open pushing hands from 15h30 to 18h. The open pushing hands will be non-competitive : participants invite each other to push, practice, and share. Pushers should have the greatest respect for each other, which, along with the spirit of coming together to share has become the "trademark" of the success of RJ. **Weapon training is forbidden in the campsite.**

If there is too great a demand for a particular workshop, then priority will be given to the first registered.

Reservations have been made for the campsite from the 27th (night). Please avoid noise. When arriving, ask for the RJ reservations. If you want to stay before or after the meeting, you have to book directly to the camp-site office (tel : 33 (0) 2 43 44 13 72). **Pay directly your camping fees to the campsite office.** A list of the nearest hotels and bed and breakfast is given for people who do not want to camp.

There is a possibility of a common canteen but **you need to book it in advance** and to fill up the corresponding registration form. It is not possible to book the restaurant during the meeting.

Two standing committees are taking place during the RJ in case of any problem:
- 9h30 - 10h15, 14h - 15h at the camp site,

Contact : Michèle Joubert
9 rue Mazagran
72000 Le Mans - France
email : epaillard@aviion.univ-lemans.fr

Address of the camp-site :
Camping "Lac de Varennes", 72340 Marçon
Phone number : 33 (0) 2 43 44 13 72

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

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

Rencontres Janières 2000 - Registration form

Family name (capital letters) :

.....

First name (capital letters) :

.....

Address :

.....

.....

Telephon : Country code

Town code

Number

Registration of the RJs:

I register in advance using this form, I enclose **300 FF** (Mind the stamps for France, please !). **only** Eurocheques, International Money Order, Travellers cheques **labeled in French Francs to ARAMIS**.

To be sent to : Michèle Joubert,

9 rue Mazagran,

F - 72000 LE MANS

I prefer to pay during the workshop itself, the cost will be **400 FF**. Even if you choose the second solution, please, don't forget to send us this subscription form.

I need a receipt at my arrival : **yes** **no**

Without a negative response from ARAMIS, your registration will be accepted at the reception of the fees.

Important reminders :

The risk of bad weather is shared by everyone. Unless all four days are cancelled, money will not be refunded. Cancelling any registration after July 15th will not be refunded. For pushing hands, take off glasses and jewels for avoiding any damage. ARAMIS is not responsible for any damage, accidents, robbery during the meeting.

Your choices :

Write workshops in order of preference: (we try to respect your wishes although it is also necessary to balance the number of participants in each workshop).

	7h45 - 9 h30		10h15 - 12h00	
	Choice 1	Choice 2	Choice 1	Choice 2
Friday 28th				
Saturday 29th				
Sunday 30th				

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

Signature :

Date :

If you don't wish to camp, here's a list of hotels and B and Bs :

Hôtel de France place de l'hôtel de Ville 72500 Château du Loir	02 43 44 00 39
Hôtel de l'Escale 66 avenue des Déportés 72340 La Châtre sur le Loir	02 43 44 40 03
Hôtel de la Paix 11 place de l'Eglise 72430 Chahaignes	02 43 44 46 12
Auberge du Val de Loir 3 place Marcel Durand 72500 Dissay sous Courcillon	02 43 44 09 06
Auberge Le Fournil 12 place de la Liberté, Luceau 72500 Château du Loir	02 43 44 02 73
Chez Nicole 8 place de la Mairie, Luceau 72500 Château du Loir	02 43 44 22 88
Manoir du Riablay Route Saint Jean 72500 Château du Loir	02 43 44 20 20
Grand Hôtel 59 rue Aristide Briand 72500 Château du Loir	02 43 44 00 17
La Tendrière Gîte de France (Chambres d'hôtes) Poncé sur le Loir	02 43 44 00 14
Hôtel de la Gare Port-Gautier 72500 Vouvray sur Loir	02 43 79 44 62
Hôtel de la Gare 170 av Jean Jaurès 72500 Château du Loir	02 43 44 00 14
Hôtel des Voyageurs 168 av Jean Jaurès 72500 Château du Loir	02 43 44 00 31
Hôtel de France 20 place de la République 72340 La Châtre sur le Loir	02 43 44 40 16
Delaveau Christian, chambres d'hôtes, 2 rue Géricondi, 72340 La Châtre sur le Loir	02 43 44 10 25
Delaveau Christian, chambres d'hôtes, 20 rue Carnot, 72340 La Châtre sur le Loir	02 43 79 72 13
Le Goff Diane 22 rue de l'Hôtel de Ville 72500 Château du Loir	02 43 44 58 44
Gîte Rural Hôpiteau 72340 Lhomme	02 43 44 58 44

RESERVATION FORM - CANTEEN

(To be returned imperatively before the 30th June 2000)

Surname (in capitals and script) :

.....

First Name :

.....

Number of meals : reservation of meals is imperative

Adults : * 60 FF.=

	Friday 28th	Saturday 29th	Sunday 30th
Lunch			
Dinner			

Children..... * 35 FF.=

	Friday 28th	Saturday 29th	Sunday 30th
Lunch			
Dinner			

Total = FF.

Cheques **only** () Eurocheques, () International Money Order, () Travellers cheques **labeled in French francs** are to be made out to ARAMIS and sent with this coupon to :

Michèle Joubert,
9 rue Mazagran,
F - 72100 LE MANS

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RESERVATION FORM - CAMPING

(To be returned imperatively before the 30th June 2000)

Surname (in capitals and script) :

.....

First Name :

.....

Address :

.....

Tel :

Number of installations :

Caravan :

Tent :

Camper :

Electricity : yes

no

Number of adults :

Number of children :

(less than 10 yeas)

Date of arrival :

2000

Date of departure :

2000

Signature

Fees must be paid directly to the camp office.

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

Camping du Lac des Varnnes, Ch et G. Tirel, Les Varennes 72 340 Marçon

Tél. 02 43 44 13 72, Fax 02 43 44 54 31email :campong.des.varennes.marcon@wanadoo.fr

Thierry Alibert

28th July
10.15 - 12.00

Study of 2 Pao Chui

Solo forms which will then be practised with a partner as a San Shou. This series of movements, also known as the Canonball form, has been passed down from Yang Chen Fu's little known brother Yang Shao Hou, a formidable fighter

29th July
10.15 - 12.00

Shan Shou

The 2 partners follow a pattern of attack and defence learning to apply the essential technique of evasion. The form helps to develop many qualities such as the sense of distance, use of the «whirlpool» energy of combat, the production of Jing... Whatever practiced at speed, or more slowly, the San Shou utilises the principles of «internal» movement - as, for example when producing Fa-jin - the explosion used to generate the following movement. Study of the self defence aspects will also be included.

30th July
10.15 - 12.00

Shan Shou

Pat Basterra

28th July
10.15 - 12

Da lu

For beginner, Da lu will include the basic steps, 3 forward, 2 back and the techniques of cai (split, levering force), lie (spiralling force), zhou (the use of the forearm, elbow or knee joint), kao (the use of the torso to save ourselves and reattack the opponent) and the basics. This class will also incorporate some advanced exploration of da lu for the more experienced practitioner.

29th July
10.15 - 12

Push hands

Push hands using a variety of tui shou drills to instruct students in the use of large frame, medium frame and small frame, by using these different frames the students will be able to intuitively understand how the relationship between the 8 jin forces (peng, lu, ji, an etc) changes in each range and why this relationship is important to enable us to truly generate internal power. This will teach how to flow and react in a spontaneous way, continuously flowing from one power to another, interacting yin and yang at the correct time and distance. At the end of this class students should understand that tui shou can be a valuable tool, which can be used to accelerate a person's understanding and knowledge of san shou as well as having fun. This class will be suitable for all students.

30th July
10.15 - 12

San Shou

San shou self defence applications, also shown will be point strike training drills. The emphasis will be on evasion and counterattack using the correct distance and timing to utilise the body's natural weapons, training us to strike the most vulnerable areas on the opponent. Stick attack and empty hand defence drills will be taught in this class which will emphasize the importance of controlling the distance, evading and controlling the weapon.

Wolfgang Brödlin

28th July 7.45 - 9.30	Flying Crane stake Qigong The principle is first to change the energetic field of the body by practising five stages of fixed movements and after this, in a 6th stage, to let the energy flow freely through the body, so that free, not mind controlled movements can be initiated. By having the 6th stage, the flying crane stake Qigong is a powerful method to train some skills quite important if you practise tui shou : to listen to the energy, to stay relaxed even if the impact comes surprisingly and to avoid resistance in your muscles.
29th July 7.45 - 9.30	Flying Crane stake Qigong , continuation
30th July 7.45 - 9.30	Flying Crane stake Qigong , continuation

Simon Carey-Morgan

28th July 10.15 - 12	Tui na push hands healing Therapeutic techniques for bodywork. Physical, energetic methods from chinese massage, shiatzu, osteopathy to open spine, joints and hearts
29th July 10.15 - 12	an exploration of the internal arts A quick journey from I chuan to taichi to hsing I bagua. Discover the living body of daoist philosophy. Different methodologies, power delivery + applications. A broad overview for the beginner to experience and the experienced to share. Fun for all.
30th July 10.15 - 12	Marriage of heaven and earth A review of last years work for correction and more detail

Michel Corrihons

28th July 7.45 - 9.30	Body sensation Tension will be released, and flux appears. Exercises solo or with a partner
29th July 7.45 - 9.30	grounding and strenght arc Ground becomes the holder and strenght appears. Exercises solo or duo
30th July 7.45 - 9.30	circle and spiral Applications of inspiration and expiration skill. Exercises solo or duo

Marianne Dames

28th July 7.45 - 9.30	Qigong We'll explore the vital energy in the body. These exercises are valuable and beneficial for a good health and a firm grounding. Easy to learn for practising at home.
29th July 7.45 - 9.30	Qigong We will continue. Open for new participants
30th July 7.45 - 9.30	Qigong We will continue. New participants are welcome

Dan Docherty	
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28th July 10.15 - 12	hand techniques
29th July 10.15 - 12	foot techniques
30th July 10.15 - 12	chin na, shuai jiao, die pu

Serge Dreyer	
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28th July 7.45 - 9.30	Tui Shou for beginners Last year; we focused on the rituals of presentation which permit two partners, who don't know each other, to establish a good relationship. This year, we will stress two important principles of tui shou: the connection between the feet and hands, which I will more poetically call playing with the ground and the let it go . These two concepts will be approached with the aid of different exercises for a deeper practise.
29th July 7.45 - 9.30	Tui Shou for beginners Playing with the ground and the let it go.
30th July 7.45 - 9.30	Tui Shou for beginners Playing with the ground and the let it go.

Stephen Forde	
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28th July 7.45 - 9.30	To develop effective martial applications using the skills of stick, adhere, connect and follow. Introduction to some pushing hands involving both fixed and moving step skills to enable participants to develop sound structure and movement
29th July 7.45 - 9.30	To develop effective martial applications using the skills of stick, adhere, connect and follow. Using the structure and movement skills from day one, participants will work on the four key skills of stick, adhere, connect and follow
30th July 7.45 - 9.30	To develop effective martial applications using the skills of stick, adhere, connect and follow. various martial applications from the hand form will be practised

Claudy Jeanmougin

28th July 10.15 - 12.00	mini form with a partner: Exploration of cai, lu, an, transformation of lu to lie, study of a correct knee position in the mobilisation of the pelvis
29th July 10.15 - 12.00	Martial application of some motions Notion of rhythm during the contact (3 times then 2 and one), illustration of the distance between the 2 partners and evading motion
30th July 10.15 - 12.00	With some motions of Yangjia michuan form, Illustration of the regulation of tissue tensions and consequently the energetical network

Karel Koskuba

28th July 10.15 - 12.00	Workshops are not Taijiquan specific but relate to any internal martial art Yi quan Yiquan (Dachenquan) was created by Wang Xiangzai as a way of developing internal power by focusing on core aspects of Xingyiquan and other internal martial arts. We shall cover the first four steps (zhan zhuang - standing, shi li - sensing of strength, moca bu- friction step and tuishou).
29th July 10.15 - 12.00	Yin and yang of applications Two radically different approaches to applying self defense techniques in Taijiquan and see how they can be combined.
30th July 10.15 - 12.00	Pushing hands It will be on improving the use of the Dantien in pushing hands. Several drills will be practised and then tried out in free format. Pushing hands.

Bob Lowey

28th July 10.15 - 12	Daoyin yangsheng gong Daoyin yangsheng gong is part of the chinese national fitness program. recommended for its athletes and the chinese wushu association considers it to be a healthcare system. 1 day : exploration of the meridians and acu-points relative to the first set exercises : tiaksi tuna (regulation of the breath), shunshui tuizhou (push the boat downstream), jiandan riyue (shoulder the sun and moon)
29th July 10.15 - 12	Daoyin yangsheng gong Laogong, yaotongxue, hegu, mingmen, baihui and queqiao. sd 3 exercises : pengniao zhanchi (crane spreads wings), liban panshi (lift the millstone), tuichuang wangyue (push the window to see the moon)
30th July 10.15 - 12	Daoyin yangsheng gong Last 2 exercises yingfeng danchen (brush the dust to the wind), laoweng furan (god of longevity strokes beard).

Anya Méot

28th July 7.45 - 9.30	Soft and fine work, What are the differences when the aspects of martial parts of taichi quan looked by a woman?
29th July 7.45 - 9.30	Exercises with 2 persons, applications forms as a deeper work on the form looked by a woman
30th July 7.45 - 9.30	fast movements in taichi chuan forms, circles, relaxing and jumps.

Jean Luc Perot

28th July 10.15 - 12	The 4 main uses of Qi Peng, lu, an, ji training alone : stances, moving, basic exercises; form with partner : explanation, tui shou, martial situations.
29th July 10.15 - 12	The 4 main uses of Qi Peng, lu, an, ji
30th July 10.15 - 12	The 4 main uses of Qi Peng, lu, an, ji Connection from the more internal aspects to the practical applications listening to the level of the group. The style is Yang style of the Michuan.

Epi van de Pol

28th July 7.45 - 9.30	Relaxing and moving the spin and vertebrae, relation between front and back in moving or pushing, moving from the spine in the form
29th July 7.45 - 9.30	Up and down movements (yin and yang) at the same time in the body and spine, wavelike structural movements in rooting and absorbing and in doing the form, continuous changing inside the structure
30th July 7.45 - 9.30	Compression/soft power of a stretching (non contracting) muscle, compression in the legs, in the arms, relaxed pushing with compression

Laura Stone

28th July 7.45 - 9.30	Floating techniques 1 Practice in soft, connected push hands. Uprooting with minimal strength and the «body mechanism» of Taichi chuan (William Chen); listening, sensing, and grounding games. Beginners welcome..
29th July 7.45 - 9.30	Floating techniques 2 A continuation of «floating techniques 1», with an emphasis on neutralizing the «floats» (uproots) and more structured freeplay..
30th July 7.45 - 9.30	Floating techniques 3 Movements from Chen's short form done with partners. Deepen your understanding of the intention of the movements and feel your internal energy, grounding, and connection clearly in your body. Postures : ward off left, Parry & punch,..... Knowledge of form not necessary.

Jos Zijlstra

28th July 7.45 - 9.30	Qigong, structure Three main principles in Qigong as well as in Taichi chi quan and Tuishou will be worked out. Standing Qi gong; moving Qi gong, meditations, postures from your Taichi chi sequence and partnerwork are the instruments to get a better insight in structure, relaxation and awareness.
29th July 7.45 - 9.30	Qigong, the item is relaxation
30th July 7.45 - 9.30	Qigong, the item is awareness

PRESENTATION OF THE TEACHERS

Thierry Alibert

France.

Address : Avenue Henry Mazet 46 300 Gourdon.

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

Teachers : B. Sautarel, Georges Saby.

Style : Yang Lu Chan, Yang Shaohou.

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

Teaches in french and in english.

Pat Basterra

Great Britain

Address : 74 Waterslea Drive Bolton Lancaster BL1 5FJ.

Taiji quan : has been practising since 1974, has been teaching since 1993.

Teachers : Rose Li, Dan Docherty, Derek Gordon

Style : yang and practical taichi chuan.

Others arts and disciplines : Fitness instructor and tae Bo trainer.

Teaches in english and in german.

Wolfgang Brödlin

Allemagne

Address : schramperweg 95, 26129 Oldenburg.

Taiji quan has been practising for 18 years, has been teaching for 14 years.

Teachers : W.C. Chen, Ping Siang Tao, Nathan Menaged, B.K. Frantzis, Weilian.

Style : Yang

Others arts : Qigong

Teaches in german and in english, a little in french.

Simon Carey-Morgan

Great Britain

Address : hindleap east, priory road, Forest row, Sussex RH18 5JF.

Taiji quan : has been practising for 12 years, has been teaching for 9 years

Teachers : B.K. Frantzis, J. Shelfer, A. Tucker.

Style : Yang, Wu.

Other arts : Bagua Hsing-I, acupuncture, osteopathy

Teaches in english.

Michel Corrihons

France

Address : 1 rue du Pasteur Martin Luther King.

Taiji quan : has been practising for 15 years, has been teaching for 11 years.

Teachers : James Koh, Jean Pai, Serge Dreyer.

Style : Yang, Wang Yen Nien

Others arts : Aikido

Teaches in french and english.

Marianne Dames

The Netherlands

address : Marnixstraat 89HS 1015 VE Amsterdam

Taiji quan : has been practising for 26 years and has been teaching for 19 years.

Teachers : Phoa Yan Tiong, Kwee Swan Hoo, Liu Hsi,-Heng, B. Pangho, Rob Volke, Wee Kee Jin, Yek Sing Onq, W.Chen, P.Ralston.

Style : Yang (Cheng Man Ching).

Other skills : Qi-Gong.

Teachers Qi-Gong : Josephine Zoller, Mantak Chia, Zhang Yu, Mr & Mrs Hong Die, Shenhongxun.

Teaches in english and dutch

Dan Docherty **Great Britain**

Address : 9 Ashfield Road, Southgate, London, N14 7LA.
Taiji quan : has been practising since 1975, has been teaching since 1984.
Teachers : Cheng Tin Hung.
Style : wudang.
Other arts : taoist, baduanjin
Teaches in english and french.

Serge Dreyer **France**

Address : 19-8 Tunghai road, Taichung Taiwan.
Taiji quan : has been practising since 1976, has been teaching for 22 years.
Teachers : Li jin Chuan, Wang yen Nien; Lai Kan zhao.
Style : Yang jia michuan
Teaches in french and english.
NB : As last year, S. Dreyer will organise a class on the following Monday on the benefit of social association, participants give what they want.

Stephen Forde **Grande Bretagne**

Address : 16 green lane, heaton Moor, Stockport, SK4 3LE
Taiji quan : has been practising for 15 years, has been teaching for 10 years.
Teachers : Dan Docherty.
Style : Wudang taichi chuan, boxe de shaolin
Teaches in english.

Cornelia Grüber **Suisse**

Address: bellevue 22/2300 La Chaux de Fonds
Taiji quan : has been practising for 29 years, has been teaching for 20 years.
Teachers : Bow Sim Mark, CC Chen.
Style : 67 mouvements combinés avec le taichi
Teaches in french, english and german.

Claudy JeanMougin **France**

Address : résidence la croix blanche, porte 4, 23 rue des ormeaux; 49100 Angers
Taiji quan : has been practising for 16 years, has been teaching for 14 years.
Teachers : Wang Yen Nien
Style : Yangjia Michuan.
Others arts: Aikido, Judo
Teaches in french and english.

Karel Koskuba **Great Britain**

Adresse : Firtrees Heatherdene avenue, Crowthorne, Berks RG45 6AA.
Taiji quan : has been practising since 1978, , has been teaching since 1984
Teachers : masters Chu King Hung, Du Xianming, Chen Xiaowang, Lo Cho Ho, Yao Chengguang.
Style : Yang and chen.
Other arts: baguazhang, xingyiquan, yiquan (Dachengquan), qigong, acupuncture
Enseigne en anglais, tchèque, russe.
Teaches in english, czech, russian.

Bob Lowey **Great Britain**

Address : 45 Eider Avenue., Greenhills, East Kilbride, Ecosse G75 8UA.
Taiji quan : has been practising for 28 years, has been teaching for 15 years.
Teachers : Jo Bell and various others...
Style : Chen Man Ching.
Others arts and disciplines : Bagua, Daoyinyangshengong, spider dancing, camel jumping and dwarf throwing.
Teaches in scottish and english.

Anya Méot**France**

Address : 274 rue Saint Honoré 75001 Paris

Taiji quan : has been practising for 25 years, and has been teaching for 21 years.

Teachers : Tung Kai Ying

Style : Yang (Tung family).

Teaches in english, italian and french.

Jean Luc Perot**Belgique**

Address : 18 avenue Leopold II 5000 Namur.

Taiji quan : has been practising since 1978, and has been teaching since 1983.

Teachers : S. Dreyer

Style : Yang.

Others arts and disciplins: fighting Taijiquan.

Teaches in english and french.

Epi van de Pol**The Netherlands.**

Address : Sterrelaan 45, 1217 PR, Hilversum, The Netherlands.

Taiji quan : has been practising for 21 years and has been teaching for 19 years.

Teachers : William Chen, Benjamin Lo, Serge Dreyer, Chu King Hung, Wang Yen Nien, Peter Ralston, Patrick Kelly.

Style : Yang.

Teaches in english and a little in french.

Laura Stone**The Netherlands**

Address : T.G. Gibsonsstraat 33, 7411 RP Deventer.

Taiji quan : has been practising for 28 years, has been teaching for 27 years

Teachers : William Chen, also influence through workshops from Tao Ping Slang, Peter Ralston.

Style : Yang.

Other arts : Zen, Yoga, Hakomi body inclusive and internal family systems psychotherapy, classic music (piano)

Teaches in english, dutch.

Jos Zijlstra**The Netherlands**

address : Marthapad 3 3816 EV Amersfoort, The Netherlands

Taiji quan : has been practising for 22 years and has been teaching since 1986.

T.C.M.: since 1990 a T.C.M. practise for acupuncture and Chinese Herbal medicine.

Teachers : Hennie van der Heijden, Rob Volke, Epi van der Pol, Benjamin Lo, W.Chen, P.Ralston, P.Kelly.

Style : Yang (Cheng Man Ching).

Other skills : Qi-Gong, acupuncture, Chinese herbal medicine.

Teachers Qi-Gong : Josephine Zoller, Mantak Chia, Zhang Yu, Mr & Mrs Hong Die, Shenhongxun.

Teaches in english and french