

A.R.A.M.I.S

Association de Recherche en Arts Martiaux Internes en Sarthe

(aramis72.taichi.free.fr)

Association de Recherche en Arts Martiaux

Internes en Sarthe

July 27, 28, 29, 30 2017

Rencontres Jasnières



A.R.A.M.I.S. (Association de Recherche en Arts Martiaux Internes en Sarthe) is happy to present you the 30th 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@ladesvarennes.com.

Hotel information : <http://www.pays-valleeduloir.fr/> ; <http://www.ville-marcon.fr/index.php/a-votre-service/gites-chambres-d-hotes>

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

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

For this 30 years birthday, we will also together organize a festival

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 Thursday 27/07 at 7h30.

Afternoon practice is usually dedicated to demonstrations from 15h to 15h30 (on Thursday and Friday), open pushing hands from 15h30 to 18h and massages from 16h15 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.

Due to the 30th anniversary, the schedule for the four days will be as follows :

	Thursday		Friday		Saturday	Sunday		
7h30	Opening							
7h45	Workshops taiji 1		Workshops taiji 1		Workshops taiji 2	Workshops taiji 1		
9h30	Break		Break		Break	Break		
10h15	Workshops taiji 2		Festive workshops		Festive workshops	Workshops taiji 2		
12H00	Lunch		Lunch		Lunch	Lunch		
14h00	Teas bar	Game bar	Teas bar	Game bar	Teas bar	Teas bar	Game bar	
15h00	demonstrations		démonstrations		Festive workshops	Tuishou massage		
15h30	Tuishou, massage		Tuishou, massage		Festival show	Festival closing		
17h00								
17h30								
18h00			Wine tasting participants					
19h30	Dinner		Dinner		Dinner	Dinner		
22h00					Dancing party musique live			

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 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.



Contact : Aramis, web site : <http://aramis72.taichi.free.fr>, 39 rue P. Eluard, 72000 Le Mans - France, email : fabienneponcin@yahoo.fr, aramis72.taichi@free.fr

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

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

Rencontres Jasnieres 2017 – Maps



Access by train : www.voyages-sncf.com

To share transportation, www.123envoiture.com. Linked to our web site.

Rencontres Jasnieres 2017 – hotels, B and B

Hotels informations : <http://www.pays-valleeduloir.fr/> ; <http://www.ville-marcon.fr/index.php/avotre-service/gites-chambres-d-hotes-loir>.

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
	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 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 G�rigondie	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 �pis)	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 Mon�ris	06 60 23 92 42
	M. Charles, les Sablons 11 rue de la Vall�e	02 43 79 23 84
	M. Bruneval, 22 rue basse Co�mont	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-D�me 72340	M et Mme Chirol "l'a�tre des greniers"	02 28 01 96 46, famill.chirol@wanadoo.fr
	Le Patois	02 47 54 78 56, rojofamille@numericable.fr
Ruill�-sur-Loir 72340	M. Daguenet, la Touche	02 43 79 00 29 / 06 89 02 43 38, claudette.daguenet@wanadoo.fr
chambres d'h�tes	address	T�l
Dissay-sous-Courcillon 72500	M. Bretonneau, le Moulin du prieur�	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 Prieur�	02 43 44 09 09, 06 15 77 84 48
	M. Letanneux, La Chataigneraie	02 43 79 36 71
Ch�teau-du-Loir 72500	Les ormeaux, 9 route de Cerize	02 43 79 12 43 / 06 81 49 39 28, contact@naturedetente.com
	M. Legoff, 22 rue de l'H�tel de ville	02 43 44 03 38, dilegoff@free.fr
	Manoir du Riablay, route de saint Jean	02 43 44 20 20
	M. Faure, Ch�teau 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
Thoiré-sur-Dinan 72500	La maison de Milton	02 43 44 62 62, reservation@sarthe- developpement.com
	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 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 2017 - Workshops.

Due to the 30 years, the planning of the workshops is as follows :

	thursday 27	friday 28	saturday 29	sunday 30
7h45 - 9h30	taiji workshop 1	taiji workshop 1	taiji workshop 2	taiji workshop 1
10h15 - 12h00	taiji workshop 2	festive workshop	festive workshop	taiji workshop 2

Taiji workshops 1

Appelmans Marc

<p>Thursday July 27 7.45 - 9.30</p> <hr style="border-top: 1px dashed black;"/> <p>Friday July 28 7.45 - 9.30</p> <hr style="border-top: 1px dashed black;"/> <p>Sunday 30 July 7.45 - 9.30</p> <hr style="border-top: 1px dashed black;"/>	<p><i>Staff between 1m and 1,28 m. Basic work alone and two persons.</i></p> <p><i>Moving alone and with a partner, standing and grounding. How to do moving step.</i></p> <p><i>Staff with a partner in moving, standing and grounding.</i></p>
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Docherty Dan

<p>Thursday July 27 10.15 - 12.00</p> <hr style="border-top: 1px dashed black;"/> <p>Saturday July 29 7.45 - 9.30</p> <hr style="border-top: 1px dashed black;"/> <p>Sunday July 30 10.15 - 12.00</p> <hr style="border-top: 1px dashed black;"/>	<p><i>Neijia Chuan & Classic of Boxing.</i></p>
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Dornelly Godfrey

<p>Thursday July 27 7.45 - 9.30</p> <hr style="border-top: 1px dashed black;"/> <p>Friday July 28 7.45 - 9.30</p> <hr style="border-top: 1px dashed black;"/> <p>Sunday 30 July 7.45 - 9.30</p> <hr style="border-top: 1px dashed black;"/>	<ol style="list-style-type: none"> 1. <i>Dao-yin exercises for relaxation and strength, improvements in blood circulation and chi flow.</i> 2. <i>Tui shou working on various partner drills to help develop :</i> <ol style="list-style-type: none"> a) <i>the ability to interpret the opponent's attack before it can be completed</i> b) <i>techniques to destroy the opponent's centre of gravity</i> 3. <i>Defense against various kicks</i> 4. <i>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.</i>
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Du Feu Martin

<p>Thursday July 27 7.45 - 9.30</p> <hr style="border-top: 1px dashed black;"/> <p>Friday July 28 7.45 - 9.30</p> <hr style="border-top: 1px dashed black;"/> <p>Sunday 30 July</p>	<p><i>Each day we will work with taoist qigong exercises, the five animal play and the short and powerful qigong of Sha Guo Zheng, and on each day look closely at different sections...it will be a weekend looking at qigong and how it works in tai chi. We will look closely at the taoist exercises.</i></p> <p><i>Today we will look at the five animals and see how they work in tai chi.</i></p> <p><i>Finally, after the Taoist and Animals we will look at the 13 movements of the qigong</i></p>
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7.45 - 9.30

of the Great Master Sha Guo Zheng, in order to create a strong body.

Huynh Chieu Duong

Thursday July 27

7.45 - 9.30

Thuy phap – Water form

- practicing yin-yang circles, either with the sky or earth strengthes.

Friday July 28

7.45 - 9.30

- Application of circular motion in self-defense techniques.

Sunday 30 July

7.45 - 9.30

Short sequence of circular motion to the psycho-motor skills for relaxing and reinforcing right - left balance.

Jeanmougin Claudy

Thursday July 27

7.45 - 9.30

Theory and practical applications of the SI YAO, the three necessities : ZHAN-NIAN-LIAN-SUI.

Gestual form and energetic expressions of PENG, LÜ, AN and CAI.

Friday July 28

7.45 - 9.30

"Grasp the sparrow's tail" in Yangjia michuan style. Generation of the movement from the body's listening. The movement is already there just let us it to expressed.

Technical applications of "Grasp the sparrow's tail" and continuation of the movement in its transformations.

Martial applications of "Grasp the sparrow's tail".

Sunday 30 July

7.45 - 9.30

Gestual form and energetic expressions of PENG, LÜ, AN and CAI.

Lowey Bob

Medical qigong - Yiqi Yangfei Gong (exercise for the respiratory system)

This is a series of 8 exercises specific to influence increase health and energy to the lungs that involves breathing and stimulation of certain acupuncture points that will be taught during the course.

Thursday July 27

7.45 - 9.30

1 - Ganyu Yingxiang - Massage of the Yingxiang points

2 - Danbi Qingtian - Supporting the sky with a single arm

3 - Huitou Wangyue - Turn the head to look at the moon

Exploration of acupoints, stimulation and massage

Revision of first 3 exercises

Friday July 28

7.45 - 9.30

4 - Qingzhou Pingdu - Rowing the ferry

5 - Zhoutong Xiyi - Clumsy child washes the clothes

6 - Xuanzhuan Tianzhu - Rotating the body

Exploration of acupoints, stimulation and massage

Revision of first 6 exercises

Sunday 30 July

7.45 - 9.30

7 - Shouhui Piba - Playing the guitar

8 - Hongyan Feikong- Goose flies in the sky

Exploration of acupoints, stimulation and massage

Plewniak Frédéric

Thursday July 27

7.45 - 9.30

Swordplay principles in the light of Tàijǐ quán Classics and Yú Dà'yóu's Jiàn Jīng

Friday July 28

7.45 - 9.30

Tàijǐ jiàn, Tàijǐ swordsmanship, complements the unarmed practice of Tàijǐ quán and provides the practitioners with an invaluable tool to improve understanding and

Sunday 30 July
7.45 - 9.30

embodiment of the Tàijǐ principles. Although the Tàijǐ quán Classics, which state those principles, do not mention weapon practice, similar precepts are found in historical sources such as the Jiàn Jīng, the Sword Treatise, written by general Yú Dà'yóu (1503–1579) in the second half of the XVIth century.

We will use excerpts from the Classics and the Jiàn Jīng in support of how to apply these principles to the search for unity with the sword as well as to partner drills and martial applications.

The first workshop will focus on making one with the sword, and how to guide the sword in the performance of the technique. All levels are welcome, including sword beginners.

The next two workshops will address the application of principles in confrontation situations using partner drills and sword martial applications.

All workshop form a whole but may be attended independently.

Stone Laura

Thursday July 27
7.45 - 9.30

Form applications and basic boxing techniques

Friday July 28
7.45 - 9.30

Playing with the boxing applications of one movement of the form ; basic punching and stepping techniques ; moving slow, moving fast. Each day changing emphasis.

Sunday 30 July
7.45 - 9.30

Van de Pol Epi

Thursday July 27
7.45 - 9.30

Friday July 28
7.45 - 9.30

Relaxation, sinking and drawing into emptiness.

Sunday 30 July
7.45 - 9.30

Taiji workshops 2

Benetti Roberto

Thursday July 27
10.15 - 12.00

Taiji Circles

Saturday July 29
7.45 - 9.30

Circles on the frontal, horizontal and vertical plane

Sunday July 30
10.15 - 12.00

Taiji sphere - Draw infinity .

Exercises for internal work for develop roundness and circularity in movements.

Practical checking tests and application in Push Hands. For all levels.

Chaplowe Scott G.

Thursday July 27
10.15 - 12.00

Tai Chi Eyebrow Staff. This workshop will stress the fundamental principles of movement and body alignment through staff movement, with an emphasis on understanding the

Saturday July 29

7.45 - 9.30
Sunday July 30
10.15 - 12.00

sequencing, flow and origin (application) of staff 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.

Gruber Cornelia

Thursday July 27
10.15 - 12.00
Saturday July 29
7.45 - 9.30
Sunday July 30
10.15 - 12.00

Small san shou. This short form has a friendly and helpful approach to the martial aspect of tai chi chuan. It is recommended to participate with his training partner to continue playing back at home. Otherwise, we will find you a partner for the duration of the workshops. All levels are welcome.

Hengst Daan

Thursday July 27
10.15 - 12.00
Saturday July 29
7.45 - 9.30
Sunday July 30
10.15 - 12.00

Reeling Silk in Yang Style : how to make and keep in contact with the earth and the partner. Emphasis on relaxation and release.

Resume the exercises from the day before and we focus now on a good body alignment (structure).

We repeat all the exercises and resolve some problems that we encountered in the practicing.

Lehraupt Linda

Thursday July 27
10.15 - 12.00
Saturday July 29
7.45 - 9.30
Sunday July 30
10.15 - 12.00

1) Teaching tai chi as mindfulness meditation

2) Introduction to the Harvard Medical School Program of tai chi and its clinical applications in health care. Going over some of the exercises

3) Mindfulness meditation early morning guided meditations.

Menaged Nathan

Thursday July 27
10.15 - 12.00
Saturday July 29
7.45 - 9.30
Sunday July 30
10.15 - 12.00

Use softening for uproot your opponent with any move, any form, from any art.

Perot JeanLuc

Thursday July 27
10.15 - 12.00
Saturday July 29
7.45 - 9.30
Sunday July 30
10.15 - 12.00

Shisan Shi , in and around the base 13 - entering the TaijiQuan sphere

QiGong - an healthy spine through out animal locomotion

- the conquest of space - steps and turns

- dynamic breathing centered on the diaphragm

The short form : what, how, why and when.

Ralston Peter

Thursday July 27
10.15 - 12.00

The basics of effortless power, and some relaxed games.

Saturday July 29

7.45 - 9.30

Sunday 30 July

10.15 - 12.00

Smith Lauren

Thursday July 27

10.15 - 12.00

Saturday July 29

7.45 - 9.30

Sunday July 30

10.15 - 12.00

Yin and Yang and the center :

There will be meditation, massage and movement to support the traditional skills of listening, rooting, neutralizing, and transforming, pushing and central stability.

Festive workshops

28 July, 10h15-12h,

29 July, 10h15-12h, 15h18h :

Taiji words

Collective gathering words, then baroque performance of imaginary taiji.

28 July, 10h15-12h,

29 July, 10h15-12h, 15h18h

Yi-Yang graphic design

Yin Yang or Yang Ying? We invite you to draw this symbol and why not transform it as you wish? Our only tools: brush, paint and white cardboard. Take all the brushes !

28 July, 10h15-12h,

29 July, 10h15-12h, 15h18h

Percussions

Musical improvisation by playing just with sounds on objects. All members must bring their own objects, plastic baskets, wooden boxes, all kind of metal pots, drums and.... their strong pair of sticks as well.

Be relaxed in one of RJ's bars.

27, 28, 29, 30 July

14h-15h

Tea bar

Traveling in China by enjoying exceptional teas, different every day and presented by Serge Dreyer. A raffle will allow, for the lucky ones, to leave with a memory of this shared moment.

27, 28 July 14h-18h

30 July 14h-17h30

Game bar

Have playful break ! During the nap or between 2 tui shou, take a playful pause around the Chinese game selected especially for the RJ by Cornelia Gruber.

Instructors présentation

Appelmans Marc (Belgium)

Address : 458, Chemin Le Varayon, 83720 Trans en Provence.
email : marc.appelmans.chenghsin@live.fr.
Taiji quan : has been teaching for 30 years.
Teachers : Robert Ruck, Peter Moy, Peter Ralston, Serge Dreyer, Epi van de Pol, Ning Qinxia.
Style : Yang jia michuan, Cheng hsin, “I’evanston daoïste wudang pole star”.
Other arts : qi gong, bagua zhang, hsin i quan, naginata, aikido, kendo, kyudo, judo, jujitsu. Performing muscle and joint chains massage as described by Godelieve Denis Struyf (GDS).
Teaches in French and English.

Benetti Roberto (Italy)

Address : Via Perrucchetti 13, 36100 Vicenza, Italie.
email : info@associazionepmc.it.
Taiji quan : Has been practising from 30 years, has been teaching since 20 ans.
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).
Style : Taiji Quan style Chen and Yang.
Other arts : Liu He Xin Yi Quan (Xinyi of 10 animals and 6 harmonies).
Teaches : In English and French.

Chaplow Scott G. (USA)

Address : IFRC, P.O. Box 303, 1211 Geneva 19. Suisse.
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

Docherty Dan (Scotland)

Address : 9 Ashfield Road, London, N14 7LA. UK.
email : daniellocherty95@btinternet.com.
Taiji quan : Has been practising for 45 years an has been teaching for 43 years.
Teachers : Cheng Tin-hung.
Style : Practical taiji quan.
Other arts : Yes.
Teaches : In French, Cantonese, Guoyu, English.

Dornelly Godfrey (England)

Address : 75 Edenbridge Road, Enfield, Middlesex EN1 2HS.
email : maryandgodfrey@hotmail.com.
Taiji quan : Has been practising for 29 years, has been teaching for 27 years.
Teachers : Dan Docherty.
Style : Wudang.
Teaches : In English.

Du Feu Martin (Jersey)

Address : 40 rue Pargaminière, 3100 Toulouse.
email : dragontao9@hotmail.com.
Taiji quan : Has been practising for 42 years, has been teaching for 33 years.
Teachers : Tommy Fong, Chow, Xue WenZhi, Li Dexing, Jingjie Sha.
Style : yang 24 and 42 competition.
Other arts : various qigong, hsing-I, lohan shaolin, traditionnel weapons.
Teaches : In English and 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 since 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.

Gruber Cornélia (Suisse)

Address : Mt.Cornu 13, 2300 La Chaux-de-Fonds, Suisse.
email : cornelia.gruber@bluewin.ch.
Taiji quan : Has been practising for 41 years, has been teaching for 33 years.
Teachers : Sifu Bow Sim Mark, John Chung Li.
Style : Combined tai-chi chuan, Fu-style.
Teaches : In English, German and French.

Hamlett Katy (England)

Address : La Nesliere, 50640 St. –Symphorien-des-Monts, France
email : katy@peterhamlett.com
Taiji quan : Has been practising for 23 years, has been teaching for 19 years.
Teachers : Bruce Frantzis (taoist practices).
Style : Style Wu, tai chi chuan style yang (tradition Cheng Man-Ching).
Other arts : qigong, meditation, qigong tui na, massage, ba gua zhang.
Teaches : In English and French.

Hengst Daan (Netherlands)

Address : Rietsshoot 103 1511 We Oostzaan Netherlands.
email : d.hengst1@chello.nl.
Taiji quan : Has been practising since 1984, has been teaching since 1997.
Teachers : Wee Kee Jin Rob and Erich Völke.
Style : Yang (Cheng Man Chin).
Other arts : tennis.
Teaches : In English and German.

Huynh Chieu Duong (Belgium)

Address : 54 avenue E Pirinez 1040 Bruxelles, Belgique.
email : thuyphapvietnam@yahoo.fr.
Thuy Phap : Has been practising since 1971, has been teaching for 16 years.
Style : Thuy Phap (water form).
Other arts : Vietnam traditionnal arts.
Teaches : In Vietnamien, English and French.

Jeanmougin Claudy (France)

Address : 3 rue de la Croix Blanche, 17610 Chérac, France.
email : jeanmougin.claudy@orange.fr.
Taiji quan : Has been practising since 1984, has been teaching since 1985.
Teachers : Wang Yen-nien.
Style : yang from Yangjia michuan.
Other arts : yoga, qigong, judo and aikido.
Teaches : In French and English.

Lehraupt Linda (USA)

Address : Kirchstr. 37, 50181 Bedburg, Germany, La Matinie, 24540 St. Avit Riviere.
email : LindaMyoki@aol.com.
Taiji quan : Has been practising for 39 years, has been teaching fulltime between 1982-2002, then occasionnally.
Teachers : William C.C. Chen, B.P. Chan.
Style : styles Yang and Chen.
Other arts : Qigong, mindfulness meditations, zen.
Teaches : In English and German.

Lowey Bob (Scotland)

Address : 45 Eeder Crescent, Olive View, Glasgow, Scotland.
email : Bobseven@btinternet.com.
Taiji quan : Has been practising for 40 years, has been teaching for 27 years.
Teachers : Master You Xuande –Wudang mountain China, Zhang Guande and Hu Xiao Fei- Sport University Beijing, China, Sifu Gordon Faulkner, Master Jo Bell.
Style : wudang, daoyin yangshenggong, taiji quan style yang.
Teaches : In Scottish and English.

Menaged Nathan (USA)

Address : 5082 N High st Columbus, OH 43214, USA.
email : yielding@taichicorner.net
Taiji quan : Has been practising since 1976, has been teaching for 25 years.
Teachers : William CC Chen, Tao Ping Siang, Robert Taiani.
Style : Taiji quan William CC Chen, Tao Ping Siang, water style Liu He Ba Fa.
Other arts : Okinawal gojuryu.
Teaches : In English.

Perot Jean-Luc (Belgium)

Address : 9, rue Henri Lemaitre 5000 - NAMUR Belgium.
email : jean.luc.perot@taichichuan.be.
Taiji quan : Has been practising since 1978, has been teaching since 1983.
Teachers : Serge Dreyer.
Style : Yangjia michuan taiji quan.
Other arts : Jisei taichi.
Teaches : In English, Spanish and French.

Plewniak Frédéric (France)

Address : 7 rue des cigognes 67120 Molsheim.
email : f.plewniak@unistra.fr
Taiji quan : Has been practising since 22 years, has been teaching for 19 years.
Teachers : Henri Mouthon, François Schosseler, Christian Bernapel.
Style : Yangjia michuan taiji quan.
Other arts : European historical martial.
Teaches : In English and French.

Ralston Peter (USA)

Address : PO Box 63080, Pipe Creek, TX 78063, USA.
email : PRContact@aol.com; Ralston@ChengHsin.com.
Taiji quan : Has been practising since 50 ans and has been teaching for 45 years.
Teachers : Linderman, Wong, Chen, etc.
Style : Cheng Hsin (Yang).
Other arts : yes
Teaches : In English.

Smith Lauren (USA)

Address : Lotter Str. 11, 49078 Osnabrück, Germany.
email : smithwuji@gmx.de.
Taiji quan : Has been practising for 28 years, has been teaching for 25 years.
Teachers : Serge Dreyer, Mr.Zhong, Lai Kanzhao, Tao Pingxiang, Ken Duhamel.
Style : yang, baguazhang.
Other arts : teaches sport in general, has some experience on occidental techniques as

Teaches : Feldenkrais and Bothmer gymnastic.
In English, French and German.

Stone Laura (Netherlands and USA)

Address : T.G. Gibonstraat 33, Deventer Netherlands.
email : laurastone@thestudiotaiichi.nl.
Taiji quan : Has been practising for 45 years, has been teaching for 44 years.
Teachers : William C. C. Chen.
Style : style yang.
Other arts : meditation, body awakening and classic piano.
Teaches : In English and Dutch.

Van de Pol Epi (Netherlands)

Address : Sterrelaan 45 Hilversum, Netherlands.
email : epi@taijiquan.nl.
Taiji quan : Has been practising since 1975, has been teaching since 1979.
Teachers : Kwee Swan Hoo, William CC Chen, Benjamin Lo, Wang Yen Nien, Serge Dreyer, Peter Ralston, Wee Kee Jin.
Style : Yang, Cheng Man Ching .
Other arts : In the past, judo, karate, jiu-jitsu, aikido, iaido, kendo, Western fencing. Now taijiquan and Cheng Hsin.
Teaches : In English, German, Dutch and French.

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

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 joint and get your fluids moving. Will improve tai chi and qigong practice. Bring a mat to lie on.*


Stages organized around RJ 2017

- Tai Chi Eyebrow Staff, contact : Scott Chaplowe, sgchaplowe@yahoo.com.
- Stage with Dan Docherty, July 31 – August 4, contact : Dan Docherty, daniellocherty95@btinternet.com.

- Martial application workshop with 4 specialists (Serge Dreyer, Michel Leclaircie, Eric Sanchez, Marc Appelmans), from July 23 to July 26, contact : serge.dreyer@gmail.com.
- Softening abd uprooting in a 6-movement, 2 person fighting set, transitioning from taichi to Lui He Ba Fa, 25 - 28 July, contact : Nathan Menaged, yielding@taichicorner.net.
- Tai Chi Eyebrow Staff, form and interpretations, From Monday 24 July, 15h to 19h to wenesday 26 de 15h à 19h, registration <https://doodle.com/poll/mqfmbtrfcks9fsnd> contact : JL Perot, Jean.luc.perot@taichichuan.be.
- Workshop on yielding, from 25 July to 26 July, contact : Epi van de Pol, epi@taijiquan.nl.

Instructors pictures

Appelmans Marc
Bâton (1m - 1,28 m).
Travail de base solo et à deux.
Staff (1m - 1,28m)
Basic work alone and two persons



Chaplowe Scott
Bâton taiji à hauteur des sourcils
Tai ji eyebrow Staff



Dornally Godfrey
Travail autour du tuishou.
Tuishou working.



Du Feu Martin
Qi gong des cinq animaux
Five animals qi gong



Hamlett Katy
Massage taiji dans l'après-midi.
Afternoontaichimassage.



Huynh ChieuDuong
Découvrir le thuy phap.
Discovering the thuy phap.




Benetti Roberto
Les cercles taichi.
The taichi circles.



Docherty Dan
Neijia quan et les classiques de la boxe.
Neijia quan and classic of boxing.



Dreyer Serge
Tuishou pour débutants, le tuishou comme jeu à partir d'exercices.
Tuishou for beginners, the tuishou as game from exercises.




Gruber Cornelia
Petit san shou.
Small san shou.



Hengst Daan
Alignement et structure du corps dans le taiji.
body-alignment and structure in taiji.



Jeanmougin Claudy
Théorie et application pratique des si yao, les trois exigences.
Theory and practical applications of the si yao, the three necessities.



Lehraupt Linda

Taiji et méditation consciente.

Taiji as mindfulness meditation.



Lowey Bob

Qigong médicinal - Yiqi Yangfei gong.

Medical qigong - Yiqi Yangfei gong.



Menaged Nathan

Déraciner son partenaire en douceur.

Use softening to uproot your opponent.



Perot JeanLuc

Les 13 postures shi san shi.

The 13 sequences shi san shi.



Plewniak Frédéric

Notions d'escrime pour l'épée du taiji.

Fencing notions for the Taiji sword.



Ralston Peter

Les bases de la puissance sans effort.

The basics of effortless power.



Smith Lauren

Yin, yang et le centre.

Yin, yang and the center.



Stone Laura

Applications de la forme et techniques de base de la boxe.

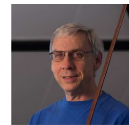
Form applications and basic boxing techniques.



Van De Pol Epi

Relaxation, enracinement et aller vers le vide.

Relaxation, sinking and drawing into emptiness.



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 2017.

To be returned imperatively before the 30th June 2017

Family name (capital letters) :

First name :

Address :

Telephone :

email :

Registration :

() I register **in advance** using this form, I enclose **120 €** 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 **140 €**. 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

I will camp : () 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. 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).*

Taichi	7h45 - 9h30		10h15 – 12h00	
	choice 1	choice 2	choice 1	choice 2
Thursday 27				
Friday 28			/	/
Saturday 29			/	/
Sunday 30				

Festival	Friday and Saturday 10h15-12h00	
	Choice 1	Choice 2
Taichi words and performance		
Yin-Yang graphic design		
Human percussions		

Signature :

Date :

Registration form – Canteen.

To be returned imperatively before the 30th June 2017

Family name (capital letters) :

First name :

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

	Thursday 27		Friday 28		Saturday 29		Sunday 30	
	Adult	Kid	Adult	Kid	Adult	Kid	Adult	Kid
Lunch								
Dinner								

Adults : * 12,00 € =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

Reservation form – Camping

To be returned imperatively to the camp-office before the 30th June 2017

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 :

2017

Date of departure :

2017

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@lacadesvarennes.com.

Signature :

Date :

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

<http://aramis72.taichi.free.fr>

before June 30 2017

Serge Dreyer and Aramis will also propose you a book on Jasnières meetings. A subscription of 20 € is already open on our web site. Here is a preview of the content of the book:

Jasnières meeting strongly contributed in a specific format to the development of taiji quan in Europe. The 30th anniversary will be the occasion of a balance sheet and at the same time outlook on the future. What made this meeting exist since 30 years ? Answering this question is pointing out the strong features in the expectations of learners and teachers. The collected responses will surprise some people and will strengthen the others in their vision of such discipline. A book has a tendency to freeze human action but in return it gives us the opportunity of thinking, since the future of taiji quan in Europe should merge from the reflections of newcomers who probably will push us to anticipate future developments for both these meetings as other events that now animate Europe taiji quan.

By purchasing in advance this book, you will make your own contribution to the development of taiji quan in Europe.

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://aramis72.taichi.free.fr>

fabienneponcin@yahoo.fr, aramis72.taichi@free.fr