

THREE SUMMER HOLIDAY COURSES

Spacious fine sandy beaches, beautiful forests, sea air, the pleasures of blissful ease and leisurely strolls, you will appreciate this association during the Taiji Quan and Qi Gong training course. We propose that you join us on the peninsula "La Faute-sur-Mer" facing the Ré island with its privileged microclimate. An inviting atmosphere thanks to the warm welcome of **Nicole and Jacques Parisot** and the team of animators.

ON THE PROGRAMME FOR EACH WEEK

- 3 workshops of 1h30 each day
- Tui Shou from 19h - 20h (except Fridays)
- 1 demonstration Wednesday evenings
- 1 welcoming and leaving drink (+ video projection)
- 1 dinner party (price not included) with a video projection

PROGRAMME AND HOURS

1ST WEEK: THE 3-7 AUGUST

8h30 - 10h: Modern form 108 by Yang Cheng Fu: memorisation, energetic aspects and martial applications.

A1 1st part The Earth with J. Diaz

A2 2nd part Man with P. Pradoux

A3 3rd part The sky with T. Alibert

A10 Taiji wudang: "the 18 boxing steps of wudang" a traditional sequence, very aesthetic and agreeable, enabling to approach more complicated forms. with **C.H. BELMONTE**

10h30-12:

B1 Wudang Wu Xin Gong (alchimie des 5 animaux de Wudang): Qi Gong taoïste constitué d'enchaînements fluides permettant de développer les caractéristiques particulières des cinq animaux de Wudang. Chacun active la circulation du Qi dans les méridiens, améliore la circulation du sang, tonifie et assouplit muscles et tendons, renforce les organes et le système immunitaire, développe la concentration, harmonise le corps et l'esprit et confère un bien-être général. Les premières formes à l'étude seront le SERPENT et la TORTUE. avec **C.H. BELMONTE**

B2 Bo staff (taiji gun) traditional form from the school TAO joining the principles of Taiji, Pa-Kua and Hsing-I and also **Tui gun:** working in paires with **T. ALIBERT**

B3 Taiji fan: form Wang Yien Nien transmitted by K. Barcelo with **N. PARISOT**

17h30-19h:

C1 5 elements Qi Gong: dynamic and vitalising or postural meditation in relation with Chinese medicine, which permits to keep in good health. with **P. PRADOUX**

C2 Qi Gong for Women: form of the Nei Yang Gong, elaborated by Mrs Lui Ya Fei, reacting on the blood circulation, the hormone system and feminine energy. with **L.T. BELMONTE**

C3 Large San Shou of the Yang style: become acquainted with the combination of a partner and two explosive forms. with T. ALIBERT

19h15-20h15 Tui Shou

2ND WEEK: THE 10-14 AUGUST

8h30-10h:

A4 1st part of the modern form by Yang Cheng Fu: energetic aspects, internal principles and martial applications with H. AIT AIDER

A5 2nd part of the modern form by Yang Cheng Fu: energetic aspects, internal principles and martial applications with J.L. CHASTANET

A6 3rd part of the modern form by Yang Cheng Fu: energetic aspects, internal principles and martial applications with T. ALIBERT

A11 Zhi Neng Qi Gong: brought into focus by Mrs Pang He Ming, following Chinese medicine and Taoist and martial arts, composed of four methods and complementary exercises: Qi Gong for the eyes, ears, and the awakening of the heart and spirit. with R. ITIER

10h30-12h:

B4 Wu Tao: This energetic practice is concentrated on the unfolding and the undulation released by the loosening of the pelvis, and generates various movements. with D. L'HUILIER

B5 Taiji Fan Chen Style: form from the TAO school, educative to develop spontaneous movements, loosening, anchorage, fluidity. Martial applications. with T. ALIBERT & C. CHASTANET

B6 Bo staff (taiji gun) form from the school TAO joining the principles of Taiji, Pa-Kua and Hsing-I and also **Tui gun:** work in pairs. with H. AIT AIDER

17h-19h:

C4 Old Style by Yang Lu Chan: Martial applications energetic principles associated with Qi Gong. with T. ALIBERT

C5 Large San Shou of the Yang style: become acquainted with the combination of a partner and two explosive forms. with J.L. & C. CHASTANET

C6 Dao Yin Yang Sheng Gong: complete method of Qi Gong by Mr Zhang Guang resting on the traditional movements of Dao Yin (drive the energy through the movements) elaborated and put together according to the rules of Chinese medicine. with C. DE BEURME

19h-20h15: Tui Shou

3RD WEEK: THE 17-21 AUGUST

8h30-10h:

A7 1st part of the modern form by Yang Cheng Fu: energetic aspects, internal principles and martial applications with M. JACQUEMIN

A8 2nd part of the modern form by Yang Cheng Fu: energetic aspects, internal principles and martial applications with T. ALIBERT

A9 3rd part of the modern form by Yang Cheng Fu: energetic aspects, the spirals in Qi Gong and in Taiji. with **P. BRETHOMÉ**

10h30-12h:

B7 Chen style Taiji Quan: study and discover the fundamental principles of this style. with **J.J. GALINIER**

B8 Yang Style Taiji sword: form from the school TAO, internal principals and martial applications with work in pairs. with **T. ALIBERT**

B9 Yang style Taiji Broadsword: Transmitted by **Yang Zhen Duo**, these ancient form abundant and round rests on the same principals as the Taiji from the Yang family. with **P. BRETHOMÉ**

B10 Yang style Taiji Gun: form from the school TAO joining the principles of Taiji Pa-Kua and Hsing-I and also **Tui Gun:** work in pairs. with **N. PARISOT & M. JACQUEMIN**

17h30-19h:

C7 5 animals Qi Gong: originally attributed to **Dr Hua Tuo** (II^{ème} siecle) this Chinese energetic theory enables to bind the practice specific to each animal, with the energetic cavity that corresponds to each one. with **J.J. GALINIER**

C8 Da Yan Gong “Qi gong the wild geese”(2nd advanced serie) energetic principles related to Chinese medicine opening of the meridians. with **T. ALIBERT**

C9 Initiation to massage Thai: sequence of pressure and stretching, working deeply to regulate the tensions and the energetic flow. with **K. HAQUET**

19h15-20h15: Tui Shou

Relaxation by Manual Technique

The techniques proposed during this course is a method of relaxation using an ergonomic chair (15min approx) effectuated in two stages.
Deep relaxation then dynamically, enabling then to ease the metal and emotional.

CLARISSE MUNCH Certified “d’etat des metiers de la forme” started with different body expressions (dance, karate, taichi, yoga) then she turned to relaxing by manual techniques,
The sessions will be held the 1st week by appointment and out of the lessons of the course.

PRICE AND LOGEMENT

Two prices will be applied depending on the date of your inscription. **before** or **after** the 30th of june 2009.

1 week : **180 €** **200 €**

2 weeks : **325 €** **360 €**

3 weeks: **465 €** **515 €**

Teenagers (12-16 years) **10 €** each session.

We will thank you for an **account of 55 €** for each week of the course by cheque written out to **TAO OLD YANG STYLE**.

Your account will not be cashed in until the earliest during the month of May. Don't hesitate if you decide to inscribe now to retain your place for the camping, also when regularising the total you can pay with two cheques (which will be cashed in end of August and end of September 2009).

WHERE TO STAY

You can reserve your lodgement at one of the members of "The Entente Fautaise":

Mrs Hervé 02 51 97 02 14

Mrs Brunet 02 51 97 64 43

Mrs Thévenot 02 51 27 28 53

Mrs Mourat 02 51 97 07 36

Mrs Moquais 02 51 56 41 04

Mrs Gauthier 02 51 28 71 76

TOURIST OFFICE La Faute-sur-Mer: 02 51 56 45 19

ot.lafautesurmer@wanadoo.fr www.lafautesurmer.com

Technical information except lodgement **NICOLE PARISOT**: 06 19 35 05 65 or 06 27 92 17 31 or 02 51 97 00 24 parisot.jacques2@wanadoo.fr

OTHER SUMMER COURSES 2009

THE 2-5 JULY AT TAVIRA (PORTUGAL/ ALGARVE)

TAIJI QUAN, QI GONG AND TUI SHOU

Qi Gong: the walk of the 5 animals

Energetic principles in the taiji modern Yang style

Principles concerning Fa-Jing or explosive force

with **THIERRY ALIBERT**

Contact: Albert GADEYNE Tavira Tai Chi Chuan Tel: 00351-281 370 893 Mobile:
96 86 45 987 gadeyne.jennes@sapo.pt

THE 13-15 JULY IN GOURDON

MASSAGE THAI AND QI GONG

9h-12h: Gi Gong of the Wild Geese (2nd advanced serie) with THIERRY ALIBERT

Energetic principles related to Chinese medicine or the meridian virtue's.

17h-20h: massage with KEVIN HAQUET:

The traditional massage Thai (Nuat Thai Boran) is a sequence of pressure and stretching, to work deeply to regulate the tensions and the energy flow. it is just as agreeable to give the massage or to receive.

KEVIN HAQUET: masseur and physiotherapist learned this kind of massage in the north of Thailand.

Where: TAO Center av. Henri Mazet 46300 GOURDON

Price: 150€

THE 16-23 JULY IN GOURDON

10TH INTERNATIONAL TAIJI AND QI GONG COURSE

under the direction of THIERRY ALIBERT

Next to the lake "Ecoute s'il pleut" open air near to the camping "Le Quercy" the afternoons free for tourism.

Themes: Old Yang Style from Yang Luchan, Qi Gong, San Shou and Tui Shou, Baton in paires (evenings).

Times: 9h- 13h and 18h30-20h

Price: 195€

Lodgement:

- Camping "le Paradis": 00(33) 5 65 41 65 01

contact@campingleparadis.com www.campingleparadis.com

- Camping "Domaine le Quercy" ***: www.domainequercy.com

- O.M.T. Gourdon: 05 65 27 52 50 gourdon@wanadoo.fr

A TEAM OF 15 TEACHERS

THIERRY ALIBERT: National diploma, expert in Taiji Quan, and specialist in the Old Yang Style, has been practicing martial arts internal and external for nearly 30 years. Director of European training courses, and founder of the school TAO and of TAO Prod (DVD didactic), he is multiple european champion (Sweden) and world champion (Taiwan) 2008.

HACENE AIT AIDER: Expert in internal Chinese and Vietnamese arts, diploma from the FTCCG, he's following a formation in Chinese medicine and practices internal arts with Michel Jreige. 2nd degree in the school TAO he is also one of the technical advisors for the area "Midi-Pyrénées". World champion in Taiwan 2008.

JOSÉ DIAZ: National diploma, teacher by profession in Taiji Quan old Yang Style, experienced in Wushu for 20 years of which 15 where under the direction of Zhang Xiao Wang, 12 years of Qi Gong and 10 years with the school TAO of which he is 2nd degree, also one of the technical advisors for the area " Rhone Alpes".

PHILIPPE BERTHOMÉ: Teacher of Taiji Quan old Yang Style, pupil of T. Alibert and J. Nener, has followed formations with Yang Zhen Duo and Yang Jun, 2nd duan and 2nd degree of the school TAO also one of the technical advisors for the area "Pays de Loire". European champion (Sweden) and world champion(Taiwan)2008.

JEAN-LUC CHASTANET: Federal instructor, teacher of Taiji Quan and Qi Gong pupil direct of T. Alibert since 15 years with who he specialises in the work with a partner (san shou) of which he was many times a European champion, 3rd degree from the school TAO also one of the technical advisors for the south of France he is vice European champion 2008 in "san shou" with his wife Catherine Chastanet.

ROGER ITIER: Expert in Wushu, vice word champion and specialist in history and theory of Chinese martial arts, president of the Federation FWS and also the author of the book "le grand livre du Kung Fu and Wushu" published by VECCHI editions, he teaches today all of the aspects concerning Chinese martial arts.

JEAN-JACQUES GALINIER: Teacher by profession in Taiji Quan and Qi Gong, disciple of M Ding Da Hong (style Yang and Chen), being the 1st european to enter into the Chen line and to receive the title of "renown master" in Taiji Quan in china, he is also the co-founder of the school Fa Taiji.

MICHEL JACQUEMIN: Teacher in Taiji Quan for a number of years, technical director of the association CEPERTS, 2nd duan, also gives and teaches the massage of the internal organs, 2nd degree in the school TAO, technical advisor for the area "Languedoc Roussillon".

DELPHINE L'HUILIER: Editor of the magazine GTAQ, she practises numerous psycho corporal techniques as well as massages. She assisted in the creation of Wutao (Tao dance) of P. Charoy and I. Risselard of which today she is the instructor.

NICOLE PARISOT : Federal instructor in Taiji Quan and Qi Gong, she is the co-founder of the international summer course at La Faute-sur-Mer 2nd duan FFKAMA she

regularly animates courses and intervenes into different local activities. 2nd degree in the school TAO, and technical advisor for the “Vendee”.

PASCAL PRADOUX: Therapist and teacher in MTC, has practised for a long time Judo, Karate, and aikibudo, and to finally practise and teach Taiji Quan old Yang Style and Qi Gong in link with MTC. 2nd degree in the school TAO technical advisor for the “Languedoc Roussillon”.

CHARLES-HENRI ET LOAN THANH BELMONTE: Teacher of traditional Kung Fu, in there own school «institut d’arts martiaux Hu Long Shen» situated in Albi, he is a specialist in Wudang internal Taoist boxing, he received his training directly from a Taoist monk Yuan Li Min at Wudang.

CARINE DE BEURME: Teacher from Belgium the Taiji Quan Yang Style and the Dao Yin Qi Gong of M Zhang Hai Dong, she is a pupil of B. Lowey, L. Serryus, and M Zhang, she participates in the formations of J.J. Galinier, E. Van de Pol, and T. Alibert, animator of training courses also participant in the “rencontres jasnieres”.

CATHERINE CHASTANET: Studied Taiji Quan in Belgium mostly under the direction of Liu Dong, she is actually following an intensive formation with T. Alibert. She taught Taiji Quan for a few years in closed centres for juvenile delinquents, as well as in psychiatry, 1st degree in the school TAO also champion of Europe in the Yang Style also won a bronze medal in the world championships in Taiwan 2008.

APPLICATION FORM

To be returned with your account to
Thierry ALIBERT avenue Henri Mazet 46300 GOURDON

M... NAME CHRISTIAN NAME
ADDRESS
E-MAIL (IMPORTANT) TEL.....
.....

Inscription and account for the **COURSE**...

MASSAGE THAI AND QI GONG 13-15 JULY 2009

INTERNATIONAL TAIJI QUAN AND QI GONG GOURDON 16-23 JULY 2009

INTERNATIONAL SUMMER COUSE AT LA FAUTE-SUR-MER

3-7 AUGUST: LESSON A ... + B ... + C ...

10-14 AUGUST: LESSON A ... + B ... + C ...

17-21 AUGUST: LESSON A ... + B ... + C ...

RESERVATION FOR LESSONS AT 10 € FOR ADOLESCENTS
(Parents authorisation will be asked for with the confirmation of your inscription).

I give the right for the organisers to use my image for photos and film souvenirs which will be offered to all the participants.

I agree for any eventual car sharing and therefore accept that my address and other details be transmitted.

I reserve T-shirt(s) as a souvenir (as seen below): ... in size L and ... XL.



The amount of the account is 30% of the lessons chosen. When paying the total of your inscription, don't forget to present your adherents card enabling you to benefit of the 5% reduction.