

## 4.8. TRAINING COURSES – SEASON 2009 / 2010

ARZ proposes you a selection of training courses among all those proposed by Federations and clubs:

**ARZ Training courses – GHAAN Training courses– FFAB Training courses**

### September 26<sup>th</sup>, 2009 - AIKIDO - PARIS (F-75012)

<i>Teachers</i>	<b>Antoine SAORES</b> ( 5 <sup>th</sup> dan - FFAB ) <b>Rémi HOURDEQUIN</b> ( 5 <sup>th</sup> dan - <i>Iwama Ryu</i> ) <b>Mathieu BROCARD</b> ( 4 <sup>th</sup> dan ) <b>Ali AMRANI</b> ( 4 <sup>th</sup> dan - <i>Aikikai</i> ) <b>Nathalie GUERIN-ROZE</b> ( 4 <sup>th</sup> dan )	
<i>Subject</i>	Regional training course of opening of the season 2009 / 2010	
<i>Place</i>	Centre Léo-Lagrange 75012 - Paris – France <i>Metro:</i>	
<i>Schedules</i>	Saturday September 26 <sup>th</sup> , 2009	10:00 am - 12:00 pm 03:00 pm - 06:00 pm
<i>Price lists</i>	Practitioner:	10 €
<i>Information</i>	FFAB - Ile-de-France - <a href="http://aikido-paris-idf.org">http://aikido-paris-idf.org</a>	

### October 11<sup>th</sup>, 2009 - AIKIDO - PARIS (F-75012)

<i>Teachers</i>	<b>Philippe COCCONI</b> ( 5 <sup>th</sup> dan ) <b>Brahim SI GUESMI</b> ( 5 <sup>th</sup> dan )	
<i>Subject</i>	Training for 1st and 2nd dan	
<i>Place</i>	Centre Léo-Lagrange 75012 - Paris – France <i>Metro:</i>	
<i>Schedules</i>	Sunday October 11 <sup>th</sup> , 2009	03:00 pm - 06:00 pm
<i>Price lists</i>	Practitioner:	€
<i>Information</i>	FFAB - Ile-de-France - <a href="http://aikido-paris-idf.org">http://aikido-paris-idf.org</a>	

### October 18<sup>th</sup>, 2009 - AIKIDO - SAINT-MAUR (F-94100)

<i>Teacher</i>	<b>Hervé DIZIEN</b> ( 6 <sup>th</sup> dan - RTN - GHAAN )	
<i>Place</i>	Centre Sportif Gilbert-Noël 52, avenue Didier - 94100 - Saint-Maur-des-Fossés - France	
<i>Schedules</i>	Sunday October 18 <sup>th</sup> , 2009	09:00 am - 12:00 pm
<i>Price lists</i>	Practitioner:	10 €
<i>Information</i>	Emmanuel FLEURY - ☎ +33 (0) 6 62 88 58 94	

### October 24<sup>th</sup>, 2009 - AIKIDO - YERRES (F-91330)

<i>Teachers</i>	<b>Pascal HEYDACKER</b> ( 5 <sup>th</sup> dan - RTN - GHAAN ) <b>Roland GILABEL</b> ( 5 <sup>th</sup> dan - RTN - GHAAN ) <b>Alain FLOURE</b> ( 5 <sup>th</sup> dan - RTN - GHAAN )	
<i>Subject</i>	Training for 1 <sup>st</sup> and 2 <sup>nd</sup> dan - U.F.A.	
<i>Place</i>	13, rue Lucien-Manès - 91330 - Yerres – France	
<i>Schedules</i>	Sunday October 24 <sup>th</sup> , 2009	09:30 am - 12:00 pm

<i>Price lists</i>	Practitioner:	01:30 pm - 04:00 pm
<i>Information</i>	Roland GILABEL - ☎ +33 (0) 1 69 40 21 01	Free
	Alain FLOURE - ☎ +33 (0) 1 60 63 62 47	

**November 08<sup>th</sup>, 2009 - AIKIDO - MASSY (F-91300)**

<i>Teacher</i>	<b>Claude CEBILLE</b> ( 6 <sup>th</sup> dan - RTN - GHAAN )	
<i>Place</i>	Gymnase de la Poterne – rue des Mignaux - 91300 - Massy – France	
<i>Schedules</i>	Sunday November 08 <sup>th</sup> , 2009	09:00 am - 12:00 pm
<i>Price lists</i>	Practitioner:	10 €
<i>Information</i>	Hervé CHAPOTIN - ☎ +33 (0) 6 87 56 50 62	

**November 14<sup>th</sup> & 15<sup>th</sup>, 2009 - IAIDO / AIKIDO - SOISY-SOUS-MONTMORENCY (F-95230)**

<i>Teacher</i>	<b>CERCLE DE IAIDO</b>	
	<b>Michel PROUVEZE</b> ( 6 <sup>th</sup> dan Aikido - FFAB / 4 <sup>th</sup> dan Iaido )	
<i>Place</i>	Dojo of Gymnasium Schweitzer rue du Docteur-Schweitzer - 95230 - Soisy-sous-Montmorency – France	
<i>Schedules</i>	Saturday November 14 <sup>th</sup> , 2009	03:30 pm - 06:30 pm
	Sunday November 15 <sup>th</sup> , 2009	09:00 am - 12:00 pm
<i>Price lists</i>	Practitioner	
	- Member of the “Cercle de Iaido”	25 €
	- No-member of the “Cercle de Iaido”	35 €
<i>Information</i>	Antoine SOARES - ☎ +33 (0) 6 63 97 49 87 - <a href="mailto:asoares@9online.fr">asoares@9online.fr</a> <a href="mailto:contact@cercledeiaido.com">contact@cercledeiaido.com</a>	

**November 14<sup>th</sup> & 15<sup>th</sup>, 2009 - AIKIDO - LAMOTTE-BEUVRON (F-41600)**

<i>Teacher</i>	<b>Henri MIRO-PADOVANI</b> ( Renshi / Kirigami )	
<i>Subject</i>	The Silence	
<i>Place</i>	Salle Pierre-de-Coubertin 3, rue de Bourgogne - 41600 - Lamotte-Beuvron – France <i>Former swimming pool of Lamotte-Beuvron (France)</i>	
<i>Schedules</i>	Saturday November 14 <sup>th</sup> , 2009	03:00 pm - 06:00 pm 09:00 pm - 10:30 pm
	Sunday November 15 <sup>th</sup> , 2009	09:00 am – 11:30 am
<i>Price lists</i>	Practitioner:	
	- Courses + meal	55 €
	- Courses	25 €
	<i>Foresee a sleeping bag to sleep in the dojo.</i>	
<i>Information</i>	Henri MIRO-PADOVANI - ☎ +33 (0) 2 54 88 02 68 - +33 (0) 6 74 63 64 42	



**November 29<sup>th</sup>, 2009 - AIKIDO - ISSY-LES-MOULINEAUX (F-92130)**

*Teacher* **Pascal HEYDACKER** ( 5<sup>th</sup> dan - RTN - GHAAN )  
*Subject* *Training for managers* - Connection work in weapons and work with naked hand  
*Place* Gymnase La Source  
 1, boulevard Rodin - 92130 - Issy-les-Moulineaux – France  
*Schedules* Sunday November 29<sup>th</sup>, 2009 09:00 am - 12:00 pm  
*Price lists* Practitioner: Free  
*Information* Pascal HEYDACKER - ☎ +33 (0) 6 21 09 03 12

**December 13<sup>th</sup>, 2009 - AIKIDO - PARIS (F-75012)**

*Teachers* **Philippe COCCONI** ( 5<sup>th</sup> dan )  
**Brahim SI GUESMI** ( 5<sup>th</sup> dan )  
*Subject* Training for 1<sup>st</sup> and 2<sup>nd</sup> dan  
*Place* Centre Léo-Lagrange  
 75012 - Paris – France  
*Metro:*  
*Schedules* Sunday December 13<sup>th</sup>, 2009 03:00 pm - 06:00 pm  
*Price lists* Practitioner: €  
*Information* FFAB - Ile-de-France - <http://aikido-paris-idf.org>

**January 17<sup>th</sup>, 2010 - AIKIDO - SAINT-MAUR (F-94100)**

*Teacher* **Claude GENTIL** ( 6<sup>th</sup> dan - RTN - GHAAN )  
*Place* Centre Sportif Gilbert-Noël  
 52, avenue Didier - 94100 - Saint-Maur-des-Fossés – France  
*Schedules* Sunday January 17<sup>th</sup>, 2010 09:00 am - 12:00 pm  
*Price lists* Practitioner: 10 €  
*Information* Emmanuel FLEURY - ☎ +33 (0) 6 62 88 58 94

**February 07<sup>th</sup>, 2010- AIKIDO - SAINT-MAUR (F-94100)**

*Teacher* **Jean-Luc DELABY** ( 6<sup>th</sup> dan - RTN - GHAAN )  
*Place* Centre Sportif Gilbert-Noël  
 52, avenue Didier - 94100 - Saint-Maur-des-Fossés – France  
*Schedules* Sunday February 07<sup>th</sup>, 2010 09:00 am - 12:00 pm  
*Price lists* Practitioner: 10 €  
*Information* Emmanuel FLEURY - ☎ +33 (0) 6 62 88 58 94

**February 13<sup>th</sup> & 14<sup>th</sup>, 2010 - AIKIDO - MONTREUIL-SOUS-BOIS (F-93100)**

*Teacher* **Louis PICOCHÉ** ( *Renshi / Reiken* )  
*Place* Dojo of the Gymnasium René-Doriant  
 rue du Colonel-Raynal - 93100 - Montreuil-sous-Bois – France  
 (At the end of the Swimming pool)  
*Metro:* Croix de Chavaux (Line 9)  
*Schedules* Saturday February 13<sup>th</sup>, 2010 03:00 pm - 06:00 pm  
 Sunday February 14<sup>th</sup>, 2010 09:30 am - 11:30 am  
 03:00 pm - 06:00 pm  
*Price lists* Practitioner:  
 - Courses + meal: Saturday evening / Sunday midday 55 €  
 - By course 7 €  
 - Meal (Saturday evening or Sunday midday) 17 €

*Information* Martine PICOCHÉ: ☎ +33 (0) 1 48 57 20 20 - [martine.picoche@free.fr](mailto:martine.picoche@free.fr)

**February 27<sup>th</sup> & 28<sup>th</sup>, 2010 - AIKIDO - HERBLAY (F-95220)**

*Teacher* SHIMIZU Kenji *senseï*  
*Place* Dojo d'Herblay  
 chemin de Chennevières - 95220 - Herblay – France  
*Schedules* Saturday February 27<sup>th</sup>, 2010 09:30 am - 12:00 pm  
 02:30 pm - 05:00 pm  
 Sunday February 28<sup>th</sup>, 2010 09:30 am - 12:30 pm  
*Price lists* Practitioner:  
 - Half-day 45 € (Students: 35 €)  
 - Day 75 € (Students: 65 €)  
 - Full stage 95 € (Students: 85 €)  
*Information* MASAMUNE - ☎ +33 (0) 9 62 24 29 31 - <http://www.masamune-store.com/>

**February 28<sup>th</sup>, 2010 - AIKIDO - LE BLANC-MESNIL (F-93150)**

*Teachers* Ali AMRANI ( 4<sup>th</sup> dan - Aïkikai )  
 Pascal HEYDACKER ( 5<sup>th</sup> dan - GHAAN )  
 Rémi HOURDEQUIN ( 5<sup>th</sup> dan - Iwama Ryu )  
*Subject* Grow rich differences  
*Place* Dojo Langevin  
 50, avenue de la Division-Leclerc - 93150 - Le Blanc-Mesnil – France  
*Schedules* Sunday February 28<sup>th</sup>, 2010 09:30 am - 12:30 pm  
*Price lists* Practitioner:  
 - Stage 10 €  
 - Free for least than 25 years  
*Information* Ali AMRANI - ☎ +33 (0) 6 08 12 69 02

**March 14<sup>th</sup>, 2010 - AIKIDO - MASSY (F-91300)**

*Teacher* Jean-Pierre DATIGNY ( 6<sup>th</sup> dan - RTN - GHAAN )  
*Place* Gymnase de la Poterne – rue des Mignaux - 91300 - Massy – France  
*Schedules* Sunday March 14<sup>th</sup>, 2010 09:30 am - 12:00 pm  
*Price lists* Practitioner: 10 €  
*Information* Hervé CHAPOTIN - ☎ +33 (0) 6 87 56 50 62

**March 14<sup>th</sup>, 2010 - AIKIDO - PARIS (F-75016)**

*Teachers* Teacher's school  
 MATSUURA Masato  
*Subject* School of executive  
*Place* Centre Coubertin  
 82, avenue Georges-Laffont - 75016 - Paris – France  
 Metro: Porte de Saint-Cloud (Line 9)  
*Schedules* Sunday March 14<sup>th</sup>, 2010 09:30 am - 12:30 pm  
*Price lists* Practitioner: €  
*Information* FFAB - Ile-de-France - <http://aikido-paris-idf.org>

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**March 28<sup>th</sup>, 2010 - AIKIDO - YERRES (F-91330)**

*Teacher* STAGE A LA MEMOIRE DE MAITRE ANDRE-NOCQUET  
*Place* Dojo du C.Y.A.M.  
13, rue Lucien-Manès - 91330 - Yerres – France  
*Schedules* Sunday March 28<sup>th</sup>, 2010 09:30 - 13:30 pm  
*Price lists* Practitioner: Free  
The federal license and the medical certificate will be asked for the access the *tatami*.  
*Information* Roland GILABEL - ☎ +33 (0) 1 69 40 21 01  
Alain FLOURE - ☎ +33 (0) 1 60 63 62 47

**April 03<sup>rd</sup> – 04<sup>th</sup> & 05<sup>th</sup>, 2010 - AIKIDO - GIRONA (E-17007)**

*Teachers* Carles VALLDEPERAS-ROCA ( *Renshi / Reiken* ) - [carles@aikidogirona.com](mailto:carles@aikidogirona.com)  
Alex PERACAULA ( *Renshi / Kirigami* ) - [alex@aikidogirona.com](mailto:alex@aikidogirona.com)  
*Place* Dojo du CREC Sant Daniel  
Carrer Les Monges, 7 - 17007 - Girona – Spain  
*Schedules* Saturday April 03<sup>rd</sup>, 2010:  
-Aikido 10:30 am - 12:00 pm  
- Ken Jutsu 12:30 pm - 01:30 pm  
- Aikido 04:00 pm – 05:30 pm  
- Aikido 05:30 pm – 07:00 pm  
Sunday April 04<sup>th</sup>, 2010  
-Aikido 10:30 am - 12:00 pm  
- Ken Jutsu 12:30 pm - 01:30 pm  
- Aikido 04:00 pm – 05:30 pm  
- Aikido 05:30 pm – 07:00 pm  
Monday April 05<sup>th</sup>, 2010  
- Aikido 11:00 am - 12:00 pm  
*Price lists* Practitioner (many registered voters limited to 20 practitioners):  
- Members of ARZ 30 €  
- Non-members of ARZ 40 €  
*Information* Florencio DE LA TORRE - ☎ +34 (9) 647 72 77 64 - [floren@aikidogirona.com](mailto:floren@aikidogirona.com)

**April 11<sup>th</sup>, 2010 - AIKIDO - SAINT-MAUR (F-94100)**

*Teacher* Roland GILABEL ( 5<sup>th</sup> dan - RTN - GHAAN )  
With Jean-Pierre DATIGNY ( 6<sup>th</sup> dan - RTN - GHAAN )  
*Place* Centre Sportif Gilbert-Noël  
52, avenue Didier - 94100 - Saint-Maur-des-Fossés – France  
*Schedules* Sunday April 11<sup>th</sup>, 2010 09:00 am - 12:00 pm  
*Price lists* Practitioner: 10 €  
*Information* Emmanuel FLEURY - ☎ +33 (0) 6 62 88 58 94

**May 09<sup>th</sup>, 2010 - AIKIDO - PARIS (F-75012)**

*Teachers* Teacher's school  
MATSUURA Masato  
*Subject* School of executive  
*Place* Centre Léo-Lagrange  
75012 - Paris – France

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<i>Schedules</i>	<i>Metro:</i> Sunday May 09 <sup>th</sup> , 2010	09:30 am - 12:30 pm
<i>Price lists</i>	Practitioner:	€
<i>Information</i>	FFAB - Ile-de-France - <a href="http://aikido-paris-idf.org">http://aikido-paris-idf.org</a>	

**May 09<sup>th</sup>, 2010 - AIKIDO - PARIS (F-75012)**

<i>Teachers</i>	<b>Philippe COCCONI</b> ( 5 <sup>th</sup> dan ) - <b>Brahim SI GUESMI</b> ( 5th dan )	
<i>Subject</i>	Training for 1 <sup>st</sup> and 2 <sup>nd</sup> dan	
<i>Place</i>	Centre Léo-Lagrange 75012 - Paris – France	
<i>Schedules</i>	<i>Metro:</i> Sunday May 09 <sup>th</sup> , 2010	03:00 pm - 06:00 pm
<i>Price lists</i>	Practitioner:	€
<i>Information</i>	FFAB - Ile-de-France - <a href="http://aikido-paris-idf.org">http://aikido-paris-idf.org</a>	

**May 22<sup>nd</sup> – 23<sup>rd</sup> & 24<sup>th</sup>, 2010 - AIKIDO - PROVENCHERES-SUR-FAVE (F-88490)**

<i>Teacher</i>	<b>Philippe FLORENTIAU</b> ( <i>Kyoshi / Reiken</i> )	
<i>Subject</i>	Munster & Mirabelle	
<i>Place</i>	Centre Socio-Culturel 5, place des tissages - 88490 - Provençères-sur-Fave – France	
<i>Schedules</i>	Saturday May 22 <sup>nd</sup> , 2010	03:00 pm - 06:00 pm
	Sunday May 23 <sup>rd</sup> , 2010	09:00 am - 12:00 pm
		03:00 pm - 06:00 pm
	Monday May 24 <sup>th</sup> , 2010	09:00 am - 12:00 pm
<i>Price lists</i>	Practitioner:	
	- Accommodation in shelter + meal + courses	140 €
	- Accommodation in shelter + meal	140 €
<i>Information</i>	Philippe FLORENTIAU - ☎ +33 (0) 3 29 51 22 56	

**August 21<sup>st</sup> till 28<sup>th</sup>, 2010 - AIKIDO / IAIDO / KEN JITSU / ZAZEN - NOUAN-LE-FUZELIER (F-41600)**

<i>Teachers</i>	<b>Claude SCHRAYER</b> ( <i>Kyoshi / Ryu no Maki</i> ) <b>Philippe FLORENTIAU</b> ( <i>Kyoshi / Reiken</i> ) <b>Henri MIRO-PADOVANI</b> ( <i>Renshi / Kirigami</i> ) <b>Louis PICOCHÉ</b> ( <i>Renshi / Reiken</i> )	
<i>Place</i>	<b>Domaine de Chalès</b> route de St Viâtre - 41600 - Nouan-le-Fuzelier – France	
<i>Schedules</i>	Saturday 21 <sup>st</sup> (lunch) till Saturday August 28 <sup>th</sup> (breakfast), 2010	
<i>Price lists</i>	Practitioner:	
	- Accommodation in twin room + meal + courses for 7 days	530 €
	- Accommodation in shelter + meal + courses for 7 days	480 €
	- Accommodation in shelter + meal + courses for 1 day	90 €
	- Only courses for 7 days	90 €
	- Courses for 1 day	25 €
	Accompanier:	
	- Adult: Accommodation in twin room + meal for 7 days	460 €
	- Adult: Accommodation in shelter + meal for 7 days	410 €
<i>Information</i>	Philippe FLORENTIAU - ☎ +33 (0) 3 29 51 22 56	

*Inscription*  
*Presentation*

<http://www.chales.fr/>

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