

4.8. TRAINING COURSES – SEASON 2011 / 2012

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 24th, 2011 - AIKIDO - PARIS (F-75012)



Teachers **Brahim SI GUESMI** (5th dan - CEN - FFAB)
Philippe COCCONI (5th dan - CER - FFAB)

Subject Training for Season opening

Place Centre Léo-Lagrange - 68, boulevard Poniatowski - 75012 - Paris – France
 Subway: line 8 - Porte de Charenton

Schedules Saturday, September 24th, 2011 09:00 am - 12:00 pm
 02:00 pm - 06:00 pm

Price lists Practitioner: 15€

Information FFAB - Ile-de-France - <http://aikido-paris-idf.org>

October 02nd, 2011 - AIKIDO - ISSY-LES-MOULINEAUX (F-92130)

Teacher **Pascal HEYDACKER** (5th dan - RTN - GHAAN)

Subject School of executives

Place Gymnase La Source
 1, boulevard Rodin - 92130 - Issy-les-Moulineaux – France

Schedules Sunday October 02nd, 2011 09:00 am - 12:00 pm

Price lists Practitioner: Free

Information Pascal HEYDACKER - ☎ +33 (0) 6 21 09 03 12

October 08th, 2011 - AIKIDO - YERRES (F-91330)

Teachers **RT GHAAN**

Subject **Training for B.I.F.A (1st part)**

Place Dojo du CYAM (Club Yerrois d'Arts Martiaux)
 13, rue Lucien-Manès - 91330 - Yerres – France
 RER (Regional Express Network) D: station of Yerres

Schedules Saturday October 08th, 2011 09:00 am - 18:00 pm

Price lists Practitioner: Free

Information Roland GILABEL - ☎ +33 (0) 1 69 40 21 01
 Alain FLOURE - ☎ +33 (0) 1 60 63 62 47

October 09th, 2011 - AIKIDO - ATHIS-MONS (F-91200)

Teacher **Claude CEBILLE** (6th dan - RTN - GHAAN)

Place Gymnase Georges-Argant
 avenue Henri-Dunant - 91200 - Athis-Mons – France

Schedules Sunday October 09th, 2011 09:00 am - 12:00 pm

Price lists Practitioner: 10 €

Information Thierry GEOFFROY - ☎ +33 (0) 6 81 11 05 60 - th_geoffroy@yahoo.fr

October 09th, 2011 - AIKIDO - PARIS (F-75016)

Teachers **C.E.R.**
Subject Training for 1st and 2nd dan
Place Centre Coubertin - 82, avenue Georges-Laffont - 75016 - Paris – France
Subway : line 9 - Porte de Saint-Cloud
Schedules Sunday, October 09th, 2011 02:00 pm - 06:00 pm
Price lists Practitioner:
Information FFAB - Ile-de-France - <http://aikido-paris-idf.org>

November 04th - 05th & 06th, 2011 - AIKIDO - GIRONA (Sp.)

Teachers **Claude SCHRAYER** (*Kyoshi / Ryu no Maki*) (sous réserve)
Carles VALLDEPERES (*Kyoshi / Reiken*)
Alex PERACULA (*Renshi / Kirigami*)
Place CREC Sant Daniel - Carrer Les Monges, 7 - 17007 - Girona – Espagne
Schedules Friday November 04th, 2011 08:00 pm - 10:00 pm
Saturday November 05th, 2011 Morning / Afternoon
Sunday November 06th, 2011 Morning
Price lists Practitioner:
Information Florencio DE LA TORRE - ☎ +34 (9) 647 72 77 64 - giraflorens@gmail.com

November 12th & 13th, 2011 - AIKIDO - LAMOTTE-BEUVRON (F-41600)

Teacher **Henri MIRO-PADOVANI** (*Renshi / Kirigami*)
Subject
Place Salle Pierre-de-Coubertin
3, rue de Bourgogne - 41600 - Lamotte-Beuvron – France
Former swimming pool of Lamotte-Beuvron (France)
Schedules Saturday November 12th, 2011 03:00 pm - 06:00 pm
09:00 pm - 10:30 pm
Sunday November 13th, 2011 09:00 am - 12:00 pm
Price lists Practitioner:
- Courses + meal 50 €
- Courses 25 €
Information Henri MIRO-PADOVANI
☎ +33 (0) 2 54 88 02 68 - +33 (0) 6 74 63 64 42

November 13th, 2011 - AIKIDO - SAINT-MAUR (F-94100)

Teacher **Hervé DIZIEN** (6th dan - RTN - **GHAAN**)
Place Centre Sportif Gilbert-Noël
52, avenue Didier - 94100 - Saint-Maur-des-Fossés – France
Schedules Sunday November 13th, 2011 09:00 am - 12:00 pm
Price lists Practitioner: 10 €
Information Jacques GUERIN - ☎ +33 (0) 6 62 88 56 94

November 27th, 2011 - AIKIDO - ISSY-LES-MOULINEAUX (F-92130)

Teacher **Pascal HEYDACKER** (5th dan - RTN - **GHAAN**)
Subject School of executives
Place Gymnase La Source
1, boulevard Rodin - 92130 - Issy-les-Moulineaux – France
Schedules Sunday October 27th, 2011 09:00 am - 12:00 pm

Price lists Practitioner: Free
Information Pascal HEYDACKER - ☎ +33 (0) 6 21 09 03 12

December 11th, 2011 - AIKIDO - PARIS (F-75012)

Teachers C.E.R.
Subject Training for 1st and 2nd dan
Place Centre Léo-Lagrange - 68, boulevard Poniatowski - 75012 - Paris – France
Subway: line 8 - Porte de Charenton
Schedules Sunday, December 11th, 2011 02:00 pm - 06:00 pm
Price lists Practitioner:
Information FFAB - Ile-de-France - <http://aikido-paris-idf.org>

December 18th, 2011 - AIKI & AIKI-KEN - PARIS (F-75002)

Teacher MATSUURA Masato
 MATSUURA Masato was trained in Japan as Master of sabre and theatre actor *Nô*. He afterward discovered and summer trained in *Aiki*, practical at the origin of the *Aikido* which works on the essence of the Movement. In France for 5 years, he dispenses his teaching in Paris and Brussels and intervenes regularly to the Community arts centre of Japan in Paris.
Subject This training course addresses the followers of martial arts, the artists, and more generally every person looking for an at once physical and energy work.
Place CEASC
 23, rue de la Sourdière - 75002 - Paris – France
Subway: line 1 - Opéra, Pyramide or Tuileries
Schedules Sunday, December 18th, 2011
 - 10:00 am - 11:30 am *Aiki*
 - 11:30 am - 13:00 pm *Aiki-Ken*
Price lists Practitioner:
 - registered on the *Sayu* school 15 €
 - other 30 €
Information Laurent - ☎ +33 (0) 6 09 54 28 47 - info@lesdeuxspirales.fr

January 07th & 08th, 2012 - AIKIDO - SAINT-MAUR (F-94100)



Teacher Claude GENTIL (6th dan - RTN - GHAAN)
Place Centre Sportif Gilbert-Noël
 52, avenue Didier - 94100 - Saint-Maur-des-Fossés – France
Schedules Saturday January 07th, 2012 09:00 am - 12:00 pm
 Sunday January 08th, 2012 09:00 am - 12:00 pm
Price lists Practitioner: 10 €
Information Jacques GUERIN - ☎ +33 (0) 6 62 88 56 94

January 14th, 2012 - AIKIDO - PARIS (F-75012)

Teacher Philippe COCCONI (5th dan - CER - FFAB)
Subject *Buki & Tachi Waza*
Place Centre Léo-Lagrange - 68, boulevard Poniatowski - 75012 - Paris – France
Subway: line 8 - Porte de Charenton
Schedules Saturday, January 14th, 2012 10:00 am - 12:00 pm



Price lists Practitioner: 03:00 pm - 06:00 pm
 - Morning 15 €
 - Afternoon 20 €
 - Training course 30 €
Information FFAB - Ile-de-France - <http://aikido-paris-idf.org>

January 15th, 2012 - AIKIDO - ISSY-LES-MOULINEAUX (F-92130)



Teacher **Pascal HEYDACKER** (5th dan - RTN - GHAAN)
Subject School of executives
Place Gymnase La Source
 1, boulevard Rodin - 92130 - Issy-les-Moulineaux – France
Schedules Sunday January 15th, 2012 09:00 am - 12:00 pm
Price lists Practitioner: Free
Information Pascal HEYDACKER - ☎ +33 (0) 6 21 09 03 12

January 22nd, 2012 - AIKIDO - MASSY (F-91300)



Teacher **Jean-Pierre DATIGNY** (6th dan - RTN - GHAAN)
Place Gymnase de la Poterne
 rue des Mignaux - 91300 - Massy – France
Schedules Sunday January 22nd, 2012 09:00 am - 12:00 pm
Price lists Practitioner: 10 €
Information Hervé CHAPOTIN - ☎ +33 (0) 6 87 56 50 62 - esm.aikido@aliceadsl.fr

February 04th, 2012 - AIKIDO - YERRES (F-91330)

Teachers **RT GHAAN**
Subject **Training for B.I.F.A (2nd part)**
Place Dojo du CYAM (Club Yerrois d'Arts Martiaux)
 13, rue Lucien-Manès - 91330 - Yerres – France
RER (Regional Express Network): line D - Yerres
Schedules Saturday February 04th, 2012 09:00 am - 18:00 pm
Price lists Practitioner: Free
Information Roland GILABEL - ☎ +33 (0) 1 69 40 21 01
 Alain FLOURE - ☎ +33 (0) 1 60 63 62 47

February 05th, 2012 - AIKIDO - ATHIS-MONS (F-91200)



Teacher **Claude CEBILLE** (6th dan - RTN - GHAAN)
Place Gymnase Georges-Carpentier
 Avenue de la terrasse prolongée - 91200 - Athis-Mons – France
RER (Regional Express Network): line D - Juvisy-sur-Orge
Schedules Sunday February 05th, 2012 09:30 am - 12:30 pm
Price lists Practitioner: 10 €
Information Thierry GEOFFROY - ☎ +33 (0) 6 81 11 05 60 - th_geoffroy@yahoo.fr

February 11th & 12th, 2012 - AIKIDO - MONTREUIL (F-93100)

Teacher **Louis PICOCHÉ** (Renshi / Reiken)
Place Dojo du Gymnase René-Doriant
 rue du Colonel-Raynal - 93100 - Montreuil-sous-Bois – France
 (At the end of the Swimming pool of Montreuil)

- Schedules* *Subway: Line 9 - Croix de Chavaux*
 Schedules can be modified according to followers' presence of the ARZ of Girona (Sp.)
 Saturday February 11th, 2012 02:30 pm - 04:00 pm / 04:30 pm - 06:00 pm
 Sunday February 12th, 2012 09:30 am - 12:00 pm
- Price lists* Practitioner:
 - Courses + meal (on Saturday evening)
 - By course
 - Meal (on Saturday evening)
- Information* Martine PICOCHÉ - ☎ +33 (0) 1 48 57 20 20 – info@arz.asso.fr

February 19th, 2012 - AIKIDO - CHARENTON-LE-PONT (F-94220)



- Teacher* **Pascal HEYDACKER** (5th dan - RTN - GHAAN)
- Place* Dojo de Karaté - Sous-sol de l'école Aristide-Briand
 Angle rue Anatole-France / Place Aristide-Briand
 94220 - Charenton-le-Pont – France
Subway: line 8 - Charenton Écoles
- Schedules* Sunday, February 19th, 2012 09:30 am - 12:30 pm
- Price lists* Practitioner: 10 €
- Information* Jean-Louis HALLE - ☎ +33 (0) 6 81 52 65 42
 Pascal HEYDACKER - ☎ +33 (0) 6 21 09 03 12

February 25th & 26th, 2012 - AIKIDO - PARIS (F-75012)



- Teacher* **SAKAMOTO Shihan**
- Place* Centre Léo-Lagrange - 68, boulevard Poniatowski - 75012 - Paris – France
Subway: line 8 - Porte de Charenton
- Schedules* Saturday, February 25th, 2012 09:00 am - 06:00 pm
 Sunday, February 26th, 2012 09:00 am - 05:00 pm
- Price lists* Practitioner:
- Information* FFAB - Ile-de-France - <http://aikido-paris-idf.org>

March 11th, 2012 - AIKIDO - MASSY (F-91300)

- Teacher* **Pascal HEYDACKER** (5th dan - RTN - GHAAN)
- Place* Gymnase de la Poterne
 rue des Mignaux - 91300 - Massy – France
- Schedules* Sunday March 11th, 2012 09:00 am - 12:00 pm
- Price lists* Practitioner: 10 €
- Information* Hervé CHAPOTIN - ☎ +33 (0) 6 87 56 50 62 - esm.aikido@aliceadsl.fr

March 25th, 2012 - AIKIDO - YERRES (F-91330)

TRAINING COURSE IN THE MEMORY OF MASTER ANDRE-NOCQUET

- Teachers* All RTN of GHAAN
- Place* Dojo du CYAM (Club Yerrois d'Arts Martiaux)
 13, rue Lucien-Manès - 91330 - Yerres – France
RER (Regional Express Network) D: station of Yerres
- Schedules* Sunday March 25th, 2012 09:30 am - 01:30 pm
- Price lists* Practitioner: 10 €
 - 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, from 06th till 09th, 2012 - AIKIDO - GIRONA (Sp.)

Teachers Carles VALLDEPERES (*Kyoshi / Reiken*) => *Aikido*
 Alex PERACAULA (*Renshi / Kirigami*) => *Ken Jitsu*

Subject Seminario de Semana Santa 2012 "Girona"

Place CREC Sant Daniel - Carrer Les Monges, 7 - 17007 - Girona – Espagne

Schedules Friday April 06th, 2012
 - *Aikido* 08:00 pm - 10:00 pm

Saturday April 07th, 2012
 - *Ken Jitsu* 10:30 am - 11:45 am
 - *Aikido* 12:00 pm - 01:30 pm
 04:00 pm - 05:30 pm
 06:00 pm - 07:30 pm

Sunday April 08th, 2012
 - *Ken Jitsu* 10:30 am - 11:45 am
 - *Aikido* 12:00 pm - 01:30 pm
 04:00 pm - 05:30 pm
 06:00 pm - 07:30 pm

Price lists Practitioner:
 - Courses + meal
 - One course
 - One meal

Information Florencio DE LA TORRE - ☎ +34 (9) 647 72 77 64 - info@aikidogirona.com

May 06th, 2012 - AIKIDO - ISSY-LES-MOULINEAUX (F-92130)



Teacher Pascal HEYDACKER (5th dan - RTN - GHAAN)

Subject School of executives – *Awase & Kokyu Ryoku*

Place Gymnase La Source
 1, boulevard Rodin - 92130 - Issy-les-Moulineaux – France

Schedules Sunday May 06th, 2012 09:00 am - 12:00 pm

Price lists Practitioner: Free

Information Pascal HEYDACKER - ☎ +33 (0) 6 21 09 03 12

May 06th, 2012 - AIKIDO - SAINT-MAUR (F-94100)

Teacher Jean-Luc DELABY (6th dan - RTN - GHAAN)

Place Centre Sportif Gilbert-Noël
 52, avenue Didier - 94100 - Saint-Maur-des-Fossés – France

Schedules Saturday May 06th, 2012 09:00 am - 12:00 pm

Price lists Practitioner: 10 €

Information Jacques GUERIN - ☎ +33 (0) 6 62 88 56 94

May 12th & 13th, 2012 - IAIDO / AIKIDO - SOISY-SOUS-MONTMORENCY (F-95230)

Teacher Michel PROUVEZE (6th dan Aikido - FFAB / 5th dan Iaido)

Place Salle des Arts Martiaux
 rue du Docteur-Schweitzer - 95230 - Soisy-sous-Montmorency – France

Schedules Saturday, May 12th, 2012 03:30 pm - 06:30 pm
 Sunday, May 13th, 2012 09:00 am - 12:00 pm

Price lists Practitioner:
 - Member of the "Cercle de *Iaido*" 25 € (half-day: 14 €)
 - No-member of the "Cercle de *Iaido*" 35 € (half-day: 19 €)
Information Antoine SOARES : ☎ +33 (0) 6 63 97 49 87 - asoares@9online.fr
CERCLE DE IAIDO - contact@cercledeiaido.com

May 18th - 19th & 20th, 2012 - IAIDO - BOULOGNE-BILLANCOURT (F-92100)

Teacher **MATSUURA Masato**
Subject Five traditional forms (*Gohou no Kamae*) of *MIYAMOTO Musashi*
Place Cirque en chantier - Ile Seguin - 92100 - Boulogne-Billancourt – France
Schedules Friday, May 18th, 2012 02:00 pm -06:00 pm
 Saturday, May 19th, 2012 02:00 pm -06:00 pm
 Sunday, May 20th, 2012 02:00 pm -06:00 pm
Price lists - One day 45 €
 - Complete training course 120 €
 - Complete training course (member Sayu school) 90 €
Information Laurent - ☎ +33 (0) 6 09 54 28 47
 Cybèle - ☎ +33 (0) 6 64 66 92 90
info@deuxspirales.fr

May 26th - 27th & 28th, 2012 - AIKIDO - PROVENCHERES-SUR-FAVE (F-88)

Teacher **Philippe FLORENTIAU** (*Kyoshi / Reiken*)
Subject *Aikido*, du *dojo* à la vie ... et vice-versa.
Place Centre Culturel - 5, place des tissages - 88490 - Provenchères-sur-Fave - France
Schedules Saturday May 26th, 2012 03:00 pm - 06:00 pm
 Sunday May 27th, 2012 09:30 am - 12:00 pm / 03:30 pm - 06:00 pm
 Monday May 28th, 2012 09:30 am - 12:00 pm
Price lists Practitioner:
 - Accommodation in shelter + meal + courses 160 €
 - Accommodation in shelter + meal 160 €
Information Philippe FLORENTIAU - ☎ +33 (0) 3 29 51 22 56

June 02nd & 03rd, 2012 - AIKIDO - VENDOME (F-41100)



Teachers **UESHIBA Mitsuteru** (*Waka Sensei*)
Michel PROUVEZE (5th *dan* - *Aikikai*)
Place Dojo des Grands Prés - rue Geoffroy-Martel - 41100 - Vendôme – France
Schedules Saturday 02nd, 2012
 - *Aikido* - Michel PROUVEZE 09:30 am - 10:30 am / 03:30 pm - 04:30 pm
 - *Aikido* - **UESHIBA Mitsuteru** (*Waka Sensei*)
 10:30 am - 12:00 pm / 04:30 pm - 06:00 pm
 Sunday 03rd, 2012
 - *Aikido* - **UESHIBA Mitsuteru** (*Waka Sensei*) 10:00 am - 12:00 pm
Price lists Practitioner:
 - Complete training course 40 €
 - 1/2 a day 25 €
Information Compulsory FFAB licenses and medical certificate
 Séverine DURIN - ☎ +33 (0) 6 08 80 74 60
 Patrice DUBOURG - ☎ +33 (0) 6 13 50 35 33
<http://www.aikido-vendome.fr> - <http://www.aikicentre.fr>

June 23rd, 2012 - AIKIDO - PARIS (F-75)

Teachers RTN GHAAN / RTN IWAMA
Place 75 - Paris – France
Schedules Saturday June 23rd, 2012 09:00 am - 12:00 pm
Price lists Practitioner: 10 €
Information Ligue F.F.A.B.

From August 26th till September 1st, 2012 - AIKIDO / IAIDO / KEN JITSU / ZAZEN - LEMBRUN (F-47)

Teachers **Claude SCHRAYER** (*Kyoshi / Ryu no Maki*) (sous réserve)
Philippe FLORENTIAU (*Kyoshi / Reiken*)
Henri MIRO-PADOVANI (*Renshi / Kirigami*)
Louis PICOCHÉ (*Renshi / Reiken*)
Carles VALLDEPERES (*Kyoshi / Reiken*)
Alex PERACAULA (*Renshi / Kirigami*)
Place Domaine de Lembrun - 47110 - Le Temple-sur-Lot – France
Schedules From Sunday, August 26th - 5:00 pm till Saturday, September 1st, 2012
after the breakfast (**Program**)
Price lists Practitioner:
- Accommodation + meal + courses for 6 days 420 €
- Accommodation + meal + courses for 1 day 75 €
- Only courses for 6 days 100 €
- Courses for 1 day 20 €
- 1 meal 18 €
Guide:
- Adult: Accommodation + meal for 6 days 340 €
- Adult: Accommodation + meal for 1 day 60 €
Information Martine PICOCHÉ - ☎ +33 (0) 1 48 57 20 20 – info@arz.asso.fr