

## 4.8. TRAINING COURSES – SEASON 2016 / 2017

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**

### 17th of September, 2016 - AIKIDO - ATHIS-MONS (F-91200)

*Teachers* **Thierry GEOFFROY** ( 4th *dan* - GHAAN - ACTM )  
*Theme* Preparation with examinations “*dan*” - U.F.A.  
*Place* Gymnase Georges-Argant - avenue Henri-Dunant - 91200 - **Athis-Mons** - France  
*Schedules* Saturday, 17th of September, 2016 09:30 am - 12:30 pm  
*Price lists* Students:  
- with a minimum level of 2nd *kyu* Free  
*Information* Thierry GEOFFROY - ☎ 00 33 (0) 6 81 11 05 60 - @: [th\\_geoffroy@yahoo.fr](mailto:th_geoffroy@yahoo.fr)



### 24th & 25th of Septembre, 2016 - AIKIDO - CHAMBOURCY (F-78240)

*Teacher* **Pascal HEYDACKER** ( 6th *dan* - GHAAN - RTN )  
*Place* Gymnase Georges-Galienne - 5, rue Mur du parc - 78240 - **Chambourcy** - France  
*Schedules* Saturday, 24th of Septembre, 2016 03:00 pm - 06:00 pm  
Sunday, 25th of September, 2016 09:30 am - 12:30 pm  
*Price lists* Students: €  
Training course open to all from 14 years.  
*Information* Thomas TESSIER - ☎ 00 33 (0) 6 73 42 07 09 - [aikidochambourcy@yahoo.fr](mailto:aikidochambourcy@yahoo.fr)



### 01st of October, 2016 - AIKIDO - PARIS (F-75012)

*Teacher* **Jean-Claude JOANNES** ( 7th *dan* - FFAB - CEN )  
*Theme* Trainig course of opening of season  
*Place* Gymnase Léo-Lagrange - 68, boulevard Poniatowski - 75012 - **Paris** - France  
*Subway: line 8 - Porte de Charenton*  
*Schedules* Saturday, 01st of October, 2016 09:30 am - 12:00 pm / 02:30 pm - 05:30 pm  
*Price lists* Students:  
- ½ day €  
- full training course €  
*Information* FFAB - Ile-de-France - [aikido-paris-idf.org/](http://aikido-paris-idf.org/)



**02nd of October, 2016 - AIKIDO - ISSY-LES-MOULINEAUX (F-92130)**

*Theme* School of managers  
*Place* Gymnase La Source - 1, boulevard Rodin - 92130 - Issy-les-Moulineaux - France  
*RER: line C - Issy*  
*Schedules* Sunday, 02nd of October, 2016 09:30 am - 12:30 pm  
*Price lists* Students - from the 2nd kyu: Free  
*Information* Pascal HEYDACKER - ☎ 00 33 (0) 6 21 09 03 12 - @: [tazplh@neuf.fr](mailto:tazplh@neuf.fr)



**02nd of October, 2016 - AIKIDO - PARIS (F-75013)**

*Teacher* **Jean-Marc CHAMOT** ( 6th dan - FFAB )  
*Theme* School of managers ( from the 1st kyu )  
*Place* Gymnase Carpentier (Annexe) - 81, boulevard Masséna - 75013 - Paris - France  
*Subway: line 7 - Porte de Choisy or Porte d'Ivry*  
*Schedules* Sunday, 02nd of October, 2016 09:30 am - 05:30 pm  
*Price lists* Students: €  
*Information* FFAB - Ile-de-France - [aikido-paris-idf.org/](http://aikido-paris-idf.org/)



**08th of October, 2016 - AIKIDO - PARIS (F-75012)**

*Teacher* **Jean-Paul MOINE** ( 7th dan - FFAB - CEN )  
*Place* Gymnase Léo-Lagrange - 68, boulevard Poniatowski - 75012 - Paris - France  
*Subway: line 8 - Porte de Charenton*  
*Schedules* Saturday, 08th of October, 2016 09:30 pm - 05:30 pm  
*Price lists* Students:  
- ½ day €  
- full training course €  
*Information* FFAB - Ile-de-France - [aikido-paris-idf.org/](http://aikido-paris-idf.org/)



**15th of October, 2016 - AIKIDO - ATHIS-MONS (F-91200)**

*Teachers* **Pascal HEYDACKER** ( 6th dan - GHAAN - RTN )  
**Roland GILABEL** ( 6th dan - GHAAN - RTN )  
*Theme* Preparation with examinations “dan” - U.F.A.  
*Place* Gymnase Georges-Argant - avenue Henri-Dunant - 91200 - Athis-Mons - France  
*Schedules* Saturday, 15th of October, 2016

- 1st & 2nd *dan* 09:30 am - 12:30 pm  
- 3rd & 4th *dan* 02:30 pm - 05:30 pm

*Price lists* Students:  
- with a minimum level of 2nd *kyu* Free

*Information* Thierry GEOFFROY - ☎ 00 33 (0) 6 81 11 05 60 - @: [th\\_geoffroy@yahoo.fr](mailto:th_geoffroy@yahoo.fr)



### 05th & 06th of November 2016 - AIKIDO - MONTIGNY-LE-BRETONNEUX (F-91300)

*Teacher* Michel DESROCHES ( 6th *dan* - GHAAN - RTN )

*Place* Centre sportif Pierre-de-Coubertin - 2, rue Charles-Linné - 78180 - Montigny-le-Bretonneux - France

*Schedules* Saturday 05th of November, 2016 03:00 pm - 06:00 pm

Sunday 06th of November, 2016 10:00 am - 12:00 pm

*Price lists* Students: open to all - from 14 years

- Saturday €

- Sunday €

- Full training course €

*Information* Thomas TESSIER - ☎ 00 33 (0) 6 73 42 07 09 - @: [aikido.montigny@gmail.com](mailto:aikido.montigny@gmail.com) - [aikido-montigny.com](http://aikido-montigny.com)



### 06th of November, 2016 - AIKIDO - SAINT-MAUR-DES-FOSSES (F-94100)

*Teacher* Hervé DIZIEN ( 7th *dan* - GHAAN - RTN )

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

*Schedules* Sunday, 06th of November, 2016 09:00 am - 12:00 pm

*Price lists* Students: €

*Information* Jacques GUERIN - ☎ 00 33 (0) 6 62 88 56 94



### 13th of November, 2016 - AIKIDO - MASSY (F-91300)

*Teacher* Pascal HEYDACKER ( 6th *dan* - GHAAN - RTN )

*Place* Gymnase de la Poterne - rue des Mignaux - 91300 - Massy - France

*Schedules* Sunday, 13th of November, 2016 09:30 am - 12:00 pm

*Price lists* Students: €

*Information* Anoush Kan RAHAMANEKAN - ☎ 00 33 (0) 6 80 84 72 65 - [esm.aikido@aliceadsl.fr](mailto:esm.aikido@aliceadsl.fr)



**19th & 20th OR 25th & 26th of November, 2016 - AIKIDO - MONTREUIL-SOUS-BOIS (F-93100)**

*Teacher* **Louis PICOCHÉ** ( *Kyoshi / Reiken* )

*Theme*

*Place* **Dojo du Gymnase René-Doriant - rue du Colonel-Raynal - 93100 - Montreuil-sous-Bois - France**

*At the end of the Swimming pool*

*Subway: line 9 - Croix-de-Chavaux*

*Schedules* Saturday, 19th OR 25th of November, 2016 03:00 pm - 06:00 pm

Sunday, 20th OR 26th of November, 2016 09:30 am - 12:00 pm

*Price lists* Students:

- 1/2 day 5 €

- Full training course 10 €

*Information* Martine PICOCHÉ - ☎ 00 33 (0) 1 48 57 20 20 - @: [info@arz.asso.fr](mailto:info@arz.asso.fr)



**11th of December, 2016 - AIKIDO - ISSY-LES-MOULINEAUX (F-92130)**

*Teacher* **Pascal HEYDACKER** ( 6th dan - **GHAAN** - RTN )

*Theme* School of managers

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

*RER: line C - Issy*

*Schedules* Sunday, 11th of December, 2016 09:30 am - 12:30 pm

*Price lists* Students - from the 2nd kyu: Free

*Information* Pascal HEYDACKER - ☎ 00 33 (0) 6 21 09 03 12 - @: [tazplh@neuf.fr](mailto:tazplh@neuf.fr)



**18th of December, 2016 - AIKIDO - YERRES (F-91330)**

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

*Theme* Training course for seniors

*Place* **Dojo du CYAM ( Club Yerrois d'Arts Martiaux ) - 13, rue Lucien-Manès - 91330 - Yerres - France**

*RER: line D - gare de Yerres*

*Schedules* Sunday, 18th of Decembre, 2016 09:30 am - 01:00 pm

*Price lists* Students: €

*Information* Roland GILABEL - ☎ 00 33 (0) 1 69 40 21 01

Alain FLOURE - ☎ 00 33 (0) 1 60 63 62 47



**08th of January, 2017 - AIKIDO - SAINT-MAUR-DES-FOSSES (F-94100)**

*Teacher* **Claude GENTIL** ( 7th dan - **GHAAN** - RTN )  
*Place* Centre Sportif Gilbert-Noël - 52, avenue Didier - 94100 - **Saint-Maur-des-Fossés** - France  
*Schedules* Sunday, 08th of January, 2017 09:00 am - 12:00 pm  
*Price lists* Students: €  
*Information* Jacques GUERIN - ☎ 00 33 (0) 6 62 88 56 94



**15th of January, 2017 - AIKIDO - MASSY (F-91300)**

*Teachers* **Thierry GEOFFROY** ( 4th dan - **GHAAN** - ACTM )  
*Theme* Preparation with examinations “dan” - U.F.A.  
*Place* Gymnase de la Poterne - rue des Mignaux - 91300 - **Massy** - France  
*Schedules* Sunday, 15th of March, 2017 09:30 am - 12:30 pm  
*Price lists* Students:  
- with a minimum level of 2nd kyu Free  
*Information* Anoush Kan RAHAMANEKAN - ☎ 00 33 (0) 6 80 84 72 65 - [esm.aikido@aliceadsl.fr](mailto:esm.aikido@aliceadsl.fr)



**28th of January, 2017 - AIKIDO - ATHIS-MONS (F-91200)**

*Teachers* **Pascal HEYDACKER** ( 6th dan - **GHAAN** - RTN )  
**Roland GILABEL** ( 6th dan - **GHAAN** - RTN )  
*Theme* Preparation with examinations “dan” - U.F.A.  
*Place* Gymnase Georges Carpentier - Avenue de la Terrasse prolongée - 91200 - **Athis-Mons** - France  
*Schedules* Saturday, 28th of January, 2017  
- 1th & 2nd dan 09:30 am - 12:30 pm  
- 3rd & 4th dan 02:30 pm - 05:30 pm  
*Price lists* Students:  
- with a minimum level of 2nd kyu Free  
*Information* Thierry GEOFFROY - ☎ 00 33 (0) 6 81 11 05 60 - @: [th\\_geoffroy@yahoo.fr](mailto:th_geoffroy@yahoo.fr)



**29th of January, 2017 - AIKIDO - PARIS (F-75013)**

*Teacher* **Jean-Marc CHAMOT** ( 6th dan - FFAB )  
*Theme* School of managers ( from the 1st kyu )  
*Place* Gymnase Carpentier (Annexe) - 81, boulevard Masséna - 75013 - **Paris** - France  
*Subway:* line 7 - Porte de Choisy or Porte d'Ivry  
*Schedules* Sunday, 29th of January, 09:30 am - 05:30 pm

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2017

Price lists Students: €

Information FFAB - Ile-de-France - [aikido-paris-idf.org/](http://aikido-paris-idf.org/)



**12th of February, 2017 - AIKIDO - ISSY-LES-MOULINEAUX (F-92130)**

Teacher **Pascal HEYDACKER** ( 6th dan - GHAAN - RTN )

Theme School of managers

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

RER: line C - Issy

Schedules Sunday, 12th of February, 2017 09:30 am - 12:30 pm

Price lists Students - from the 2nd kyu: Free

Information Pascal HEYDACKER - ☎ 00 33 (0) 6 21 09 03 12 - @: [tazplh@neuf.fr](mailto:tazplh@neuf.fr)



**04th & 05th of March, 2017 - AIKIDO - MONTREUIL-SOUS-BOIS (F-93100)**

Teacher **Louis PICOCHÉ** ( Kyoshi / Reiken )

Theme

Place Dojo du Gymnase René-Doriant - rue du Colonel-Raynal - 93100 - **Montreuil-sous-Bois** - France

At the end of the Swimming pool

Subway: line 9 - Croix-de-Chavaux

Schedules Saturday, 04th of March, 2017 03:00 pm - 06:00 pm

Sunday, 05th of March, 2017 09:30 am - 12:00 pm

Price lists Students:

- 1/2 day 5 €

- Full training course 10 €

Information Martine PICOCHÉ - ☎ 00 33 (0) 1 48 57 20 20 - @: [info@arz.asso.fr](mailto:info@arz.asso.fr)



**19th of March, 2017 - AIKIDO - YERRES (F-91330)**

Teachers RTN ( National Technical Managers ) of GHAAN

Theme **TRAINING COURSE IN THE MEMORY OF MASTER ANDRE-NOCQUET**

Place Dojo du CYAM ( Club Yerrois d'Arts Martiaux ) - 13, rue Lucien-Manès - 91330 - **Yerres** - France

RER: line D - gare de Yerres

Schedules Sunday, 19th of March, 2016 09:30 am - 01:00 pm

Price lists Students: €



*Information* The federal licence and a doctor's certificate will be required for the access to the *tatami*.

Roland GILABEL - ☎ 00 33 (0) 1 69 40 21 01

Alain FLOURE - ☎ 00 33 (0) 1 60 63 62 47



### 15th - 16th & 17th of April, 2017 - AIKIDO - PARIS (F-75014)

*Teacher* **SUGA Toshiro Shihan** ( 6th dan Aikikai - 7e dan CSDGE )

*Theme* Training course of Easter

*Place* Gymnase Didot - 26, avenue Georges-Lafenestre - 75014 - Paris - France

*Subway: line 13 - Porte de Vanves*

*Schedules* Saturday, 15th of April, 2017 02:30 pm - 05:30 pm

Sunday, 16th of April, 2017 09:30 am - 12:30 pm / 02:30 pm - 05:30 pm

Monday, 17th of April, 2017 09:30 am - 12:30 pm

*Price lists* Students:

- 1 course €

- Full training course €

*Information* FFAB - Ile-de-France - [aikido-paris-idf.org/](http://aikido-paris-idf.org/)



### 22nd & 23rd of April, 2017 - AIKIDO - MONTIGNY-LE-BRETONNEUX (F-78180)

*Teacher* **Pascal HEYDACKER** ( 6e dan - GHAAN - RTN )

*Place* Centre sportif Pierre-de-Coubertin - 2, rue Charles-Linné - 78180 - **Montigny-le-Bretonneux** - France

*Schedules* Saturday, 22nd of April, 2017 03:00 pm - 06:00 pm

Sunday, 23rd of April, 2017 10:00 am - 12:00 pm

*Price lists* Students - training course open to all from 14 years:

- Saturday €

- Sunday €

- Complete training course €

*Information* Thomas TESSIER - ☎ 00 33 (0) 6 73 42 07 09 - [aikido.montigny@gmail.com](mailto:aikido.montigny@gmail.com)



### 30th of April, 2017 - AIKIDO - SAINT-MAUR-DES-FOSSES (F-94100)

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

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

*Schedules* Sunday, 30th of April, 2017 09:00 am - 12:00 pm

*Price lists* Students: €

*Information* Jacques GUERIN - ☎ 00 33 (0) 6 07 17 15 73



**03rd - 04th & 05 of June, 2017 - AIKIDO - PROVENCHERES-SUR-FAVE (F-88)**

*Teacher* **Philippe FLORENTIAU** ( *Kyoshi / Reiken* )  
*Theme* **Aikido no shinzui** / Seize the heart of aikido  
*Place* Centre Culturel - 5, place des tissages - 88490 - **Provenchères-sur-Fave** - France  
*Schedules* Saturday, 03rd of June, 2017  
- Aikido 03:00 pm - 06:00 pm  
Sunday, 04th of June, 2017  
- Aikido 10:00 am - 12:00 pm / 03:00 pm - 06:00 pm  
Monday, 05th of June, 2017  
- Aikido 09:30 am - 12:00 pm  
*Price lists* Students:  
- Accommodation in holiday cottage + meal + training courses €  
- Accommodation in holiday cottage + meal € (adults) / € (children)  
*Information* Philippe FLORENTIAU - ☎ 00 33 (0) 3 29 51 22 56



**24th of June, 2017 - AIKIDO - PARIS (F-75012)**

*Teachers* **Pascal HEYDACKER** ( 6e dan - **GHAAN** - RTN )  
**Rémi HOURDEQUIN** ( 6th dan - *Iwama Ryu* )  
*Theme* Training course of the end of season  
*Place* Gymnase Léo-Lagrange - 68, boulevard Poniatowski - 75012 - **Paris** - France  
*Subway: line 8 - Porte de Charenton*  
*Schedules* Saturday, 24th of June, 2017 09:00 am - 12:00 pm / 03:00 pm - 06:00 pm  
*Price lists* Students:  
- ½ day €  
- full training course €  
*Information* FFAB - Ile-de-France - [aikido-paris-idf.org/](http://aikido-paris-idf.org/)



**From 08th till 16th of July, 2017 - AIKIDO / IAIDO - LESNEVEN (F-29)**

*Teachers* **YAMADA Yoshimitsu Shihan** ( 8th dan )  
**SUGA Toshiro Shihan** ( 6th dan Aikikai - 7th dan CSDGE )  
*Iaido: Malcom TIKI SHEWAN* ( 6th dan )  
*Place* Salle Kerjezequel - 29260 - **Lesneven** - France  
*Schedules* From Saturday, 08th till Sunday, 16th of July, 2017  
*Price lists* Students: €  
*Information* Lesneven Aikido - <http://www.lesneven-aikido.com> - @: [stage@lesneven-aikido.com](mailto:stage@lesneven-aikido.com)





**From 20th till 26th of August, 2017 - AIKIDO / IAIDO / KEN JITSU - LE TEMPLE-SUR-LOT (F-47110)**

*Teachers* **Claude SCHRAYER** ( *Kyoshi / Ryu no Maki* )

**Philippe FLORENTIAU** ( *Kyoshi / Reiken* )

**Louis PICOCHÉ** ( *Kyoshi / Reiken* )

*Theme* *Shochu Geiko* ( Training course known as “of the heat” in the tradition of *Budo* ):  
Adaptation

*Place* Domaine de Lembrun - 47110 - **Le Temple-sur-Lot** - France

☎ 00 33 (0) 5 53 40 50 50 - <http://www.lembrun.com/> - @:

[lembrun@hotmail.com](mailto:lembrun@hotmail.com)

*Schedules* From Sunday, 20th of August, 2017 - 5:00 pm till Saturday, August 26th of August, 2017 after the breakfast - **Program**

*Price lists* Students:

- **Accommodation + meal + courses for 6 days** €

- Accommodation + meal + courses for 1 day €

- Only courses for 6 days €

- Courses for 1 day €

- 1 meal €

Guide:

- Adult: Accommodation + meal for 6 days €

- Adult: Accommodation + meal for 1day €

*Information* Martine PICOCHÉ - ☎ 00 33 (0) 1 48 57 20 20 - @: [info@arz.asso.fr](mailto:info@arz.asso.fr)

*Inscription* **Registration form**

