

4.9. ANIMATIONS / SEASON 2018 - 2019

August - September 2018

Poster campaign - Montreuil-sous-Bois (FRA-93100)



To announce the new season, several teams of the **ARZ - Academy of Ritsu Zen** of Montreuil (France) are going to cross the city to stick the new poster on all the bulletin boards for associations in the city of Montreuil (France).

Then you certainly go to meet this poster...

Saturday 23rd of September, 2018 - from 12:00 pm till 07:00 pm

Associations's day of Montreuil - Montreuil-sous-Bois (F-93100)

Samedi 29
septembre 2018
de 12h à 19h



From 12:00 pm till 07:00 pm under hall of the market of Croix-de-Chavaux

The members of the **ARZ - Academy of Ritsu Zen** of Montreuil (France) will welcome you on their stand to supply you all the information wished to come to practice the *aikido*, the *iaido* or the *ken jitsu* and to register you for the courses on the *dojo* Didier-LEFEVRE for the season 2018/2019. The courses for adults are approachable to all and to all, whatever is your level or your age.

Saturday 19th January, 2019

Inauguration of the Dojo Germaine-Tillion - Livry-Gargan (F-93190)



On the occasion of the inauguration of the *Dojo* Germaine-Tillion (75, allée du château Gobillon - 93190 Livry Gargan), the **ARZ - Academy of Ritsu Zen** will carry out a demonstration of *Iaido* from 04:30 pm to 05:00 pm after an afternoon discovery of *aikido*.

- 09:00 am – 12:00 pm: *Aikido* Licensed Preparatory Course for Grade Passes
- 02:30 pm – 04:30 pm: Introduction and discovery of *Aikido* open to all children and adults
- 04:30 pm – 05:00 pm: Demonstration commented of the discipline
- 16:30 pm – 05:00 pm: Demonstration of *Iaido* by **Louis Picoche**
- 05:00 pm – 06:00 pm: Buffet



**Thursday 07th of February, 2019
Dedication of the album “O-Sensei” by Edouard COUR**



An album signed by the author was given to each member of the ARZ - Académie du Ritsu Zen de Montreuil.

A very big and many **THANK YOU!** to Edouard COUR for his album dedicated to Master *UESHIBA* and for his dedications.

- *Sensei (UESHIBA, Morihei) / COUR, Edouard / Ed. Akileos / 2016*

**Tuesday 12th and Thursday 14th of March, 2019
International Women’s Day and Aikido**



Within the framework of the International Women’s Day, the French Federation of *Aikido* and *Budo* suggests you discovering this Japanese martial art. On Tuesday, 12th and Thursday 14th of March, 2019, of 07:30 pm at 09:00 pm, come Ladies to the *dojo* Didier-Lefèvre (14, rue du Bel Air) in Montreuil (F-93100) to practise free of charge the time of a session, or simply to look: a jogging and a T-shirt are enough!

Aikido is a martial art which uses the circle and the principles of imbalance to throw or immobilize an aggressor. Peace art, he looks for to harmonize the energies rather than to bring into conflict them.

The ARZ - Academy of Ritsu Zen will be happy to welcome you during these open days!

For more information: www.arz.asso.fr

To contact the ARZ: info@arz.asso.fr

Saturday 22nd of June, 2019

Party of the city in the Park Montreau - Montreuil-sous-Bois (F-93100)

On the occasion of the party of the city, the **ARZ - Academy of Ritsu Zen** will make a demonstration of *aikido*, of *iaido* and *jitsu ken* on the scene of the space "Sport" from 03:15 pm till 03:30 pm.

This demonstration will be followed by a session of initiation, on registration, from 03:30 pm till 03:45 pm.

You can also join for the courses the *dojo* Didier-LEFEVRE for the season 2019/2020.

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