

May 18 to 21, 2023
Beware spaces are limited



IAIDO/KEN : Jean Marc DESSAPT 4^e dan IAIDO MSR
Shôden Teacher (FEI)

JODO: Gilles TACHE Menkyo Kaiden SMR
Kuden Teacher (FEJ)

AIKIDO: Daniele ROMANAZZI 6^e dan Aikikai so Hombu
Shido in Mutokukai Europe



42^e

Stage des Îles

Location : Les Iles de Lérins (Cannes)

Information : Claude ELANDALOUSSI

☎ 06 16 58 31 95 mail : luluclau@hotmail.fr

42^e Les Iles Seminar 2023

Program of the seminar

Theme of the seminar : ISOGABA MAWARE

Isogu 急ぐ means « to hurry »

Mawaru 回る means « to go around in circles »

We could translate this as: "If you are in a hurry, take the longest route". The translation of Pascal KRIEGER Shihan is "if you're in a hurry, take a detour" ...

As you can see, several translations are available to you. We could sum it up by saying "hurry up slowly" ! We leave for your reflection the deep meaning of the Haiku of the Japanese poet Garaku:

Even pursued, the butterfly
Never seems rushed.

Technical direction : JM. DESSAPT - D. ROMANAZZI - G. TACHE.

Thursday May 18, 2023

12h30 - Lunch
14h30 - Official opening
15h00 - 16h30 KEIKO *
16h45 - 18h15 KEIKO *
19h30 - Dinner
21h00 - MONDO

Saturday May 20, 2023

06h30 – 08h00 Sotaï renshu
08h15 – Breakfast
09h15 – 10h30 KEIKO *
10h45 – 12h00 KEIKO *
12h30 – Lunch
15h00 – 16h30 KEIKO *
or Preparation of exams
16h45 – 18h15 Exams (JODO/IAIDO)
or KEIKO *
19h30 – BARBECUE
21h00 – FREE !

Friday May 19, 2023

06h30 – 08h00 Sotaï renshu
08h15 – Breakfast
09h15 – 10h30 KEIKO *
10h45 – 12h00 KEIKO *
12h30 – Lunch
15h00 – 16h30 KEIKO *
16h45 – 18h15 KEIKO *
19h30 – Dinner
21h00 – Shodo's class
(Maria Rosa VALLUZZI – Marie and Jacky PONSOT)

Sunday May 21, 2023

07h00 – 08h00 Suburi – Swin in the sea
08h15 – Breakfast
09h15– 10h15 KEIKO
10h30 – 11h30 EMBU
Preparation of departure
12h30 – Lunch
14h00 – Departure from the Island

* At each time slot, two different workshops will be proposed.

42^e Les Iles Seminar 2023

Informations

Location :

The seminar takes place in the Fortress of the Sainte Marguerite Island, off the shore of Cannes, France. The ferry to the island departs from a dedicated dock at 10 min. walking distance from the train station, in Quai Leboeuf.

Ferry timetable : 07h30 – 09h – 10h – 11h – 12h ...

Seminar fee :

Complete seminar **280€**

Single day without meal **30€**



Evening dinner on Saturday may 21, 2022 :

As usual, we suggest you have a BARBECUE for the last evening.

REGISTRATION

✂-----

SURNAME :

Forename :

Adress :

Town :

ZIP :

Country :

E mail :

Tél :

Please send this registration form by **April 30, 2022** at the latest, including an advance payment by bank cheque for the sum of 100€ (in the name of Jodo Club Côte d'Azur), to Claude ELANDALOUSSI : Les Fontaines de St Jean - 250 avenue Maréchal Juin
06110 Le Cannet (France) Email : luluclau@hotmail.fr

IMPORTANT

Lunch on Thursday ☐ yes ☐ no

Végetarian ☐ yes ☐ no

Lunch on Sunday ☐ yes ☐ no

Allergy : ...

IMPORTANT

I hereby declare to be fully insured for any accidents that may occur during the seminar, thereby waiving any liability from the organizer. And i do not oppose the possible use of my image.

Place and date:

Mandatory signature: