

May 14 to 17, 2026
Beware spaces are limited



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

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

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

45^e

Stage des Îles

Location : Les Iles de Lérins (Cannes)

Information : Claude ELANDALOUSSI

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

45^e Les Iles Seminar 2026

Program of the seminar

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

Theme of the seminar : Kehai wo Keshite 気配を消し. Literally "Kehai: sign" "Kesu: remove". It involves purifying the technique by removing anything too obvious in the involuntary preparation of the movement. These signals sent before the technique are openings for the opponent. **(JM.D)**

I will associate this with the notion of Mushin 無心, which can be translated as "Empty Mind" or "Free Mind". Let us rid ourselves of our thoughts, anger, fear... Then there is no need for tension. The Mind does not freeze in a grimace or a preparatory movement, and the action occurs without warning, without any real announcement. **(GT)**

Integrating the concept of Sei to Do 静と道 will enrich the theme of the workshop. Sei 静 "the absence of agitation - calm - stillness" is associated with Dô 道 "action". It is a fundamental principle which leads to the study of the rhythm Hyôshi 拍子 and the margin Yoyu 余裕. **(DR)**

Thursday May 14, 2026

12h30 - Lunch
14h30 - Official opening

15h00 - 16h30 KEIKO *
16h45 - 18h15 KEIKO *

19h30 - Dinner
21h00 - MONDO

Saturday May 16, 2026

06h30 – 08h00 Sotaï renshu
08h15 – Breakfast

09h15 – 10h30 KEIKO *
10h45 – 12h00 KEIKO *

12h30 – Lunch

15h00 – 16h30 KEIKO *
16h45 – 17h30 KEIKO
17h30 – 18h15 EMBU
19h30 – Aperô - Dinner
21h00 – FREE !

Friday May 15, 2026

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
(Marie and Jacky PONSOT)

Sunday May 17, 2026

07h00 – 08h00 Suburi – Swin in the sea
08h15 – Breakfast

09h30– 10h30 Common KEIKO
10h45 – 11h45 KEIKO / Shiken

Preparation of departure

12h30 – Lunch
14h00 – Departure from the Island

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

45^e Les Iles Seminar 2026

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€**



REGISTRATION

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SURNAME :

Forename :

Address :

Town :

ZIP :

Country :

E mail :

Tél :

Please send this registration form by **April 30, 2026** 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

Lunch on Sunday ☐ yes ☐ no

Végetarian ☐ 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: