

May 29 to June 1, 2025
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

44^e

Stage des Îles

Location : Les Iles de Lérins (Cannes)

Information : Claude ELANDALOUSSI

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

44^e Les Iles Seminar 2025

Program of the seminar

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

Thème du stage : *Te no Uchi* 手の内 (Te 手 = the hand) (Uchi 内 = inside)

Which can therefore be translated as "the inside of the hand" and interpreted as "the way of grasping with the hand".

"Australopithecus africanus already had a hand with an opposable thumb 3.2 million years ago. Just as this then guaranteed the evolution of the species, it made possible in the modern era, among other things, an increasingly efficient use of weapons and a more refined mastery of unarmed combat techniques. *Te no uchi*, as well as the other aspects to which it is linked, is therefore one of the fundamental themes to explore in depth in the practice of Budo." (D.R)

"In weapons work, there is no connection with the partner without a connection, first, with my weapon. For this, a worked, conscious, adjusted and coherent *Te no Uchi* seems essential." (JM.D)

"Several *Te no Uchi* exist to hold one's weapon and each different grasp corresponds to a different action and therefore a different result." (G.T)

Thursday May 29, 2025

12h30 - Lunch
14h30 - Official opening

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

19h30 - Dinner
21h00 - MONDO

Saturday May 31, 2025

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 30, 2025

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 June 1, 2025

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.

44^e Les Iles Seminar 2025

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 **May 10, 2025** 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: