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120, rue des Grands-Champs - 75020 Paris
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tenshin.contact@ecole-itsuo-tsuda.org

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"The Fish" calligraphy by Master Tsuda



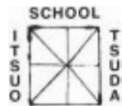
AIKIDO AND KATSUGEN UNDO

25th SUMMER WORKSHOP

conducted by Régis Soavi Sensei

JULY 2012

LE MAS D'AZIL - FRANCE



Régis Soavi Sensei



Régis Soavi begins to practice a traditional and supple type of judo around the age of twelve.

In the 1970s, he starts training in aikido with Nocquet, Tamura and Noro, later becoming an instructor in the schools of those three Masters. In the same period he also teaches within the French Aïkikai Federation.

In 1973 he encounters Master Itsuo Tsuda in Paris and begins to follow his teaching, practising with him Aïkido and Katsugen Undo (the Regenerating Movement) for ten years, until Master Tsuda's death. Parallel to that, Tatsuzawa Sensei introduces him to the arts of his school, the Bushūden Kiraku-ryu: Iaïdo (the sword), Kenjutsu and Jujitsu. During the same decade, still taking part in a number of seminars and courses, he has the opportunity of meeting several Masters among whom Kisshomaru Ueshiba, Yamaguchi, Kobayashi as well as Shirata for example.

About 1980, he turns away for good from this official vision of Aïkido, as Master Tsuda's teaching is much more deeply in accordance with the path he wants to follow: the practice of the "Non-Doing" through Aïkido and Katsugen Undo. As a matter of fact, one of the distinctive elements of this teaching is the link established by Itsuo Tsuda himself between the understanding of Aïkido he developed throughout the years he spent with the founder Ō Sensei Ueshiba on the one hand, and the practice of Katsugen Undo he had already discovered with Master Noguchi, the founder of Seitai, on the other hand. With Master Tsuda these two practices become so to speak complementary.

In 1982, having met his Master's approval to do so, Régis Soavi decides to dedicate himself, as a professional, solely to Aïkido and Katsugen Undo (he had already been teaching Aïkido since 1975). In the following years, he founds his first dojo in Toulouse, in the south of France, and starts holding seminars in Paris, Toulouse and Milano.

Currently, he's teaching at the dojo Tenshin and still conducts seminars regularly at the dojos in Milan, Paris and Toulouse, Rome and Amsterdam.

THE ITSUO TSUDA SCHOOL

The aim of the Itsuo Tsuda School is to bring together those individuals who recognize themselves in what is, above all, a philosophy - of a practical kind - particularly to be found in the works of Master Itsuo Tsuda, and which Régis Soavi Sensei continues to transmit.

For that purpose, the I.T. School affiliates its members either as individual members, or as members belonging to a recognized group. The Itsuo Tsuda School offers the possibility of a link with a certain trend of thought, with something achieved in a cooperative process. The School was born in that spirit, stemming directly from the close links created between the dojos which have now been working with Régis Soavi for over twenty years.

The School carries on its work with those dojos, which are independent associations run by the members themselves and solely designed for the practice of Aikido and Katsugen Undo.

Since 25 years the summer workshop collects one hundred persons from different countries to allow the discovery and research of the ki, through the practical philosophy transmitted by Itsuo Tsuda:

"Without knowledge, without technique, without aim"



RESPIRATORY PRACTICE OF MASTER TSUDA

- FROM 8 TO 14 JULY
- FROM 15 TO 21 JULY



"AIKIDO"

from 7.30 to 8.30

from 14.30 to 15.30

"AME NO UKIHASHI KEN"

weapons session

from 17.30 to 18.30

"KATSUGEN UNDO"

Regenerating Movement

from 10.00 to 11.00

from 19.30 to 20.30 *

* a conference will open the Katsugen Undo session

Video screenings of Master Ueshiba and Master Tsuda

FEES

FEES	ONE WEEK	TWO WEEKS
one activity	230 eur	330 eur
two activities	280 eur	380 eur

until 18 years old: - 50%
members Itsuo Tsuda School: - 30%

Inscriptions before 31/05/12
Send the attached inscription form
or contact one of the dojos

In accordance with the availability of places
it is possible to inscribe until the first day of stage

LE MAS D'AZIL

Village in the Ariège, welcoming and clear, nestled at the feet of the Pyrénées and close to the city of Toulouse (80 Km). Its magnificent prehistoric cave gives it the intangible atmosphere of a particular and serene site.

The workshop will take place in the municipal gymnasium of Mas d'Azil, which every year is transformed into a dojo for the occasion.



ACCOMMODATION OPPORTUNITIES

MAS D'AZIL CAMPING "Le Petit Pyrénéen"
2 km from village centre, 09290 Le Mas d'Azil
+33 5 61 69 71 37- www.lepetitpyreneen.com
contact@campinglepetitpyreneen.com

CAMPING and BED & BREAKFAST

"Vergers de Sésame" (3 km)
Caoué de Coume, 09290 Le Mas d'Azil
Tel. +33 5 61 69 99 56 sarillosange@hotmail.com

AGRITOURISM information:
32 Av. du Général de Gaulle, 09000 FOIX
+33 5 61 02 14 45 <http://www.ariegepyrenees-alaferme.com>

HOTEL / BED & BREAKFAST

"Gardel", Place du Champs de Mars, Le Mas d'Azil
+33 5 61 69 90 05/+33 6 12 86 57 35 - hotelgardel@wanadoo.fr

"Chez Cadettou", Faubourg st. Ferréol,
Le Mas d'Azil - +33 5 61 69 95 23

Reserve quickly

HOW TO GET THERE

By train and bus:

Train to Toulouse;
bus from Toulouse to Montesquieu Volvestre
terminal beside the rail station SNCF.
Timetable: bus station: Tel. +33 5 61 61 67 67
then shuttle by reservation bus from Montesquieu
Volvestre to a Mas d'Azil.
Timetable: MUNOZ + 33 5 61 69 91 46.

In case of problems please contact the Dojo of Toulouse:
+33 5 61 48 75 80

By car:

