

# Congress

“Seminars Day” for the 2<sup>nd</sup> World Open Amateur Championships in Japan  
Saturday, July 26<sup>th</sup>, 2023

**Theme: *To win the competition***

**There is wonder in winning, no wonder in losing**

## schedule

Timetable	Class hours	Associate professor	Remarks
Reception Time	9:00~9:20	practice	
1	9:20~10:20	Masaki&Chiaki Seko	
2	10:20~11:20	Hidemi Yamamoto	
Break Time	10minutes	practice	
3	11:30~12:45	Denis Trembly	
Lunch Time	25minutes	practice	
4	13:10~14:10	Belinda Adora	
5	14:10~15:40	Adam Reeve	
Break Time	10minutes	practice	
6	15:50~16:35	Timothy Howson	
Practice Time	16:35~17:00	practice	

項目	当日券円	前売券円	
一般	12,000	10,000	
大学生/高校生	8,000	5,000	
中学生/小学生以下	5,000	3,000	

\*プロ・アマ・指導者問わず、受講できます。

\*上記の全額で全ての講座を受講出来ます。

\*ご希望の講座を選んで受講することもできます。

この後は  
原稿が出来次第お送りいたします。

## Lecture content

### 1 Masaki&Chiaki Seko

### 2 Hidemi Yamamoto

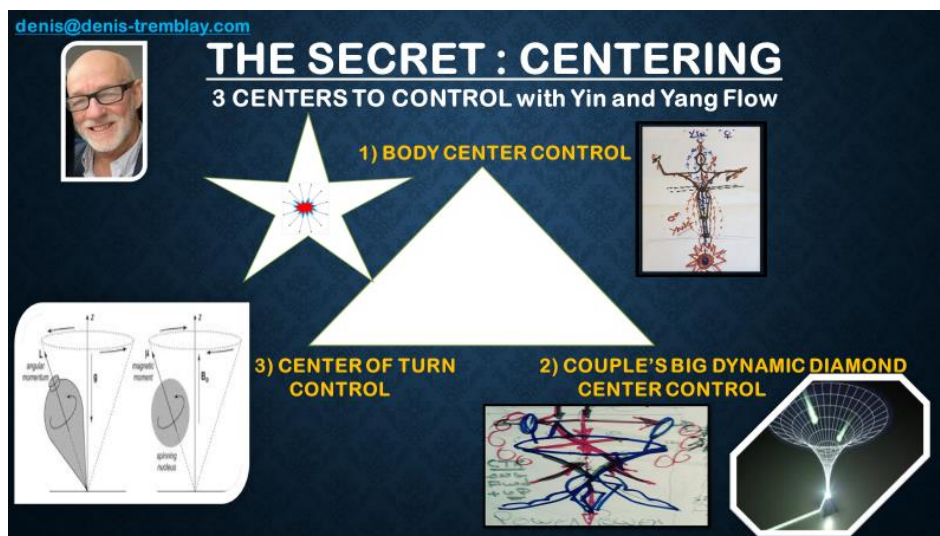
### 3 Denis Tremblay – Lecture Intentions

“The Secret” for Dynamic Balance & Partnering Harmony: CENTERING – 3 Centers to control

The ability to organize, think, see, and feel all Dance Elements and Energy, from, to, and around a Physical Center in the Body – the Couple – the Turn of a Figure

The Notion of 2 Flows is Key to allowing the Magic to reach Balance and Harmony:

1. A “Yin” Flow: Feminine Flow, like water, INTO the Center and DOWN into the Floor under the standing foot
2. A “Yang” Flow: Masculine Flow, like Fire, UP to Center and OUT into free space



### 4 Belinda Adora

### 5 Adam Reeve

### 6 Timothy Howson