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The Taoist Arts Organisation

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THEMED COURSES:
ARE THEY THE WAY FORWARD?

The Tao Yin course took place in Newcastle the last weekend in November. The second of our new, themed courses, it was fully booked, attended by 31 members including some of the most junior and the most senior. People travelled south from the Highlands of Scotland and north from Yorkshire, London and Kent and one member came across from France. All were made welcome by the local students who, between them, generously put up 15 visitors in their homes.

I know from what he has said in previous newsletter articles that Tony’s concerns with themed courses have been about whether or not they offer the flexibility to be able to allow all students to work at their own level. Clearly this course must have challenged him in that regard, he had a very specialised subject and a group of students with between 1 and about 30 years experience. So to test out whether he succeeded I approached our TAO newlyweds, Gareth (blackjacket) and Renee (just completing her first year of training) Pryce and asked them to give me feedback from their very different perspectives.

You travelled all the way from London to Newcastle, so you must have been looking forward to the course. What did you expect?

Gareth: Tony generally puts together courses that are suitable for all who attend. I had concerns that by focusing specifically on Tao Yin for a whole weekend the depth and detail might be unsuitable for everyone. I also wondered whether

it was useful to highlight Tao Yin because it could be seen as separate from the Tai Chi.

Renee: Having heard about the K’ai Men course from last year, I was looking forward to this year’s course on Tao Yin. I was unsure about what the training would be like and was still not quite sure what the difference between K’ai Men and Tao Yin was!

How did Tony structure the first day?

Gareth: The first morning was all sensitivity work, particularly relating to the legs and feet to teach us to root when the arm movements of the various exercises were added. Until tea break we were sitting in pairs feeling each other’s feet to learn to generate expression through different parts of the non-weight bearing foot without muscular tension in the leg. We then progressed to a similar exercise while standing and finished with expressions through other parts of the body. In the afternoon we worked with our first proper Tao Yin
– “The Moving Mirror”. Tony used this to help us explore standard patterns of interconnected movement, which we would be able to recognise and recreate in many other Tao Yin exercises.

**Renee:** The first day was quiet compared to training weekends I’d been on before. Much more focussed on feeling and experiencing, and for me, trying different things. The “exercises” appeared to be quite subtle when explained but were quite dramatic in their effect for me such as being quite warming, unexpectedly enlivening different parts of my body and affecting my posture. The training progressed through to developing expressions in different parts of the body, and feeling how they were interconnected.

And the second day?

**Gareth:** In the morning Tony took two Tao Yin, “The Single Iron Arm” [see picture] and “Support the Clouds”, where the external movements were similar but the listed health benefits were very different. He showed us how each achieved its effect and we were able to make comparisons between the two. Some of the differences were obvious, e.g. in “The Single Iron Arm” the arm is raised as you inhale but in “Support the Clouds” the movement coincides with an exhalation. Others were more subtle, such as differences in how the arm is articulated as it is lifted, opening different parts of the thoracic cavity. In the afternoon we worked on “Four Directional Breathing” (both Feng Shou and T’ai Chi versions) as representatives of the group of Tao Yin which are performed dynamically.

**Renee:** The second day progressed to working on 2 Tao Yins that looked similar but were very different and ended with work on the “Four Directional Breathing”, which brought a lot of what we had been working on over the weekend together as well as giving us a practical understanding of things such as the torqueing effect and dynamic tension. It was a little more tricky trying to do all this as well as think about the breathing!

How do you consider the course worked overall?

**Gareth:** Tony was aiming to give us the tools to be able to work out other Tao Yin exercises for ourselves, teaching us to become aware of exactly which muscles were being worked and how the movement generated the health benefits. For those of us who were able to absorb the information, there was a little exploration of how to modify and combine exercises for particular health problems. It was incredibly specific but not, as I had feared, separate from the rest of the system. What we learnt was something we could take back and put into every day practice, not only Tao Yin exercises but T’ai Chi and all aspects of the system.

**Renee:** This training weekend was different to other courses I had been on. It was more focussed and in some ways more tiring (not least because I was suffering with the snuffles). For me it added another dimension and layer to my understanding and practice of T’ai Chi, which I can feed into my warm-ups, Form and closing exercises.

Without the partner work, helping each other and feeding back to each other and sharing our experiences, it would have been quite different. I had the pleasure of working with Gillian from Scotland with whom I shared my birthday and was touched by everyone’s good wishes and thoughtfulness for us.

Not only have Gareth and Renee given us insight into the course, I think it is clear that it worked for them both at their different levels. Let us hope that this encourages Tony as he faces the challenges of other themed courses. The next one is the open course at Twyford to coincide with our AGM next June when he will offer an introduction to Tui Na.

**A. M.**

Ask Santa

The four Tao Yin studied on the course are all described in the series of Tao Yin booklets available from our members shop.
THE TAO “RULES”

At the back of our membership books is a list of rules, laid down by Professor Chee Soo. To be honest we don’t often pay much attention to them but they will certainly be there to help us. I thought it might be interesting to look through them and offer a few personal observations about how they may apply within the TAO and beyond it.

**Always keep your body and clothes clean.** In its literal sense this should be easy to do but what more can it mean? It is courteous and respectful to your instructor and any training partners that the focus can be kept on training and not on issues of hygiene. It demonstrates your willingness to participate in training with an honest and serene demeanour, readily able to engage in any aspect of training.

**Obey your instructor and teacher at all times.** Whilst this can sound draconian on first reading, it is important that it is seen within the context of the training in Li Arts and not about every aspect of your life. The instructor or teacher has found themselves in the privileged position of imparting their knowledge and understanding of the Li Arts after many years of training. They are authorised to do so by the Technical Director, Tony Swanson whose knowledge of the system is unsurpassed. Listening to and obeying what is asked of you allows them to help your training to progress in the best possible manner for you and enable a safe and enjoyable training session.

**Control and concentrate the mind.** This is a very important rule as the mind is the controller of chi and when working within the more advanced levels of the Li Arts there is a great subtlety of power found here. By following this rule you will be able to progress to the full extent of the Li system. Initially following this rule will help you to learn the fundamentals of the syllabus, the techniques and forms. Control comes from being able to understand how you respond to circumstances around you and with a greater control the concentration can occur without effort or strain.

**Obtain a better life through spiritual awareness.** The first thing to say of this rule is that it’s open to the multitude of spiritual paths the members of the TAO follow. At heart though it is about the spiritual awareness that the Taoists brought to their everyday living. How they interacted with their environment and surroundings and how this spirituality was a fundamental part of practising any Taoist Arts system, of which the Li Arts is one. In my understanding Taoism does not conflict with other spiritual paths, but, if understood correctly, its principles can enhance and bring additional meaning to other spiritual practices.

**Physically, endeavour to become one with yourself.** If your chi is to be utilised properly your physical body has to be opened up to its optimum to allow its uninhibited flow. Awareness of yourself is the primary point of reference when understanding others both physically and mentally. Therefore if you can appreciate where your limitations are (mental & physical) you will reach this point far sooner. Comparisons with those around you are an important tool in your learning process but always remember they are not your mirrors.

**Never use physical strength, learn to harness and use your Chi, your life energy force.** This rule follows on from the last. Physical strength builds in tension and thus restriction, which ultimately prevents the harnessing of Chi. The more we get into the habit of doing things without physical strength the more we develop our ability to harness Chi and the practice accumulates Chi over time leading to improved well being.

**Dedicate yourself to the practice of our Chinese Arts, but practise with a feeling of exhilaration and complete relaxation.** Dedication is required in any serious study or development of a skill or knowledge. In the Li system it comes with the additional benefit of becoming a way of approaching life. What can be achieved in the Arts both personally and within the wider community is progressed further when the enthusiasm and joy of participation can clearly be felt, seen and shared with others. We can all do this whether it is through a class, demonstration, competition or just by talking to someone about what you do.

**Give way to force at all times, whether it be physical, mental or verbal, so that you cannot be uprooted.** Like a tree in a storm. For many - the most difficult thing to achieve. We are a complex mix of elements and they all interplay with each other from moment to moment. As some of the rules discussed earlier have pointed out the
starting point is ourselves. This means we must learn to give way to force within ourselves before we will be able to deal efficiently with force from others at which point we must deal with both. This may sound easy in theory but, more often than not, it is elusive for all but the very competent practitioners. Trying to achieve this in our training is one thing but to really embody the rule it should become a part of the way we are in our lives. Good luck with this one, work in progress...!!

Show compassion and love to everyone and everything that is a part of nature. As a Taoist wouldn’t see themselves as separate to the world around them or superior to any part of it, it is not surprising that this rule exists. This is not a rule that one that would necessarily feel was easy to follow in modern society but it may be interesting to think about what is “a part of nature”’ and what is not, to see what you might exclude from the application of this rule.

Words mean nothing, it is the doing that counts, so help everyone you can, in whatever way you can. In my time in the TAO I have seen this done over and over again. In the training hall we are demonstrating this with group and, more obviously, partner exercises. As an organisation we have a core of individuals operating as a committee to keep the TAO running; but outside of these more obvious roles there are many individuals that volunteer their time or are “doing” for the benefit of all. At the core of our Organisation is Tony, who exemplifies this rule to the highest level. This may be something he feels obliged to do, due to the responsibility he carries with his knowledge of the system and his role as TD. However, along with many others, would say it is more than that, he acts from the heart.

Adam Wood

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2012 COURSES

- the 2012 course list sent out in November: it should show the UK Summer course begins on 22nd July not 21st.

- since the dates of Twyfords in 2012 were originally circulated, the date of the May Twyford has been changed to 12th – 13th.

- Easter course booking form on the back page.

THE BOSTON COURSE
4TH AND 5TH NOVEMBER

Lincolnshire’s TAO students were fortunate enough to have our Technical Director, Tony Swanson visit us on the 4th and 5th November. He took two classes at Boston Grammar School, the first being a two hour class on the Friday evening and the second an all-day class on the Saturday. The Friday evening class was a new addition to our previous weekend courses and has proved very useful to our Lincolnshire students.

During the last 12 months new classes have been opened in Boston, Spilsby and Horncastle and so the course was being offered to a large number of students new to the TAO. Whilst eager to learn and liking the idea of receiving instruction from the Technical Director himself, there is always a feeling of trepidation in attending your first full day or weekend course. Students get the idea into their heads that they are not good enough, don’t know enough or won’t be able to follow what is going on. Their instructors obviously tell them that this is not the case in the TAO and that no one will ever be left out, but it is still a worry and they really do not know what to expect.

The two hours on the Friday evening is particularly useful for such students. It is the perfect antidote to their worries because even if it proves to be dreadful it will only last two hours so what have they to fear?

Numerous students attended on this basis, some of them had only been training for two or three months. The session opened with Tony taking the warm up followed by the Tao Yin, “Happy Day Breathing”. Explanation and detailed instruction was given regarding this exercise, with a demonstration of how it is possible for us to breathe into the various lobes of the lung separately.

We were then treated to an explanation of how the stepping in the Li Form differs from that in the Yang Style before moving onto a drill taken from the “Fair Lady Weaving” sequence of the Form. This flowed on to work with the form itself, Gareth Pryce teaching the beginners whilst Tony taught the more advanced students.

The whole evening was a great success and all of the participants found it both enjoyable and informative. Any fears and doubts they may have had about attending were well and truly laid to
rest as the Technical Director’s charm enveloped them like a warm blanket. There is no doubt that they will now feel confident to attend a full day or weekend course and some have already been enquiring regarding our residential courses.

The Saturday was attended by 26 students from 9 different clubs. The day’s training followed on from the previous evening with participants devising their own movement drills and working towards putting principles learnt into the Form itself.

One student commented on how impressed she was at the way that Tony was able to layer the course so that both the novice and the experienced practitioner was able to gain useful experience from the day.

Another mentioned how he was able to get participants to focus fully on the task at hand, in this case working on devising a movement drill and demonstrating it to the whole group. This is a process that they would normally face with dread. It is always a difficult moment when students are taken out of their comfort zone and it is the mark of the truly great teacher that Tony can get people to both do this and enjoy it.

A more experienced student has reported that, after speaking with Tony, she realised for the first time how the Form can be personalised by the practitioner.

As on all of our courses time seems to fly by and things are finished far too soon. The Technical Director is due to return to Lincoln and Boston again in 2012. I don’t doubt that word will get around regarding the quality and depth of the teaching and that he can expect a very warm welcome.

Thanks should also be given to Cilla for organising the venue and providing tea and biscuits as well as directions and a welcoming smile to visitors.  

Written by a Lincolnshire Posse.

The final day of this split location training weekend was spent in Kings Lynn where, thanks to the presence of some of Derek Cooper’s junior students, most of us had an invigorating day of Feng Shou. There was still a corner where the endlessly patient Gareth taught T’ai Chi for those who wanted it, but they were very limited for space as the rest of us worked out practising range and distance with kicks. Great training. Enormous fun!  

A.M.

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COMPETITION RESULTS

There was a second BCCMA Novice Sanshou Competition this year. It took place on 20th November. This competition is designed for novice young fighters to get some experience of full contact fighting among themselves before they progress to an open competition and have to deal with the more experienced competitors. They can fight as novices for their first 5 fights. We had 3 fighters in the competition this time and all came home with medals.

**Megan Swanson: Gold**  
Meg had one fight and she did really well, especially considering it was her first full contact competition.

**Julian Darda - Gold**  
Julian had 3 fights in total and showed a good progression of his fighting skills to end up winner of his category.

**Adrian Merville-Tugg – Silver**  
Adrian had 3 fights also and all 3 were well-fought matches but in the 3rd he was caught by a very good kick leading to his retirement.

Adam Wood
The wonderful flowering of new clubs in Lincolnshire has already been mentioned (see p. 4). Cilla Westley’s Boston club has been out spreading the word to potential new members. Cilla has been devoting an enormous amount of effort to marketing this year and this is just one of the many new initiatives she has taken which has resulted in her bringing in 44 new TAO members in the last year. – Congratulations Cilla and thanks for all your hard work.

Frances Taylor, Play and Physical Activity Officer for Boston Borough Council, kindly invited us to take part in the Boston Community Showcase held in the town central park. The Showcase represents a great way of involving many people in what has become a well-established vehicle to bring the community together.

This is a day for all those in the voluntary sector to showcase there organisations. Approximately a hundred organisations from the Boston community took part this year, these included groups such as Community Safety Team, Fire and Rescue, Air Ambulance, Age UK and British Heart Foundation. Alongside the stalls there are many more different activities for the public to take part in, the theme for this year was movement and dance, with music coming from live bands on the main stage.

The day ran from 10.00am till 4.00 pm and we were allocated a slot of 20 minutes, opening the event on the small stage. Keith Painter introduced us to the crowd by giving a short, informative speech on T’ai Chi. For the demonstration we chose to show what it would be like to take part in class by performing shortened versions of what we would do during a typical class, such as Warm Up, Tao Yin and Form.

As a finale, the original plan was to demonstrate part of the Fan Form, however, the tail end of a hurricane put paid to that! Ok, time for Plan B... Brian Spink demonstrated part of the T’ai Chi Sword Form.

Near the end we asked for volunteers from the audience to come up on the stage and have a go, alas... no takers (no surprise there!). After the demo, a well-earned cup of tea! Then it was time to meet the public with leaflets in hand.

Thank you to all the Boston students that took part, many of whom had not been part of a public demonstration team before, also to the many other students that supported us by coming to watch and being our cheering section.

As part of our club support team, Instructors are welcome to contact Cilla to discuss marketing. She is happy to share her considerable experience to help other clubs to attract new members.

Cilla Westley
REFLECTING ON THE TAO

2011 has been a year when the TAO committee has had to face up to the economic realities created by the recession. We have had to consider the possibility that the TAO might not continue to be financially viable and to work hard to prevent that happening. In the course of that process I have thought about why it is important that the TAO continues to exist and become more aware of the things that make the TAO special. I would like to share some of my thoughts with you.

I am specifically thinking about the TAO as an Organisation and the qualities it expresses in the way it is structured and run. Some Martial Arts organisations are using T’ai Chi as the content of an entirely profit based business model. I have just Googled “learn to teach T’ai Chi” and I see one site offering “certification within 4 – 6 months through web based distance learning.” Contrast that with the many years students spend training face to face with the Technical Director before he certifies them to teach in the TAO and you have an illustration of the first thing I identified: we prioritise quality over money.

I can’t say we are so idealistic we don’t care about money. The Organisation has to pay Tony if he is to be available to give as many training courses as he does – he can’t afford to volunteer that much time. In the current recession we have to pay careful attention to financial matters but the decisions we take are always informed by a desire to get the best possible quality we can, within our means. This has consequences, the main one being that we pay Tony a tiny fraction of his potential commercial worth to keep membership and training costs low so that courses are available to as many students as possible.

I think it is as a result of this prioritisation of quality that the TAO is set up as an organisation run by committee, which provides an umbrella for all the clubs and all the students. In 1995, when a group of black jackets were asking him to start an organisation, Tony could have stipulated, only if you give me complete control, or, only if you pay me X amount of money. But he didn’t – his condition was that there was a committee that would work with him. In that moment he demonstrated that his priorities are different and his strategy far more long sighted.

You have only to look at the mission statement at the top of the newsletter to know that Tony feels a responsibility for the future of the Li style. He has worked to restore its reputation both within the Organisation through testing it’s performance as a martial art in competitions. But this is not simply about its current reputation. Largely forgotten about in China, surely the TAO has a large part to play in the survival of the Li system anywhere in the world. Unlike Chen, Wu or Yang style, Li-style no longer has a Chinese family to pass on the traditions. I believe Tony is working to create a new adoptive family who will carry it on to future generations.

It is for this reason that I believe that the TAO’s co-operative group structure is necessary. We nurture individuals as a group, for their good and the good of the group. If the point were simply to make money for one individual, the priorities would be clear and the game would be all about exploitation and control. (Sadly this is a temptation that other martial arts teachers have not resisted.)

However it seems to me that Tony has chosen to embark on a complex social experiment, to try to create a group with family style loyalties and bonds though our mutual interest in the Arts. This is intended to ensure the continuation of the Arts beyond his involvement. It is certainly not the easy path to take!

But what is fascinating to me is that in 2011, just when the pressure was on from the economic situation, things are coming together. The spiral is moving the right way and all sorts of different strands are getting drawn in and joining the stream.

The whole point of the family is that it needs to pull together to survive. We often talk about how special Tony is and wonder how we would manage without him. What we less often consider is that he can’t do without us!

This year, we as members have been working to build and strengthen our own TAO, possibly as never before. I just want to run through some of the forward steps taken during 2011. For a start it is important to recognise the huge contribution made by Instructors who run clubs. Teaching may be emotionally or possibly even financially rewarding but there is a lot of work involved. Our Instructors are those who choose to work within
the co-operative system, their work feeding back to the good of the whole Organisation, prioritising quality over money. They value Tony’s continuing input into their learning and development and so support him in his enterprise. The quality of their teaching will naturally be improved by his continued guidance, so not only they but also their students benefit. This is a key strength of our extended group Organisation.

Our clubs are all working so hard in different ways. Starting at the northernmost tip, the Scottish clubs made their weekend course break even (despite their relatively small numbers and the disproportionate expense involved in Tony getting there). Frances Pearce shared her idea of a Friday evening session before a weekend course being good for beginners and we have taken it up in Newtown, Newcastle and Boston where it has been a universal success. The particular benefits for new students are fully described in the Boston report on page 4.

Newcastle has hosted two well-attended courses including the Tao Yin course. The costs of travelling for training can be high, possibly prohibitive when the distances are great, but the Heaton club were wonderfully welcoming in accommodating all visitors in their own homes. This is also the practice in Germany and it makes for a wonderful friendly atmosphere in the training hall. The visitors enjoy the training and, we hope, want to come again, and the locals get the benefit of new training partners and feel integrated with the wider organisation.

Of course, Ferris Jerjis has for many years been devising special course ideas to tempt Tony and so he must be given credit as one of the architects of our new themed courses that are so well received.

Harrogate has hosted its first weekend training day and Tony returned to Lincoln and Newtown after many years of absence. All these courses were very well attended and new friendships were made and old ones renewed. Some students met Tony for the first time on a weekend course and signed up immediately for a residential. Others may take longer but a residential course won’t feel like such a big step if you know people who are going to be there. So thanks to all those who have travelled to train in other parts of the country, their contribution is to make the process of integrating this “group of groups” so much easier.

Tony didn’t go to the Nottingham area but two Nottingham students travelled to their very first training day in Lincoln, without Cliff Dowler – very brave! They must have felt welcome as they came back to Kings Lynn. Let’s hope one day we can get enough people to make a Nottingham course viable. Meanwhile that is a big contribution from a little club.

Leamington Spa club expanded its activities to take an extra training course, in addition to the weapons course they traditionally host. John Zetterstrom has put in a huge amount of work in organising courses and marketing the system.

Cilla and Keith have set up classes in Boston, Spilsby and Horncastle and between them enrolled around 60 new members. As mentioned on page 6, Cilla has made a detailed study of marketing and, as well as writing a marketing advice pack, has kindly offered to talk to any instructors to see if she has some new ideas they hadn’t thought of.

Dave Phillips has stabilised and developed membership in Newtown after the difficult transition years after Richard retired and now Janet Edwards has started a class in the area. In Bath, Darren Gough is at an earlier stage in a similar process, working with long-term students to stabilise the club after a change of Instructor. Dave Clyant is also developing clubs in the tricky year after the birth of his first child. We value the importance of the work you are all doing in building our club and membership base and your loyalty and dedication in sticking with the TAO family in difficult times.

In London there is a large group of Instructors who contribute in so many ways. Some are running classes both for adults and for kids; some are training hard as our representatives in competitions and some are providing invaluable assistance and support to Tony in his teaching on large group courses.

In Germany the memberships and the competition successes continue to grow and in France, such is our reputation that a TAO coach has been requested for their national team – a great honour for Li style and for the quality of the TAO.

There are many other things, worthy of mention and I am sorry if I have omitted or brushed over one you feel is important. When you start to list things, you begin to see how much we have achieved. I particularly wanted to reflect back to
us as a group how far we have come as a group rather than simply highlight the successes of individuals. As Renee said in her interview, “Without the partner work, helping each other, it would have been quite different.” We can’t do this without each other.

It is in this optimistic spirit that I wish you all the joys of the festive season and all the best for the TAO in 2012.

A.M.

Ask Santa

TAO gift vouchers are available to help cover the cost of courses, uniform or publications.

Buy them for a friend or ask for them for you.

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Keith Painter has sent in the following quote, yet another thought provoking idea for your New Year musings:

PERSISTENCE

‘Nothing in the world can take the place of persistence.

Talent will not; nothing is more common than unsuccessful men with talent

Genius will not; unrewarded genius is almost a proverb.

Education will not; the world is full of educated derelicts.

Persistence and determination alone are omnipotent.

The slogan 'press on' has solved

and always will solve the problems of the human race.’

Calvin Coolidge

ANNOUNCEMENTS

Weekend courses 2012: Would anyone considering travelling to the Highlands by train or plane for the course next March please get in touch? To minimise car hire costs (and environmental impact) we will investigate hiring a single vehicle to transport everyone. A.M.

I was overwhelmed with the response to my ad for the post of Newsletter Picture Editor (September issue). After a hotly contested selection process, the post was given to Cilla Westley.

Congratulations Cilla!

If you have photographs which may be suitable you can send them to me or to her.

A.M.

MAILING TO MEMBERS

You will probably be aware that we are trying to make our mailing more efficient so we can keep all members informed.

All members with email should have received the November Noticeboard with the 2012 course list. If you did not please contact your Instructor to ensure your correct address is on our database. In the event of any problems please contact Anne at annemanasse@blueyonder.co.uk.

To help get this system up and running please would club Instructors check their club lists on the database and ensure the most up to date email addresses are listed for their students. Would they also contact Anne if their list has expired members or is missing some current ones. We aim to get the data fully corrected this winter.

A.M.

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Once again my sincere thanks go to all who have contributed to this issue. Not all contributions have been able to be included this time because they arrived so late. Editing, collating and printing can be time consuming so please get your articles to me as soon as possible. We are only publishing quarterly but you can still send material to me at any time, don’t wait for the deadline!

The next issue will be in March. Please send contributions or suggestions by 24th February, at the latest please, to Anne Manasse 7 Gowan Terrace, Jesmond, Newcastle upon Tyne NE2 2PS. 0191 2816476. email annemanasse@blueyonder.co.uk
### 2012 EASTER COURSE DETAILS

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<th><strong>Venue</strong></th>
<th>Bloxham School, Nr. Banbury, Oxford</th>
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<td><strong>Date</strong></td>
<td>Friday 6th to Sunday 8th April, 2012</td>
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<tr>
<td><strong>Course Instructor</strong></td>
<td>Tony Swanson, T.A.O. Technical Director</td>
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<td><strong>Training</strong></td>
<td>£110 Non-refundable Booking deposit and Training Fee <strong>required</strong> to secure your place on course.</td>
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<td><strong>Full Board and accommodation (supplied by Bloxham School)</strong></td>
<td>£115, please pay in cash on arrival at the course</td>
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**To Book:** Please send your completed booking form (by post or email) to James Lumsden. Deposit to be paid to James Lumsden or Marie Hartshorn in the UK, or Annette Böffinger in Germany or Dominique Gantier in France. There is a limit of 50 places available. Single rooms will be allocated on a first come first served basis.

**For further information:** Please contact James Lumsden giving him as much notice as possible. He can usually arrange additional accommodation for Thursday or Sunday night, and cater for special dietary needs with adequate notice.

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**Course Organiser:** James Lumsden: 10 Lawford Road, London, W4 3HS, UK. Email: [jhlumsden@btinternet.com](mailto:jhlumsden@btinternet.com) Tel: 020 8995 4752 Mob: 07738 004 731

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### 2012 Easter Course Booking Form

Please reserve me a place on the TAO 2012 Easter Course.
I enclose my payment of £110 and I understand this to be a **non-returnable** deposit/training fee. Board and accommodation is an additional £115, to be paid in cash on arrival at the course.

I understand it is my responsibility to ensure that my insurance is up to date before participating in training.

**Name:**

**T.A.O. Membership No:**

**FULL Address:**

**E-mail Address:**

I require a single room **Yes / No**

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