

Taoist Arts Organisation



Li Family Style

As taught by Prof. Li Kam Chan and Prof. Chee Soo

The Taoist Arts Organisation is dedicated to promoting and preserving the purity, quality, and completeness of the Li Family System of Health and Martial Arts

TAO SPRING NEWSLETTER APRIL 2018

IN THIS ISSUE:

We have a wide range of articles from TAO members sharing their experiences and personal journeys in the Arts. We round off with a farewell message from the late Anne Manasse and tributes to her. These articles reflect the diversity and richness of the TAO. Thank-you to all for your contributions. Happy reading!

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FROM THE TECHNICAL DIRECTOR:



I would like to say a big thank-you to the senior members of the TAO for their support whilst I was going through recuperation from illness. For me, it was a very wonderful thing to see that everything that I had wished for, which was that the Organisation does not

rely on one figure-head, was coming to fruition, and that many of the members were supportive of other people teaching. This shows that there will be a great opportunity for the future of the TAO, and that the younger members are showing great enthusiasm in the learning processes.

The emphasis of the TAO, though staying the same, is now starting to go into the deeper levels of

the Tai Chi. Hopefully over the next few years, people will see the things that they have only read in books coming within their grasp.

Having lost one of our main stalwarts on the committee, things within the committee are changing, and some personnel feel it is time for them to step down. I am hoping that their replacements will be just as enthusiastic and hard working as they have been, and it would be a great opportunity for younger members to step forward to take some of the responsibility as it will hold them in good stead for the future.

The new TAO website has started to go online and gradually we will continue to evolve and show more of our ideologies and achievements, especially on the Hall of Fame, which will celebrate people's hard work in competitions that have brought us to the forefront in Chinese Martial Arts. It will show we have great strength and depth, not just from our young athletes but from all age ranges.

We will be adding the Newsletters to the website to show where we have come from so people can read back to learn some of our history. If people do read back, they will see our development since inception.

We are also in the process of archiving all relevant information about the Li-Family Arts in the form of the movements and forms so we can keep the heritage and purity of the system alive in the future.

I would like to finish by thanking everyone for their good wishes over the last year and am looking forward to seeing you all, now that I am back teaching again.

Tony Swanson

BREATHING

By Nik Kerwin

*Always eat when you are hungry
Always sleep when you are tired
Always drink when you are thirsty
But don't stop breathing or you'll die.*

Sound advice from this song but - in and out - is it as simple as that? We are only trying to oxygenate our blood right?

I have spoken to groups on breathing and people cannot believe how much they did not know about breathing or how bad their breathing was. Most people breathe very shallowly and only use the top compartments of the lungs. The lungs comprise of three compartments in the right lung and two on the left (to give room for the heart). When people breathe in shallowly often their shoulders rise, they are drawing in minimal oxygen and leaving stagnant air in the lower parts of the lungs. Watch people and see how they breathe, and how many times per minute they are having to breath because they do not breathe efficiently. They are also creating tension in the shoulders and upper back especially if they do not relax properly when breathing out.

Check your breathing now.

To take a good full breath:

1. Place your left hand on your Tan Tien/just below your navel - Lower
2. Place your right hand on your solar plexus, just below the rib cage - Middle
3. Breathe in deeply so your left hand moves out
4. Breathe in more so your right hand moves out
5. Breathe in more so your chest expands, but do not raise your shoulders - Upper
6. Breathe out and relax the shoulders, solar plexus/ torso and finally abdomen ('tummy')

You should be aware of the breath/air coming through the nose, down the wind pipe and into the lungs pushing the diaphragm down, squeezing down on the intestines and forcing the 'tummy' area to move out, the mid-section/solar plexus area to move out and finally the chest to expand. But breathing should be all round, not just at the front,

so your sides and back should also be expanding as you breathe in.

You can see how this simple act also exercises the internal organs, squeezing out old, stale blood and allowing new freshly oxygenated blood in, exercising the musculature in the abdominal area, lower back, intercostals and upper chest and back, improving muscle tone and posture as these are core muscles. It will also increase your lung capacity and help to align your body.

This is a deep, natural breath and if you watch babies, it is how they breath naturally. It is often called three sectional breathing - lower, middle, upper.

You can gain great control over the breath, breathing in any of the three sections at will. A good way to learn is to practice doing three short, sharp and separate breaths into the three sections one at a time (i.e. 3, 4, 5 above), then breathing out in a similar way - upper, middle, lower.

When you have mastered this you can breathe into each section in any order, and out in any order or maybe just one section at a time. Then you can try just the left or right side, or just the front or back. Why??? I hear you ask - well there are many reasons:

- a. Control over you own body
- b. Health - if you have a problem (say a broken rib) you can breathe specifically to avoid the pain and moving the injured bone
- c. In partner work you can use it to reinforce your posture, to create space or to raise or lower your centre and root your posture. You could try getting someone to push your right shoulder into you (toward your left) to try and uproot you sideways to the left whilst you are in bear. Now breathe into the left hand side of the body only as they push and see how this supports you.
- d. In a reality situation, if you are locked or pinned in a position that inhibits breathing, you can adjust your breathing to suit. As an example, if someone sat on your back with an arm-bar arm lock (elbow facing the ceiling pulling your arm upward), this would make it hard to breath on

the side of the lock due to constricting the movement of the muscles in the chest on that side and the weight of the person on you, plus the added pain and discomfort. If the lock was on severely, breathing could be the muscle action that is just a movement too far and rips the shoulder muscles. So, you either panic, or you breathe into the back of the other side of the body (the front is compressed as you are laying on it). This allows you to relax and respond calmly giving you precious thinking time.

In Chinese medicinal theory, when you breath in the body extracts the chi from the air and stores it in the Tan Tien. Therefore, if you are not breathing fully you are limiting the chi you are creating in the body. When your energy is low, your head will drop and you will feel lethargic. If you take deep breaths, not only does this give you more oxygen and straightens you posture (as it is difficult to breathe fully in a bad posture) but it will increase your energy levels.

You will hear martial artists talk of Yin and Yang breathing. Yang breathing is what has been described above, allowing the abdomen to move out when breathing in and relaxing back to normal state on breathing out. A Yin breath is the opposite. You draw your abdomen in as you breath in and relax it out to normal when you breath out. The difference between the 2 is their use:

Yang - to gather more energy and store in the Tan Tien.

Yin - to stir energy from the Tan Tien and move energy, express energy outwards

Use of the breathing:

Meditation: Counting breaths is often used as a simple meditation. It brings your awareness to one place. You should be aware of the breath in, the feeling of the air through the nose, the filling of the lungs and movement of the body to accommodate, and the energy from the air sinking to the Tan Tien. For other forms of meditation you need to relax and let the autonomic nervous system control the breathing, allowing the breathing to slow as you relax. The average human breathes around 12 to

15 times per minute. As you relax and breath efficiently and in control you should halve that at least. As an example: Sitting writing this, I am relaxed and breathing, without effort, 5 times per minute.

Tai Chi: There are different stages and variations to the breathing in Tai Chi depending on what you want to achieve.

- Generally, for beginners, we would allow natural breathing as they have enough to think about with the physical movements.
- Then they might time the movement to a breath. Inward movements equate to an inward breath, and outward movements to an outward breath. Careful that they don't hold the breath while they complete a move or force unnatural breathing to accommodate the move.
- As the form starts to move naturally so the breathing can become more natural as we work on different aspects of the form. If we are, of course, working on the breathing in the form we would pay special attention. Be aware that for energy/ outward expression, you do not need to be using an outward breath. Energy expression is from the mind intent, where the mind goes, energy goes, you do not need a specific breathing pattern for this.
- To move energy around the microcosmic orbit and work on the energy aspect of the form you would do the whole form with Yin breathing.

Feng Shou/Chi Shu: A deep in breath is used for rooting the posture, and a second in breath, or rising in breath can be used to lift the opponents centre i.e. before a throw. A sharp in breath can also be used to draw energy into the Tan Tien from the air breathed and also draw energy from the opponent. An outward breath could also be used to sink the opponents centre or to express energy in a push or strike. As mentioned before it can be used to maintain calm, and counter locks and holds.

Kai Men: Breathing should be natural: this means more than "you breathe in or out without forcing or holding the breath". It strikes me that some may believe it means "take a shallow breath"! When moving into a position the breath helps you move into the position and helps proper alignment of the

body. When in a position, like squatting, or bent over, breathing also helps the movement out of the position, providing an initial momentum. Breathing out helps to relax the body into a posture. On the extensions, you should also use natural breathing and never hold your breath.

Tao Yin, Chi Kung: Chi Kung exercises have specific breathing patterns, but the default should be a Yang breath. Exercises, like the flying fox, are specifically designed to force breathing into one area only. In this case, flying fox forces you to breathe in to the abdomen (the emotional centre). It achieves this by compressing the stomach and stretching across the chest making it difficult to breathe into these areas.

As part of tendon changing, muscle changing and stretching you can also use the breath to “Breathe in to the movement”. You use your mind intent to focus on the area you are working on, breathe [energy] into that area as you focus on that area then hold the extended position as you breathe out then breathe into the area again, as many times as you feel necessary. It is very effective.

As a start (or continue, if you already regularly do Tao Yin) in your breathing practice, here is a specific Tao Yin exercise to clear the lungs, it is also good for disorders with the Chest, lung, throat and nose, and to balance the emotions (if feeling down, sad or anxious) - **Deep Sea**.

1. Riding horse, hands on thighs, little finger edge down, thumbs on top (keep body in upright position)
 - i) Keep fingers pointing inwards. Open from the chest, inner shoulder and focus on the thumb edge; This will assist in activating the lung meridian
2. Breath in, yang breath, as deep as possible, filling lungs completely
3. Breath out sharply; Almost like coughing from a muscular perspective but more like a strong “Ha” as if steaming up a window with your breath.
 - i) Pushing on hands, use abdominal muscles to draw in stomach and push up diaphragm,

- ii) Rounding shoulders and pushing down on hands to compress lungs and force out all stale air, breathing out completely. This is where you spot the smokers.
- iii) Due to contraction of abdominal muscles and rounding of shoulders you will naturally bend forward slightly, this is a natural reaction and not something you force.

Repeat 5 times i.e. 6 times in all.

You can also do this exercise with a Yin breath, drawing in your ‘tummy’ on the in breath and relaxing back out to normal on the out breath.

In all, there is a lot more to breathing than people often realise.

You should practice breathing exercises regularly for health and to ensure good breathing becomes a habit.

FROM EAST TO WEST - TEACHING T’AI CHI SECOND TIME AROUND

By Jane Frew

Originally, this article was going to be about comparing my previous experiences as an Instructor in the East London area to that of being an Instructor in the semi-rural area of Ross-on-Wye which is near the Herefordshire/Welsh border. However, as I’ve tried to put thoughts to paper (or keyboard) I can see that it has become more about the difference in teaching T’ai Chi second time round.

It was a hard decision to make – moving away from the London area and everything it contained – friends, jobs, T’ai Chi classes. However, it was a necessary step as my partner and I needed a house with room for my mum as she was getting more isolated living in north Norfolk as she got older. Due to the astronomical prices of houses in the London area, we moved west to Herefordshire in the summer of 2014. In January 2015, I opened a T’ai Chi class.

Prior to the move, I had taught several different types of classes including T'ai Chi, Children's Kung Fu and light contact sparring, women only Kung Fu and Qing Da classes. As I said in a previous article ('Thoughts from a female instructor and former fighter'), teaching the Li Family Arts has been a rewarding yet sometimes difficult experience as it has meant facing a lot of fears. It has given me the courage to talk in front of groups of people (both large and small) something I used to try to avoid as I don't like drawing attention to myself or being the centre of attention.

What I didn't say in my last article was that after 14 years of teaching the Arts, I gradually stopped teaching them. I could point to a few reasons for this. External reasons related to trying to run classes in East London with continually fluctuating numbers, venue safety etc. But if I'm going to be really honest with myself, I stopped teaching the Arts for an internal reason - I had lost belief in my ability to learn them, and therefore to teach them. Losing my T'ai Chi mojo was a hard realisation to face at the time and an even harder one to admit to.

So, what has it been like teaching T'ai Chi second time round? Well, it has been nothing short of amazing - opening a class in Ross-on-Wye was the best thing I could have done for my own personal T'ai Chi development. There has been a solid band of students and without the continual change as there was in East London, the students have had continuity from me which in turn has helped my development as an Instructor recovering from loss of T'ai Chi mojo. I have recently taken over an established T'ai Chi class in Malvern with an enthusiastic, committed and skilled band of students. It is a privilege to be able to teach the Arts to two groups of lovely people.

Having had time away from teaching then returning a second time round, it has made me appreciate the quality of the Arts more and more as I endeavour to explain and demonstrate them to others. During my previous years as an Instructor, I saw students' confidence and self-belief grow as they learned and practised the Li Family Arts and they saw and felt them work. I am seeing that again in the people in

my new classes and I am feeling that growth within myself once again.

I now have a deeper appreciation of Tony and his teaching (and patience) as he continually meets and teaches new people throughout the year (not just in the UK but in France and Germany as well) whilst at the same time developing the skills of existing students and instructors alike.

So going back to the introduction to this article. At first I thought I was going to reflect on and compare the similarities/differences between teaching T'ai Chi in two different geographical areas. However, although the geography is different, there is no difference in people as everyone, no matter where you go, has their own unique life history and set of circumstances. Yet there has been a difference. It's not the Li Family Arts - they withstand the test of time and they are portable - you take them with you wherever you go. No, the difference in teaching them the second time round has, thankfully, been the change within me.

MY TAI CHI JOURNEY

By J

I came to T'ai Chi later in life. It was something I wanted to do for a long time but I had to wait for the right opportunity. As someone who thought they had only recently started their T'ai Chi journey, I now know that the journey started with my first breath after being born but like most people, I have forgotten how to breathe like I used to as a baby, fully using my lungs and diaphragm.

I've now been doing T'ai Chi for just over 2½ years. In that time, I have been shown just how much T'ai Chi there is in everyday life. Even something as basic as walking where we use a lot of different stances just taking steps. From those few minutes of thinking about walking, I am now observing and thinking about the amount of T'ai Chi we use for everyday tasks - from making a cup of tea to swimming, horse riding, playing golf, working on a till or even being a surgeon - T'ai Chi is in all of the

movements. I am now starting to see that T'ai Chi relates to every part of everyday life.

I used to do Aikido. I did it for many years and have a bit of experience of other martial arts including Judo and Karate. When you take a look at all the martial arts, they all have T'ai Chi principles in them. Aikido consists of pushes, evasions, throws, strikes, single/multiple attacks, knife attacks. I've been told that it is similar to Chi Shu but it is hard for me to compare as I haven't done Chi Shu. However, I can see that T'ai Chi is about realism - Aikido is pre-planned. In Aikido, you don't attack 'through' someone - you attack to a pre-chosen point. You have to do Aikido for a lot longer than T'ai Chi to be adaptable enough to use it as self-defence. Different styles of Aikido can have more realistic styles of attack but they are still pre-planned. For example, in competition knife fights, you have a set time for having that knife then you swap over with your opponent.

T'ai Chi takes it past just the physical movements and balance-taking that other martial arts use - T'ai Chi is about your entire well-being - mind, body, health and fitness. I've found mine is a lot better since I started T'ai Chi. My back is a lot better, a lot freer, and my asthma has improved greatly as a result of T'ai Chi. If I'm having a bad day and I go off and do T'ai Chi, it makes my mood, wellbeing and body feel better. It's calming. It helps me breathe better.

I can see that T'ai Chi takes a long time to master but you get beneficial results from it as soon as you start. If you'd gone to the gym as a new person and done the same amount of training, you'd be stiff and sore but with T'ai Chi you do it slowly and build it up. T'ai Chi helps you maintain strength and flexibility and balance the same as doing a hard work out at the gym, going for a run, bike ride etc. With slight variations, you can achieve the same goal even with ill health and disability. You can do T'ai Chi throughout your life - you don't see many 80 year olds in the gym.

T'ai Chi is a relaxing martial art but at same time the principles when used correctly are used for self-defence. When I first started T'ai Chi, I started it for

the gentle, slow movements, relaxation and had no idea of its martial arts origins and applications. Now I am very interested in the martial arts!!

BOSTON AND KINGS LYNN ANNUAL COURSE - NOVEMBER 2017

By Keith Painter

The short, dark days of November were brightened by the presence of Tony Swanson, Technical Director of the T.A.O. who travelled to Lincolnshire and Norfolk to instruct, not only local students, but also those from as far afield as Herefordshire, Warwickshire and the London area.

Friday evening started with a simple Kai Men exercise, designed to improve movement in the Tai Chi form. But the simplest of exercises still has to be performed correctly if we are to benefit from it and no sooner had Tony shown us the basic sequence which we began to practice than we were called to a halt for further guidance.

The exercise itself comprised a simple step and arm movement but had to be performed as though our arms and legs were supported and guided by an unseen force. The purpose being to allow us to move as though we were gliding over ice.

As always Tony pitched the instruction so that students at all levels of training could benefit and took care to observe and advise everyone as they performed the Kai Men.

After being shown and performing the extension we went on to work through some drills designed to improve movement in relation to the correct opening of the hips whilst stepping - before finishing off with some form work to see if we found improvement when putting our newly learned principles into practice.

Saturday morning saw us start with another Kai Men exercise. A little more challenging this time but still designed to bring about effortless movement by originating the move at the central point of balance and correctly opening the hips as we progressed

into the stance. Many students were surprised to find how quickly their stances and postures improved by a few simple changes and gained considerable insights which they will be able to put into practice in the months to come.

Following the Kai Men we progressed onto partner work involving observing our partner putting into practice the principles we had gleaned from the previous exercise. Egos put aside we watched our partner and did our best to provide constructive criticism designed to bring about improvement, mindful that it would be our turn next.

We also looked at weight distribution in regard to stance and posture. Our feet may be correctly placed for the stance but is our posture and weight distribution also correct?

Such training can be a source of great frustration as it is all too easy to fall into thinking that you are never going to “get it” and are making painfully slow progress whilst others are taking great strides forward. This is where Tony comes into his own. His patience is legendary and he always has the right advice for the right student. Even if they are unable to move forward at this point what he says has a way of cropping up in their mind over the weeks that follow and slowly understanding comes and progress is made. In this way the benefits accrued from a course are still appearing long after the course itself is left far behind.

Sunday found us in Kings Lynn where Feng Shou was the order of the day. Again we started very simply on ward off partner work designed to show us how to catch our adversary just as they moved out of their comfort zone beyond their point of balance.

We then spent the day building on this foundation. The warding off of the attack forms the basis from which all else develops. You have avoided being struck but have you taken your attackers balance? If you take their balance you are then in a position to take advantage in the form of counter strikes, joint locks and kicks. The possibilities appear infinite and a day was far too short to explore them all.

As with the Tai Chi the training can be a source of frustration, that “will I ever get it” feeling, where we are almost angry with ourselves for not being able to achieve all that we feel we should. It is easy to fall into the trap of thinking that it is only you who is struggling to progress but the fact is that we are far too hard on ourselves and become obsessed with thinking how far we have to go rather than seeing how far we have already come.

The weekend finished all too quickly but has given all who attended much to work on over the winter months.

Great thanks to Tony who shares his knowledge so gracefully and thanks to Cilla and Derek for organising the training halls and their other background work and thanks to those who provided cake for the breaks.

Thanks also to everyone who attended for without students there would be no one to teach, no course to attend and no Taoist Arts Organisation.

LESSONS FROM SUMMER SCHOOL

By Phil Olley

This was my fourth summer school (can hardly believe that!) and again I came away with so much new “stuff” to remember, to put into practice. There were, however, three main observations that I thought I would share...

1. There are no shortcuts

This was the advice ringing in my ears following a discussion with Tony on day one. It's a message I had heard before. The lesson is all around us. To be any good (or just “not as rubbish as before”) it's down to practice, repetition, muscle memory, continuous growth and improvement, and more practice... until... more practice.

In the rest of my life, I tend to be a goal-completer. I like missions, tasks, projects and the satisfaction that comes from ticking the box at the end of a job well done. And,

as we know, Tai Chi is very different. There's no "finishing line". There's just improvement. No shortcuts to get the job done. Just keeping getting better. That's the only way.

2. Stop Beating Yourself Up

This is, of course, connected to number 1 above. Because there are no shortcuts, you just have to keep going, and accept that you're improving, at the right pace. I tend to expect myself to be better in everything I do. No harm in that. Wanting to be good at anything in life is laudable. The result, however, is that if I'm not getting the knack of something fairly quickly, and I'm not as good as everyone else, I tend to beat myself up.

But, if we accept there are no shortcuts, and that every moment of practice is about learning, growing, improving, there's no need to beat ourselves up. After all, it's not a competition. It's about being as good as you can be, yourself. That's it.

3. Tony is always in stance

Always.

When he walks around and stops to talk, he naturally takes up a stance. Well, why not? There's a lesson here. For me, the lesson is this. It's not about "doing Tai Chi". It's not a case of training it for an hour then going back to the rest of life.

It's about living it.

Now, I'm not sure where to start with this... other than to train myself to be aware of how I'm standing whenever I'm standing. This is, at first, about awareness. And where better to start than with stances and posture.

I'm not one for taking notes in a journal of all the exercises we do at Summer School. Whilst that would be my natural tendency in many other situations, in the case of Tai Chi, I want to learn at a more intuitive level. So, whilst I can't necessarily remember the precise details of what we covered in

Tuesday morning's Kai Men exercise, I can remember those three lessons above.

And that's plenty to work on.

TAO IN IMAGES

Chi Shu UK course and Summer School 2017



FAREWELL LETTER FROM ANNE MANASSE
to TAO Members, Twyford AGM, July 2017

This letter was written by Anne Manasse as her farewell to the TAO, and which she also offered as her last Newsletter article.

Anne was dedicated to studying the Li-Family Arts, and worked tirelessly for many years in many TAO roles to help promote and preserve the system, including as Newsletter Editor.

Her farewell message embodies much of Anne's dedication to the Arts and her encouragement of the longevity and preservation of our system, together.

May she rest in peace.

“ I have reached the last stage of cancer and have spent the last week getting all the admin sorted out and passed over to the relevant people, with the hope that the running of the Organisation will continue as smoothly as possible.

Many thanks to all my committee friends for the work and mutual support we have shared. If there is time I am happy to offer any help to those coming to understand the new roles they will need to take on - and to explain my endless spreadsheets!

But now the relief of doing the admin chores is done, the much more important task is for me to tell you all, while I still can, how much I value and love you all. People often ask why I did so much work for the TAO but the truth is that I got so much more from it than I gave. The training gave me a path to make a sense of my life which I sadly lacked before. The rewards of learning and stretching the possibilities of myself have been incredible, and continue, to my delight and fascination, even through this my current situation.

The Arts are amazing but they are inextricably from the human context. Tony has been a constant friend and tireless support and guide. His role is dependent on the web of the TAO family which nourish and support the Arts, Tony and each other. There are so many of you who have shared friendship which has been my privilege to receive.

I regret that in the rush I have not been able to talk to many individually, or even let you know my news.

I hope this message to you all is better than nothing if time and energy don't allow individual farewells. You are all loved and appreciated, I am blessed with so very many friends. The TAO has been a family which has been of fundamental importance to me.

I do hope the TAO will continue to thrive, that some people will take on the jobs and give the care to cherish this precious and unique opportunity we share in.

So thank you all for sharing such amazingly rich times, struggles and good times alike. With every good wish to you all as individuals and as the incomparable rich TAO community.

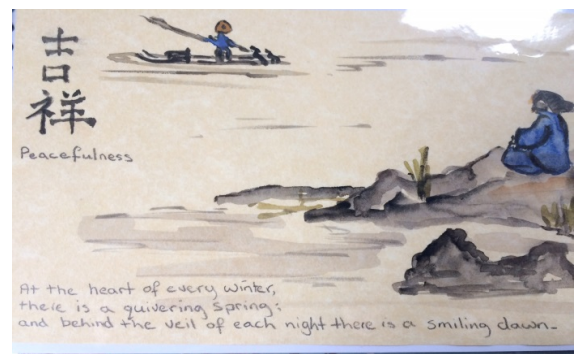
With all my love,

Anne ”



TRIBUTES TO ANNE MANASSE

PAINTING - by Cilla Westley



POEM - Anonymous

Anne

A woman of courage and determination
your strength shone like a light
You had insight and saw the destination
and built a stone path on the quicksand of life,
and walked with steady step.
Every stumble, every challenge
was a hurdle you would jump.

I slowly follow your footsteps on the path
and marvel at your labour and constant focus
the signposts you left to guide me
to strengthen my resolve and believe in myself.

Your mind so bright and clear would dissect and
probe,
and like a crossword would find the right solution
to the questions that were posed.
Your memory and understanding
left me in awe and admiration.
I felt so inadequate, but your kindness
would help me have faith.

With fondness I remember
little snorts of derision at comic moments
the naughty twinkle in your eye
brings laughter to my own.
I will miss the comfortable companionship
and easy silent pauses.
Mostly I will miss your warm and loving
friendship which in my heart still softly sings.
I thank you Anne for the wonderful
times we shared together.

POEM -by Hubert Schneider

To Anne

Thank you Anne for these three gifts,
Three types of vivid benefits - from you to us.
We can be deeply thankful.

The first is you made the arts alive
Grasping them for what they can be:

Offering life in the face of death.
You went to work, you took it in hand
To measure out your time on earth.

The second is you saw, the values in the arts,
Their worthiness to everyone and took it in your
hands:
You pushed the team, you pushed the man
Immensely busy, a support to us,
Our T.A.O. community.

Third, let us be aware and see, what we have here
to aim and struggle for and to care,
How to adopt the values to lead our lives,
Our remaining time - every day unique. -
Through this it is our choice to give
This brave lady's life continuity.

For the very first time, as far as I know,
A dedicated life to both Arts and T.A.O.
Is leaving the earthly plane.
It appears that not only we gain
From these fruitful years we had her here;
For the first time we have someone of this kind
To survey and support us from levels of skies.

I wish for us, I wish for Anne, I wish for human kind,
We grasp this subtle, tender, fleeting moment
With an open, thoughtful mind.

THANK-YOU MESSAGE TO TAO

from Martin Manasse

"Thank you TAO for the book and cheque, which
were received in good order. The final total
to Macmillan was £2000.

The book is so beautiful. All you lovely people at
TAO sent a wonderful orchid garden for Anne. The
final flower fell off in October, but already there are
new flower stems developing on all the main stems,
so the tribute lives on.

Please pass on my warmest wishes to everyone.
Martin"

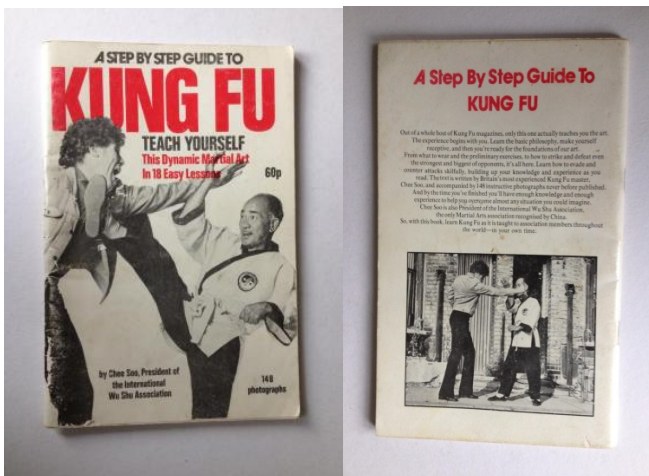
AD LIB

CHEE SOO WORKS AND MEMORABILIA

By Shaun Cahill

I came across this nugget whilst watching an episode of The Sweeney the other day.

The opening sequence of The Sweeney episode 'Selected Target' (Season3 Episode1) was originally aired on 6th Sept 1976 and featured a prison inmate clearly holding and quoting from 'Teach Yourself Kung Fu' by Chee Soo. This was a booklet originally published in 1974 at the princely sum of 60p and now selling for £40!



<https://www.abebooks.co.uk/book-search/title/kung-fu-teach-yourself/author/chee-soo/>

So, not only The Avengers (seen below with Emma Peel/Diana Rigg), but also The Sweeney, two iconic sixties/seventies TV series.



TAO NEWS, COURSES & COMPETITIONS

2018 COURSE CALENDAR

This is available on our website www.taoistarts.org

SUMMER SCHOOLS 2018

Dates and booking details for Summer Schools in the UK, France and Germany can be found on the TAO 2018 Calendar.

Booking for the UK Summer School will open after Easter School. Please contact James Lumsden for further information and to book. jlumsden@btinternet.com

COMPETITIONS

Europa 2018

Paris 14 -17th June 2018 www.europataichi.faemc.fr

All instructors putting forward competitors for this European Tournament please contact the Technical Director, Tony Swanson, for further information. If you are entering the competition please contact your respective Country team organiser regarding accommodation and travel.

BCCMA competitions

03.03.2018: BCCMA National Sanshou Championships 2018

- Julian Darda - U65kg - Gold Medal
- Mattis Schneider - U70kg - Gold Medal

15.07.2018: BCCMA National Championships 2018

Thank-you to all contributors to this season's TAO Newsletter. Please send contributions for the Summer issue to Renee Pryce, Editor, at moonwillow75@gmail.com as soon as possible and by 30th June 2018