

TAO Presentation 2024

Here is a special invitation to our English and French members to attend

## **German Spring School 2024**

May 8/9-12

Welcome to the most beautiful hall in our area, to train under Tony's guidance together with our local German TAO friends, and last but not least to our legendary joint lunch and dinner buffet. If you wish you are welcome to stay for B&B with local people. They are all very nice and friendly and happy to show you around.

In addition, as last year, there will be the opportunity to

**present the Li arts and TAO all together:**

Saturday evening at a 4-day Bel-R arts festival in the city's central square!

The opportunity  
for individual refinement of technique, timing and personal expression and to  
strengthen the sense of community

Kai Men, Tao Yin, brocade exercises, hand and weapon forms, as well as applications in the martial arts are presented; as solos, in pairs, mostly in small groups, everyone as they want and can. A highlight for everyone, just like last year: the form all together in the whole group.

Everyone can take part, from children to the very grown-ups, from light red to dark black!

### **information and booking**

booking form will come in a few days

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german TAO secretary

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## **Our arts reveal themselves:**

All learn them for themselves, but no one can learn alone

We all receive from the arts but only when people give them can others receive

It is easy to talk about yin and yang without considering and fulfilling both tasks within yourself.

If you want to find your centre, you have to leave your comfort zone,

if you want to become whole, you have to recognise what you are missing.

**Learning, practising, sharing, presenting**

## **An essential part of our healing and martial arts is the art!**

Competitions and demonstrations are not just opportunities to showcase the beauty and effectiveness of the arts and thus get more people interested in them. Only when people know about and get interested our arts are able to continue to exist.

Similar to concert performances, competitions and demonstrations are excellent occasions for everyone to bring out the best within themselves and to promote and communicate the arts themselves!

During our spring course 2023, the Bel-R-Art-Festival took place in Rüsselsheim and we were invited to present our arts to a public audience.

Almost all participants of the spring course wanted to be part of it and present the broad spectrum of our arts to the public at the best time on Saturday evening.

## **The preparation on Saturday afternoon alone was worth all the effort!**

Everyone, from children to young people and adults to the elderly, rehearsed samples from all disciplines in small groups and prepared themselves:

Synchronised movements from Kai Men, Tao Yin, the Eight Brocades, Tai Chi and Feng Shou hand and weapon forms;

Interactive attack-defence control with hands and weapons. It was an impressive experience for everyone to run the Tai Chi form together, framed by the well-rehearsed team of our European Championship winners. At the end, everyone was able to enjoy the unity of their competition form before we brought the lotus blossoms to bloom together with the truly astonished audience and concluded the performance experience.

### **What a lucky coincidence**

that the Art Festival will also take place during our Li Training Camp 2024 and that we will once again be able to present our skills on Saturday evening!

Anyone who was there last year will be able to relive the same exercises. Certainly a year more in-depth and experienced. In the training you can incorporate the coordination with fellow artists in advance. Bring everything to the spring course and we can put together a nice 30-minute performance for everyone who wants to be there on Saturday 11 May!

### **Questions about the performances, information and registration**

for the TAO Spring Course from 8/9-12 May 2024 in Rüsselsheim am Main, Germany  
please contact the German secretariat:  
[info@li-stil.de](mailto:info@li-stil.de)

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