

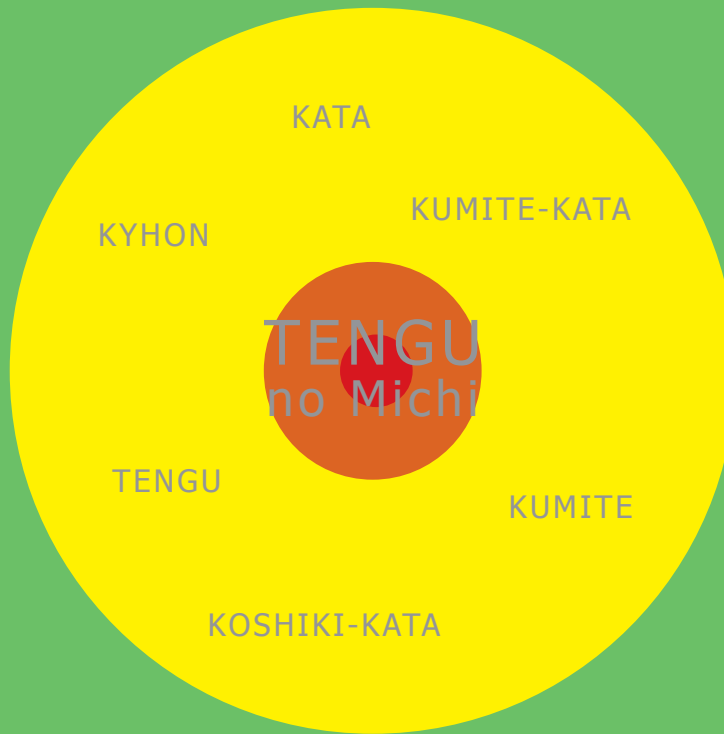
The Levels SHU, HA and LI Related to the Development in TENGU - RYU by Soke Roland HABERSETZER, Hanshi *a Study by Alexander Callegari, 5. Dan, Tashi-ho Ogura-Dojo Traunstein*



SHU

HA

LI



The Explanations of the Stages **SHU**, **HA** and **LI**

The First Stage: **SHU** - Level of External Imitation (Shown in yellow)

The way, TENGU no Michi, has already been created in all its stages of development. That means also the second and third stages (HA and LI) are already there, but they are still in hiding. In the first stage, the different areas of training (Kata, Kyhon, Tengu etc.) are not perceived as a whole by the practitioner. They are perceived as separate areas and are differentiated by the practitioner and trained accordingly. This is not unusual at this stage, but quite normal. It does, indeed, form the basis for the second and third stages, and thus for the whole development. In the first stage, the single areas are shown in the colour gray. This is to illustrate that the different areas are indeed there, but not yet particularly pronounced. The background is the colour yellow. It stands for the attention which is directed at all areas.

The Second Stage: **HA** - Stage of Inner Creation, the Highest Level as far as the Technical Field is Concerned (Shown in orange)

The first stage is turned more and more into the background by the development of the second and third stages. It is still present, it remains the basis. In this second stage, understanding and comprehension still increase. The relations become clearer. The way can now be seen clearly. There are already flashes of the third stage more and more often, although there is still a long way to go to reach the third stage. The single sections are therefore now displayed in black lettering. Similarly, the development of the practitioner is highlighted by the presentation of the background in the colour orange.

The Third Stage: **LI** - The Internal Development is Completed, its Climax is Reached. The Real Self has Awakened (Shown in red)

The first and second stages are now completely dominated by the third and last stage. Naturally, they do still exist, but their task is completed. In this final stage, the real goal is now clearly focussed in the foreground. The different areas are all still there, but they play only a minor role in the background and therefore are no longer visible. In this stage there is complete clarity. Now the way is in the center, which has become clearer and clearer from stage to stage. The colour of the background is red now. It covers by and large the yellow- and orange-coloured basis of SHU and HA. The colour red is intended to express that now the attention is focussed on the way to a degree of one hundred percent. The individual areas complement and enrich each other. New things can freely come into existence. Both the body and the mind are now free.



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The levels of SHU, HA and LI are available in the following languages: German, French and English. Translations English and French as well as proofreading Heide-Marie Hönow.

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