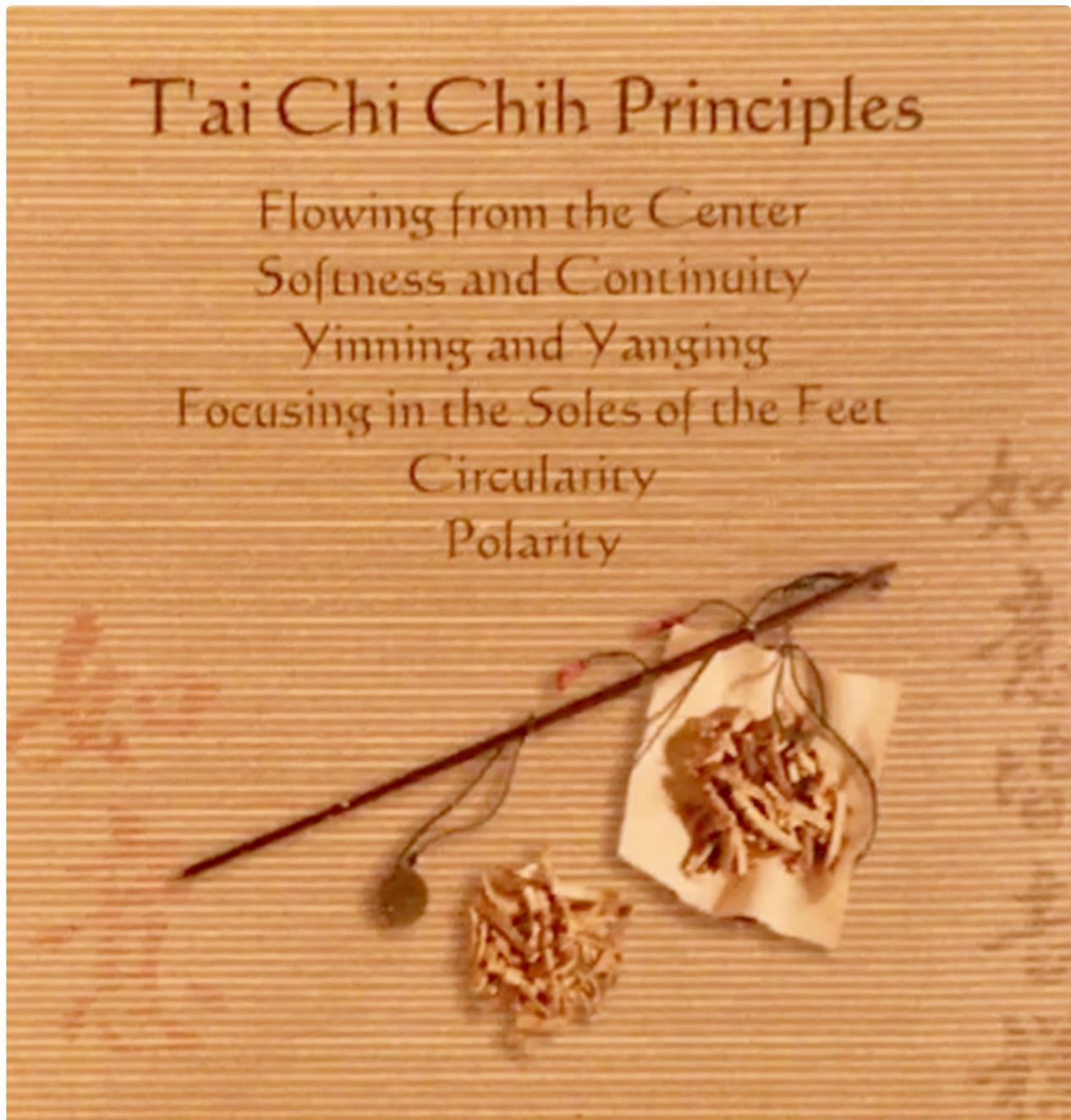


From: **Stephen Thompson** newsletter@TCCcommunity.net
Subject: Sandy's April 2019 T'ai Chi Chih Newsletter
Date: April 1, 2019 at 3:02 AM
To: stephen2816@mac.com



Like



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Mission Statement

Sandy's Message: The Principles of *How to Move That Guide Our T'ai Chi Chih Practice*

According to the dictionary, principles are an accepted rule, or a fundamental doctrine or tenet. So how did the 6 principles written in the picture above become the guiding principles of T'ai Chi Chih.

If you look through the early T'ai Chi Chih writings of Justin, which I did reading through my 1985 Teacher Training Manual and the first photo text written in 1974, you will find few references to what have become our 6 principles.

He writes about the forces of the two polarities but not in reference to how we hold our hands but more in reference to the philosophical aspects of opposites.

He writes very little about circularity except, "circular motions are made primarily with the wrists not the arms."

In the beginning he talks about the movements being 'properly done', but does not elaborate as to what that means except mentioning, "keeping the concentration in the soles of the feet or Tan Tien, and "feet far enough apart for yinning and yanging."

But, right from the beginning, he does write about softness and continuity over and over again. In the 3rd edition of the photo text, at the end of the section on Important Points on Moving Correctly: **"To sum up, softness at all times, slow and even movements, and no effort; these comprise the 'musts' of T'ai Chi Chih movements."**

So, in the beginning, the 6 principles we now refer to were not defined or even written about much. But, as T'ai Chi Chih evolved so did Justin's instructions to us. If you were lucky enough to be at a Teacher Accreditation Course that Justin attended you know he emphasized flowing from the center, proper yinping and yanging, softness and continuity, bringing the concentration down, circularity, and maintaining polarity between the palms in particular movements.

As teacher trainers, Pam Towne and I felt the need to have these "do's" that Justin talked about explained, elaborated on, and defined. There were bits and pieces of information spread throughout Justin's teachings and writings. We used his *Teacher Training Manual* as a starting point. We gathered what we had learned from him over the years and organized the information into the 6 principles we use now.

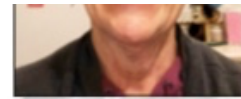
Are these the only principles guiding our T'ai Chi Chih practice? I have seen lists of concepts/ideas/do's that other teachers felt should be considered principles of our practice. But these 6 were chosen because they are what Justin emphasized as most important when practicing and teaching T'ai Chi Chih.

T'ai Chi Chih Guide, Sandy McAlister





DEB BERTELSEN



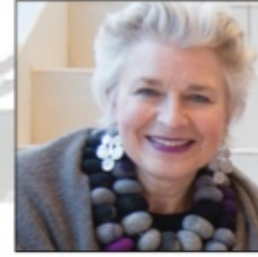
SUE BITNEY



LOREL MAPLE



JIM MAPLE



LAURIE JACOBI

IT TAKES A COMMUNITY

2019 Teacher Conference Update

June 27-30, 2019 Minneapolis Marriott Southwest

The Minnesota Teachers have been busy preparing what we hope will be a great conference experience for you in June! Just as we know that the Chi flows more powerfully when we practice together, it has been wonderful seeing what our combined energy and talents can manifest. It's been quite magical and we are so looking forward to have you all with us to share that magic and the warmth, generosity and creativity of this great team.

The theme of community has been important to us. As one of my students said recently, *"Within the circle of my practice community, I feel accepted and connected...I sense that together our energy is being healed and renewed."* This year's conference will be a time not only of movement refinement, but also of inspiration. It will not only be about how we move, but also about why we move - and why we do it together.

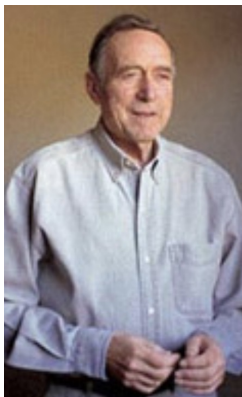
Conference is only three months away. Please register today! We look forward to welcoming ALL to Return to the Circle in Minnesota on June 27, 2019! (not pictured: Bonnie Sokolov)

~ Laurie Jacobi, Co-Coordinator with Linda Zelig

2019 Teacher Conference materials conference information and

2019 Teacher Conference materials, conference information, and hotel information are available through either of these two links:

[Click here to register online . . .](#) OR . . . [Click here to register by mail](#)



Justin's Insights

Softness and Continuity

We stress “Softness and Continuity” in T'ai Chi Chih, and the importance of the former can be seen in the following examples: The teeth are hard and the tongue is soft, but it is the tongue that outlasts the teeth. Water is soft and stones are hard, but it is the water that wears away the stones. Oak is sturdy and stands staunchly against the storm, while bamboo is pliant and bends with the wind. When the storm is over, the inflexible oak has cracked and comes crashing down, but the bamboo snaps back, unhurt. One cannot strive for “softness”; the very effort of trying to be soft creates tension. It is the absence of any pressure, moving ‘slow motion in a dream’, that allows softness to prevail. The best way to forget worries and ease tensions is to shunt the ego-center aside, so that no-one is doing T'ai Chi Chih, but TCC is doing itself. In this sense, TCC becomes a meditation.

~ Justin Stone, Vital Force Winter 1985

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Chi Reflections

Principles

*If you have never taken
The principles of the teachings to heart,
You have no basis
For awakening to the hidden path.*

~ Kuei-shan Ling-yu

Awaken

_Formless T'ai Chi

Individual forms

inaweils form

Ancients taught:

Form is least important

Knowledge of form

Leads to internal stability

Consistent practice

Awakens chi, integrates diversity

And resolves into ONE

More and more effortlessly,

Our world inherits joy. _

~ Steve Ridley

T'AI CHI POETRY & Observations of Nature from PERSPECTIVES ... In Motion
And Stillness



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2019 Events

May 9-12, 2019, Prescott, AZ TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

May 31-June 6, 2019 Aston, PA TCC Teacher Accreditation with Sandy McAlister

Contact: April Leffler lirpaleff@rcn.com

June 14-16, 2019 NJ Shore TCC Retreat with Daniel Pienciak

Contact Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

June 27-30, 2019 Teacher Conference, Minnetonka, MN.

Contact Co-Hosts:

Laurie Jacobi LaurieJacobi@msn.com

Linda Zelig lmzelig@comcast.net

June 30-July 2, 2019 Post Conference Seijaku, Minnetonka, MN.

Contact: Bonnie Sokolov [bonnietaichi5@gmail.com]

(<mailto:bonnietaichi5@gmail.com> or 507-250-3360)

July 3-7, 2019, Santa Barbara, CA TCC Intensive with Daniel Pienciak
Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

Jul 29 - Aug 1, 2019, Aston, PA Seijaku Meditation Retreat with Daniel Pienciak
Contact Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

Aug. 20-23, 2019, Aston PA T'ai Chi Chih Teacher's Symposium with Sandy McAlister
Contact: April Leffler lirpaleff@rcn.com or call at 610-809-7523 (C)

Sep. 24-27, 2019, Santa Barbara, CA TCC Retreat with Pam Towne
Contact: Pam Towne pamtowne@gmail.com

Oct. 4-6 NJ Shore TCC Retreat with Daniel Pienciak
Contact Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573

Oct. 6-10, 2019 Aston, PA TCC Intensive with Pam Towne
Contact: April Leffler lirpaleff@rcn.com or call at 610-809-7523 (C)

Nov. 19-24, 2019, Santa Barbara TCC Teacher Accreditation with Pam Towne
Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

By retreating from the activities of daily life to recharge your physical, mental & spiritual "batteries", you can gain a new perspective and move forward with greater ease and joy in your TCC practice and in your life . ~Pam Towne

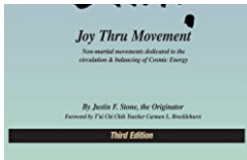
More T'ai Chi Chih Events

[Click here for additional events including those led by dedicated Teachers, as well as the Guide and Teacher Trainers.](#) Attending T'ai Chi Chih events is an excellent way for you to receive helpful feedback, improve your practice, and to be with other T'ai Chi Chih practitioners.



Links to Resources & Materials

Justin Stone's Materials [click here](#)



Sandy McAlister's Seated T'ai Chi Chih DVD: [click here](#)

Pam Towne's Serenity in the Midst of Activity DVD or Digital Download: [click here](#)

Skype Lessons with Pam: [click here](#)

Inquires: pamtowne@gmail.com

Seijaku Booklet:

\$3/copy + \$1.20 (1st Class)

\$20/ 10 copies + \$3.60 (1st Class) or \$2.70 media rate

\$35/ 20 copies + \$6.00 (1st Class) or \$3.20 media rate

Make checks payable to: T'ai Chi Chih International Foundation

Send checks to: Ann Rutherford, 1534 Wagon Train SE, Albuquerque, NM 87123

Web Resources:

T'ai Chi Chih's website: [click here](#)

T'ai Chi Chih Community website: [click here](#)

Tai Chi Chih Facebook: [click here](#)

Tai Chi Chih Teacher Circle Facebook: [click here](#)

Pinterest Justin's Quotes: [click here](#)

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A 501(c)3 nonprofit agency which:

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Sponsors our annual Teachers Conferences;

Provides scholarship funds for Teacher Accreditation and Continuing Education;

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T'ai Chi Chih Association: [click here](#)

Produces a monthly publication - T'ai Chi Chih News. Sells books from Justin Stone's Recommended Reading List.

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Past issues of the Guide's newsletters (thru Aug. 2017): [click here](#)



Mission Statement

The International T'ai Chi Chih Community of students and accredited teachers is dedicated to the personal practice of T'ai Chi Chih and to sharing with the world this form of moving meditation and its benefits affecting body, mind, and

...

spirit.

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