

From: **Stephen Thompson** newsletter@tcccommunity.net  
Subject: Sandy's July 2020 T'ai Chi Chih Newsletter  
Date: July 1, 2020 at 3:01 AM  
To: stephen2816@comcast.net

---



Like



---

## Contents:

[Sandy McAlister's Message: You & Your 20-Tool T'ai Chi Chih Toolbox](#)

[Justin's Insights & Chi Reflections](#)

[T'ai Chi Chih Practices Led By Accredited Teachers on Zoom](#)

[Events led by the Guide and Teacher Trainers](#)

[More T'ai Chi Chih Events](#)

[Links to Resources & Materials](#)

[Mission Statement](#)

## Sandy McAlister's Message:

### [You & Your 20-Tool T'ai Chi Chih Toolbox](#)

*It has been said that as practitioners of T'ai Chi Chih we each have a toolbox residing inside of us. The box contains 20 implements designed to bring about change, growth and reshaping. When a quick attitude adjustment is needed, we might go to our toolbox and choose a handful of tools that can work wonders when we use them with grounded focus. Within a few minutes of use the emotions calm, the body relaxes, and the mind clears. For the larger day-to-day jobs we will use all 20 tools to give an overall reshaping of our being.*

*The flexibility of the practice heightens its value. A daily practice of the complete form brings about deep long-lasting changes, while spending a few minutes throughout the day with a couple movements can help deal with everyday annoyances or frustrations.*

*So next time you need to clear your mind of chatter, to warm-up, or cool down, to let go, shut off, smile, gear-up, soften or just enjoy life a little more, open up your tool box, take out a few of your favorite tools and go to work in the most enjoyable way I know.*

*~ T'ai Chi Chih Guide, Sandy McAlister*



**DIGITAL JUSTIN!**

Students visit [justinstonetcc.com](http://justinstonetcc.com) for a student discount of



Students visit [justinonetcc.com](http://justinonetcc.com) for a student discount of 25% off with promo code => osmmigkm

Teachers: Please email Kim Grant at [kim@kimgrant.com](mailto:kim@kimgrant.com) for a separate promo code and link.

*100% of your subscription allows Justinonetcc.com to remain available online.*

## ***Justin's Insights***

### **KEY POINTS TO INCORPORATE IN PRACTICE & TEACHING**

Justin commented on “the power of inner sincerity” upon which T'ai Chi Chih is based. As he has often supported, the future of T'ai Chi Chih lies with its teachers and he basically encouraged teachers to stand for what you're teaching and continue to improve your T'ai Chi Chih and how to teach it. Teachers must think out the method of doing/presenting these things in a way that they and their students are getting the same (intended) result. These Principle movement notes were also presented:

1. Keep T'ai Chi Chih standardized. Emphasize the pathways described are mostly done with the wrists.
2. T'ai Chi Chih is not an upper body movement, though we remember to swivel the waist (such as in the “swimming motion” in Working the Pulley).
3. Move in a low T'ai Chi Chih stance and yin-and-yanging of the legs must be done correctly. Generally the legs are not far enough apart in the yin-and-yanging. This short stance causes incorrect rocking back and forth, trying to save the knees. It is very important to perform this action properly. DO AND TEACH A LOW MOVEMENT.
4. Develop muscle memory by repetition. You can do it too few times and cannot do it too many.
5. It is not the exercise which is helpful – it's the flow of the chi. This way the whole organism is effected vs. treating a symptom.\_

Presented by Justin at Conference (Printed in VFJ Sept. 1991)

Reprinted with permission from The Vital Force

## **Chi Reflections**

### **Key Points To TCC Movements**

Stance: Sink down an inch or three and extend your foot - that's your length of stride. The legs are the leaders. In general, let everything build from the ground up.

Range of Motion: Avoid overcontracting, allow breathing room, and avoid

range of motion. Avoid overcontracting - allow breathing room, and avoid overextending - be mindful of the roundness as yin and yang support each other.

Alignment: Feel suspended from above, how would it be to rely on such support as if seated upright and gliding. Without a break in posture there is continuity in chi flow and circulation.

Present and Counting: Reside here and now in the movements vs. spacing out in repetition. Maintain a fresh minded-conscious approach.

Demonstrate the Way: Show the fullest form possible; students will modify as needed. Advancing is simply a matter of opening more properly. Getting past where we are (security oriented) to find a new depth--whatever that takes.

Graceful Conclusion: Don't rush the closure, assimilate to build your reserves, resting one-pointed. There is only so much we can do to direct the chi – then it refines us – accelerating self-evolution.

~ Steve Ridley VFJ DEC. 1994

Reprinted with permission from The Vital Force

## Posture

Hold the head with lightness and sensitivity: Stand upright and keep your head and neck naturally erect with the mind on top of the head, so the spirit (Shen) reach very high. Do not use force. If the force is used, the back of the neck will be rigid, and blood and Chi will be unable to circulate. There must be a sense of naturalness and light sensitivity. Without this energy sensitive at the top of the head, the spirit can not rise.

~ Tai chi Master Yang Cheng-fu

Source: See images, plus English/Spanish text by clicking here: [Learn Tai Chi](#)



## T'AI CHI CHIH PRACTICES LED BY ACCREDITED TEACHERS ON ZOOM

### MONDAYS

Lisa Stroyan Free "deepening" class/practice on zoom, all levels welcome

9:30am MST Practice at 10am

[Click here for info](#)

Jessica Lewis T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

11:00 am-12:00 pm EST  
Meeting ID: 529 988 701  
Password: TC4V  
[Click here for ZOOM](#)

**Anita Vestal** taught in English and Spanish  
11:10 -11:50 am Costa Rica (1:10 ET)  
[Click here for ZOOM](#)  
Meeting ID: 786 0976 7737  
Password: tcc20

**Janet Starr** TCC Guided Practice  
2 pm CST (3 pm EST)  
Meeting ID: 667 787 120  
Password: TCC4JOY  
[Click here for ZOOM](#)

## TUESDAYS

**Jessica Lewis** TCC Guided Practice for experienced students: FREE for Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.  
3:30-4:30 pm EST June 9 - Aug. 4  
Meeting ID: 894 4599 5747  
Password: 519307  
[Click here for ZOOM](#)

## WEDNESDAYS

**Janet Starr** TCC Guided Practice  
2 pm CST (3 pm EST)  
Meeting ID: 667 787 120  
Password: TCC4JOY  
[Click here for ZOOM](#)

**Jessica Lewis** T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.  
3:15-4:15 pm EST  
Meeting ID: 171 422 068  
Password: TC4V  
[Click here for ZOOM](#)

## THURSDAYS



-----  
**Anita Vestal** taught in English and Spanish

9:10am Costa Rica (11:10 ET)

[Click here for ZOOM](#)

Meeting ID: 746 0569 7582

Password: tcc20

**Lisa Stroyan** Free all-levels class/guided practice on zoom, beginners welcome

1-2 pm MST (3 pm EST)

[Click here for info](#)

## FRIDAYS

**Margery Erickson** For teachers and students preparing to become a teacher. This will be a silent practice. Each move will be named and participants will be told when we are doing the last move. We may end with a brief reading.

11:00AM to 12noon EST TCC

Meeting ID 394-729-865 Password WEAVE Case Sensitive

[Click here for ZOOM](#)

**Janet Starr** TCC Guided Practice

2 pm CST (3 pm EST)

Meeting ID: 667 787 120

Password: TCC4JOY

[Click here for ZOOM](#)

## SATURDAYS

**Lisa Stroyan** Free teacher/serious student practice (teacher leading will vary)

11 am MST/12 pm CST (1 pm EST)

[Click here for info](#)



**T'ai Chi Chih Events**

**Led by the Guide and Teacher Trainers**

***COVID-19 MIGHT POSTPONE OR CANCEL EVENTS.***

***CHECK CONTACT PERSON FOR UPDATES***

July 2-5, 2020, Santa Barbara, CA, TCC Teachers Retreat changed to a Teachers Virtual Retreat online via Zoom with Sandy McAlister (Rescheduled from March 19-22)

Contact: [Email Pam Towne](#) 760-421-7589

July 17 - 19, 2020, St. John's, NL , Canada T'ai Chi Chih /Seijaku Weekend Workshops with Dan Pienciak

Contact: [Email Sheila Leonard](#) or 709-727-7863

July 18-20, 2020, Oceanside, CA, Seijaku Virtual Teacher Accreditation online via Zoom with Pam Towne

Contact: [Email Pam Towne](#) 760-421-7589

August 20-24, TCC Virtual Intensive online via Zoom with Sandy McAlister

Contact: [Email Pam Towne](#) 760-421-7589

Sept. 8-11, T'ai Chi Chih Retreat in Santa Barbara with Sandy McAlister (Rescheduled from March 24-27)

Contact: [Email Pam Towne](#) 760-421-7589

Sept. 22-25, T'ai Chi Chih Retreat in Santa Barbara with Pam Towne

Contact: [Email Pam Towne](#) 760-421-7589

Nov. 15-21, TCC Teacher Accreditation in Albuquerque with Pam Towne

Contact: [Email Molly Grady](#) 505-280-4701

*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

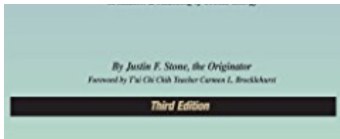
[Click here for additional events including those led by dedicated Teachers, as well as the Guide and Teacher Trainers.](#) Attending T'ai Chi Chih events is an excellent way for you to receive helpful feedback, improve your practice, and to be with other T'ai Chi Chih practitioners.



## Links to Resources & Materials

---

Justin Stone's T'ai Chi Chih individual movement instruction (30- and 45-minute practices) streamed digitally. Visit <https://justinstonetcc.com/jstcc-video-subscription/> and students get 25% off using promo code: osmmi2km



Teachers: Please email [Kim Grant](#) for a separate promo code and link.

Justin Stone's Other 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: [Email Pam Towne](#) 760-421-7589

#### Seijaku Booklet:

\$4.00 per copy +\$1.20 (first class)

\$30 for 10 copies +\$8.60 (priority mail) or \$2.75 (media rate)

\$50 for 20 copies +\$9.45 (priority mail) or \$3.27 (media rate)

Make checks payable to:

Ann Rutherford

1534 Wagon Train Dr. SE

ABQ, NM 87123

#### Web Resources:

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

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](#)

Pinterest: [click here](#)

Instagram: [click here](#)

Twitter: [click here](#)

Flickr: [click here](#)



Youtube: [click here](#)

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

A 501(c)3 nonprofit agency which:

Sponsors our annual Teachers Conferences;

Provides scholarship funds for Teacher Accreditation and Continuing Education;

Tax deductible donations can be made out to and send to: T'ai Chi Chih

International Foundation, PO Box 11, Norwood, PA 19074

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.

The Vital Force Journal quarterly newsletter: [click here to subscribe](#)

The Vital Force Archives: [click here](#)

T'ai Chi Chih Guides' free monthly newsletter -- Sign-Up link: [click here](#)

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*

*dedicated to the personal practice of Tai Chi Chuan and to sharing with the world  
this form of moving meditation and its benefits affecting body, mind, and spirit.*

©2020 TCC | P.O. Box 361, Tupelo, MS 38802

[Web Version](#)   [Preferences](#)   [Forward](#)   [Unsubscribe](#)

Powered by [Mad Mimi](#)®  
A GoDaddy® company





