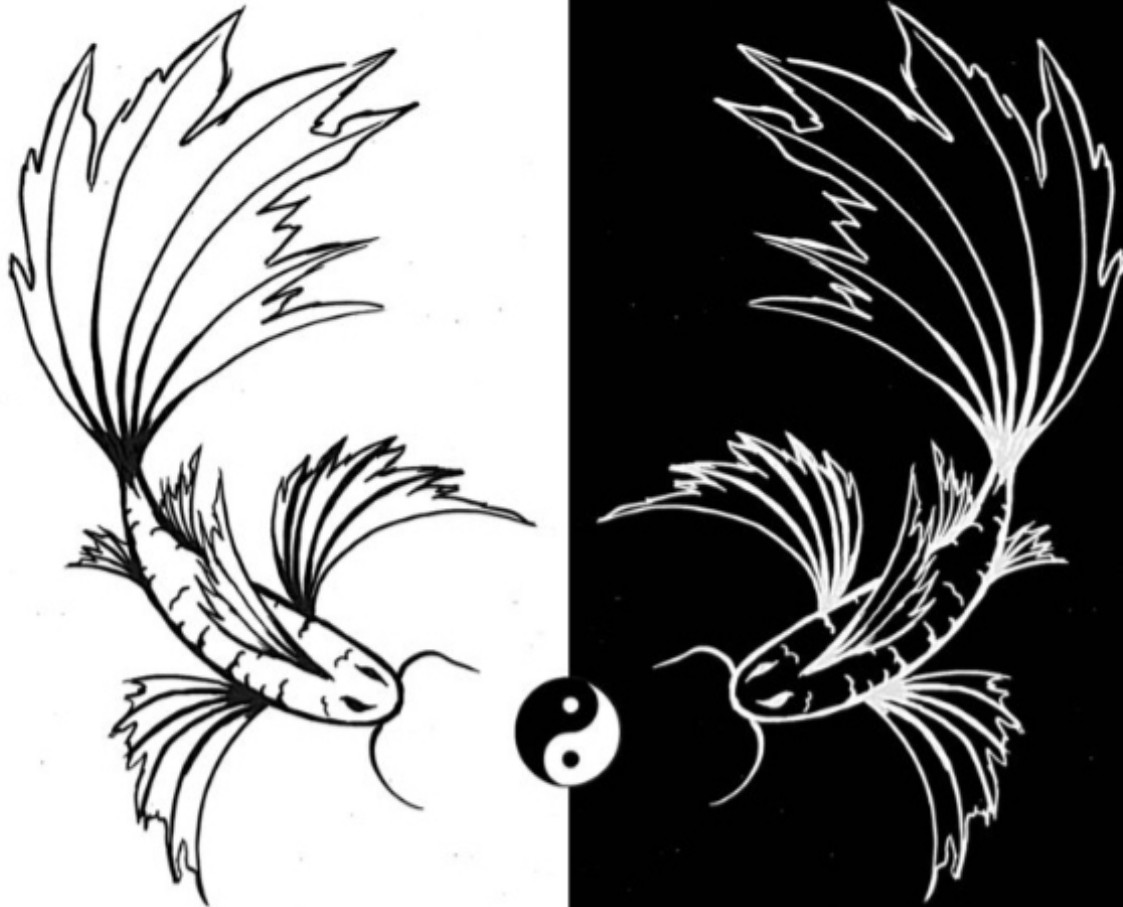


From: **Stephen Thompson** newsletter@tcccommunity.net  
Subject: Sandy's Oct. 2018 T'ai Chi Chih Newsletter  
Date: October 1, 2018 at 3:01 AM  
To: stephen2816@comcast.net

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Like

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### Mission Statement

## Sandy's Message:

### Polarity

*In T'ai Chi Chih we have principles which help guide us in the discernment of how a movement is done. One of those principles is polarity. In T'ai Chi Chih we define polarity as the time when the palms of our hands face each other. This helps facilitate the circulation and balancing of the energy. As with electricity and magnetism we cannot see the energy and force that lights up the light bulb or draws two metals together, yet we see the results. Polarity is a force we cannot see but often can be felt as various sensations pulsing between the palms during T'ai Chi Chih practice. But, if one does not feel it that does not mean that nothing is happening. Remember how powerful electricity is and that we cannot see it, but we surely can feel the realness of it if we touch a live wire.*

*A fun way to explore polarity is: First, decide which movements have polarity: Second, investigate those movements for the shape, placement, and feel of the polarity.*

*Here are just a few points to consider:*

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*If questions come up as you explore, ask another practitioner for their input, or see what Justin might have to say on his DVD or in the Photo Text. Justin often said never go on automatic with our practice. Exploring, questioning, and refining our practice keeps it fresh, alive, and vibrant. Enjoy the journey!*

*T'ai Chi Chih Guide, Sandy McAlister*

**PS Good Karma Publishing which as been offering Justin's works of books, DVD's, and CD's is dissolving as a company. ALL the materials in stock at this time are on sale ONLY in October ONLY to teachers at a 60% discount. After that they will not be available. If you want any hard copies for you or your students or future students October is the time to buy them.**

**Plans are for all of Justin's materials to be put up on the internet for free within the next coming months.**

**To order call 1-888-540-7459.**





# RETURN TO THE CIRCLE

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REMEMBER BEING ENCIRCLED IN CHI IN 2013?

THE MINNESOTA COMMUNITY WELCOMES YOU TO  
RETURN TO THE CIRCLE FOR THE  
2019 T'AI CHI CHIH® TEACHERS' CONFERENCE

JUNE 27 - 30, 2019

MINNEAPOLIS MARRIOTT SOUTHWEST HOTEL  
5801 OPUS PARKWAY  
MINNETONKA, MINNESOTA 55343

QUESTIONS: CONTACT CO-CHAIRS: LAURIE JACOBI AND LINDA ZELIG  
LAURIEJACOBI@MSN.COM AND LMZELIG@COMCAST.NET

**Editor's note: Please be aware of an important change of dates. The 2019 Conference & Post Conference Seijaku dates were moved to one week later than were announced at the 2018 Teacher Conference and as originally listed in the Vital Force.**

## **2019 Teacher Conference News**

Welcome back to Minnesota! The 2019 International T'ai Chi Chih Teachers Conference returns to the land of loons, lakes, and lutefisk on **June 27-30, 2019** to

celebrate a Return to the Circle. The conference site is Marriott Southwest, located in a serene and beautiful area just minutes from the Minneapolis/St. Paul airport. Laurie Jacobi and Linda Zelig, co-coordinators, have gathered a talented and experienced team to assist them in preparing and running the event. We are dedicated to carrying the LOVE from Philadelphia to the CIRCLE of chi in the Twin Cities. Please mark your calendars now. Registration opens in November.



## Justin's Insights

### TEACHING TIPS FOR TEACHERS

The second so-called "preliminary" movement is "**Bird Flaps Its Wings**," usually a favorite with new students. The hands flap out rapidly, but they come together, with the palms facing each other, slowly — the polarity of the two hands approaching each other is important. The teacher should watch carefully to see that, in moving the hands to the side, the knees not only bend but bend quite a bit to the side. If the student fudges on the movement, and the knees scarcely go out to the side, the student will not get the full benefit of the movement. Practically all students can bend the knees outward, in varying degrees. Of course, the teacher must never ask a student to do more than he or she can comfortably do, particularly if the student is overweight or well along in years. T'ai Chi Chih is "Joy Thru Movement," and the student must never be asked to strain or attempt more than he or she can do comfortably.

"**Daughter in the Valley**" begins "high" because we are going "low." Some students mistakenly bring their hands up the side, waiting almost to the top of the arc to bring them together. This negates the important polarity of the two hands rising close together, the palms facing each other. This latter way is correct. Many students begin to move their weight back, toward the rear leg, before the two hands reach the top of the arc. Actually, the weight continues shifting forward until the top of the arc is reached; then, as the hands swing out to the side, the weight begins to settle back. Teachers should watch to see that the weight does not begin to switch back until the hands swing out to the side, and the teachers might well check their own form to see if they are doing it properly.

Source:

TEACHING TIPS FOR TEACHERS

(Also Valuable For Students)

by Justin Stone

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To download older issues of The Vital Force for free [CLICK HERE](#)

## Chi Reflections

### Wu Chi gave rise to Tai Chi

*The Taoists explained that before the universe came into existence, everything (nothing?) was in a state of “wu chi.” Once you understand the concept of “wu chi” you will instantly have a deeper understanding of what “tai chi” means. “Wu chi” 無極 means “no polarity.” In essence, it is the nameless, incomprehensible state of void or nothingness. If there is nothing, then no differentiation can exist. It’s somewhat the non-existence of nothingness... space... void... When there was a “change” in the state of wu chi, then there was a differentiation – the original wu chi part, and, the changing part. That state of differentiation is a phase called “tai chi.” It literally means “great polarity.” The opposite poles on of this polarity are referred to as yin and yang. Just like plus and minus, each opposite exists because of the existence of the other. The Taoists say that the yin and yang (born from the state of tai chi) give rise to all things and processes in the universe.*

NOTE: A grave error occurs when people say “tai chi” means the “great chi,” in which people mistake the homonym “chi” to mean the same as “chi” (or “qi”) 氣 which means the “life force energy.” That word may sound similar, but it is an entirely different word in Chinese!

~Master Jou Tsung Hwa



## T'ai Chi Chih Events

### Led by the Guide and Teacher Trainers

### 2018 Events

**October 4-8, 2018, Aston, PA TCC Intensive** with Daniel Pienciak

Contact: April Leffler [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)