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Subject: Sandy's Sept. 2018 T'ai Chi Chih Newsletter
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Mission Statement

Sandy's Message:

Arm/Hand Patterns and Weight Shifts

Have you ever felt, or been told, you are too close to a situation? A myopic view may limit our perspective, constricting our ability to see the bigger picture with all the pieces and how they fit together. Taking a step back and looking around the corner of our firmly held view may open us up to a more inclusive and expansive understanding.

On the flip side, if we are too removed from a situation, there may be a disconnect rendering us impotent or unable to be effective in responding. This lack of connection may leave us feeling unsatisfied and/or unsettled.

How might the above life situations be reflected in our movements of T'ai Chi Chih? If the arm/hand patterns are brought too close to the body there is constriction, even though our practice may not feel constricted because we are used to doing the movements that way. Conversely, if the arm/hand patterns are too far away from the body they may be moving independent of the weight shift, not staying connected to (or being moved by) the flow from the Tan T'ien. Either way, the arm/hand patterns and weight shifts should FEEL connected in a relaxed and unrestrictive way.

Here is one way to explore the hands being too close. Generally, I use the width of my palm as a gauge. When starting Around the Platter and its variation, there is a palms width between the wrists and the body, and keeping that distance when the hands return to the body as they begin another circle.

It's the same idea for Bass Drum. If the hands are coming back too close to the body on these movements the circles may turn into D shapes rather than O shapes. Also, on Bass Drum if the hands come in too close to the body there could be a pulling back on the elbows creating constriction or unneeded movement in the upper arms.

For Daughter on the Mountain Top my wrists stay approximately the same distance from my body throughout the movement. The same for Passing Clouds - when the hands are passing in front of the body the wrists are the same distance from my body at the bottom and top of the circles. Explore other moves to see if this idea of the hands staying a palms distance from the body might bring a more expansive feel to the practice.

There are endless ways to explore our practice with the ultimate goal of moving with softness and continuity for a deeper and fuller flow of Chi. Have fun exploring!

T'ai Chi Chih Guide, Sandy McAlister

DC A newly formed International Medical Tai Chi Qi Gong Association is holding

PS A newly formed **International Medical T'ai Chi Qi Gong Association** is holding its inaugural conference in **Boston MA Oct 5-6**. This group plans to offer certification to any qualified teacher (including TCC teachers) for the purpose of teaching in a medical facility. **We hope several teachers will attend to explore this avenue for expanding our teaching possibilities.**

Editor's Note: For further iMTQA conference information [Click here](#) or contact **Anita Vestal** or **Stephen Thompson**.



Justin's Insights

Key Points To T'ai Chi Chih Movements

Attitude: Never do T'ai Chi Chih carelessly at any time. It is worth doing fully.

Accuracy: Most important in teaching is to see that students move correctly. Show the optimum way to do it (allowing for individual ability level). To become an accredited teacher, *attitude*

AND *physical* capabilities are necessary.

How to Move: Flowing effortlessly (with the effort of no effort) as though swimming through heavy air. Flowing from tan t'ien...without muscular effort...elbows close to sides...more with wrists. TCC is not a series of arm and leg movements. Be sure the concept of "How to Move" is clear.

Leg Action: After a while, a lower TCC is preferred. Emphasize (in the side step) that the heel (touches) first and feet remain on the ground, (legs) almost spreading apart. Also emphasize the importance of bending the knees particularly at the end of movement (in resting pose).

Yinning and Yanging: The most common fault is coming to stiff forward or backward knee - the result: bouncing up and down occurs.

Emphasis: Remember all movements where the 60-40% (mental) emphasis/force of no force is applied (e.g. Carry the Ball, Push-Pull, Pulling in the Energy, Taffies).

~ *Justin Stone* The Vital Force Dec. 1994

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

Chi Reflections

Butterfly

Allow your hands and wrists to be open and delicate, like the wings of a butterfly.

~Christeen Niama Rea Sproehnle

Harmonious Mind & Body

Softness will always overcome hardness, and harmonious mind and body will always win out over chaotic mind and body.

~ David-Dorian Ross in "Essentials of Tai Chi and Qigong"



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2018 Events

Sept. 25-28, 2018, Santa Barbara, CA TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

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

Contact: April Leffler lirpaleff@rcn.com

Oct 24-28, 2018, Colorado Springs, CO TCC Intensive Sandy McAlister

Contact: Marie Dotts mcdotts@hotmail.com

Nov. 12-17, Albuquerque, NM, TCC Teacher Accreditation with Pam Towne

Contact: Molly Grady mmlwow@aol.com

2019 Events

Mar. 21-24, 2019, Santa Barbara, CA TCC Teachers Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

Mar. 26-29, 2019, Santa Barbara, CA TCC Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

March 30-April 5, 2019, Colorado Springs, CO TCC Teacher Training (Accreditation) with Daniel Pienciak

Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

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

Contact: Pam Towne pamtowne@gmail.com

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

Contact: April Leffler lirpaleff@rcn.com

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

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

July 3-7, 2019, Santa Barbara, CA TCC Intensive with Daniel Pienciak

Contact: Pam Towne pamtowne@gmail.com

Sep. 24-27, 2019, Santa Barbara, CA TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

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 DVDs/Videos, Books, CDs/Audios: [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](#)

Facebook: [click here](#)

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

Pinterest: [click here](#)

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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 517, Midland Park, NJ 07432

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 this form of moving meditation and its benefits affecting body, mind, and spirit.

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