

From: **Stephen Thompson** stephen2816@mac.com
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To: stephen2816@comcast.net

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Sandy McAlister's Message: Rolling Your Weight With Awareness

The presentations given at this years Teacher Conference on "Grounding" talked about keeping the concentration or focus in the soles of the feet. That got

me thinking. I like concrete and practical ways to apply ideas and concepts. Here are two ways you might play with to help keep your focus in the soles of the feet.

On the front and back weight shifts notice when the weight arrives into the front foot and mentally say “one” or the number of that repetition. Then when the weight arrives into the back foot mentally say “and”. Your attention remains centered on the feet by using them as a focus for your counting.

For those folks who may find counting a distraction here is another idea. In the front and back weight shift movements, be aware of the heel lightly being placed forward and then feel the weight roll into that foot, with awareness of when it arrives fully. Then feel the weight roll into the back foot and notice when it has arrived fully. Continue to feel the rolling action on the bottom of each foot as the body glides forward and back, yinning and yanging. This also applies to the side to side movements. Each time a heel is placed down take your time to roll the weight into that foot.

This is a variation of the glide-and-arrive concept of feeling the body glide forward-and-back or side-to-side, noticing when the weight has arrived fully into each foot at the end of each weight shift. [[Glide – A Long, Linear Weight Shift](#)

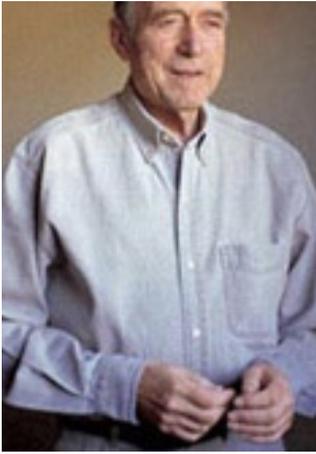
This is also relevant for the up and down movements. Rather than popping up, feel the weight roll slowly forward towards the balls of the feet while the body rises and the knees straighten. With this awareness of the weight moving on the bottom of the feet often one’s balance in the movement improves.

Not only will the attention be focused on the soles of the feet as you feel that rolling action, but by rolling the weight into each foot with awareness it keeps one from hurrying in either direction which can cause an imbalance or discontinuity in the movement. Give the mind something to do. Feel each inch of movement on the bottom of the feet as the weight rolls and fills each foot. Keep the mind from wandering. We are training the mind to be present in the moment.

T'ai Chi Chih Guide, Sandy McAlister



Justin's Insights



Emphasizing Yinning & Yanging

"Tell students that TCC is performed primarily below the waist. Practically all beginning students concentrate on what their arms and hands are doing. Once they have learned how to flow softly, attention should be paid to shifting their weight to bent knees, while stiffening the other leg at the same time. The shifting of the weight is one of the most important points of TCC."

~ Justin Stone [May 2008 Vital Force](#)

Chi Reflections

Stepping Like a Cat

In the T'ai-Chi Classics, Wu Yu-hsiang (1812–1880) says, "When changing position, you should move like a cat."

That admonition implies that you should step naturally, as a cat would. When stalking a bird or a mouse, a cat does not commit any weight onto a stepping paw before it is already touching the ground. Committing its weight prematurely would produce a discontinuity in motion that would alert its prey. Moreover, a cat would not stiffen its joints while walking. However, many T'ai-Chi practitioners stiffen their knee joints while stepping and literally fall onto a stepping foot. Stepping in this manner is unnatural, breaks the balance and continuity of yin and yang, and increases vulnerability to falling in daily life.

. . . To be in accordance with the T'ai-Chi principles of the balance and continuity of yin and yang, the stepping foot, which is yang (active, upward, outward), must continuously evolve into yin (earthy, supportive, inactive) as it blends with the ground.

~ Robert Chuckrow, Ph.D. www.chuckrowtaichi.com



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2017 Events

2017 Events

Aug 22-25 Aston, PA Seijaku Meditation Retreat with Daniel Pienciak

Contact: Daniel Pienciak wakeupdaniel@aol.com

Sept 14-18 Aston, PA TCC Intensive with Daniel Pienciak

Contact: April Leffler lirpaleff@rcn.com

Sept 24-27 Aston, PA Teacher Symposium with Sandy McAlister

Contact: April Leffler lirpaleff@rcn.com

Sept 26-29 Santa Barbara TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

Oct 13-15 Rochester, MN Seijaku Accreditation with Pam Towne

Contact: Bonnie Sokolov bonnietaichi@q.com

Oct 15-21 Rochester, MN Teacher Training (Accreditation) with Pam Towne

Contact: Bonnie Sokolov bonnietaichi@q.com

Nov 16 - 19, 2017 Albuquerque, NM TCC Intensive w/Daniel Pienciak

Contact: Marc Kwasman marcabq@gmail.com

2018 Events

March 3 - 9, 2018 Aston, PA Teacher Training (Accreditation) with Pam

Towne

Contact: April Leffler lirpaleff@rcn.com

A TCC Retreat offers a wonderful way to:

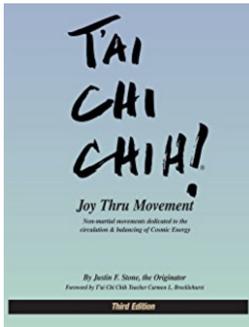
- *Deepen our experience and understanding of TCC*
- *Refine our movements, and especially HOW TO MOVE for a greater flow of Chi*
- *Give oneself a time of deep relaxation and personal renewal of body, mind and spirit*
- *Connect with others in the TCC Community.*

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: [click here](#)

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

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](#)

Instagram: [click here](#)

Twitter: [click here](#)

Flickr: [click here](#)

Youtube: [click here](#)

T'ai Chi Chih International Foundation:

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: [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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