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**Sandy's Message: Glide – A Long, Linear Weight Shift**

*Continuing with last month's newsletter of being aware of the moment when our weight arrives fully onto the bottom of the foot at the end of weight shifts, let's consider the time between those moments, the time while we are still shifting the weight.*

Most people who have worked with Justin know he was emphatic about shifting the weight correctly. One element of the weight shift that Justin was forever reminding us of was the straightening of the back leg during a forward weight shift.

As we move forward during front and back weight shifts, consider keeping the back heel down until the back leg has nearly straightened to its fullest extent. Justin often said, “stiffen the back leg”. That may not sound very T'ai Chi Chih like considering we aim for softness, but he was making a point that was important and that was to **straighten that leg fully**. It is only when the back leg has nearly straightened fully that the back heel begins to peel off the ground.

In returning the weight to the back foot **be patient. Wait** until the weight shift is nearly complete before the toes and ball of the front foot slightly peel off the ground.

During front and back weight shifts there is no effort made to lift either the heel or the toes – allow the conclusion of the weight shift to draw them off the ground. Keeping the feet fully rooted on the floor until near the end of the weight shift accomplishes three things:

1. Both feet are flat on the ground longer, facilitating better balance during the weight shift.
2. Both feet are flat on the ground longer for better grounding.
3. Keeping the heel down until near the end of the weight shift ensures a straightening of the back leg.

Having the correct mental concept goes a long way towards moving correctly. The idea of gliding during weight shifts has a different feeling connotation than rocking the weight from foot to foot. Gliding gives more a sense of staying at one level as we move.

Devote a practice with the attention on the weight shift, mentally repeating the phrase, **“Glide . . . and Arrive”**. During the Glide, keep your feet flat on the floor until you are nearly all the way to the end of the weight shift. Stay aware during the weight shifts, feeling the long, linear movements as a glide. With the Arrive, be aware of how your weight fills the foot completely. Enjoy the feeling of a long, slow, grounded weight shift.

Sandy McAlister  
Hayward, CA

**2017 Teacher's Conference Message: Feel the Chi ~ Share the Chi**

The Conference committee and the Northern Colorado TCC Teacher community are very excited to let everyone know that we have finalized the place and dates for next year's Conference. **The 2017 Teachers Conference will be held at The Millennium Harvest House Hotel in Boulder, Colorado from June 15-18.** The hotel is providing us lovely meeting space for our gathering, including full access to a 5000 sq. ft outdoor pavilion as well as a 5000 sq. ft ballroom with ceiling to floor windows that overlook beautiful gardens. (You might want to plan to come early/stay late: The property is on 16 acres of beautifully landscaped grounds and has 15 tennis courts, an indoor and outdoor pool, gym, garden and pool bars, restaurant and connects to The Boulder Creek Path.)

The conference committee wants you to know that we are dedicated to making this conference a very enriching and joy-filled experience for you. During the next few months, we will be sharing more about our programming and things that you can do in the area if you'd like to make a vacation of it.

Please mark your calendars and plan to register early for our annual gathering in Boulder, Colorado next June!

**REGISTRATION MATERIALS SHOULD BE AVAILABLE BY THE END OF NOVEMBER AND WILL BE POSTED AT [taichichih.org](http://taichichih.org).**

Your 2017 Teachers Conference Committee

Conference Coordinator: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com)

Venue and Hospitality: Lisa V. [tccbuckinghorse@yahoo.com](mailto:tccbuckinghorse@yahoo.com)

Registration and Scholarship: Leya Cragin [leya@rigozsaurus.com](mailto:leya@rigozsaurus.com)

Program and Outreach: Lisa Otero [lisa.otero@post.harvard.edu](mailto:lisa.otero@post.harvard.edu)

## Justin's Insights

Do and Teach a Low Movement

"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 in the yin-and-hanging. 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."

Presented by Justin Stone at Conference

## Chi Reflections

### Moving With Grace & Harmony

"Like a painter who can compose with an infinite of subtle hues and bring them to 'life' on the canvas from a simple palette of colors, the skier who understands the

*actual physical principles of gliding over snow can, by carrying out well thought out choices and combinations, move with grace and harmony."*

From "The Inner Glide: The Tao of Skiing, Snowboarding, and Skwalling"

By Patrick Thias Balmain

### **Like a Crane Floating in the Sky**

*"In the early morning mist in a clearing beneath the trees, an old man flows effortlessly through a series of gentle movements. The trickle of a nearby stream calms his spirit as he bends and turns like the branches of a tree flexing in the wind. Old and wise, he glides like a crane floating in the sky."*

From "Tai Chi for Beginners" By Conor Kilgallon, Andrew Austin

### **The Form Remains**

*"Still glides the stream, and shall for ever glide;  
The form remains, the function never dies."*

~William Wordsworth

### **Cruisin**

*"Baby, let's cruise, let's flow, let's glide  
Ooh let's open up, and go inside"*

~Smokey Robinson

## **Events led by the T'ai Chi Chih Guide and Teacher Trainers**

**Nov 4 - 6 NJ Shore TCC Retreat** with Daniel Pienciak

Contact: Siobhan Hutchinson [siobhan@nextstepstrategiesllc.com](mailto:siobhan@nextstepstrategiesllc.com)

**Nov. 17-19 Albuquerque, NM Seijaku Accreditation** with Pam

Contact: Robert Montes de Oca [r\\_montes7769@msn.com](mailto:r_montes7769@msn.com)

### **2017 Events**

**Mar 2-5 Littleton, CO TCC Retreat** with Pam Towne

Contact: Marie Dotts [mcdotts@hotmail.com](mailto:mcdotts@hotmail.com)

**Mar 23-26 Santa Barbara Teachers Retreat** with Sandy McAlister

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**Mar. 28-31 Santa Barbara TCC Retreat** with Sandy McAlister

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.com)

**April 1-7, 2017 Aston, PA Teacher Training** with Sandy McAlister

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

**April 20-23 Rochester, MN TCC Retreat** with Pam Towne

Contact: Judy Trousdell [jtrous1a@charter.net](mailto:jtrous1a@charter.net)

**May 11-14 Prescott, AZ TCC Retreat** with Pam Towne

Contact: Pam Towne [pamtowne@gmail.com](mailto:pamtowne@gmail.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](#)

**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 Community:** [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](#)

**T'ai Chi Chih Guides' Archived newsletters:** [click here](#)

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## **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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