

T'ai Chi Chih ®

Joy thru Movement

What is T'ai Chi Chih?

T'ai Chi Chih (TCC) is a series of gentle movements focused on the activation, balance, and circulation of the body's intrinsic (natural) energy called Chi.

Justin Stone originated the practice (19 movements and one pose) in 1974

Completely non-violent, it is neither a martial art nor a religion.

A joyous form of moving meditation, TCC is performed slowly and softly. The entire set of movements takes about 45 minutes to practice.

TCC is easy to learn. Most students can learn the movements in two months by enrolling in classes that meet once or twice a week.

The elderly and young can learn it. TCC does not require a particular level of physical fitness or coordination or special equipment.

What are the benefits of regular T'ai Chi Chih Practice?

TCC activates, circulates, and balances the body's internal (natural) energy.

Circulating the body's natural energy increases physical energy.

Balancing the body's natural energy improves health and wellbeing.

Regular practice improves balance, flexibility, and stamina.

Regular practice expands creativity, while heightening awareness and clarity.

Regular practice can reduce stress and blood pressure, while bringing your body's natural weight into equilibrium.

Benefits cannot be predicted or guaranteed, and will come with regular practice.

Who can do T'ai Chi Chih?

Persons of any age or physical ability can experience benefits from regular practice.

Movements may be adapted for those who need to sit or have physical limitations.

No special clothing or equipment is required. Your clothes should be comfortable and flat-soled flexible shoes are best.

What is the difference between T'ai Chi Chih and T'ai Chi Ch'uan (or other Qigong practices)?

All Qigong practices work with this intrinsic or natural energy.

T'ai Chi Ch'uan is an honored, ancient Chinese martial art/self-defense practice that consists of 108 continuous movements. Mastery of T'ai Chi Ch'uan can take months or even years. The name means "Supreme Force (or Fist)

T'ai Chi Chih (pronounced "tie chee chuh", and also referred to as "TCC") was originated in 1974, by an American, Justin F. Stone. Mr. Stone learned many spiritual disciplines and vital energy cultivation techniques, including T'ai Chi Ch'uan. From his depth of understanding of this intrinsic or natural energy, Mr. Stone was open to inspiration and creation of the 19 movements and one pose that he called T'ai Chi Chih.

Although the names sound similar, the practices are distinct. T'ai Chi Chih is NOT a short form of T'ai Chi Chuan. T'ai Chi Chih is neither a martial art nor a self-defense practice. It is focused on the development of the body's internal energy, calm and balance. The name means: "Knowledge of the Supreme Ultimate" or knowledge of this natural or vital energy that flows through each of us.

How can I learn more about T'ai Chi Chih and Justin Stone?

TCC originator, Justin F. Stone, died in March 2012, in Albuquerque, New Mexico, at the age of 95, surrounded by devoted teachers and students. Born in New York, Justin lived in California for many years, and traveled extensively in India and Japan. He was a jazz composer, artist and authored many books on meditation and spiritual matters.

The official source of information about TCC are the T'ai Chi Chih textbook by Justin Stone and the website: www.taichichih.org. You can also join the T'ai Chi Chih fan page on facebook and view YouTube videos of Mr. Stone demonstrating TCC

The Vital Force, the quarterly, international journal of T'ai Chi Chih, features articles by Justin Stone, and TCC teachers and students, and provides information about retreats, workshops, teachers accreditation, and the annual teachers' conference.

Where are T'ai Chi Chih courses taught?

Only accredited instructors may teach T'ai Chi Chih. A list may be found at: www.taichichih.org. Classes are taught in corporate offices, houses of worship,

schools and universities, gyms, hospitals, prisons, recreational and senior centers.

Adabelle Rychtarik, a practitioner of T'ai Chi Chih since 2008, was accredited to teach in 2013. She was accredited to teach the advanced form of T'ai Chi Chih, Seijaku, in 2014. For current information about classes or presentations in the Fountain Inn, Mauldin, Simpsonville or Greenville areas, contact: Adabelle Rychtarik by email: aprychtarik@me.com or phone: 918-640-7356