

From: Tai Chi Chih Community newsletter@TCCcommunity.net
Subject: Sandy's August 2024 T'ai Chi Chih Newsletter
Date: August 1, 2024 at 3:13 AM
To: stephen2816@comcast.net



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Sandy McAlister's Message

[50 Years: Remembering The Past & Contemplating The Future](#)

Celebrating the 50th anniversary of T'ai Chi Chih the 2024 Teacher Conference was filled with memories. There were stories of teacher's journeys, how the Vital Force Journal traveled from editor to editor and kept teachers connected

over the years, and the journey of publishing Justin's materials. A special surprise was a visit to conference from Justin's early publisher and friend, Skip Whitson. He spoke of meeting Justin and how they worked together on several of Justin's books, including, dear to our hearts, the first photo book on T'ai Chi Chih._

Guy Kent and the conference team created a fabulous experience for us and especially providing many opportunities for us to meet in small groups and share our thoughts and experiences with each other. The printed program had space for us to take notes, and included many quotes by Justin. It will be a wonderful keepsake.

After spending a couple of days talking about the past 50 years of TCC, on Sunday morning it was time to talk about the future of TCC. It was noted that we will need teacher trainers in the future and it is time to begin preparing interested teachers. Also, the TCC Foundation is looking for interested teachers to consider becoming trustee members of the board. Jim Kaib, the treasurer of the Foundation is ending his term this year and would like to begin mentoring his replacement. If someone in our teaching community is detailed oriented and is comfortable handling treasurer responsibilities contact [Jim Kaib](#) if you are interested and would like to received more information.

There were several suggestions for committees to explore: ways to make becoming a teacher easier for younger students; a data base of the skills in our teaching community; as well as other committee ideas. By next month's newsletter we will share more details about these future committees.

I would encourage teachers to think about ways they could support the community and what ideas they might have to further the growth of TCC. It is your community and your support that enriches its vitality and growth.

T'ai Chi Chih Guide, Sandy McAlister

Second Saturday Practice & Discussion

Teachers: Second Saturday, August 10th.

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern

Teachers see Facebook Tai Chi Chih Teacher Circle for Zoom link.

Topic of discussion: Anything anyone would like to share about Conference, plus let's hear from those who attended other TCC gatherings Zoom or otherwise during conference.

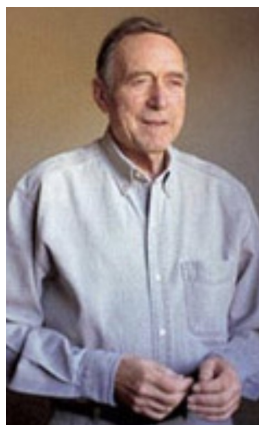
during conference.

Teacher Accreditations and Intensives

One Teacher Accreditation will be held in-person in CO in October ... and one Seijaku Teacher Accreditation will be held afterwards on Zoom. (See details in T'AI CHI CHIH EVENTS below.)

For those preparing for Teacher Accreditation in 2025, there is an Intensives (a prerequisite for an Accreditation course) in FL in October of 2024.

Intensives are \$300 and Teacher Accreditation are \$650.



Justin's Insights

Key Points To Incorporate In Practice & Teaching

1. *Keep T'ai Chi Chih standardized. Emphasize the pathways described are mostly done with the wrists.*
2. *T'ai Chi Chih is not an upper body movement, though we remember to swivel the waist (such as in the "swimming motion" in Working the Pulley).*
3. *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 the yin-and-yanging. 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.*
4. *Develop muscle memory by repetition. You can do it too few times and cannot do it too many.*
5. *It is not the exercise which is helpful – it's the flow of the chi. This way the whole organism is effected vs. treating a symptom.*

~ Justin Stone, at Conference (Printed in VFJ Sept. 1991)
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Chi Reflections

The Heart Of The Matter

You may practice for a long, long time, but if you merely move your hands and feet and gyrate like a puppet, learning T'ai Chi Chih is not very different from learning to dance. You will never have reached the heart of the matter: you will have failed to grasp the quintessence of T'ai Chi Chih.

(Adapted from ~Gichin Funakoshi's writings on Karate-do.)



T'AI CHI CHIH EVENTS

LED BY THE GUIDE

LED BY TEACHER TRAINERS

2024

Sept. 7 - Oct. 12, 2024 Learn or Review Seijaku Class on Zoom with Pam Towne.
6 Saturdays 9:30 AM - 12 NOON Pacific, Early Bird Special \$200 by Aug.10, then \$300. Especially valuable as review before the Oct. Seijaku Teacher Accreditation
Contact: [Email Pam Towne](#) or call 760-421-7589

Oct, 19-21, 2024 Seijaku Teacher Accreditation with Pam Towne on Zoom
Must have been practicing Seijaku for at least 6 months
Contact: [Email Pam Towne](#) or call 760-421-7589

October 25-29, 2024 TCC Intensive with April Leffler
Cedarkirk Camp & Conference Center, Lithia FL
Contact: [Email Anita Vestal](#) or call 813-418-0146

October 28-November 3, 2024 Teacher Accreditation
with Sandy McAlister
Franciscan Retreat Center, Colorado Springs, CO
Contact: [Email Marie Dotts](#) or call 970-412-9955

2025

June 12-15, 2025 Teachers Retreat with Sandy McAlister
Prince of Peace Abbey, Oceanside, CA
Contact: [Email Pam Towne](#) or call 760-421-7589

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.



ZOOM T'AI CHI CHIH & SEIJAKU PRACTICES LED



BY ACCREDITED TEACHERS

MONDAYS

Lorraine Lepine Zoom T'ai Chi Chih Practice, from 9 am to 10 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

Jessica Lewis Tai Chi for Veterans (T'ai Chi Chih taught within the context of the VA Community Care Network program) FREE for US Veterans & Accredited TCC Teachers, others pay with credit card.

Contact: [Email Jessica Lewis](#) for cost.

12:00-1:00 PM EST

Meeting ID: 529 988 701

Password: TC4V

[Click here for ZOOM](#)

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice

Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)

[Click here for ZOOM](#)

TUESDAYS

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice

Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)

[Click here for ZOOM](#)

Lorraine Lepine Zoom T'ai Chi Chih Practice, from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

Daniel Pienciak T'ai Chi Chih "Begin or Review" Course on Zoom, 6 Tuesdays, 1 p.m- 2:30 p.m. EDT. Dates: July 16, 30, August 13, Sept 3, 17, October 1. TCC instruction and practice, for beginners, or for folks desiring a thorough review. Contact Daniel for details/zoom information/cost.

Contact: [Email Daniel Pienciak](#) or call 732 988 5573

Daniel Pienciak Deepen and Refine your TCC movements on Zoom, 6 Tuesdays, 1 to 3:30 p.m., EDT. Dates: July 23, August 6, 20, Sept 10, 24, and Oct 8. A thorough review/examination and practice of movements with opportunity for individual feedback and evaluation by a TCC Teacher Trainer. Appropriate for serious TCC students, teacher accreditation candidates, and teachers.

Contact: [Email Daniel Pienciak](#) or call 732 988 5573

WEDNESDAYS

Lorraine Lepine Zoom T'ai Chi Chih and Seijaku Practice, from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice

Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)

[Click here for ZOOM](#)

Paul Ciske 10:30 -11:30 AM Pacific - Begins with brief introduction or focus followed by a 6 repetition practice, followed by questions, clarifications, insights, and optional short silent meditation. Charitable donation appreciated. [Click here to Register](#)

Pam Towne Seijaku Practice for teachers or students who already know Seijaku

Wednesdays 10:30 - 12pm PDT, \$40/month or \$100 for 3 months

Short teaching section, full practice, Jing & Sitting in Silence 5 minutes or more.

You are invited to come as my guest to one class for free to see if you'd like to join.

Contact: [Email Pam Towne](#) or call 760-421-7589

Jessica Lewis Tai Chi for Veterans (T'ai Chi Chih taught within the context of the VA Community Care Network program) FREE for US Veterans & Accredited TCC

Teachers, others pay with credit card.

Contact: [Email Jessica Lewis](#) for cost.

6:30-7:30 PM EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

THURSDAYS

Lorraine Lepine Zoom T'ai Chi Chih Practice, from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen or Taoist writing before the Practice and end with an optional meditation.

[Click here for the Zoom](#)

Meeting ID: 816 0880 2694

Passcode: HelloTCC23

Contact: [Email Lorraine Lepine](#)

Richard P Karasik T'ai Chi Chih Class + Full Practice on Zoom

9:30-10:30AM Pacific Time. The class is roughly first half clarifications, teaching, question/answer, demonstration, and the second half is a complete practice. This is an ongoing practice - start any time.

Contact: [Email Richard](#) for handouts, and class updates.

[Click here for ZOOM](#)

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice

Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)

[Click here for ZOOM](#)

Thursdays starting August 22nd, 2024

Lorraine Lepine Seijaku 6-class series starting August 22nd till September 26, 2024, from 4pm till 6:30pm (Central Time)

This is an introduction to Seijaku Zoom class.

Contact: [Email Lorraine Lepine](#) for information, Zoom link and registration

FRIDAYS

Linda Prosche, Barbara Kristoff, and Tom Rothenberger All levels

Fridays 10:30-11:30 AM, Pacific. Starts with a master class TCC discussion and into a full practice. Breakout rooms available for individual instruction. [Click here to get the Zoom link and pay.](#)

Drop-in suggested donation \$10-\$15. First class is free.

Contact: [Email Linda Prosche](#) or call 415-259-8900.

Pam Towne Ongoing TCC Practice for teachers & students who know TCC

Fridays 10:30 - 11:45am PDT, \$35/month or \$90 for 3 months

Short teaching section, full practice, Jing & Sitting in Silence 5 minutes or more.

You are invited to come as my guest to one class for free to see if you'd like to join.

Contact: [Email Pam Towne](#) or call 760-421-7589

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice

Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time)

[Click here for ZOOM](#)

SATURDAYS

Sandy McAlister Monthly Second Saturday Teachers' Get Together & Practice

Teachers will find a link to the 2nd Saturdays Get Togethers & Practices for Teachers on the [T'ai Chi Chih Teacher Circle Facebook page](#). If you don't have a Facebook account, then you will need to [Join Facebook](#) first.

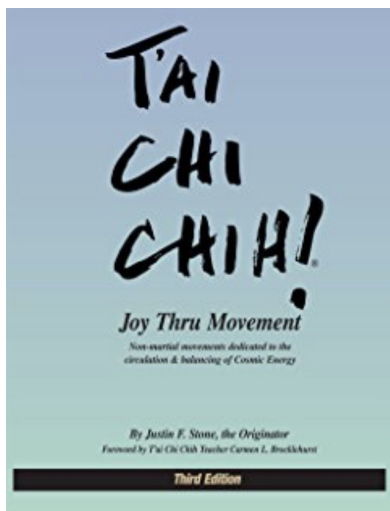
Contact: [Email Linda Jones](#)

SUNDAYS

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice

Sunday 9:00 AM Pacific Time (Mon - Fri 10:00 AM Pacific Time)

[Click here for ZOOM](#)



Links to Resources & Materials

Justin Stone's T'ai Chi Chih individual movement instruction* (plus separate 30- and 45-minute practices) streamed digitally. [Click here for lifetime access](#)

100% of your subscription allows [Justinstonetcc.com](#) to remain available online.

For Justin Stone's Other Materials [click here](#)

Pam Towne's Serenity in the Midst of Activity DVD or Digital Download: [click here](#)

Sandy McAlister's Seated T'ai Chi Chih DVD [Email Sandy McAlister](#)

Zoom Lessons with Pam: [Email Pam Towne](#) 760-421-7589

Seijaku Booklet:

\$4.00 per copy +\$1.20 (first class)

\$30 for 10 copies +\$8.60 (priority mail) or \$2.75 (media rate)

\$50 for 20 copies +\$9.45 (priority mail) or \$3.27 (media rate)

Make checks payable to:

Ann Rutherford

1534 Wagon Train Dr. SE

ABQ, NM 87123

Web Resources:

Teachers!! Claim or create a personal Teacher Listing Page: [click here](#)

T'ai Chi Chih's originator Justin Stone's website: [click here](#)

T'ai Chi Chih's website: [click here](#)

T'ai Chi Chih Community website: [click here](#)

Tai Chi Chih Facebook: [click here](#)

Tai Chi Chih Teacher Circle Teachers, please use the [click here](#) link and ask to join this closed Facebook group! (FYI: Teachers, you must have a Facebook account. If you don't have a Facebook account, then you must first [Join Facebook](#) before you will be able to gain access to our Tai Chi Chih Teacher Circle.)

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: [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 11, Norwood, PA 19074

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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