

**From:** TCCommunity [stephen2816@mac.com](mailto:stephen2816@mac.com)  
**Subject:** Sandy's October 2015 Newsletter  
**Date:** October 1, 2015 at 3:07 AM  
**To:** [stephen2816@comcast.net](mailto:stephen2816@comcast.net)

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Mission Statement

## Sandy's Message: Peace, Harmony and Community

*At conference this year there were several discussions on ways to build our community. One panel discussion focused on building diversity in our community. Another suggestion was every other year, rather than our usual teacher's conference, we have a conference that includes students. These would be differentiated from our Annual T'ai Chi Chih Teachers' Conference as a T'ai Chi Chih Community Conference.*

*This would be a big change as we have had a teacher's conference every year since 1985 (except 1987). Justin felt it was important for teachers to stay connected, refresh their practice, and rededicate their intentions. But with the expense of travel and accommodations rising it is difficult for teachers who usually attended every year to continue to do so. This may be a natural opening to try something different. It is worth exploring a new direction.*

*Having Community Conferences which includes students offers a new opportunity for students to deepen their understanding and experience with T'ai Chi Chih. It may spark in them a desire to become a teacher. The Community Conference would still support and encourage teachers to attend as well as students.*

\_It is important to have your voice heard on this idea so a short survey has been created. Please go to the link below. Students may answer questions #3, 4, 7, 8.

Link: <https://www.surveymonkey.com/r/T6Q3VXT>

~Sandy McAlister in Hayward, California

**To take the survey now, [Click here](#)**

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## **Justin's Insights**

### **KEY POINTS TO TCC 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 awhile, 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 in the December 1994 Vital Force Journal

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**The Vital Force Archives:** [click here](#)

## Chi Reflections

### Where is truth?

*There are thousands upon thousands of students  
who have practised meditation and obtained its fruits.*

*Do not doubt its possibilities because of the simplicity of the method.*

*If you can not find the truth right where you are,  
where else do you expect to find it? ~Dogen*

### The Wise Teacher

*The teacher who is wise does not bid you to enter the house of his wisdom but leads  
you to the threshold of your mind. ~ Khalil Gibran*

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

**Oct. 16-18 Tupelo Mississippi's Deep South Workshop** with Sandy

Contact: Ron Richardson [ron\\_richardson@comcast.net](mailto:ron_richardson@comcast.net)

**Oct. 23-24 Kansas City Workshop** with Sandy

Contact: Lorraine Lepine [lorlepine@gmail.com](mailto:lorlepine@gmail.com)

**Oct. 27-30 Santa Barbara TCC Retreat** with Pam

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

**Oct. 25-29 Philadelphia INTENSIVE** with Sandy

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

**Oct. 29-Nov.1 Philadelphia Prajna Retreat** with Sandy

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

**Nov. 16-21 Albuquerque TEACHER ACCREDITATION** with Daniel

Contact Co-Hosts: Mary White [mwhite327@comcast.net](mailto:mwhite327@comcast.net) and Joyce Veerkamp  
[kujo1955@gmail.com](mailto:kujo1955@gmail.com)

## 2016

**Feb. 24-28 Colorado INTENSIVE** with Sandy

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

**March 10-13 Santa Barbara Teacher's Retreat** with Sandy

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

**March 15-18 Santa Barbara Teacher and Student Retreat** with Sandy

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

**Apr. 10-13 Aston, PA Teacher Symposium** with Sandy

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

**May 4-7 Prescott, AZ TCC Retreat** with Pam

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

**May 29-June 4 Aston, PA TEACHER ACCREDITATION** with Pam

Contact: TBA

**June 19-25 Colorado TEACHER ACCREDITATION** Daniel

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

**Oct 9-13 Aston, PA INTENSIVE** with Daniel

Contact: TBA

**Oct. 16-19 Aston, PA Prajna Retreat** with Sandy

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

**Oct. 21-24 Near Orlando, FL TCC Silent Retreat** with Pam

Contact: Anita Vestal [vestala7@gmail.com](mailto:vestala7@gmail.com) or Susan Quinn [rsusanquinn@gmail.com](mailto:rsusanquinn@gmail.com)

## More T'ai Chi Chih Events

[Click here](#) for additional events including those lead 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

### T'ai Chi Chih Photo Textbook Phone Apps

For both iPhone & Android phones can be downloaded and purchased online for only \$9.95.

**Get the Android application:** [click here](#)

**Get the Apple app:** [click here](#)

**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](#)

### **Web Resources:**

**Official 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 newsletter:** [click here](#)

**The Vital Force Archives:** [click here](#)

**T'ai Chi Chih Guided free monthly newsletter - Sign Up link:** [click here](#)

T'ai Chi Chih Guides' free monthly newsletter -- Sign-Up link. [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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