

2009 Conference Reflections

The 2009 annual TCC Teachers Conference in Nebraska City was wonderful! It was a special time with our T'ai Chi Chih family, connecting with each other, deepening our TCC practice & enhancing our teaching skills. Such strong Chi! Everyone loved the "green" Lied Lodge with its friendly staff, comfortable beds, & natural setting among green rolling hills & lots of trees. For those of you who missed it, we will be returning there to Lied Lodge in 2010. I invite you to plan ahead to attend Conference this year, August 12-15. And also plan to stay another 2 nights for the powerful Seijaku course following the Conference.

Last year Justin sent a 15-minute DVD message to us addressing 4 important points to remember in practicing & teaching the TCC movements. Here are my notes on his talk:

1. *Pulling Taffy* - the bottom hand goes out to the side, turned up to the sun - don't cut it short!
2. *Carry the Ball to the Side* - use the wrists, not the arms to circle the ball (which is ROUND).
3. *Bass Drum* - the hands are about 1 foot apart & the wrists (not the arms) do the circling.
4. *Yinning & Yanging* - this is the most important feature in TCC! The top of the body is straight up & down as the weight shifts. Forward is Yang (positive) & back is Yin (negative).

Thank you for sharing T'ai Chi Chih in the world. You truly do more good than you know!

Love & Blessings, Pam

