



Tai Chi Foundation &  
School of Tai Chi Chuan

## *Annual Report*

### *Dear Members & Friends,*

It is with deep gratitude that we reflect on the 2012 accomplishments of the T'ai Chi Foundation. It's been great for me to work with fellow members on our Board of Directors, all who serve without compensation to help guide the organization, facilitate in-school communication and continue to offer the highest quality trainings possible.



We reached a milestone in 2012 – the T'ai Chi Foundation turned 30! The first 30 years have been filled with many ups and downs, many successes, and most importantly, many lessons learned. It is these lessons that will guide us in the future and allow the Foundation to continue working toward our mission to “study and teach tai chi to teach health and consciousness and cultivate strength through softness in an atmosphere of support, compassion and wisdom”.

The TCF board conducted a series of strategic planning in-person meetings back in 2010 to address the changing worldwide economy, our evolving membership, and the impact of the wellness movement in the U.S. and Europe. The existing board at that time created a first-ever Strategic Plan setting five year goals. I am proud to announce that your Board of Directors has worked diligently to fulfill these goals. (The Strategic Plan is posted on the apprentice side of the TCF website.)

In 2012 we co-sponsored four trainings and seven workshops, held 10 board of directors meetings, distributed three grants to our member schools, and sold nearly 1,000 Roots & Branches and Five Element Qi Gong DVDs. In addition to these more tangible results, this board has demonstrated a commitment to fostering an atmosphere of collaboration, responsiveness to our membership, excellence in grant making and transparency in operations.

We expect 2013 to formalize a certification program, streamline regional training, market to new audiences and launch a new website.

In unity,

John Szostek  
President

## *Report from the Legacy Holders*

2012 was a busy and productive year for The Legacy Holder Teachers (LHs) as evidenced by their development of new material, their many teaching activities, and their numerous collaborations with each other and with fellow teachers.

The Legacy Holders met frequently by phone in 2012, facilitated by Els Eijssens who serves without compensation. These meetings focused on: two Summer and two Winter Trainings, the Shelter Island training, a potential annual budget for LH, Teacher Certification, Advanced Form Work at residential trainings, and the 8<sup>th</sup> Level.

Margaret Matsumoto, who represents the LH on the TCF Board, worked diligently throughout the year with Els Eijssens, TCF administrator Penny Harrison, and the whole Board of Directors and in particular with John Szostek (Board President) and Kate Mansfield (Communications), to strengthen the communication and cooperation between the Board, the LH, and the school at large.

In the Fall, the LH met in-person, and then worked intensively with the 8<sup>th</sup> Level of the school and supported Pat Gorman and Gerrie Sporken in the development and presentation of their new work at Shelter Island, NY.

Sherry Kent, Matsu, Margaret Olmsted, Gerrie Sporken, and Greg Woodson taught at the European and/or the US Summer and Winter Trainings, working closely with training organizers and teaching staff.

Many LH traveled to teach and support other Tai Chi communities besides their own: MO went to Spokane; Sherry to St. Albans, UK; Greg to Mill Valley and Los Angeles, CA; and Matsu also to Mill Valley. Sherry attended a sword workshop with Ken Van Sickle in Amsterdam, as did Greg and Matsu when Ken taught in Manhattan. Pat Gorman, Pat's husband Steve Flores, and MO converged in LA and again taught Roots and Branches qi-gong at the Acupuncture Symposium, which was hosted by the Institute of

Classical Five Element Acupuncture Inc. (Neil Gumerick, Founder and director).

TCF's public presence was increased through Matsu's various presentations at Visions at Selis Manor in Manhattan for blind residents, at Gilda's Club of Westchester which supports families living with cancer, at the Ethical Culture Society in White Plains NY, at Wainwright House in Rye NY, and at the Northside Head Start center in the Bronx. She also taught qigong at the Integral Spirituality Experience event, in Pacific Grove CA in January, reaching out to a large vibrant community of like-minded spiritual practitioners.

With input from teachers at all levels in the school, Legacy Holders continue to share changes in how we teach, to examine how we transmit Chi, and to support the quality of the teaching school-wide. The Legacy Holders are inspired by their work. They look forward to upcoming trainings where they can continue to work with everybody and continue to fulfill the mission of our school.



*From left to right: Sherry Kent,  
Margaret Olmsted, Margaret  
Matsumoto, Greg Woodson &  
Pat Gorman*



*Gerrie Sporken*

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## Trainings in 2012

Four major trainings and an increased number of shorter programs and workshops provided a rich array of learning options in 2012. These trainings reflected the dedicated efforts of our European or US coordination and teaching teams, plus the co-sponsorship and the administrative and financial support of the T'ai Chi Foundation. The four major trainings were:

*January 2 - 8, 2012 - European Winter Training, Amsterdam, the Netherlands*

*January 13 - 21, 2012 - Push Hands and Sword Intensive, NYC*

*July 27 - August 3, 2012 - U.S. Summer Training, Whidbey Island, WA*

*August 11 - 19, 2012 - European Summer Training, Shropshire, U.K.*

Each of these trainings had distinctive features. For example, the NY Training in January had only upper level Push Hands and Sword work, allowing those in advanced courses to focus primarily on their own work. The concentration of Legacy Holder teachers and senior level teachers, with plenty of one-on-one push hands and fencing play, made for an intense learning experience.

On the other hand, the Apprentice Winter Training in Amsterdam offered a wide variety of courses such as teaching apprenticeships, playful calligraphy work, Hall of Happiness for all participants including local students, and special time for advanced apprentices.

The Whidbey training was a brand new training location that brought our West Coast teaching locations into a more interactive coastal "community". Four Legacy Holder teachers were complemented by the specialized skills of others such as Gene Giffen with Chua K'a massage, and Jan Sheffner with Drumming.

The Shropshire U.K. training featured an apprentice-only weekend just prior to the whole training, and even with a new location, continued to attract a very social community of public students that return each year. In addition, a 9 Hypergnostic Systems Training ran simultaneously. Besides a full range of Tai Chi and related evening presentations, Vicki Shackford continued to teach the ever-popular Hawaiian Swimming.

Among the shorter workshops:

- A Push Hands 4 weekend in Los Angeles CA with Margaret Olmsted.
- An extended B1 Apprenticeship Training in Jacksonville FL, led by Tom Goelz.
- A Tai Ski weekend and week in Austria, organized by Maria Gandler.
- A Form and Push Hands weekend in Los Angeles with Greg Woodson.
- Several Sword workshops in Gainesville FL with Greg Woodson, organized by Paul Campbell.
- 8th Level and Jade Path Training Days on Shelter Island NY with Pat Gorman and Gerrie Sporken.
- A Push Hands and Sword weekend in Spokane WA with Margaret Olmsted.
- A weekend workshop in St. Alban's U.K. with Sherry Kent & Els Eijssens.

Chua K'a (sm) is a service mark of Arica Institute

Hawaiian Swimming (sm) is a service mark of the STCC/ TCF

## *Membership in the T'ai Chi Foundation*

Membership dues contribute to funding special projects as well as providing much needed financial support for the day to day running of TCF. Membership runs each year from January through December, but it is possible to join at any time.

**Friends of the T'ai Chi Foundation Membership** at \$50/year (USD) is open to anyone studying Tai Chi Chuan, who wishes to stay informed of Tai Chi developments or news through the TCF and who wants to support the TCF in its activities.

**Apprentice/Teacher Membership** at \$100/year (USD) is for anyone who is a current participant in our Teacher Training program or a Tai Chi or qi-gong teacher already trained in the TCF teaching method. In some teaching locations, this apprentice or teacher membership is paid for by the local teaching organization on behalf of the individual.

Each TCF Member receives monthly newsletters, geared to the interests of our extensive international Tai Chi community. These regular communications provide invaluable announcements and information on up-coming trainings, articles from teaching locations, occasional interviews or book reviews, and news stories about Tai Chi or related arts such as acupuncture by guest contributors and fellow members.

TCF apprentice members also benefit from access to a Teachers and Apprentices section of the T'ai Chi Foundation website. All TCF Board of Directors minutes are available on the website, as well as this Annual Report, TCF policies and procedures, contacts, marketing and media material, artwork, and more to support those that promote and teach T'ai Chi and the various curricular offerings of the T'ai Chi Foundation.

[www.TaiChiFoundation.org/Membership](http://www.TaiChiFoundation.org/Membership)



## Financials

Form 990 Tax Returns are on the documents section of the website.

|                              |                      |
|------------------------------|----------------------|
| <b>INCOME</b>                |                      |
| Contributions                | \$ 3,108.15          |
| Program Service Sales & Fees | \$ 93,519.18         |
| Investment Revenues          | \$ 296.37            |
| Miscellaneous Revenue        | \$ 50.00             |
| Reinvestment                 | \$ 4,309.53          |
|                              | <b>\$ 101,283.23</b> |
| Cost of Goods Sold           | \$ 1,087.31          |
|                              |                      |
| Gross Profit                 | <b>\$ 100,195.92</b> |
|                              |                      |
| <b>EXPENSE</b>               |                      |
| Grant & Contract Expense     | \$ (50.00)           |
| Professional Fees            | \$ 65,040.00         |
| Office Expenses              | \$ 6,400.76          |
| Rent & Storage               | \$ 2,818.00          |
| Travel                       | \$ 13,416.01         |
| Trainings                    | \$ 38,580.11         |
| Other                        | \$ 4,476.71          |
|                              |                      |
| Total Expense                | <b>\$ 130,681.59</b> |





## *Thank You to our 2012 Donors*

We are grateful to the following individuals and organizations for their support of TCF and our programs in 2012. Your generosity and kindness are greatly appreciated.

|                          |                       |                   |
|--------------------------|-----------------------|-------------------|
| Jean Allen               | Linda Coviello        | Alan R. McFarland |
| Cate Bellafore           | Andrew Dell'Olio      | Nadine Newlight   |
| Lou Bellafore            | Bernie Dushman        | Margaret Olmsted  |
| Michael Braudy           | Els Eijssens          | Michael Ritter    |
| Barbara Carlisle         | Robert W. Etherington | Vicki Shackford   |
| Hal Caswell              | Bobbie Fink           | Steve Shulman     |
| Charities Aid Foundation | David Goodell         | Gerrie Sporken    |
| Cathy Cody               | Birgitt Krause        | Jonathan Stow     |
| David Cogen              | Thomas Malone         | John Szostek      |
| Dove Cogen               | Kate Mansfield        | Roberta Walcutt   |

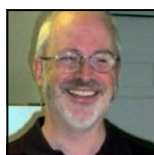
## *Board of Directors*



John  
Szostek



Bernie  
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Roberta  
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Kate  
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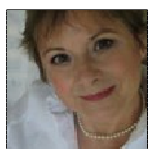
Roger  
Noon



Margaret  
Matsumoto



Birgitt  
Krause



Penny Harrison

Foundation Administrator

### *Professional Staff:*

Diane Schroer

Cherry Chappel

The T'ai Chi Foundation's mission is to study and teach Tai Chi to increase health and consciousness and cultivate "strength through softness" in an atmosphere of support, compassion, and wisdom.

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## *Contact Us*

For more information about the T'ai Chi Foundation and trainings in Europe and the U.S.:

Visit us on the web at [www.taichifoundation.org](http://www.taichifoundation.org)



Follow us on Twitter: @TaiChiFdn



Like us on Facebook: [www.facebook.com/TaiChiFoundationInc](http://www.facebook.com/TaiChiFoundationInc)

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