

***T'ai Chi  
Foundation  
&  
School of  
T'ai Chi Chuan***

**LH**

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# ANNUAL REPORT FISCAL YEAR 2013

Dear Members and Friends,



It has been my honor to serve as the President of the Tai Chi Foundation for the past two years. I am grateful to be part of a dedicated and focused board of directors who gave hundreds of volunteer hours of service to TCF.

I continue to be inspired by members who organize our trainings and the volunteers who support our work. The Legacy Holders and our senior teachers support all of us by offering a clear goal for our practice. What we do, how we relate and who we are is the substance of our study.

The overarching goal of TCF is to develop and advance the substance of our work and the methods by which we transmit it. Cheng Man-Ching said in his afterword to *Essays on Man and Culture* to "...enjoy the ancients and earnestly seek your knowledge there; and, new knowledge is acquired by re-invigorating ancient wisdom." To that end let us find the deep enjoyment of hard work and practice and transmit it to others. We have taken deliberate and patient steps in this direction over the past 30 years. In 2010 we clarified (or formulated) our goals into a Strategic Plan. I am pleased and proud to report that we reached many milestones in 2013 that will build on the foundation begun by previous boards.

## In the past year we:

- Supported four projects with Small Capacity-Building grants;
- Admitted 20 new apprentices;
- Conducted 4 major international trainings in the U.S. (Chicago and Whidbey Island), the U.K. (Wiltshire) and Netherlands (Amsterdam);
- Established a Website Review Committee which meets regularly to develop the new TCF website;
- Conducted a strategic analysis of the TCF website facilitated by an outside firm. The analysis informed a formal RFP (Request for Proposal) which we sent to a list of prospective website designers, and a timeline was developed for the overhaul of the TCF website, scheduled for mid-year 2014;
- Donated to the making of a film documentary about Grandmaster Cheng Man-Ching, "The Professor: Tai Chi's Journey West", created by Barry Strugatz and Ken Van Sickle, two of the Professor's students;
- Met by conference call eleven times as a board;
- Arranged with a holistic video distribution company to market the Roots & Branches DVD to a broader audience;
- Established CEU credits for those taking Roots & Branches;
- Initiated the first stages of an official Certification Process for new members;
- Returned TCF to a formal relationship with schools and a renewed Royalties Program;
- Created a public membership category for friends of TCF;
- Sent monthly and seasonal newsletters to our members, regular news snippets to apprentice teachers and promoted major trainings and local workshops; and
- Launched a social media campaign.



### The Professor: Tai Chi's Journey West

by Barry Strugatz

A documentary about the great Tai Chi master, Cheng Man-Ching, who brought his profound teachings West in the swinging,

📍 Brooklyn, NY

**SUCCESSFUL!**

<b>166%</b>	<b>\$38,287</b>	<b>FUNDED</b>
FUNDED	PLEDGED	DEC 20, 2013



TCF Member Newsletter  
SEPTEMBER 2013



The financial stability and growth of TCF is a top priority for us. I liken our small economy to a water pump. I grew up on a farm and was fascinated by the hand water pumps on the land. By priming the pump, the leather seal would soften and expand thus drawing up the cool water below. The water nourished us and allowed the animals and plants to thrive. As the Tai Chi school experienced declining enrollments, our ability to circulate within our economy diminished. However, changes to our operating structure, the Annual Fund and the Bellafore Family Foundation gift are acting like the priming water pump. We can anticipate a thriving student body.

We are grateful to our members for their continued support.

We welcome your thoughts, ideas and encouragement.

With deep respect,

*John Szostek*  
*President, TCF*

## TCF Mission Statement:

***“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.”***

# Legacy Holders Report

The past year 2013 was another chapter in the ongoing work of the Legacy Holder teachers to sustain and advance the teachings of the school. In addition to their active leadership role in teaching, their primary areas of focus were in the development of new course content and generating inspiration amongst themselves and fellow teachers.

Pat Gorman with Gerrie Sporken developed new course material that was introduced at the Shelter Island training, for working the spiritual path of Tai Chi. Furthermore, Pat Gorman, again collaborating with Gerrie Sporken, designed a Medical Qi-Gong 2-day training for health professionals.

The Legacy Holder teachers met 13 times by phone in 2013, with the excellent assistance of Els Eyssens who prepared for and moderated the meetings. These meetings and the October in-person meeting provided opportunities for us to discuss the quality of teaching within the whole school, and to give input to the those organizing the Summer, Winter trainings, and Shelter Island trainings. Additional sub-committees also met by phone, paying special attention to specific topics such as improving the material in two of the advanced Push Hands courses.

Margaret Matsumoto continued to work closely with the TCF Board, serving as the LH representative and Training Committee chair. Throughout the year, she fostered strong communication between the Board, TCF administrator Penny Harrison, training coordinators, and teachers in various teaching locations.

Pat Gorman, Sherry Kent, Margaret Matsumoto, Margaret Olmsted, Gerrie Sporken, and Greg Woodson all taught weekly classes and in a few cases, special weekend workshops. They teamed up in various combinations to teach at the either the European Winter Training in Amsterdam, the US Winter Training in Jacksonville FL, the UK Summer Training at Wiltshire and /or the US Summer Training on Whidbey, Washington State.

Many LH traveled to teach or support other Tai Chi communities besides their own: Margaret Olmsted invited Greg Woodson in June for a Push Hands weekend. Sherry taught with Greg in London, then he went on to guest teach in Dublin and Götzens, Austria. Sherry went another time to Götzens to teach with many other TCF teachers. Pat Gorman, Pat's husband Steve Flores, and Margaret Olmsted converged in LA again this year and taught not only the Roots and Branches Qi-gong to attendees at the Five Element Acupuncture Symposium, but also the first Medical Qi-gong training in the days preceding the symposium. Margaret Matsumoto travelled to Jamestown NY, Holland MI, and Seattle WA for workshops in those locations.

With input from teachers at all levels in the school, Legacy Holders continue to keep the teaching engaging and evolving, opening doors to new work, and supporting each other as well as the school's many talented and dedicated teachers.



# TCF Trainings in 2013

There were four major TCF trainings during the past fiscal year, held in Europe and the US. The Winter Trainings remain in-house, providing the teachers in attendance with their next level of coursework as they pursue their personal ongoing Tai Chi studies or as they are trained to teach the next level in our curriculum. In contrast, the Summer Trainings are open to the public to enjoy beginning through more advanced courses as well as coursework specifically for our teaching staff. These major trainings were:

## US Winter Training, Jacksonville FL

## European Winter Training, Amsterdam, NL

## US Summer Training, Whidbey Island, WA

## European Summer Training, Wiltshire, UK

The **US Winter Training** at the beautiful Cobalt Moon studios in Jacksonville FL featured Paul Campbell, Greg Woodson and Margaret Olmsted who led participants into a deep experience of relaxation to support all their work in Form, Push Hands, and Sword.

The **European Winter Training** had a packed schedule and provided more opportunities for other teachers in addition to the three Legacy Holders to lead classes.

Summer saw a return to Whidbey Island for the **US Summer Training**, led by Margaret Olmsted and Margaret Matsumoto. More delicious and bountiful organic meals and plenty of Tai Chi, plus Drumming in the evening with Jan Sheffner and her husband Ed brought big smiles to the faces of Whidbey participants.

Besides the very full course offerings at the **European Summer Training** held at a new venue, Stonar School in Wiltshire, there was a lively contingent of children that added a playful and enthusiastic energy to the training led by three Legacy Holders. Again this year, an apprentice weekend preceded the training week, plus Vicki Shackford repeated her “splashing success” with the swimming classes.

## Four Major Trainings in 2013



## Other shorter programs & special seminars in 2013:

- ▶ A European three-city tour by Greg Woodson: **London** where he taught with Sherry Kent, then **Dublin**, and then **Götzens, Austria**.
- ▶ A February weekend of Beginning Tai Chi in **Jamestown NY** with Margaret Matsumoto.
- ▶ A well-received weekend workshop in **Holland MI** in March with Margaret Matsumoto for the students of Andrew Dell'Olio.
- ▶ An April weekend for Dave Goodell's **Seattle** students was taught by Margaret Matsumoto in April and then by Greg Woodson in June. Greg also dropped down to both the Bay area (around SF) and Los Angeles for short guest teaching visits.
- ▶ Weekly Tai Chi classes were initiated in a new location, **Mendon NY**, in upstate NY where Joseph Rosenshein lives and now teaches.
- ▶ A two-day **Roots and Branches Medical Qi-gong Certificate program** that prepares professional practicing acupuncturists to prescribe certain qi-gong movements to their patients as part of their treatment. This first-time offering to health care professionals in September in **Los Angeles** was very warmly received and plans are being made for another in the U.K. in 2014.
- ▶ After the Certificate program, Pat Gorman, her husband Steve Flores, and Margaret Olmsted taught the **Roots and Branches Qi-gong** to the attendees of the **Five Element Acupuncture Symposium**. Roy Capellaro also was invited to present Zero-Balancing there.
- ▶ A presentation of qi-gong by Margaret Matsumoto at the Wainwright House's **Healing Arts Fair in Rye NY** was representative of efforts by Tai Chi Foundation teachers in numerous different locations to promote the healing benefits of our qi-gong programs.
- ▶ A long Tai Chi weekend in **Götzens, Austria** for the students of Maria Gandler involved a whole team of teachers from different locations including 3 from the U.K., 2 from Austria, 1 from the Netherlands, and 1 from Switzerland.

Our look back over the year 2013 reflects a very productive year with lots of cooperative and collaborative efforts, reminding us how teamwork plays a key role in the growth of the organization and the dissemination its teachings.

# Financial Report

This annual report is based on our fiscal year ending September 30 2013.

INCOME	
Contributions	\$56,838.38
Program Service Sales & Fees	\$103,977.57
Investment Revenues	\$191.30
Miscellaneous Revenue	\$0.00
Reinvestment	\$5,920.93
	<b>\$166,928.18</b>
Cost of Goods Sold	<b>\$698.34</b>
Gross Profit	<b>\$166,229.84</b>

EXPENSE	
Grant & Contract Expenditure	\$1,860.00
Professional Fees	\$62,271.54
Office Expenses	\$6,946.70
Rent & Storage	\$4,600.75
Travel	\$11,141.58
Trainings	\$49,463.04
Other	\$9,664.48
Total Expense	<b>\$145,948.09</b>

# Thank you to our 2013 Donors!

We are grateful to the following individuals and organisations for their support of TCF and our programs in 2013. Your generosity is much appreciated.

Jean Allen	Thomas Malone
The Bellafore Family Foundation	Kate Mansfield
Michael Braudy	Margaret Olmsted
Paul Campbell	Margaret Matsumoto
Barbara Carlisle	Alan McFarland
Hal Caswell	National Philanthropic Trust
Charities Aid Foundation	Nadine Newlight
Cathy Cody	Michael Ritter
David Cogen	Vicki Shackford
Dove Cogen	Steve Shulman
Terry Cook	Neil Simmonds
Linda Coviello	Gerrie Sporken
Andrew Dell'Olio	Jonathan Stow
Els Eijssens	John Szostek
Rita Goodell	Roberta Walcutt
Penny Harrison-Latham, In-Kind Donation	Gregory Woodson
Birgitt Krause	Richard Wilkinson

<b>TCF Board of Directors:</b>	John Szostek - President
	Bernie Dushman - Vice President
	Steve Shulman - Treasurer
	Roberta Walcutt - Secretary
	Margaret Matsumoto
	Birgitt Krause
	Andrew Dell'Olio
	Kate Mansfield

**Foundation Administrator:** Penny Harrison

**Professional Staff:** Diane Schroer

In addition, we would like to thank all those who volunteered time, energy, resources and skills that so enriched the scope and reach of TCF activities as well as reflected the participation and commitment of our membership.



# Contact Us

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

Website: [www.taichifoundation.org](http://www.taichifoundation.org)

Follow us: @TaiChiFdn

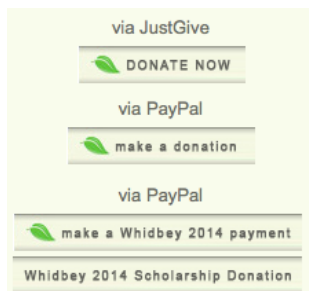
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Mail us: T'ai Chi Foundation, PO Box 575, Midtown Station,  
New York, NY 10018, USA

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