



Tai Chi

Tai Chi Foundation &
School of Tai Chi Chuan

Annual Report *2011*

Dear Members & Friends,

Tai Chi is simple and not so simple.



On the one hand, it's as simple as standing with your feet on the earth. But then again, it's as ineffable as the sense of unity or deep calm you experience after you teach or take class, or when something seems to "click" in your understanding that always seemed to elude you before.

The Tai Chi Foundation, as an organization, is also simple and not so simple. Some of what we do is as simple as feet on the earth. For example, the TCF (as an organization) helps support the TCF (all of us as individuals) to do what we need to do. But the TCF can be ineffable too, and we can lose sight of that when we think only about the machinery of an international organization.

Beyond the logistics, budgets and policies, lies an even deeper sense of purpose and fulfillment. When we gather to do Tai Chi, there is an energy in the room that arises not only because we share our interest in Tai Chi, but because we support our fellow Tai Chi-ers in contributing to the advancement of the Greater Good.

Never has our society needed to de-stress and benefit from the grounded healing energy of Tai Chi as it does now, and our teachers are responding to that growing need. We may be many tantiens, but we act as one body, as one school, when we teach and share the wisdom that has benefitted us in our own lives. Your membership and donations to the TCF also support this ineffable, less apparent aspect of our school, which is nonetheless vital to the life and future of our organization.

So, we are like Tai Chi, both simple and not so simple. Straightforward and nuanced. Grounded to the earth and yet, also connected to the heavens above. Thank you for being a part of us.

In unity,

Hal Caswell
President, 2010-2011

Report from the Legacy Holders

The year 2011 saw significant activity by the Legacy Holders (LHs), through their teaching, their work in developing new material, and in addressing many issues related to teaching, curricula, and our school's future growth.

We met more than 15 times by phone in the past year, and in addition, with generous financial support from the TCF, the LHs also met in person for several days in March 2011 in NYC and again in October on Long Island before the Shelter Island training. Special thanks to TCF member, Els Eijssens, whose very skillful facilitation throughout 2011 greatly improved our productivity at every meeting.

Among the topics were the spiritual aspects of Tai Chi, discussing recommendations in the Curriculum Review Committee report, sharing how to stay inspired and inspiring, and ensuring there is in-depth internal work for advanced push hands students. A LH report of the March in-person meeting is available as a download on the apprentice member section of the TCF website.

Margaret Matsumoto and Greg Woodson travelled and taught extensively, building the message that all teaching locations, no matter how isolated or small, are connected to the larger Tai Chi Foundation. This coincided with TCF subsidies to smaller teaching locations to encourage growth and viability.

In April, Margaret Matsumoto replaced Greg Woodson as the Legacy Holder on the TCF Board. Margaret Matsumoto also presented on behalf of TCF to community groups like the Ethical Culture Society of Westchester and to Gilda's Club for cancer survivors

and families, reinforcing relationships with others in service to the Greater Good.

In addition to the creation and production of the Roots and Branches Qi Gong DVD, Pat Gorman and Gerrie Sporken also worked on Sword Fencing, Pole, and the Five Excellences. In October, Pat Gorman presented the Roots and Branches healing Qi Gong material once again at the Five Element Acupuncture Symposium in Los Angeles, hosted by the Institute of Classical Five Element Acupuncture Inc. (Neil Gumerick, Founder and director). Pat and her husband Stephen Flores received a very enthusiastic response to the work and to the actual classes they offered to symposium attendees with assistance from Margaret Olmsted.

Also in October, Greg Woodson attended a qi gong workshop to explore other qi gong offerings in the Asian arts community and he maintains relations with members of the larger Cheng Man Ch'ing community such as Ken Van Sickle, enlarging TCF's circle of alliances and friendships.

The year 2011 saw an increase in Legacy Holder activity as a group and also supporting each other in personal endeavors on behalf of our school. The Legacy Holders were part of the teaching teams in almost all TCF sponsored trainings in the US and Europe.



Bottom: Greg Woodson, Peggy Watson, Margaret Matsumoto, Patty Gorman
Top: Gerrie Sporken, Sherry Kent, Margaret Olmsted

New to TCF? Learn more about the Legacy Holders on the TCF website:

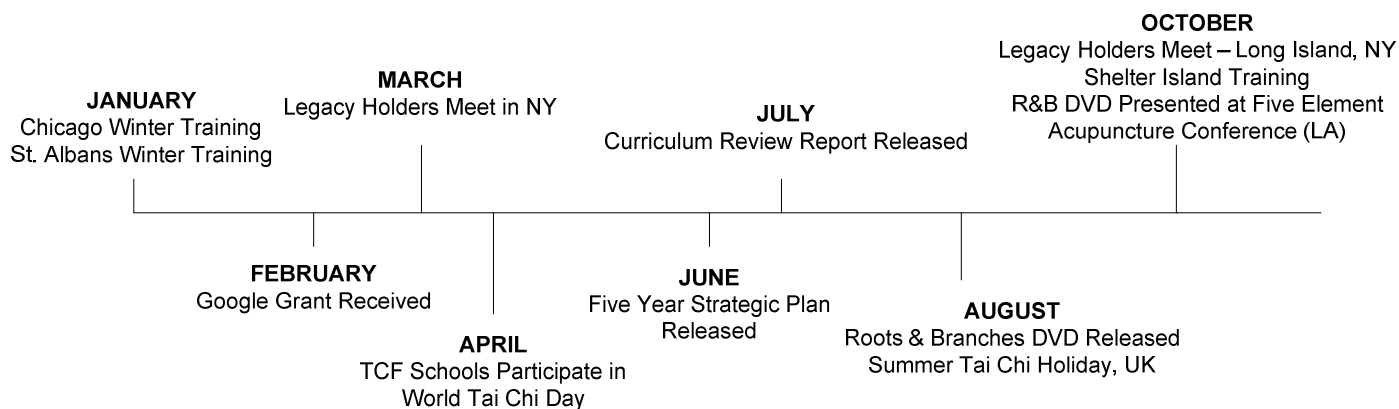
www.TaiChiFoundation.org/category/people

Key Accomplishments of TCF in 2011

- Sponsored and supported four major trainings in the US and Europe and several smaller weekend trainings in teaching locations.
- Produced and promoted our DVD “Roots & Branches 5 Element Qi Gong”.
- Implemented capacity building measures to help TCF qualify for international grants and fund raising.
- Continued expansion and improvement of the TCF website and on-line resources for its members.
- Improved TCF presence on social networks such as Facebook and Twitter.
- Improved communications to TCF members, apprentice teachers and the public through regular newsletters and email announcements each month.
- Funded Legacy Holders meetings to enable them to work together and continue to develop valuable material for the school and social media outlets.



2011 Timeline



For 2012 the board will continue to guide TCF to become a self-sustaining and dynamic organization by:

- Assisting in organization and promotion of trainings and helping ensure they are attractive and financially viable.
- Offering extended weekend public trainings.
- Exploring the potential for online education.
- Developing a certification program and compensation policy for teachers.
- Seeking profitable partnerships and fund raising projects.
- Improving media coverage of Tai Chi and TCF through press releases.

TCF Trainings in 2011

There were four major trainings in 2011 and a number of smaller events held at teaching locations in U.S., Amsterdam and Austria. The four main trainings were:

January 2011 - Chicago Winter Training, US

January 2011 - St. Albans Winter Training, UK

August 2011 - Summer Tai Chi Holiday, UK

October 2011 - Shelter Island Development Training, US

Thank you to all the people involved in the huge task of organizing these trainings, facilitating, teaching, attending classes - sharing the experience. For those of you who haven't been to a training for a while, we encourage you to do so.



St. Albans Winter Training



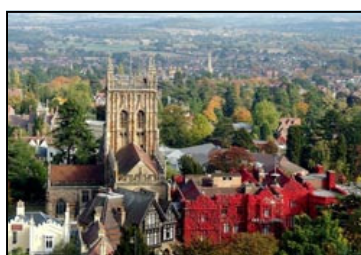
Shelter Island Development Training

2011 Summer Tai Chi Holiday in the UK

The 2011 European Summer Training took place in the west of England at the foot of the Malvern Hills. In total there were over 100 participants including 13 kids. We were joined by 17 participants from the USA and our first from Norway. The apprentice weekend kicked off with 58 participants and 42 public joined us for the following week.



We all felt the benefit of having three Legacy Holders, Gerrie, Greg and Sherry, with us. Each day started with Roots & Branches, followed by classes at participant's own level, and an hour of Breathing and Meditation or Push Hands For All. Six people completed their B1 Apprenticeship. Vicki Shackford led the ever popular Hawaiian Swimming in the afternoons. During free time people explored the old town or climbed up into the hills to get magnificent views of the surrounding countryside.

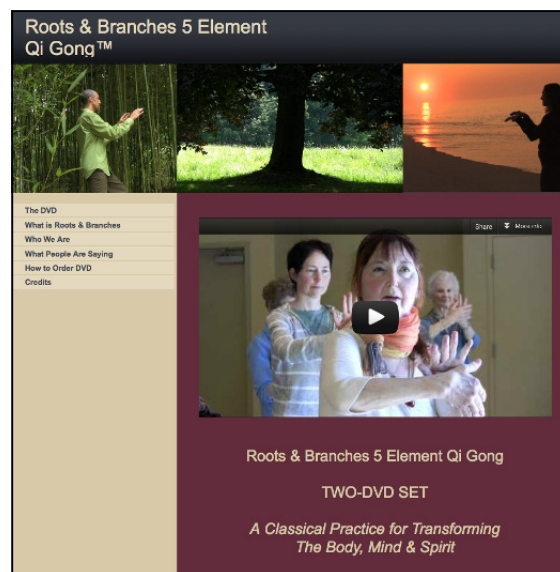


Roots & Branches DVD

2011 saw the fruition of the Roots & Branches 5 Element Qi Gong DVD, thanks to the creative genius of Pat Gorman and her collaboration with fellow Legacy Holder Gerrie Sporken. We are grateful for the enormous efforts of Karen Kohlhaas and everyone else involved in the production of the DVD, which enabled the first DVDs to go on sale at the UK summer training in August 2011.

Pat Gorman and her husband Stephen Flores' presentation of the DVD and Roots and Branches exercises at the Five Element Acupuncture Symposium in Los Angeles, CA in October was met with much enthusiasm from those who attended the classes. Patty said, "People loved it and clapped each day. It was such a joyful experience!"

TCF Administrator Penny Harrison-Latham has pursued numerous promotional outlets for the DVD, sending out press releases, soliciting reviewers to write articles and provide testimonials, creating promotional flyers, setting up the web page and on-line purchasing via TCF and Amazon. To date, more than 200 DVDs have been sold to TCF apprentice schools and the general public via our website and Amazon. Order your copy today!



www.RootsAndBranchesQiGong.com

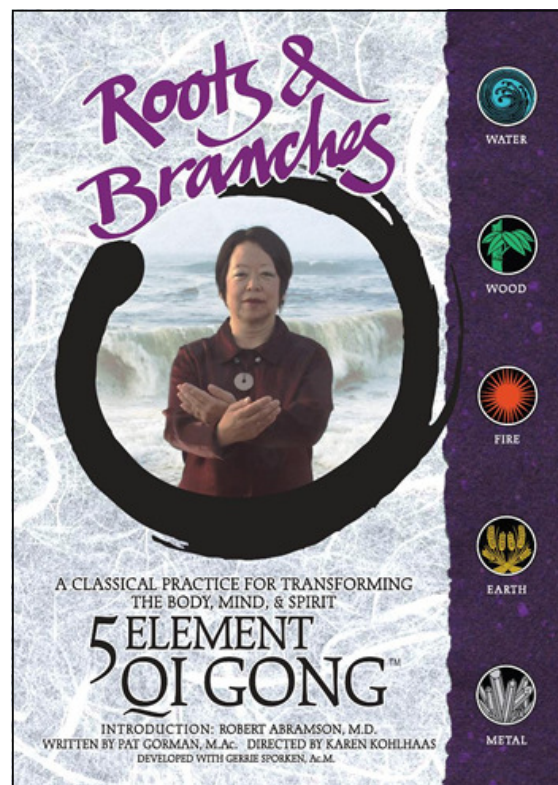
Testimonials

"Roots & Branches is an easy to follow comprehensive series of Qi Gong exercises, beautifully filmed. If one has ever wanted to understand this ancient practice, this is for you."

"The exercises are not only demonstrated, but also are illuminated by explanations of their benefits and origins. Highly recommended."

"This beautifully executed two-DVD set was produced by the the Tai Chi Foundation which is in the lineage of the Yang Family through Prof. Cheng Man-ch'ing. He was a Master of the Five Excellences. When it came to Tai Chi he sometimes hesitated to make public the secrets of the Yang Family's methods and knowledge. Realizing the perilous nature of our time and the threats to culture and society he began to write about these secrets."

"This beautiful DVD is a great way to learn Qi Gong. It is beautifully filmed, clearly presented and easy to follow. I am an acupuncturist in the Classical Five-Element style and find the DVD to be accurate and true in its presentation of the elements. I have used it to teach other acupuncturists and they loved the work and the DVD as well. I have been studying tai chi for a long time and love the simplicity and depth of this five-element qi gong. It has been greatly beneficial to both my acupuncture and tai chi students and to my patients and myself as well."



TCF Awarded Grants & Funding

In 2011 TCF funding contributed to Legacy Holders meetings resulting in valuable development work. Funds also enabled LHs to represent TCF at a number of Tai Chi, Qi Gong and Acupuncture events.

The Götzens School of Tai Chi in Austria received a TCF grant to help a number of apprentices visit over two weekends and assist in teaching whilst Maria Gandler builds up this young teaching location. This enabled students to progress to Fundamentals level and led to one of them, Franz Stumpf taking the B1 apprenticeship at the UK summer training that year.

TCF continues to build on its Grants Program to fund education and training projects that further the mission of TCF and its apprentice members. Applications for grants are available on the TCF website and are open to active member apprentices to submit on a rolling basis. The TCF Grants Committee reviews each application and submits qualifying grant applications to the board based on set criteria. The board reviews all grant requests and is striving to improve its response time for informing grant applicants of its decision.

Training Grants are also available to members who want to present, or co-sponsor trainings. Because producing a training is time and labor-intensive, TCF requests that applications be ideally submitted at least a year in advance to provide sufficient time for planning and assistance.



Götzens School of Tai Chi Chuan

Development & Fund Raising

TCF continues to advance the goals and objectives of the 2010 Strategic Plan through capacity-building activities. With his finely-tuned expertise in non-profit management, board member John Szostek organized the TCF financial records to prepare TCF for fund raising through a foundation for grants and donations.

John has been completing the TCF profile for the Cultural Data Project (CDP). The CDP is a unique system that enables arts and cultural organizations to enter financial, programmatic and operational data into a standardized online form. Organizations can then use the CDP to produce a variety of reports designed to help increase management capacity, identify strengths and challenges and inform decision-making. They can also generate reports to be included as part of the application processes to participating grantmakers.

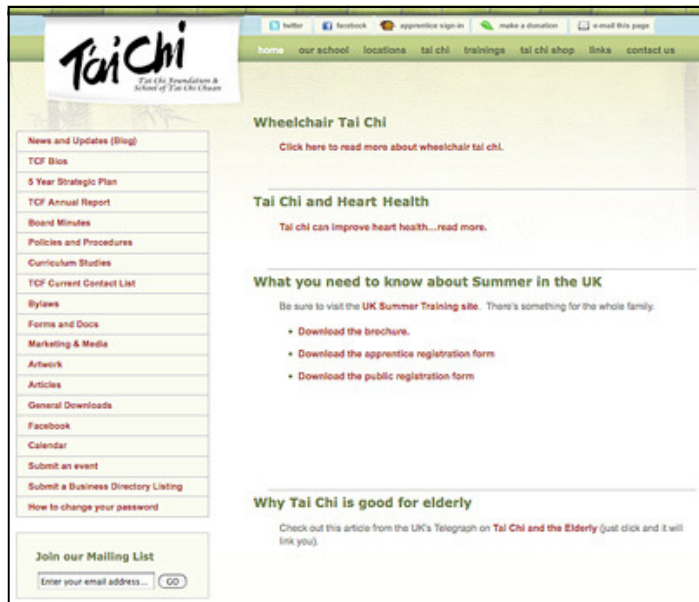


Penny & John have been working hard on capacity building

TCF will have its first Policies Manual in 2012 which further builds capacity for fund raising. In addition, Penny Harrison-Latham, Foundation Administrator, has been researching grant opportunities and corporate sponsorships.

We are aware that the internet has become THE tool for communicating and social networking, and so we have been exploring ways to attract and retain that sector of potential members and students.

TCF Membership & Reinvestment



Membership dues and the school reinvestment fund contribute to funding special projects as well as providing much needed financial support for the day to day running of TCF. Membership runs from January

to January each year but you can join anytime. Apprentice membership costs \$100.00 and in some teaching locations is paid for by the school. Student Membership at \$50 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.

Communications between members and the TCF board is a priority and the internet is the media of choice for an international organization such as TCF. As a member you get early notification of upcoming trainings, articles and news stories about Tai Chi by guest contributors who kindly share their news and knowledge.

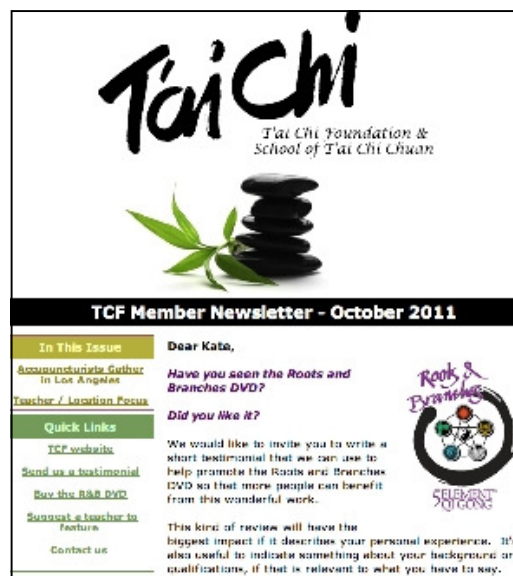
TCF apprentice members also benefit from access to a special section of the website, with lots of useful material, recently reorganized and streamlined by Penny. All TCF Board minutes are available on the website, as well as this annual report, TCF policies and procedures, contacts, marketing and media material, artwork, articles and much more.

www.TaiChiFoundation.org/Membership

TCF Newsletters & Announcements

TCF produces two main newsletters each month, one to TCF members and one to active apprentices. So if you are an active apprentice and have paid your membership dues you will receive both. In addition to these, there are often additional articles and announcements in between newsletters for upcoming trainings and important news.

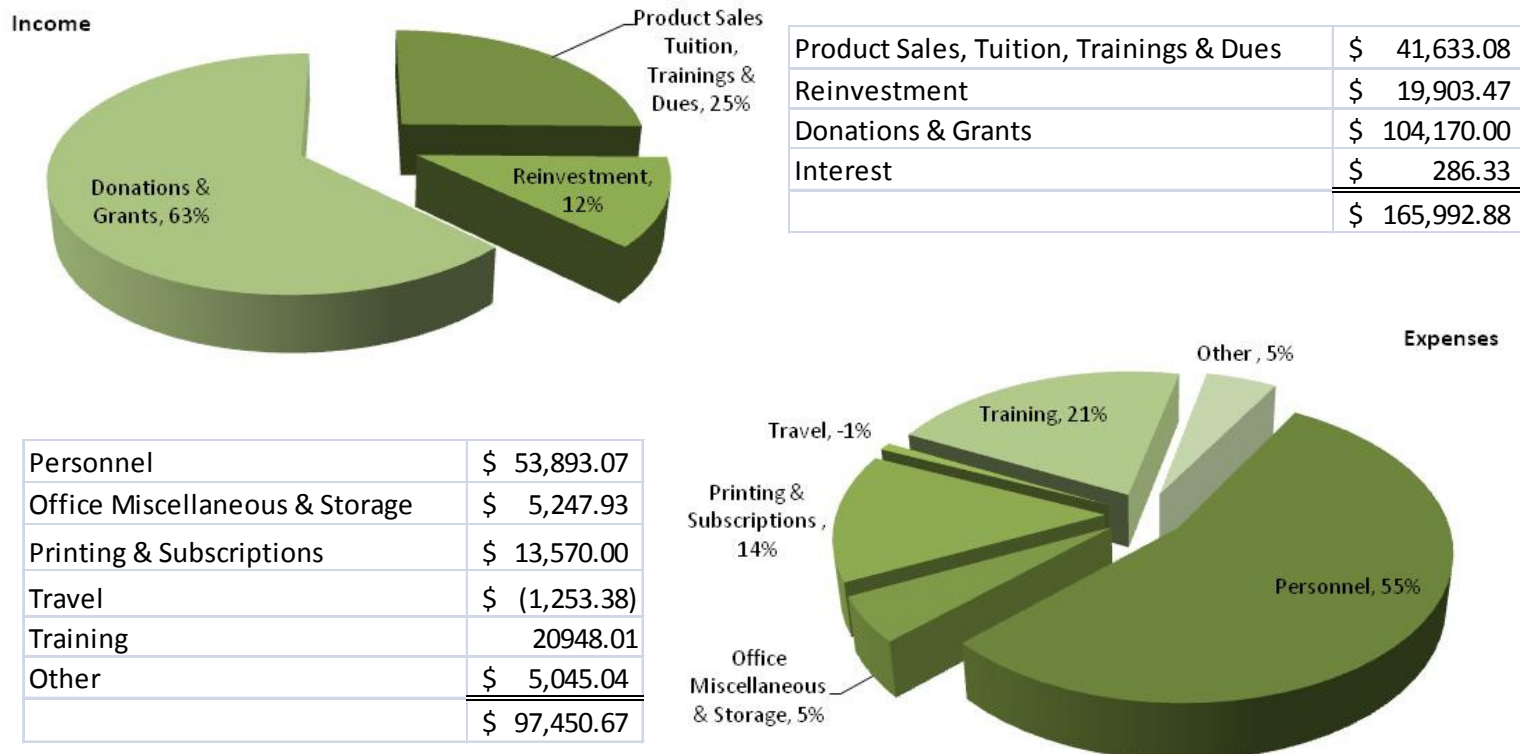
We also have a system which welcomes people when they join our mailing list (which they can do from the website) and follows up with a welcome to our school newsletter. Summer trainings and the R&B DVD are promoted to this list so please encourage your students and friends to join.



Thank you to our newsletter contributors in 2011, and to Kate Mansfield (U.K.), our newsletter editor, for her tireless efforts to improve communications. Articles and announcements can be emailed to kate@taichifoundation.org.

Financials

A full, detailed financial statement is attached to this report.



2011 Donations ~ A Big Thank You

We are grateful to the following individuals and organizations for their support of TCF and our programs in 2011. Your generosity and kindness are greatly appreciated.

Bellafiore Family Foundation
Hal Caswell
Cathy Cody
David Cogen
Dove Cogen

Robert W. Etherington
Sylvia Hsiao
Mark Isikoff
Frances Korbly-Canter
Mike Kuhlmann

Birgitt Krause
Alan R. McFarland
Connie Nerrie
Steve Shulman

TCF Governing Board & Staff 2010-2011

Board of Directors



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President
2010-2011



John
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Vice
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Steve
Shulman

Treasurer

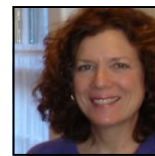


Margaret
Matsumoto

Legacy
Holder



Roger
Noon

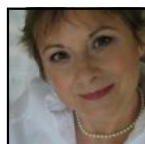


Roberta
Walcutt



Kate
Mansfield

Professional Staff



Penny Harrison-
Latham

Foundation
Administrator

Diane Schroer

Accounts

Cherry Cappel

Website Services

*A debt of gratitude to the numerous
members who support TCF with their
time and services.*

The Tai 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.

How You Can Help

We would like to see all active apprentice teachers benefit from services currently provided for members by paying their dues for 2012. Even if you are not teaching you can still support TCF's goals and maintain a connection with the school.

We have a public contact list which students can join to receive news about what is happening in the school globally, with notification of public trainings around the world and interesting articles related to Tai Chi and our school. Please let students know they can join the TCF mailing list or support us by joining as members, both by visiting the TCF website.

Tai Chi Foundation is a nonprofit corporation. Donations in the U.S. are tax deductible and we are also registered with the U.K. Charity Aid Foundation, making your donation tax deductible as allowed by law. Please consider making annual donations to TCF to continue the ambitious work of expanding the mission and vision of TCF.