



# TAI CHI FOUNDATION

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## ANNUAL REPORT 2017

*“I have been practicing Tai-Chi Chuan for over fifty years. Only two years ago that I started to understand the word “relax”. I remember my Tai-Chi Chuan teacher Yang Cheng-Fu who did not like to talk much and he used to sit all day without saying a word if no one asked him questions. However, in our T'ai-chi class he would tell us to “relax” repeatedly. Sometimes it seemed like he would say the word hundreds of times during the practice so that the word could fill up my ears. Strangely enough he also said that if he did not tell me of this word that I would not be able to learn T'ai-chi in three lifetimes (meaning never). I doubted his words then. Now that I think back, I truly believe that if he did not keep reminding me of the word “relax” I doubt if I could have learned T'ai-chi Chuan in six lifetimes.” – Cheng Man-Ch'ing*





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## *Letter from the President*

The wonderful quote above was one of the key principles that Patrick Watson, our founder, used as the foundation of his teaching. Instead of competing and winning we were told to relax and “invest in loss.” Instead of reacting we were urged to respond according to the Taoist principles of timing and balance and wu wei (the action of non-action). For many of us, it seems that even three lifetimes of relaxation will barely get us there. **So how does relaxing and investing in loss resonate with people in the modern “get mine now!” world?**



Practitioners of any art form, whether music, painting, writing or martial arts, recognize that there is no substitute for the time put in to refining the craft. Many people have the experience that time is in short supply and, what there is of it, is speeding up. I know I am not alone when wrestling with the question: **how do we convince people that their time spent with us will be worthwhile and rewarding?**

The Tai Chi Foundation is trying to find answers to this question while also trying to make the gem that we have attractive to those that don't know us yet. I'd like to share some of the things that we have accomplished in the last year in support of our schools and practitioners.

### **Accomplishments**

Our **training videos** can be viewed by thousands of new students through our streaming partnership with Gaia, a global **digital video streaming** service and online community delivering curated media to subscribers in over 120 countries. TCF's **website** has been a work in progress because it is actually two websites: one for teachers and one for the general public. We also rely on it to maintain historic records, membership records, promote trainings worldwide, and to provide content-rich blogs. We closely watch the demographic shift in the **aging population** and the next generation of students and teachers of this wonderful art.

In 2017 we embarked on a revision of the **TCF bylaws** to comply with New York State laws (where we are incorporated) governing not-for-profit corporations. A team of volunteers worked on the **Cultural Data Project** that will help us to apply for **grants** in the future.



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## Thank you

I officially started my tenure as President of TCF in April 2017. I thank immediate past President **John Szostek** for his dedication and work guiding the Board of Directors for nearly six years. Because of John's passion, tireless work ethic, and support for TCF, we had a very successful year during a time of transition. I am pleased that John will stay on as our internet and organizational advisor.

My thanks to **Steve Shulman** who will be staying on as treasurer, though not a board member. Steve and John have guided the TCF through some very tricky financial waters. Their experience will be immensely valuable for us going forward.

I also want to thank board members, **Vanessa Costigan**, who serves as secretary, as well as **Andrew Dell'Olio**, **Sean O'Neill** and **Ed Sheffner** whose terms continue to provide unselfish service to TCF through their considerable talents. Thanks to **Margaret Matsumoto** for her many years of service to the board as the legacy holder liaison, training committee chair, editorial committee member, and chair for the admissions committee for U.S. teacher applications. And, thanks to **Penny Harrison** for her service as our Foundation Administrator over the past nine years.

I see the TCF as an umbrella and not a yoke. We are here to assist you in your practice and study as well as preserve the integrity of our teaching. Our goal is to be transparent and interactive in all of our dealings with schools and our members. Please don't hesitate to share your thoughts and let us know, staff and board, how we can be more helpful to you.

In gratitude,

Robert W. Etherington  
President





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## Legacy Holders Report

The Legacy Holder teachers met in Sag Harbor NY from October 11-14, 2017.

Els Eijssens moderated our meetings. Jonathan Stow joined us for the last day. During our time together we engaged in discussion (see below), in process of any interpersonal challenges between us and in practice of Tai Chi Push Hands, Sword and our own advanced work.

We recognized that the School is first and foremost about living in and transmitting a deep state of relaxation and awareness from our movement center, the dantian.



### *We focused on Teaching Concerns:*

We discussed how to make teaching come from embodiment (not intellect) and physical transmission of unity awareness. We want each apprentice to teach what they love about tai chi and make learning tai chi an enjoyable, enriching experience for themselves and their students.

As our understanding has deepened and evolved In recent years, we have updated the Fundamentals, PH 1 and PH2 courses, as well as how we train people to teach these courses. We encourage all teachers to attend trainings to keep up to date and to keep growing in personal embodiment.

### *Other aspects of tai chi “the art” that we looked at:*

- Tai Chi and Aging;
- TCF Life Kit;
- Spirit work for our broader student base;
- Advanced PH Levels;
- Curriculum content and structure;
- New programs such as the Medical Qigong Experienceship & Training in Security Awareness.



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*We also brainstormed about how:*

- to attract fellow teachers and students to become supporting members of TCF
- to increase the scope and impact of our mentoring program
- to gather and make available a library of Legacy Holder teachers articles and essays
- to sustain and further the teachings transmitted to us
- to attract future generations to ensure our school's viability

*At the close of our meeting days:*

We realized that the Legacy Holder teachers have each been teaching for over 40 years with 25 of those years being spent working together after our teacher's death.

Since we live geographically far apart, we value these in-person meetings for the chance to reconnect, to inspire and nourish each other through peer-led practice.

Although we meet monthly by videoconference, we need in-person time to “talk out” complex and deeply felt topics that can not easily be resolved via videoconference.

We expressed our deep appreciation for our school's founding director Prof. Patrick Watson, and our spiritual guide Oscar Ichazo.

In addition, we acknowledged the support of the TCF Board of Directors and all the school's dedicated fellow teachers that are so essential to the strength and unity of our organization.



## Mission of Tai Chi Foundation

*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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## Donors

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Linda Yuen

*Thank you!*

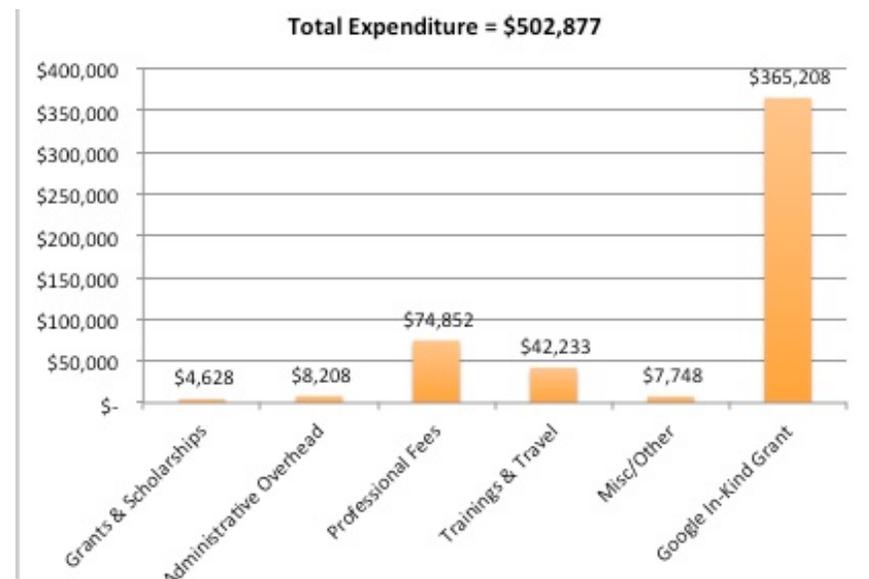
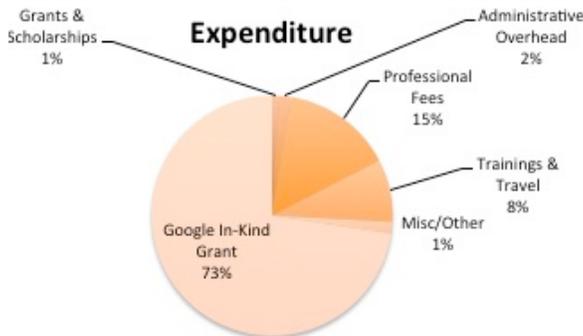
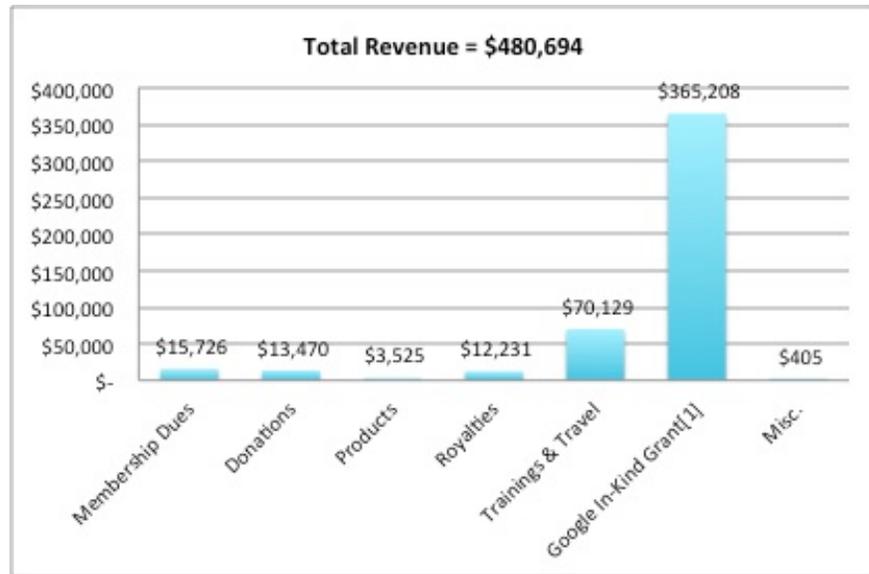


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## Financial Report

January 1, 2017 through December 31, 2017  
 (TCF changed fiscal year reporting to calendar year in 2016)



Total Revenue	\$480,694.00
Total Expenditures	\$502,877.00
Net Profit (Loss)	\$-22,183.00



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## Infographics

**1,368**



**FACEBOOK**  
Followers

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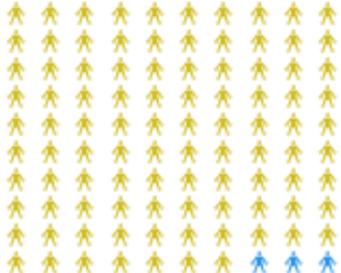
**25**



**SCHOOLS**  
Globally

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**134**



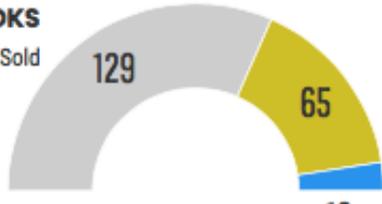
**TEACHERS**  
3 New



**4 TRAININGS**  
in US & Europe

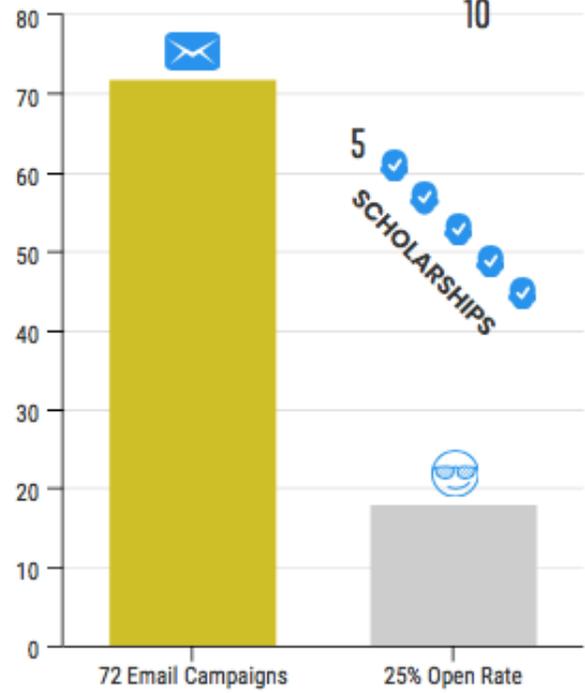
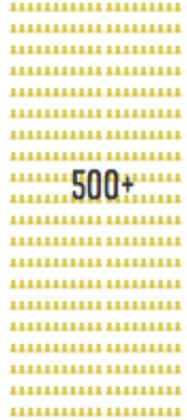
### DVDS & BOOKS

194 DVDs Sold



### PARTICIPANTS

Students, teachers, & apprentices




**13**  
**You Tube**  
VIDEOS

### COMMUNICATION

More than seventy newsletters, announcements & campaigns were sent out in 2017, but only 25% were opened!



### 2 TUNINGS

Over 300 people took part in the Water Wheel tuning



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## Board of Directors

**Robert Etherington**, NY, USA  
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**John Szostek**, IL, USA  
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**Vanessa Costigan**, Dublin, Ireland  
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**Andrew Dell'Olio**, MI, USA

**Margaret Matsumoto**, NY, USA

**Seán O'Neill**, Dublin, Ireland

**Ed Sheffner**, CA, USA

*Steve Shulman* - Treasurer

*Penny Harrison* - Foundation Administrator

## Administrative Office

PO Box 575  
New York, NY 10018, USA

Telephone 212-645-7010  
[www.taichifoundation.org](http://www.taichifoundation.org)

## Legacy Holders

Pat Gorman, USA

Sherry Kent, NL

Margaret Matsumoto, USA

Margaret Olmsted, USA

Gerrie Sporken, NL

Peggy Watson, USA

Greg Woodson, USA

*Photograph of Professor Cheng Man Ching by Ken Van Sickle.*

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*Thank you to everyone who contributed to the Annual Report this year, and to Kate Mansfield for compiling it!*