



**TAI CHI FOUNDATION**  
RELAX | REVITALIZE | RECENTER

## ***ANNUAL REPORT 2018***

*“Tai Chi Chuan, the great ultimate, strengthens the weak, raises the sick, invigorates the debilitated, and encourages the timid.”*

*– Cheng Man-Ch’ing*



*Amsterdam Winter Training, 2018*



# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## *Letter from the President*

Dear Members and Friends,

I am pleased to present our Annual Report for 2018 to keep you informed of what we are doing at the Tai Chi Foundation. This serves in lieu of an annual meeting, which leads to logistical challenges for members of an international organization. Check out the infographic inside this report for 2018 accomplishments. We also include reports on trainings held and Legacy Holders' work.



More than forty years ago, Patrick Watson, with the blessing of his teacher, Cheng Man-Ch'ing, started the **School of Tai Chi Chuan** with the goal of making the profound benefits of Tai Chi Chuan available world wide. His vision was to develop a teaching method that would simultaneously prepare people to pass the essence of the work to others before acquiring mastery while continuing to deepen their understanding of the art. This would not have been possible without his constant interactions with Pat Gorman, who passed into the light a few short months ago. Patty was the perfect sparring partner for him at that time, for she had both the capacity for hard work and the unquenchable curiosity to find palpable answers in a body of work that was shrouded in mystery.

The debt that we owe to both Patrick and Patty is immeasurable and impossible to repay. For those of us who were inspired and pushed to excel (with four ounces, of course), we honor them by continuing to grow and teach so that others may be inspired. We invite all our members to contribute their own and enjoy others' memories and pictures of Patty in the members portion of the TCF website.

I cannot distill into a few pages or paragraphs all of the significant achievements of this year. You will find in this report highlights of some of what we accomplished and how we performed over the year. I wish to thank departing board members Andrew Dell'Olio, Sean O'Neill, and Margaret Matsumoto for serving on the board through 2018. Thanks to John Szostek, Steve Shulman, and Penny Harrison for their behind-the-scenes work for TCF. We are almost entirely staffed by volunteers who serve on the board and committees to advance the work of our school. I thank you and I'm grateful to know you.

On behalf of the TCF, thank you to our board of directors, donors, teachers, schools, and sponsors for a very good year.

In gratitude,

President 2017-2020



# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## *Trainings Report*

Among its accomplishments of 2018, the Tai Chi Foundation increased its offerings of distinctive quality instruction in tai chi, qigong, and teacher training:

- Three **WINTER** trainings: in Seattle, WA; New York, NY; and Amsterdam, the Netherlands. These trainings were designed for TCF teachers and teachers-in-training to continue learning and to upgrade their teaching skills.
- Three **SUMMER** trainings: in Limerick, Ireland; Whidbey Island, Washington; and in Easthampton, Massachusetts. The week-long residential format enabled public students and teachers alike to enjoy the deep relaxation that comes from immersive study and the supportive sense of community.

The total of 6 intensive trainings in one year heralded a new benchmark for participation and vitality for the organization.

- **WEEKEND WORKSHOPS** were held in the US in northern Virginia, Florida, Washington state, California, Illinois, and New York, plus internationally in Götzens, Austria; Dublin, Ireland; and Amsterdam, the Netherlands.
- The SoHo **CO-OP SESSIONS** in NYC were an innovation this year, conducted by Greg Woodson and Jonathan Stow. Held weekly on Sundays, two hours of instruction were followed by a “co-op session” where metro NY students played in an informal practice setting with Cheng Man-Ch’ing community members. The co-op sessions not only broadened the scope of TCF activity, they also reinforced outreach to the local CMC community.
- Four **SEASONAL TUNINGS** or trainings attracted participants world-wide to practice certain qigong movements at home on a daily basis for a specified number of weeks. Participants generated healthful chi energy while attuning themselves “long-distance” to be in harmony with the seasons and with all other participants. Social media and website presence boosted interest and enrollment for tunings, illustrating how TCF continued to grow and attract new participants to join ranks with its base of loyal and long-standing students and teachers.





# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## *Legacy Holder Accomplishments*

STCC and TCF Founder, Patrick Watson, entrusted the School and its teachings to a group of senior teachers. This group was named “Legacy Holders” referring to the ancient tradition of passing knowledge from master to student. We agreed to be responsible for the school beyond Patrick’s lifetime and to continue developing and sharing our tai chi awareness and knowledge with students around the world and with future generations.

Throughout the year, the Legacy Holders manifested our ongoing commitment to:

- Safeguard and transmit these tai chi teachings,
- Foster deeper understanding of the art, and
- Increase school-wide learning through teaching and new program design.

In addition, we worked closely with the Tai Chi Foundation Board and served on several TCF committees. We met both online and in person and our work was greatly helped by Els Eijssens, our organizer and moderator.

## **Teaching development**

In our role as guardians of the teachings, we prepared for, taught at, and evaluated the summer and winter trainings in both Europe and the US. The summer trainings offered students an opportunity to experience learning more intensively and meet teachers from around Europe and the US. The winter teacher trainings offered teachers an opportunity to both review old material and learn new material, and to develop their teaching skills. In addition, the trainings were a wonderful reunion and celebration of our love and devotion to tai chi and our community.

Over the year we continued our progress in developing advanced work for senior teachers with trainings and at-home study, and expanded our most senior group. We also developed four very successful public tunings that included people from all around the world and generated both income and enthusiasm.

In addition to teaching in our local communities and at our intensive trainings, many of us traveled to other cities to teach workshops.





# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## Writings

We continued to record our work and composed manuals for new programs. We wrote a report on our own annual conference and copy for the 2017 TCF annual report. Our document on the role and function of the Legacy Holders helped clarify our relationship to the TCF board in the newly revised TCF bylaws. We also wrote articles for TCF newsletters and entries for the blog pages on the Tai Chi Foundation website and for social media.

## Appreciation

All in all, it has been a busy year and we are grateful to the Tai Chi Foundation Board for their continued work on and support of our mission “to promote and spread the study and teaching of tai chi chuan in order to bring health and consciousness to humanity.” In addition, we greatly appreciate the many dedicated teachers of our school who contribute so much through their teaching and their lifelong study of the art of tai chi.

## In Memoriam

Our beloved colleague and fellow Legacy Holder, Pat Gorman, passed away in November. Patty worked in close collaboration with Director Patrick Watson and helped found the School in the 1970s, shaping much of its curriculum. Her ongoing enthusiasm for tai chi and spreading of the mission of our School was a great source of inspiration to us all. We were delighted on behalf of the whole School to present her a Lifetime Achievement Award at our last meeting in October. Pat Gorman will long be remembered with fondness and respect and we will miss her dearly.

## Legacy Holders in 2018:

Pat Gorman, Sag Harbor, NY

Sherry Kent, Amsterdam, Netherlands

Margaret Matsumoto, White Plains, NY

Margaret Olmsted, Los Angeles, CA

Gerrie Sporken, Amsterdam, Netherlands

Greg Woodson, New York, NY





# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## Donors

Abel, Keith	Etherington, Robert W	Marraccini, Pam	Shreeve, Mike
Allen, AJ & Donahue,	Evans, Steve	Martin, Barbara	Shulman, Steve
Patrik	Fovall, Penny	Marx, Paule	Siuba, Betty
Amazon Smile	Gallagher, Karen	Mason, Richard	Smyers, Anne
Angelo, Peter	Gent, Anne Marie	Matsumoto, Margaret	Snyder, Fran
Anonymous	Giffen, Gene	Matte, Shelly	Stegink, Lisa
Becker, RM	Gorman, Pat	Matzen, Lauren	Stein, Melissa
Beehan, Margaret	Grasso, Linda	Maxwell, Sarah	Stow, Jonathan
Beller, Sheila	Gumenick, Neil	McAlpine, Linda	Sugarman, Bahira
Bergman, Susan	Hall, George	McCauley, Laurie	Sullivan, Judith
Berman, Clara Louise	Hoose, Rita	McGovern, John	Swayne, Deborah
Beugelsdijk, Maaïke	Hoover, Margaret	McKnight, Ted	Szostek, John
Blake, Warner	Horan, Michael	Miller, Denise	Taylor, Kevin
Blauner, Audrey	Houck, Phyllis	Murphy, Patricia	Tchen, Agnete
Boll, James	Huang, Chang-pin	Nardini, Lucille	Treharne, Nancy
Booth, Michael	Humphreys, Bob	Nelson, Darlene	Turk, Dale
Braudy, Michael	Hunt, Pamela	Noble, Judith	Van Reemput, Ronald
Carlisle, Barbara	Hunt, Deanna	O'Neill, Sean	Van Spronsen, Gerard
Caswell, Hal	Hutchins, Linda	Olmsted, Margaret	Vogler, Meredith
Chappell, Bonnie	Innerfield, Billie	Olson, Karen	Walcutt, Roberta
Chase, Patrick	Innis, Julie	Oppenheim, Meret	Watson, Peggy
Chausow, Robert	Ivanhoe, Eliot	Palmer, Samantha	Woodson, Mr. & Mrs.
Cody, Cathy	Jacobs, Rhoda	Parker, John	Weinstein, William
Cogen, Dove	Jaretzki, Alex	Paypal Giving Fund	Whalen, William J.
Corey, George	Jelinkova, Hana	Peel, Jenny	
Costigan, Vanessa	Joyce, Christina	Peizer, Annette	
Curran, Tina	JustGive	Pelz, Erna	
Dang, Vinh	Keitt, Geordie	Plummer, Judy	
Davis, Timothy	Ketelaar, Annelieke	Preston, Mark	
Davis, Elizabeth	Kinkel, Robert	Rademaker, Gaby	
Deaderick, Mary	Koehler, Carolyn	Reichs, Renate	
Dell'Olio, Andrew	Kormendi, George	Reinganum, Julie	
Dickinson, Hyla	Krause, Birgitt	Rocha, Clai	
Dickman, Robert	Krissy, Kirby	Rosenshein, Joseph	
Doody, John	Landau, Margaret	Rothwell, Declan	
Douglas, Laurel	Lannon, Kevin	Ruedi, Lisa	
Effross, Walter	Latham, Penny	Seeman, Laurie	
Eijssens, Els	Harrison	Shackford, Vicki	
Elam, Peggy	Licul, Danny	Shanbhag, Liliana	

*Thank you!*



# TAI CHI FOUNDATION

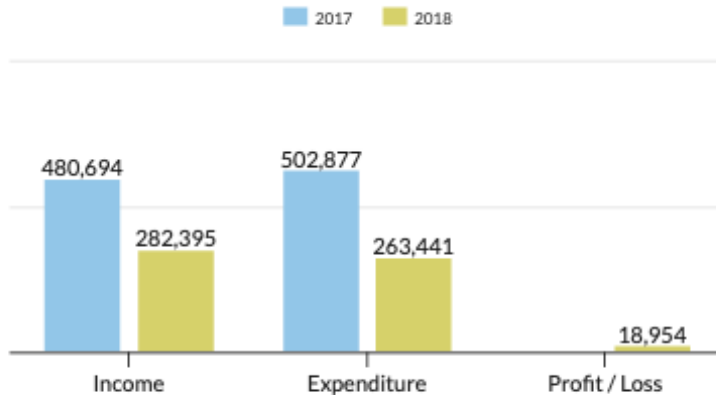
RELAX | REVITALIZE | RECENTER

## 2018 Financial Report

January 1, 2018 through  
December 31, 2018 \*

2017 figures provided for  
comparison

Profit:  
**\$18,953**



### Income

Year	Membership Dues	Donations	Products	Royalties	Trainings & Travel	Google In-Kind Grant**	Misc.	TOTAL
2017	15,726	13,470	3,525	12,231	70,129	365,208	405	480,694
2018	18,690	25,745	3,372	10,053	153,107	71,076	353	282,395

### Expenses

Year	Grants & Scholarships	Administrative Overhead	Professional Fees	Trainings & Travel	Google In-Kind Grant**	Misc.	TOTAL
2017	4,628	8,208	74,852	42,233	365,208	7,748	502,877
2018	4,368	5,080	84,295	83,711	71,076	14,913	263,441

#### Notes:

\* TCF changed fiscal year reporting to calendar year in 2016

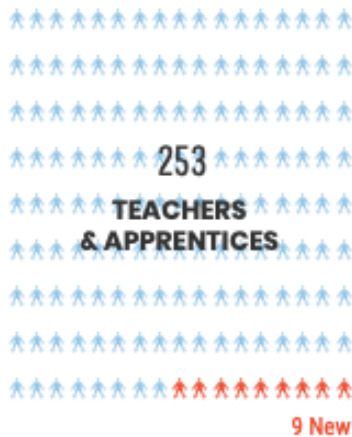
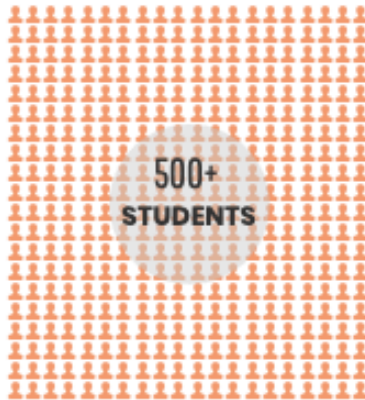
\*\* Our budget includes a monthly 'Google Ad-Grant'. This represents Google helping to advertise our websites to the public. Google 'grants' TCF an amount each month for these Google ads, and TCF 'pays' that same amount to Google. Although these are 'phantom' transactions, they represent real value from Google to TCF and from TCF to Google, therefore the numbers are properly included in our budget.



# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## Infographics



### 6 TRAININGS

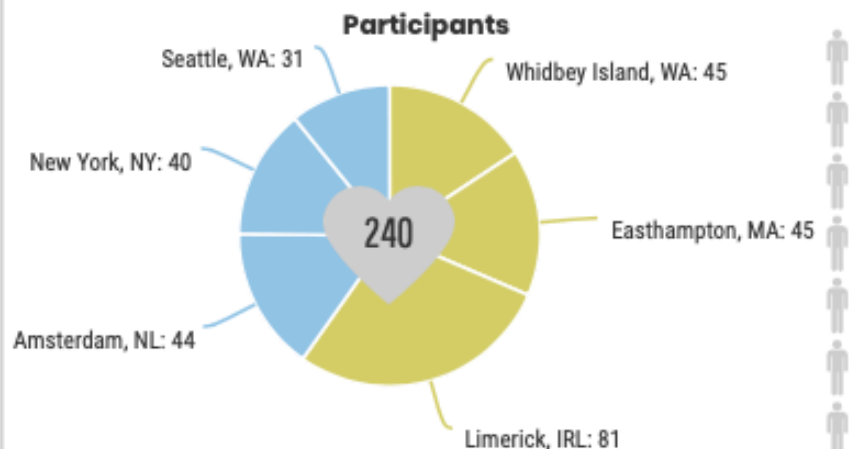
In USA & Europe



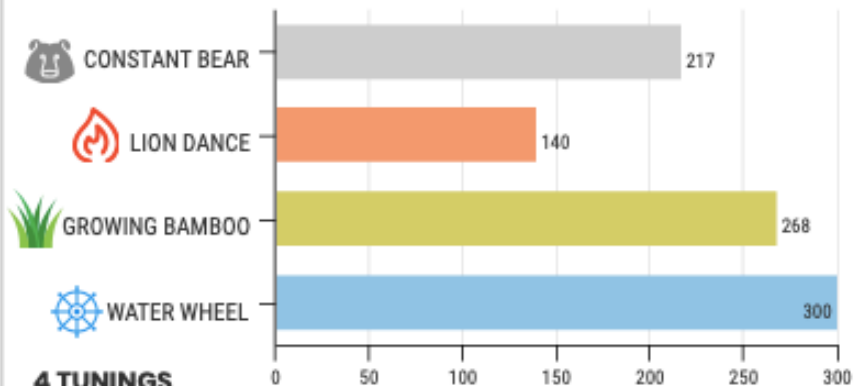
SUMMER



WINTER



### 8 Scholarships



Online / home trainings



**VIDEOS**



**IMPRESSIONS**



**FOLLOWERS**



# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## *Board of Directors*

**Robert Etherington**, NY, USA  
*President*

**Richard Wilkinson**, NY, USA  
*Vice President*

**Vanessa Costigan**, Dublin, Ireland  
*Secretary*

**Andrew Dell'Olio**, MI, USA

**Julie Innis**, UK

**Seán O'Neill**, Dublin, Ireland

**Ed Sheffner**, CA, USA

Steve Shulman - Treasurer

Penny Harrison - Foundation Administrator

## *Administrative Office*

Tai Chi Foundation  
PO Box 575  
Midtown Station  
New York, NY 10018 USA

Telephone 212-645-7010

## *Find Us Online*

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



@TaiChiFoundationInc



@TaiChiFdn

## *Legacy Holders*

Pat Gorman, USA

Sherry Kent, NL

Margaret Matsumoto, USA

Margaret Olmsted, USA

Gerrie Sporken, NL

Greg Woodson, USA

*Photographs by Terry Marks, Patrice Wooldridge, Mark Preston, Alan Fairley, Koen Krikhaar & Kate Mansfield.*

*All other photographs are the property of Tai Chi Foundation, Inc. Permission to reproduce photos and material is required.*

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





# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## *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.*

