

PRESERVING THE ART, EXPANDING ACCESS



TAI CHI FOUNDATION

2025 ANNUAL REPORT

Our mission is to improve health, well-being, and awareness through the study, practice, and teaching of Tai Chi and Qigong, by an increasing number of people worldwide.



A MESSAGE FROM THE BOARD OF DIRECTORS

Welcome to our 2025 Annual Report. Two years ago, the Tai Chi Foundation was finding its footing again – and we are proud to share that 2025 marked our second straight year in the black, a steadiness we owe to the people who practice, teach, volunteer, and give.

With firm ground beneath us, we look to root deeper and look ahead to more places, more teachers, and more people discovering what this art makes possible. In the year to come, we'll focus on welcoming and supporting more teachers, making it easier for our community to connect and find the resources they need, and continuing to refine the teaching at the heart of everything we do.

None of this belongs to us alone. It belongs to everyone who steps onto the floor, picks up the sword, practices Hawaiian swimming or simply breathes and begins. Thank you for being part of it.

With gratitude,

*The Tai Chi Foundation
Board of Directors*



HERE'S WHAT YOUR PRACTICE AND SUPPORT MADE POSSIBLE THIS YEAR

437 members

up from 390 in 2024 (+12%)

7,409 people reached*

61% email open rate (+13%)

1,693 event attendance

in-person event attendance grew year over year

33 schools

expanded to 5 new cities in 2025, across 6 countries

\$471,305 donated ad value**

up by \$23,419 since 2024

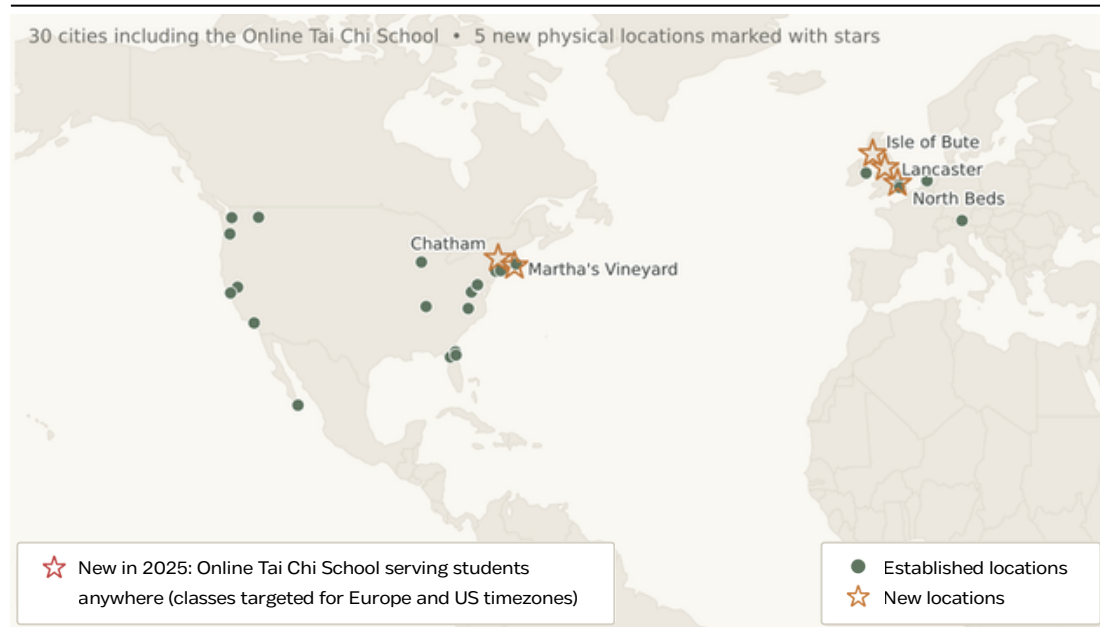
+\$4,702

financial health; second straight year in surplus

* People reached combines newsletter reach and in-person class attendance.

** Ad value reflects donated Google Ad Grant advertising

MORE PLACES, MORE PRACTICE



*Several of our locations have multiple schools

“I began studying with Patrick Watson in 1975, right at the beginning. In addition to classes in tai chi, sword, and push hands, I completed the Beginning Form apprenticeships before moving to California in 1994. Away from my teachers and fellow students, I lost the ability to be in class. My personal practice fell off. I never lost the tai chi form; it was in me deeply enough. But I lost the flow of the sword.

It took me until 2022 to find the online classes that had begun during the pandemic. Once I did, everything changed. My practice jumped—more frequent (daily!), more disciplined, deeper. I learned the sword form again, which is valuable beyond measure to me. And I got to learn

“I may be one of the few people who can thank the pandemic for something: it gave me my tai chi school back.”

with and from people I hadn't realized I'd missed so much. Leading Sword Rounds has given me a way to participate that I value.

At 75, daily tai chi is central to my life. It gives me presence, steadiness, and an awareness of balance and posture. They say tai chi is associated with longevity, and after more than 50 years, I suspect it may have something to do with mine. At my age, being in the space that embodied practice offers is deeply meaningful.”

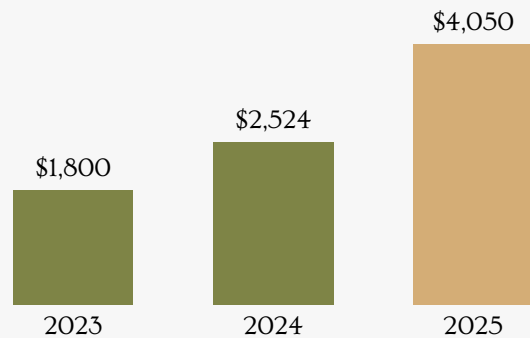
— Sue Kearney, studying since 1975

PRACTICE ANYTIME, ANYWHERE

On-demand video lessons let students practice anytime, anywhere – and their steady growth, more than doubling since 2023, shows just how far our teaching now reaches.

On-demand video sales

Self-paced online learning – more than doubled since 2023 (+125%)



TEACHER SUPPORT IN ACTION

Our tuition-assistance program helps teachers continue with training retreats – including longtime teachers who had been away for years.

“Words cannot express my gratitude and how excited I am to reconnect with my tai chi family and participate as I am able.”

“I have been a teacher in this school since 1975. I am now 82 years young. I impeccably attended Winter and Summer trainings each year until I could no longer afford to do so or my health issues detained me. I have

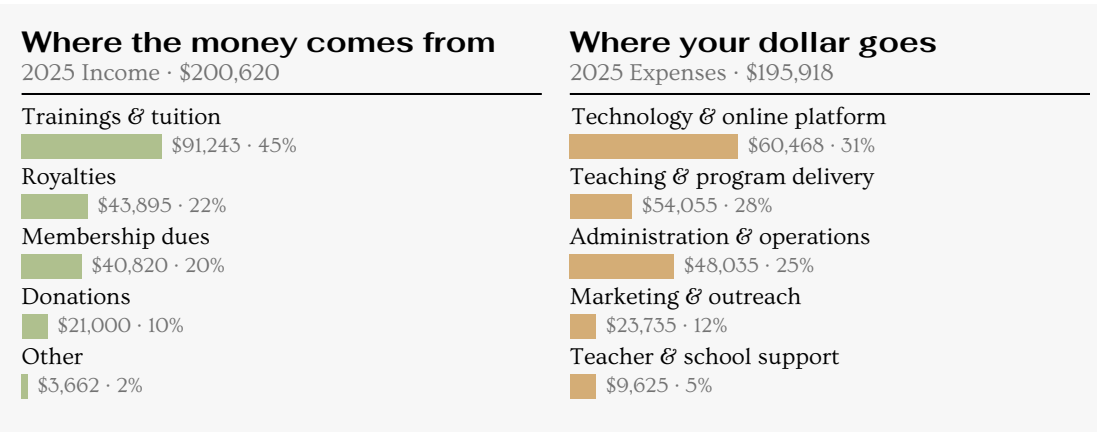
not attended now for 7 years. I was offered a scholarship from the Tai Chi Foundation to attend the Whidbey Summer Training this year. Words cannot express my gratitude and how excited I am to reconnect with my tai chi family and participate as I am able. Thank you so much for this opportunity.”

– Rhoda Jacobs, studying since 1975



EVERY DOLLAR AT WORK

In 2025, the Foundation was supported by just over **\$200,000** in income, drawn from a healthy mix of sources – training and tuition led the way, alongside royalties, membership dues, and the generosity of our donors. Nearly every dollar went straight back into the work: our online presence, resources and teaching programs together made up the majority of spending, with the rest supporting administration, outreach, and direct assistance to students and schools. Careful stewardship kept expenses just under income, **closing the year with a modest surplus – a second consecutive year in the black**. Every class, membership, and contribution helped make it possible.



BALANCED BOOKS, SECOND YEAR RUNNING

	2024	2025
Total income	\$226,551	\$200,620
Total expenses	\$220,100	\$195,918
Net surplus	\$6,452	\$4,702

Here is the financial summary for 2024/25. **The Foundation has ended each of the past two years in surplus.**

Figures rounded to the nearest dollar; excludes donated in-kind services. Net results confirmed from the Foundation's financial statements.

OUR PEOPLE, OUR DONORS, AND WHAT'S NEXT

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Patrick Wooldridge

* Gifts over \$500

LOOKING AHEAD TO 2026

The ground beneath us is steady, and that gives us room to refine and grow. In the year ahead, we're focused on welcoming and supporting more teachers, making it easier for teachers everywhere to connect and find the resources they need, and continuing to review and refine the teaching at the heart of everything we do.

Wherever you are in your practice, you're part of this. Thank you for helping us grow it, one class, one teacher, one connection at a time. We can't wait to share the year ahead with you.





TAI CHI FOUNDATION

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Registered 501(c)(3) EIN: 13-3016452