



THE

VITAL FORCE

Journal of T'AI CHI CHIH! Joy Through Movement

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20th Anniversary of T'ai Chi Chih Issue

August 1994

THE STRENGTH OF T'AI CHI CHIH LIES IN THE ABILITY AND INTEGRITY (TEH) OF ITS TEACHERS Justin Stone

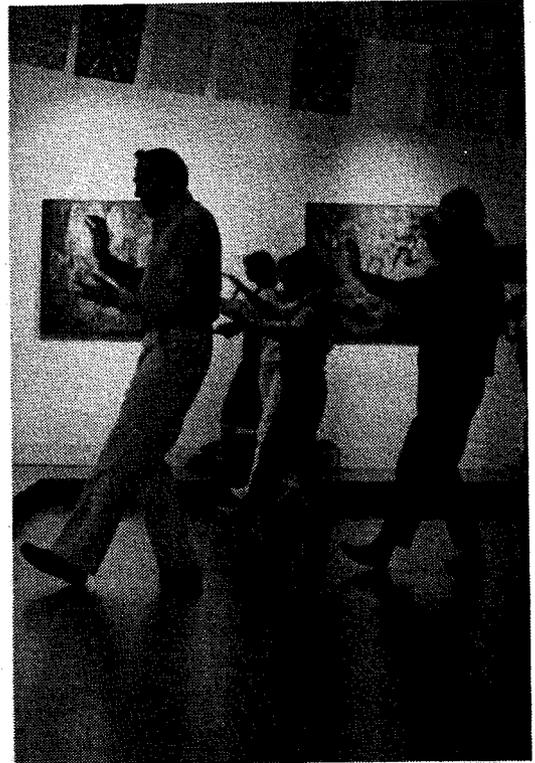
For T'ai Chi Chih to grow in the future the way it has in the past, it is necessary to maintain an idealistic attitude. I believe teachers should earn good money from sincere teaching--the workman is worthy of his hire--but TCC must not be thought of primarily as a business. Teachers bring something of great value to students--greater than they know--and so many see the changes in their lives as practice leads them to live the T'ai Chi Way. This is a great reward for the teacher, who benefits from his own practice. In the audiotape (Justin Stone Speaks on TCC) I talk about the effect on Karma, easy to figure out. As TCC becomes more and more successful, more and more people may be tempted to think of it in the manner of a business endeavor; neither Steve nor I want that. Keep offering service; you'll be very successful. (VFJ June 1990)

"Flowing" and "Swimming Through Heavy Air" are the way we do the movements. Deeper than those, however, is "Merging Sense With Essence." In this way, T'ai Chi Chih takes over and straightens out our lives--and perhaps, the lives of those to come. We are the product of this flowing Chi. (VFJ September 1990)

After 35 years, I am still a beginner. T'ai Chi Chih, as it is, gets wonderful results--it delivers. Sink yourself deeply into its practise and taste the full benefits; do not be satisfied with quick, surface results. (VFJ Summer 1988)

SINCERE PRACTICE IS REWARDED--MORE THAN YOU KNOW.

Justin Stone is the Originator of T'ai Chi Chih! Joy Thru Movement
Steve Ridley is the Spiritual Head of T'ai Chi Chih.



Justin teaching "Working the Pulley" at a class limited to 52 students at Monterey Peninsula College

Reflections . . . Along the Way

It seems true to course that this special *Vital Force* issue celebrating the 20th Anniversary of Joy Thru Movement would come together simply and directly from the Originator of T'ai Chi Chih! Yes, to a large extent the dimensions of TCC's Chronology which form these pages come to us from past and current writings of Justin Stone. The compilation of Justin's impressions and letters to teachers were chosen for their retrospective and timeless messages. Herein we may share in our Teacher's reflection of the origin and development as well as his vision for T'ai Chi Chih's future growth.

Thank you Justin for making IT ALL so simple and easy, once again!

Thanks to everyone who contributed their support to this special issue by sharing written recollections, sponsoring donations, and sustaining subscriptions to *The Vital Force*. Your inspired involvement symbolizes the wholeness of the TCC Community at large.

This anthology illustrates some of the many key developments in T'ai Chi Chih over the past 20 years. It became evident in culling previous issues of VFJ (to compile events dates and choose articles) that a sampling of the growth in some regions must serve as example of the vast, overall expansion of T'ai Chi Chih. Perhaps the intent to represent the essential will balance the prodigious reaches which continue as we celebrate the 20th Anniversary of Joy Thru Movement!

May the unity of all effortless effort cultivate seeds of change from which the Joy-sprout emerges.

In Loving Service,



Elizabeth Salada for
The Vital Force

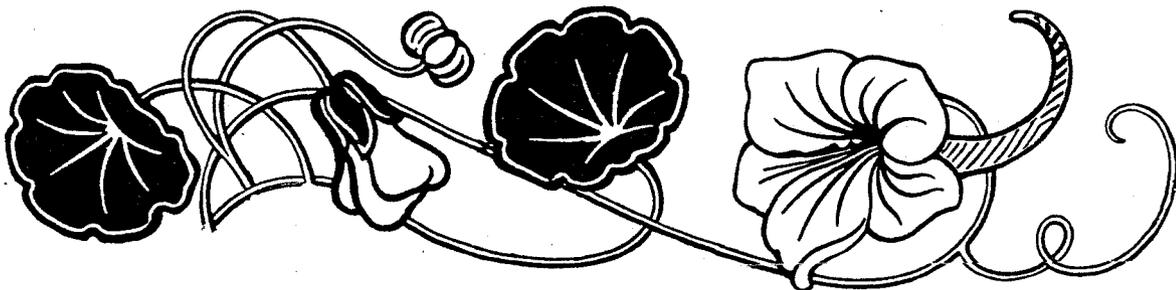


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CHRONOLOGY OF T'AI CHI CHIH

Justin Stone

From the very beginning I concentrated on Purity of T'ai Chi Chih, and, consequently, turned down efforts of some teachers to tithe money to me. The treasure of TCC lies in the "TEH" (I mean Sincerity) of its teachers.



Justin Leading University of Albuquerque Class - 1974

In 1974 I was teaching T'ai Chi Ch'uan at two Universities in Albuquerque, as well as at Extension Courses. I began to use two movements shown to me by Professor Huang (to which I added leg motions) as warm-up for the Ch'uan classes, and the students seemed to enjoy them. Prof. Huang had called them "T'ai Chi Chih" in their original form and I adopted that name for them.

One of the students at the Extension Course was a young publisher who had brought out, successfully, my first book, "The Joys of Meditation." He asked me if I'd write a book on T'ai Chi Ch'uan, and I refused, saying that my friend, Professor Huang had written a definitive book on the subject, and I did not want him to think I wanted to compete with him.

The young publisher then asked if I'd do a book on "T'ai Chi Chih." That surprised me, as there were only the two hand movements and one other I found I could not teach to students. I asked him for time to think over his suggestion. (Continued on next page.)

CHRONOLOGY:

Immediately after that, movements started coming to me, complete with names. Finally I went to the publisher and said I would do the book, and that we should arrange to do some pictures for it (by that time all TCC movements except "Bird Flaps its Wings" were fully developed). The pictures were taken in my apartment by a young photographer friend of the publisher, and shortly after that the book appeared in hardcover.

Using that as a basis, I spoke to Rick Cramer, head of the Open Mind Bookstore, about doing a TCC class. He arranged it, and soon after TCC was taught for the first time.

There were two interesting students I remember from the first class, a Catholic priest and a psychologist from the Veteran's Administration.

The psychologist was frankly skeptical until after the second class, at which time he said: "Sure, I feel something, but how do I know I'm not imagining it?"

"Doctor," I replied, "How do you know you're here?"



Rick, Justin, TCC Student, Steve

Father Schneider, the very lovable Priest (who later became a successful meditator from lessons in my first book), enjoyed the first lesson very much, and at one point he let out a yell. "What's the matter, Father?" I inquired.

"I can smell!" was his delighted answer.

"So can I," I replied dryly.

"Yes, but I haven't been able to smell anything in twenty years!" was his surprising statement.

(Continued on next page.)

CHRONICLE:

Shortly after that I went to California for some months, and while there began to teach T'ai Chi Chih beginning classes at the Sai Baba Foundation in Los Angeles. My good friend, Dick Bock (who later published the T'ai Chi Chih Videotape of mine thru his Aura Productions company) was the head and founder of the Sai Baba Foundation. He was enthusiastic and began to arrange classes for me to teach, as well as interviews and personal appearances at such places as the East-West Cultural Society, which later was the scene of the first Teachers' Training Course, suggested by Dick Bock.

An interview was arranged for me, by Dick, with a Public Radio Station that was powerful enough to be heard thru most of the State. It was taped. At first the interview was scheduled to be a half hour long, but the woman interviewer became so enthusiastic that she extended it to an hour and a half. I wondered who would be listening to radio at 8 A.M. on a Saturday morning, but I soon found out. Though I was staying at the Sai Baba Center (and sleeping on the floor) to save money, I was out most of the day Saturday. When I strolled into the Foundation's Center about 4 P.M., I found Dick and his wife furiously answering phones. "Where have you been?" screamed Dick. "Calls are coming in from all over the state! Some people are coming down in person this afternoon."

From all those calls, Dick began arranging beginning classes, and soon I was doing fifteen classes a week! This was a key turning point in the beginnings of TCC. At that time we were charging eighteen dollars a Course, and half of that was going to the Sai Baba Foundation. I was not getting rich, but managing to eat.

At Dick's suggestion, the first Teachers' Training Course was held in August of 1975. There were about 24 people in the course, which lasted nine days (it was later shortened to six). I am still in touch with only three of those teachers from the first course, but imagine some of the others are still teaching.

Immediately after the end of the course I returned to Albuquerque, and early in 1976 the second Teachers' Course was held at the Open Mind Bookstore (the owner, Rick Cramer, played a key role in the early days of TCC). There were about twenty-four candidates in that Course, and many of them are still active. I had met some of them when I was a guest speaker for only one day at Bishop's Lodge in Santa Fe, NM. (Continued)



Lois Binford Proctor and Justin



Rick Cramer, Mané Aguire from Santiago, Chile and Justin