



# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## ANNUAL REPORT FISCAL YEAR 2016

### *Letter from the President*

Greetings!

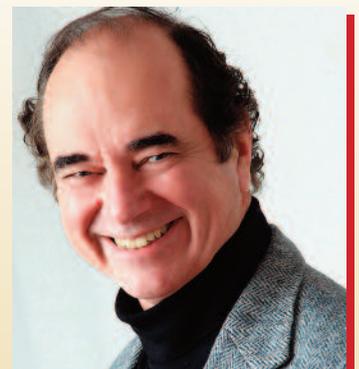
Confucius said, “When it is obvious that the goals cannot be reached, don’t adjust the goals, adjust the action steps.”

We adjusted the action steps. In 2016 the board of directors carefully examined the financial health of our organization, balanced our declining budget, evaluated all of our programs, reexamined the mission and vision of the Tai Chi Foundation (TCF), and we prioritized organizational goals. We readied ourselves to increase TCF’s fundraising capability by enhancing our online presence, complying with state and federal fundraising laws, timely filing of our nonprofit tax returns, updating our profile on Guidestar, and creating potential projects for funding. We continued to deliver, undeniably, the highest quality training experiences throughout the U.S. and Europe with the finest tai chi teachers and apprentices in the world. We successfully recruited and engaged committees to work on program deliverables, budgeting, marketing and communications making our organization truly a model of volunteerism. Our open-rate for emails is always above industry standard. You will notice that we recently changed the fiscal year reporting period to end on December 31 beginning a calendar year reporting system. Thus we are including the last quarter of 2015 in this report. In 2016 and in the last quarter of 2015 we:

- ❖ Sent 81 email communications to members
- ❖ Presented 5 trainings in the U.K. and U.S.
- ❖ Presented 1 Seattle Regional Training
- ❖ Presented 1 Golden Orbit Transmutation Online Course
- ❖ Inducted 4 new apprentices
- ❖ Sold 259 DVDs
- ❖ Taught more than 500 students worldwide
- ❖ Increased traffic to the websites of many of our schools using a \$480,000 grant from Google.

I joined the TCF board in 2012 and will be culminating my second term in 2017. It has been a great honor and joy to serve my friends and tai chi community for nearly six years. I promise to stay committed to the organization and will support the goals and objectives in any way I can.

In Unity,



# Legacy Holders Report

OCTOBER 2015–DECEMBER 2016

The Legacy Holder teachers continued to work on their mission of teaching, curriculum revision and the development of new programs. They met every 3 to 4 weeks by video conference call, assisted by Els Eijssens who organized and moderated the meetings. In addition, they met October 6–10, 2015, and October 11–15, 2016, to do tai chi together and discuss the direction of the work and the school. They addressed many major topics such as ensuring the quality of teaching across the whole international school, shared breakthroughs in advanced push hands partner work, and discussed community building. As they planned for the coming year, they looked at developing new programs like a *Tai Chi Life Kit*. In addition, in 2016 Legacy Holders were filmed doing tai chi and push hands and sword for eventual use on the website. Regular reports were submitted to the TCF and published in newsletters.



Margaret Matsumoto continued on as the Legacy Holder representative to the TCF Board of Directors. Throughout the year, she was instrumental in helping different parts of the organization, including the Board, the TCF administrator, the Legacy Holders, training coordinators, and teachers, communicate and support each other in their respective roles.

All of the active Legacy Holders (Pat Gorman, Sherry Kent, Margaret Matsumoto, Margaret Olmsted, Gerrie Sporken, and Greg Woodson) taught weekly tai chi or qigong classes and were also featured teachers at TCF-sponsored intensive trainings. They co-taught as part of teaching teams at the European Winter Training in Amsterdam, the U.S. Winter Training in New York, the U.K. Summer Training in Ireland and at the U.S. Summer Training on Whidbey Island, WA. Those same LH teachers were also invited and taught shorter workshops in diverse locations such as Amsterdam, the Netherlands; Dublin, Ireland; the Götzens in Austria; Los Angeles, CA; Mill Valley, CA; New York City, NY; Seattle, WA; and Shelter Island, NY.

These past 15 months also saw the emergence of new trainings authored by Legacy Holders Pat Gorman and Gerrie Sporken. Pat and Gerrie revised and polished the Medical Qigong Training, the Golden Orbit Transmutational Training, and advanced work for senior teachers. In addition, two all-school “tunings” or at-home trainings were developed for all the teachers and their students. In the summer over 60 people participated in *100 Bears for 100 Days* and in the fall over 100 participated in the White Crane Breathing training. These generated some income for the Foundation as well as good will and a feeling of working together toward a common goal. Additionally, the feedback on the benefits received was uniformly positive with notable increases in energy and wellbeing.

As in past years, the Legacy Holders greatly appreciated the dedication of all the teachers around the world who devote a part of their lives to the mission of embodying tai chi and helping others learn it. And they appreciated the guiding input and feedback from teachers all over the school. They are committed to keeping the teaching vibrant and evolving, and to continuing to generate inspiration and a love of the art amongst themselves and their many dedicated and talented fellow teachers.

# Trainings in 2016

In 2016 the Tai Chi Foundation upheld its ongoing commitment to provide superior tai chi and qigong instruction to its two main audiences: (1) its public students in different international locations (2) its extensive network of teachers who instruct those public students and who pursue their own continuing education with TCF.

There were numerous learning opportunities in 2016 such as weekly classes and special workshops conducted by many different TCF teachers. In Europe, these shorter trainings were held in Amsterdam, the Netherlands; Dublin, Ireland; Götzens, Austria; Hertfordshire, U.K., London, U.K., St. Albans, U.K; and Zurich, Switzerland.

In the US, weekly study was offered in Arlington, VA; Chicago/Evanston, IL; Columbia, MD; Gainesville, FL; Holland, MI; Jacksonville, FL; Lewes, DE; Los Angeles, CA; Marstons Mills, MA; New York City, NY; Portland, OR; Reston, VA; Richmond, VA; Rye, NY; Sag Harbor/ Bridgehampton, NY; San Francisco/Mill Valley, CA; Seattle, WA; Spokane OR; and White Plains, NY.

In addition, special longer intensive trainings, especially those conducted in residential settings, provided the reinforcement and intensity that frequently stimulate deeper learning, similar to the way one can learn to speak a language more thoroughly when immersed in the culture of the new language.

During the 15 months of this Annual Report, the TCF conducted the following intensive trainings:

- ❖ A European Winter Training for teachers in Lancaster, U.K., January 3–10.
- ❖ A U.S. Winter Training for teachers in New York, NY, January 15–23.
- ❖ A European residential Summer Training at a new location, Tipperary Ireland, for public and teachers, August 5–13.
- ❖ A two-week U.S. residential Summer Training on Whidbey Island, WA (USA) for public and teachers from July 17–29.
- ❖ Seattle Regional Training for public students and teachers. It started December 27, 2016, and ended January 3, 2017.



*Europe  
Summer*



*Whidbey Summer*



*Seattle December 2016*



*Whidbey  
Winter*

The Tai Chi Foundation complemented these popular training formats with at-home trainings designed by Pat Gorman and Gerrie Sporken for advanced meditative and internal tai chi work. A school-wide tuning or training in April 2016 enabled participants to do the training individually at home while being connected (“attuned”) to other participants internationally. Related advanced work was done by eligible participants at the Summer and Winter trainings.

Trainings for special target audiences such as cancer patients at Gilda’s Club in White Plains, NY, or LiveStrong Foundation in Spokane, WA, throughout 2016 generated requests for more of these well-received programs. Pat Gorman and Gerrie Sporken also designed and re-introduced the Medical Qigong Training for health care professionals with one such workshop conducted at the Swedish Massage Institute, NYC, April 23–24.

The strong positive feedback from program participants reflects the attention TCF devotes to ensuring the excellence of teaching for beginning to advanced levels. TCF faculty continuously strives to develop new training opportunities, to support our students as well as to reach out to alternative medicine practitioners/organizations and to like-minded members of the larger tai chi community. TCF is dedicated to continue transmitting the teachings from Grandmaster Cheng Man-Ch’ing and founding director Prof. Patrick Watson. In the future TCF foresees additional programming to emphasize recovery from illness/injury, stress reduction, emotional grounding techniques to support us in times of rapid change, and best practices for optimal health and wellbeing.

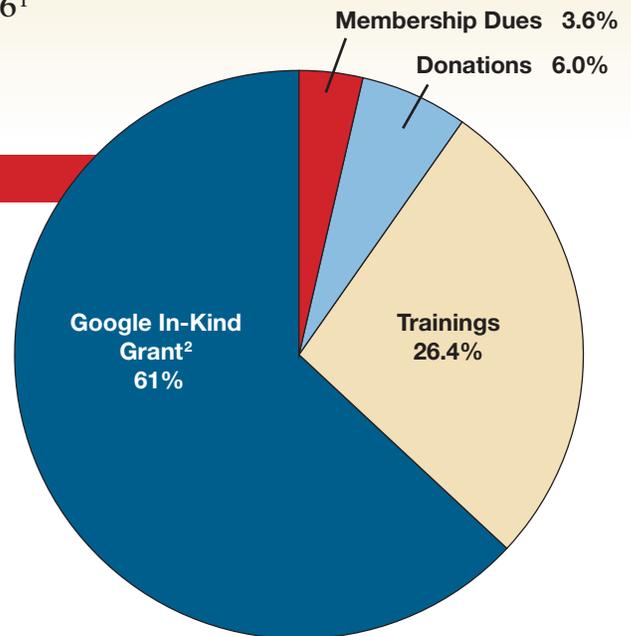
*Tipperary Ireland (photos by Sean O’Neill)*



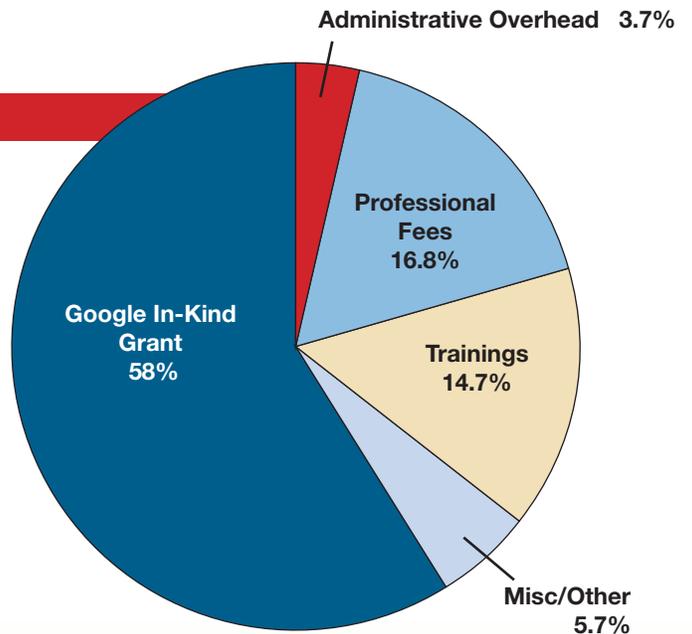
# Financial Report

for October 1, 2015 through December 31, 2016<sup>1</sup>

REVENUES		
Membership Dues	\$18,520	3.6%
Donations	31,659	6.0%
Products	5,368	1.0%
Royalties	8,836	1.7%
Trainings	137,602	26.4%
Google In-Kind Grant <sup>2</sup>	318,613	61%
Miscellaneous	119	.02%
<b>Total Revenue</b>	<b>\$520,717</b>	



EXPENDITURES		
Grants & Scholarships	\$ 7,759	1.4%
Administrative Overhead	20,141	3.7%
Professional Fees	92,108	16.8%
Trainings	80,504	14.7%
Miscellaneous/Other	30,923	5.7%
Google In-Kind Grant <sup>2</sup>	318,613	58%
<b>Total Expenditures</b>	<b>\$550,048</b>	
<b>Net Profit (Loss)</b>	<b>(\$29,331)</b>	



The Tai Chi Foundation is a nonprofit 501(c)(3) education organization. TCF Tax Returns, Form 990, can be found on [guidestar.org](http://guidestar.org) or you can request a copy from the TCF Administrator. State charitable permits are available on request through the TCF Administrator.

1 TCF is converting from a fiscal year Oct 1–Sep 30, to a fiscal year Jan 1–Dec 31 (the calendar year), we present an expanded report covering the last quarter of 2015 and the year 2016. Future Annual Reports will be based on calendar year activities.  
 2 The Google Grant is not a cash grant, it is an in-kind grant. Google provides free advertising based on actual dollar value. TCF does not receive cash benefits from Google.

# Thank you to our 2016 Donors

Keith Abel  
AJ Allen  
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Patrice Wooldridge  
Patrick Wooldridge

**In addition, we would like to thank all those who volunteered time, energy, resources and skills that so enriched the scope and reach of TCF activities as well as reflected the participation and commitment of our membership.**

*Photo Credits: Karen Kohlhaas, Koen Krikhaar, Pat Gorman, Patrice Wooldridge, Anne Smyers.*



## TCF BOARD OF DIRECTORS

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Bob Etherington—*Vice President*  
Steve Shulman—*Treasurer*  
Danyal Sattar—*Secretary*  
Margaret Matsumoto  
Birgitt Krause  
Andrew Dell'Olio  
Sean O'Neill

## FOUNDATION ADMINISTRATOR

Penny Harrison

## PROFESSIONAL STAFF

Diane Schroer

## COMMUNICATIONS

Kate Mansfield  
Margaret Matsumoto  
Penny Harrison

## TCF MISSION STATEMENT

*“The T'ai 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.”*



# TAI CHI FOUNDATION

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## Contact Us

For more information about the Tai Chi Foundation and trainings in Europe and the U.S.:

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Winter Training NYC