



Vol. I, No. 2

March 1986

P.O. Box 630, New Milford N.Y. 10959

Welcome to Tai Chi Farm

Dear Tai Chi Player:

On the inside pages of this newsletter, you will find the schedule for instruction at Tai Chi Farm for 1986. This program begins the realization of the dream I have to spread Tai Chi Chuan throughout the United States.

Tai Chi Farm is a special place that I have purchased and support totally myself. I want to open and share Tai Chi Farm so that Tai Chi teachers will have a place in which to deliver their special knowledge to students who will then have the opportunity to learn from famous teachers.

All Tai Chi players of all styles are welcome here to meet and to share their knowledge with one another in this supportive atmosphere. This first year will be one of building and learning about the most effective ways to offer Tai Chi instruction here at Tai Chi Farm. We will all do our best to make your time at Tai Chi Farm a meaningful experience for you.

We have made some progress this year in preparing the Farm for your visit; however, when you come to the Farm we do not want you to be surprised to find the conditions not so luxurious. Your stay here will not provide material luxuries, but will instead allow you to enjoy all the natural beauty of the 100 acres. You can play Tai Chi under a canopy of trees by the stream, practice walking Chan Ssu Chin down Tai Chi Avenue through the woods, and disappear by yourself for meditation under the apple trees. Your study of Tai Chi here will be enhanced by the setting, allowing you to escape from the busy city life and concentrate totally on your Tai Chi practice.

We do not want to exaggerate the conditions here. The cabins are clean and comfortable but have no beds, no electricity, and no indoor plumbing. There are also many beautiful camping spots all over the farm. Some of the cabins have

pumps to supply water for cooking and cleaning, and drinking water can be carried from the main buildings or the spring. We are also building limited bathroom and shower facilities for the students to make your stay more comfortable.

No meals are included in your courser fees, but the Village of Warwick is only 5 miles away, with stores and restaurants. There are also several reasonably-priced motels nearby if you do not want to stay here. More details on the Farm and the local area will be included in the program catalog, which will be available soon. Generally, you should bring with you everything you will need for your stay at Tai Chi Farm, from soap to sleeping bags, and be prepared to "rough it."

The progress we have made this year could not have been accomplished without countless hours of work by many volunteers both from students in the local area and from others who have come to the Farm to help make my dream into a reality.

Since the first issue, we have received numerous contributions for the newsletter, from \$1 to \$100. We will use every penny of the money we receive to make the newsletter better and better. As you begin to subscribe to the newsletter, we will do our best to improve it with each issue.

Many famous Tai Chi teachers are planning to conduct workshops here during our 1986 program. Since this is our first year, we really need you to pre-register for courses you plan to attend, so we can plan for the facilities to meet your needs. Please help us by sending in the pre-registration forms. I hope to see you soon here at Tai Chi Farm.

Best wishes,
Jou, Tsung Hwa

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WEEKEND WORKSHOPS

COURSE NUMBER	DATES	PROGRAM TITLE	INSTRUCTOR
1	April 26-27	Early Bird Weekend	Jou, Tsung Hwa
2	May 3-4	Master Key to Tai Chi Chaun	Jou, Tsung Hwa
3	May 10-11	Yang Form's Secret: San Shou, or Sparring	Susanna de Rosa
4	May 17-18	Yang Style Push Hands and Ta-Lu	Sidney Austin
5	May 24-25	Cheng Man-Cheng's Short Form	Robert Ante
6	May 31-June 1	China's Simplified Yang Style	Steve Rhodes
7	June 7-8	Seventh Annual Chang San-Feng Festival	
8	June 14-15	Body Mechanics of Tai Chi Chuan Tai Chi Ruler and Pa Kua	William C.C. Chen B.P. Chan
9	June 21-22	Most Famous Woman Master Shares Tai Chi Chuan	Bow Sim Mark
10	June 28-29	Correct Tai Chi Movement and Applications	Lawrence Galante
11	July 5-6	Chinese Music and Its Instruments	Tsuan-nien Chang
12	July 12-13	Two Person Sword Techniques	Ray Hayward
13	July 19-20	Yang Style Push Hands	Sidney Austin
14	July 26-27	Workshop with Tui Publisher Experiencing the I-Ching	Alan Taplow
15	August 2-3	Traditional Yang Form Push Hands	Chen-Hsing Yu
16	August 9-10	Wu-Tang Sword	Tze-Chiang Chao
17	August 16-17	Wu Style	Jou, Tsung Hwa
18	August 23-24	Workshop from Yang's Martial Arts Academy: Chin-Na	Yang, Jwing Ming
	August 30-31	Labor Day Open House And Free Practice	
19	September 6-7	Mixed Weapons Forms	John Ng
20	September 13-14	Taoist Healing	Kenneth Cohen
21	September 20-21	Meditation and Chi Kung Chinese Language for Tai Chi Players	Jou, Tsung Hwa E.C. Lee
	Oct. 19-Nov. 11	TAI CHI TOUR OF CHINA	

Work Study Information

Tai Chi Farm will have one or two work study openings for each class session. The work study students will perform such tasks as mowing the lawn, cleaning the Chang building after classes are over, having hot water and juice ready in the mornings before classes begin, cleaning the bathroom facilities, and performing errands for Master Jou and visiting instructors. Work-study students will be very important to the success of the program, since there are no staff members available to perform these routine maintenance tasks. In return for taking on these responsibilities, your course fee and lodging will be free.

To apply for a position, please write a letter to Tai Chi Farm (P.O. Box 630, New Milford, NY 10959) as soon as possible stating why you want to come, what courses and dates you want to attend, and some description of yourself and your skills. On the outside of the envelope, write "Work Study Application" so we can give your letter proper attention. You must have a car, and you must be willing to arrive early for the course and to stay later. Once you are approved for the work-study program, you will receive a more detailed letter to confirm your work. Thank you for your interest and willingness to help to Tai Chi Farm.

Local Classes at Tai Chi Farm

If you live near Tai Chi Farm, you may want to attend regular classes held on the weekends by Master Jou Tsung Hwa. The classes focus on the Master Key to Tai Chi Chuan, understanding the Eight Trigrams in the hands and the Five Elements under the feet. This foundation can be applied to any Tai Chi form. The course fee is \$30 per month, and the schedule is:

Friday 6:00 - 8:00 PM/Saturday 8:00 - 10:00 AM/Saturday 6:00 - 8:00 PM/Sunday 8:00 - 10:00 AM

For more information, call (914) 986-9233 and leave a message on the answering machine.

FIVE DAY SEMINARS

COURSE NUMBER	DATES	PROGRAM TITLE	INSTRUCTOR
1A	June 9-13	Traditional Yang Form Push Hands Practice	Abraham Liu
2A	June 16-20	Chen Form Second Routine (Pao Tui)	Jou, Tsung Hwa
3A	June 23-27	With Changes Publisher Source of Tai Chi: I-Ching	Jay Dumber
4A	June 30-July 4	Chen Form First Routine Concentration on Postures 1-40	Jou, Tsung Hwa
5A	July 7-11	Chinese Art: Calligraphy and Brushpainting	Ru-Lan Weng
6A	July 14-18	Traditional Weapons: Sword and Tassel, 13-Spear	Ray Hayward
7A	July 21-25	Kung Fu for Kids	Ralph Rodriguez
7B	"	Traditional Wu Form and Meditation Retreat	Jou, Tsung Hwa
8A	July 28-August 1	Tai Chi for Health and Healing	Alfred Swan Huang
9A	August 4-8	Founder of Deer Mtn Taoist Academy: 5 Animal Frolics and Dietetics	Paul Gallagher
10A	August 11-15	Workshop with Most Famous Oldest Grand Master	T.T. Liang
11A	August 18-22	Yang Form Secret: San Shou, or Sparring	Marsha Rosa
12A	August 25-29	Chen Form First Routine Whole Form Intensive	Jou, Tsung Hwa
	September 1-5	Labor Day Open House and Free Practice	
13A	September 8-12	Taoism: the Way of the Spiritual Warrior	Kenneth Cohen
	Oct. 19-Nov. 11	Tai Chi Tour of China China, Hong Kong, and Taiwan	

Coming Soon in Tai Chi Farm

The first issue of **Tai Chi Farm** contained an article by Master Jou, Tsung Hwa entitled "The Master Key to Tai Chi Chuan." The next issue will contain a discussion of the historical evolution of Tai Chi through Chen, Yang, and Wu styles. "Breakthrough," "How To Be a Tai Chi Teacher," and "The Goal of Tai Chi" are planned as subjects of future articles, as well as an interview with Master Wu Do-Nan, a great Tai Chi master who is 102 years old!

If you have ideas for articles for **Tai Chi Farm**, please write to us. We will do our best to publish the newsletter every two months, although the staff and budget are limited.

On the registration form we have asked for a subscription fee of \$10 to help keep the newsletter going. In order to guarantee receipt of **Tai Chi Farm** regularly, please send in the form with \$10 even if you are not registering for courses. If you have already made a contribution greater than \$10, we have automatically placed your name on the subscription list.

Our Many Addresses

To avoid any confusion, we want to clarify the addresses we have for the Tai Chi Foundation and Tai Chi Farm. First, for information about the Farm itself, its programs, or this newsletter, write:

Tai Chi Farm, P.O. Box 630, New Milford, N.Y. 10959

(This address was incorrectly published as Box 360 in the last newsletter)

To order books by Master Jou, Tsung Hwa, there are two addresses:

Tai Chi Foundation	
P.O. Box 1094	P.O. Box 828
Piscataway, N.J. 08854	Warwick, N.Y. 10990

Now that you have our addresses, let us hear from you!

POST PAID
Permit 124
Warwick, NY 10990

TAI CHI FARM
P.O. Box 630
New Milford, NY 10959



PRE-REGISTRATION INFORMATION

The form below is a preregistration form, and it is very important to us that you pre-register for courses you plan to attend this summer. This is our first year of operation and we need to have some idea of our attendance for the summer classes in order to plan for classroom and living facilities. Your help is needed to make the first summer at Tai Chi Farm a successful one.

A deposit of \$25 will hold your place in any course. Full payment is due two weeks prior to the course beginning. If you cancel 7 days or more before the course, we will refund your full fee minus a \$10 processing charge. Other policies will be explained in the catalog.

If you want to register for more than one course, please photocopy the form and send one for each course you wish to attend. A \$25 deposit is required for each course.

Please Return This Form As Soon As Possible

COURSE FEES — 1986

		<u>Weekend</u>	<u>5-Days</u>
Tuition:		\$85	\$170
Lodging:	Cabin	\$20	\$40
	Camping	\$10	\$20

WEEKEND WORKSHOPS begin at 9:00 A.M. Saturday and end at 3:00 P.M. Sunday, with registration and informal gathering on Friday night.

FIVE-DAY seminars begin at 9:00 A.M. Monday and end at 12:00 noon on Friday, with registration and informal gathering Sunday night.

PRE-REGISTRATION FORM — TAI CHI 1986 PROGRAM

Name _____
 Address _____

 Phone _____

Course number _____
 Dates of course _____
 Course title _____
 Cabin or camping? _____

I AM ENCLOSING \$ _____ FOR PRE-REGISTRATION.

I AM ENCLOSING \$ _____ FOR A ONE YEAR SUBCRIPION TO TAI CHI FARM
 (please send a separate check for newsletter subscription)

SEND TO: Pre-registration, Tai Chi Farm, P.O. Box 630, New Milford, NY 10959