



Vol. II, No. 1

January, 1987

P.O. Box 630, New Milford, NY 10959

1987 SECOND COURSE SESSION

Dear Tai Chi Player:

After our successful 1986 Summer of Workshops and activities at Tai Chi Farm, I am very pleased to announce our schedule of courses for 1987. This year, our classes pursue the roots of Tai Chi Chuan, with workshops on Wu Tang (武当) Tai Chi Chuan, Wu Tang sword; Pa Kua (八卦) and Hsing I (形意), the eight trigrams and five elements forms, as well as sessions on Chen family First and Second Routines (forms) which provide the transition from external martial art to internal art. The schedule also emphasizes the skill of push-hands; includes special workshops with famous masters, not to be missed! We also provided six weeks of work-study courses this summer for reduced half tuition, students will be able to attend different classes in exchange for work on the farm that will make Tai Chi Farm a better place to practice and learn.

Special events this year include our annual Chang San Feng Festival on June 6-7, a weekend of learning and exchange for Tai Chi students and instructors from all over the U.S. and Canada. It is time for all Tai Chi players to show their respect for the founder of Tai Chi Chuan, Chang San Feng. The highlight of the weekend is a special traditional ceremony honoring Chang San Feng. More information on the Festival will be in a future newsletter.

Full Moon Meditations, new to the Tai Chi Farm schedule are six special evening meditations with visiting instructors. The meditations are open to all students for a fee of \$8.00, and it is included in your course fee if you are at the workshop when the Full Moon Meditations occur. Full Moon Meditations are from 7:00 p.m. to 9:00 p.m. on these dates: May 13, June 11, July 11, August 9, and September 7.

On October 7th, a special Harvest Moon Meditation will conclude the 1987 program with a bonfire, meditation, and refreshments. An excellent opportunity for nearby Tai Chi players to visit Tai Chi Farm! We will have more information.

Throughout the summer, Push Hands practice will be held every Sunday afternoon from 1:00 p.m. to 4:00 p.m. We want to develop push hands abilities through formal practice and competition. Different instructors and advanced students will be present every week to offer assistance to beginners and practitioners at every level. In the next newsletter, we will describe this push hands practice further, with rules for competition and hopes for tournaments, in the future, at Tai Chi Farm!

In addition to the Summer courses, Tai Chi Foundation sponsors a Tai Chi Tour to China, Hong Kong and Taiwan from October 18th to November 7th. The 1987 tour will visit Wu Tang Mountain for the first time, where Chang San Feng originated Tai Chi Chuan. We will have a chance to learn this traditional Wu Tang Tai Chi. The cost of the tour is around \$2,600.00. More information will be in a future newsletter.

Each year we strive to make Tai Chi Farm a little better. You can help us by registering early for the summer courses, so we can plan for facilities and accommodations. As we develop our programs, events and facilities, we appreciate your suggestions and your help. I hope each of you will visit Tai Chi Farm this year to attend our workshops or special events, or just to enjoy practicing Tai Chi in the beautiful and peaceful setting the Farm provides.

Best wishes for 1987
Jou, Tsung Hwa

WEEKEND WORKSHOPS

COURSE NUMBER	DATES	PROGRAM TITLE	INSTRUCTOR
1.	June 6-7	8 th Annual Chang San-Feng Festival	
2.	June 13-14	Body Mechanics of Tai Chi Chuan Tai Chi Ruler and Chi Kung Therapy	William C.C.Chen B.P.Chan
3.	June 20-21	PRC Standard 24 Yang Form	Steve Rhodes
4.	June 27-28	The way of nature	Kenneth Chao ^{Cohen}
5.	July 4-5	Independence Day	
6.	July 11-12	Master key to Tai Chi Chuan Full Moon meditation	Jou, Tsung Hwa
7.	July 18-19	Experience of mainland China	Steve Arney Virginia
8.	July 25-26	Push Hands with a Famous Chinese Master	Chen-Hsiang Yi
9.	August 1-2	Cheng Man Ching's Short Form	Lawrence Galante
10.	August 8-9	Chinese Language for Tai Chi players. Full Moon meditation.	E. C. Lee
11.	August 15-16	Chin-Na and Tai Chi Chin Apply to Push Hands	Jwing Ming Yang
12.	August 22-23	I Ching for Tai Chi players	Jay Dunbar
13.	August 29-30	Simplified Chen Form	To be announced
14.	September 5-6	Labor Day Weekend	
15.	September 12-13	Iron Shirt Chi Kung	Gunther Weil
16.	September 19-20	Master Key of Tai Chi Chuan	Jou, Tsung Hwa
17.	October 7	Harvest Moon Meditation	Tai Chi Farm Staff

FIVE DAY SEMINARS

<u>COURSE NUMBER</u>	<u>DATES</u>	<u>PROGRAM TITLE</u>	<u>INSTRUCTOR</u>
1.	May 24-29	Work Study Week I. Yang Long Form	Sidney Austin
2.	May ^{June} 1-5	Work Study Week II Push Hands rules and practice	Tai Chi Farm Staff
3.	June 8-12	Root of Tai Chi Chuan, Pa Kua and Hsing I. Full Moon Meditation.	B. P. Chan
4.	June 15-19	Root of Tai Chi Chuan Wu Tang Sword	T. C. Chao
5.	June 22-26	Work Study Week III Push Hand rules and practice	Tai Chi Farm Staff
6.	June 29 - July 3	Root of Tai Chi Chuan Wu Tang Tai Chi Form	Tzu Kuo Shi
7.	July 6-10	Work Study Week IV Push Hands and Ta Lu	Sidney Austin
8.	July 13-17	Chen Form - First Routine	Jou, Tsung Hwa
9.	July 20-24	Pao Tui - Second Routine	Jou, Tsung Hwa
10.	July 27-31	5 Animal Frolics and Dietetics	Paul Gallagher
11.	August 3-7	Work Study Week V Yang Sparring - San Shou	Marsha Rosa
12.	August 10-14	Workshop with Most Famous Oldest Grand Master	T. T. Liang
13.	August 17-21	Massage Therapy	To Be Announced
14.	August 24-28	Accupuncture and Meridian	To Be Announced
15.	August 31-September 4	Chang Tai Chi, Shuai-Chiao applied to push hands	Frank De Maria
16.	September 5-11	Work Study Week VI. Labor Day Retreat. Full Moon Meditation.	Tai Chi Farm Staff
17.	October 18-November 7	Tai Chi Tour to China *****	Jou, Tsung Hwa

PRE-REGISTRATION INFORMATION

See last page for pre-registration form. It is very important to us that you pre-register for courses you plan to attend this summer. 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 this 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.

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.



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

Postage Paid
 Permit 124
 Bulk Rate/Business
 Warwick, NY 10990

PLEASE NOTIFY TAI CHI FARM IF YOUR ADDRESS CHANGES

		COURSE FEES - 1987	
		Weekend	5-Days
Tuition:		\$85	\$170 (Work Study Weeks: \$85)
Lodging:	Cabin	\$20	\$ 40 (Work Study Weeks: \$20)
	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.

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PRE-REGISTRATION FORM -- TAI CHI 1987 PROGRAM

NAME _____

ADDRESS _____ DATES OF COURSE _____

_____ COURSE TITLE _____

PHONE _____ CABIN OR CAMPING? _____

I AM ENCLOSING \$ _____ FOR PRE-REGISTRATION.

I AM ENCLOSING \$ _____ FOR A ONE YEAR SUBSCRIPTION 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

PLEASE RETURN THIS FORM AS SOON AS POSSIBLE