



NORTH AMERICAN TANG SHOU TAO



# 2015 Annual Report



NORTH AMERICAN TANG SHOU TAO

PO Box 36235, Tucson, AZ, 85740

[www.NATSTA.org](http://www.NATSTA.org)



LiRunxi

Dear Friends,

Thank you for taking a moment to look over the second annual report of the North American Tang Shou Tao Cooperative, Inc. The fact of producing a second annual report at all is a sign of the slow but steady evolution and progress of the Association.

This report represents the aspect of the Association that is reaching outward beyond internal family affairs in search of the ways in which the teachings of this tradition can be carried on by spreading the arts of Xingyiquan and Baguazhang, opening clinics and schools, and using the knowledge in the tradition to help as many people as possible. This aspect is slowly, but surely, getting stronger and more organized.

Growing this organization in keeping with the moral and ethical standards of the boxing tradition, as well as dealing with the technical aspects of handling a subject matter inherently private and resistant to mass marketing, is no easy matter. It is, therefore, with pleasure that we present to you this report of the Association's more external 2015 activities, and of the very real accomplishments the Association has seen in the past year.

Building on this successful year, we hope to see the Association continue to fulfill its obligations and to grow in a logistical capacity in the coming year. We look forward to sharing this progress with you in the years to come.

Sincerely,

Ethan Murchie, Amara Franko Heller, and Kathy Reynolds  
*Board of Directors*

## Our Mission

The mission of the North American Tang Shou Tao Cooperative, Inc. is the preservation, research, and dissemination of the traditional Chinese martial and medical arts. The traditional Chinese internal martial arts that the Association focuses on include Xingyiquan, Baguazhang, Taijiquan, and Liuhebafa (water boxing). Traditional Chinese Medicine practiced and researched by the organization includes all aspects of tuina, acupuncture, herbal medicine, qigong, and dietary medicine. The North American Tang Shou Tao Cooperative, Inc. is a 501(c)(3) non-profit organization in accordance with Arizona State and IRS guidelines.



## Our Vision

The rich, complex history of the Chinese martial and medical arts extends back over thousands of years. Over this time the intrinsic value of these arts, and the knowledge and wisdom contained within them, has been one of the cornerstones of Chinese culture. In today's modern world this knowledge and wisdom remains as viable and as valuable as ever. The experiences contained in the study and practice of the traditional boxing and self-cultivation methods enrich people's lives in profound ways. When the understanding of the body, mind and spirit, developed through these practices, is combined with traditional medicine, many simple and direct methods of relieving the suffering of our fellow humans can be realized.

There is a place in the modern world for these old ways of doing and thinking, and there is a need to remember as best we can all of the lessons of the old teachers. As these arts spread throughout the world from their homeland in China, their influence must extend into the deepest parts of our own cultural experiences if they are to remain strong and true.

The goal of the North American Tang Shou Tao Association is not only to preserve the technical aspects of our arts, but also to create opportunities for practitioners of all levels to experience the culture of the arts as a way of living, a way of being in the world, and a way of understanding the mysteries of human existence. We are working to create opportunities for practitioners to immerse themselves in study, and attain high levels of understanding and skill in both the martial and the medical arts. We are also working to help our members cultivate fields of practice that will mature over the generations.

All of this we do for the love of our teachers and of our arts, in the sincere hope that our humble efforts will bring benefit to our communities, and in a small way contribute to making the world a better place.



## Association Goals

- **Preserve the purity of each Chinese internal martial arts system** in the lineages that we proudly represent. Through the preservation of each system, we remember our benefactors and keep the definitions of the lineages and practices clear for the historical record and for posterity.
- **Develop qualified instructors** to provide the highest level of competence in the practice, understanding, and teaching of the traditional Chinese internal martial arts of Xingyiquan, Baguazhang, Taijiquan, and Liuhebafa.
- **Develop qualified practitioners** to provide the highest level of competence in the practice, understanding, and teaching of the traditional Chinese medical arts, including tuina, acupuncture, herbal medicine, and qigong.
- **Attract highly qualified students** dedicated to the study and advancement of these arts.
- **Foster and disseminate the martial and medical arts** through an international network of Association schools.
- **Provide opportunities for students and instructors** such as conferences and retreats, to meet, exchange information, train together, and expand the community of dedicated practitioners.
- **Conduct field research** in China and elsewhere, interview knowledgeable individuals, and document historical findings, to ensure the preservation of specific lineages for future generations.
- **Cultivate our lineage connections** and deepen our understanding and expression of our martial and medicinal arts by inviting teachers from China to visit the United States and work with Association members across the country.

# 2015 Association Activities

## Instruction from Senior Advisors

The work we do with our Senior Advisors has always been, and continues to be, one of the most important aspects of the Association's activities. The wisdom and experience these men share with us, guides and inspires our practice.

This year the focus of our efforts was on the 25th Anniversary Conference, and for this event we were happy to be able to host Li Runxi with his wife Hao Gaixian, Liu Shuhang with his son Liu Lingjie, Li Cang, Dr. Yu Chien-Hwa with his son Yu Po-Yen, and Dr. Li Ding with his wife Antonia.

Each Senior Advisor continued their respective teaching during the course of the conference, and the opportunity for face-to-face meetings allowed the ground work to be laid for plans extending over the next five years.

## 25th Anniversary Conference

The 25th Anniversary Conference was the largest event in the Association's history and took all of the Association's resources for the year of 2015. Almost all of our Senior Advisors traveled from China, Taiwan and Argentina to attend. Members traveled from all over the United States, Canada, Europe, and Asia.



## Fundraising and Debt Reduction

This year we saw the first organized efforts to take advantage of our status as an officially recognized not-for-profit organization. Over the past five years we had accumulated some debt due to a large increase in the amount of times per year we were bringing Senior Advisors to North America to teach, as well as a steady increase in the price of conference facilities.

At the beginning of the year we released fundraising guidelines to members. It is with pleasure we can now report that, thanks to the efforts of both individual members and schools across the Association, we have been able to finance the 25th Anniversary Conference and finish 2015 with no debt.

## Community Medicine

### Veteran's Qigong

Several Association Instructors at the headquarters in Tucson, AZ volunteered at the Southern Arizona Veterans Administration by offering free weekly qigong for Veterans. During the course of the year, we averaged eight veterans per class, and had over 50 individual participants. Veterans reported the Wang Ji Wu Exercises for Health and Longevity improved their lives by enhancing coping skills, sleep, flexibility, balance and strength, and by decreasing pain, anger, and depression. We will continue to offer weekly classes, and hope to improve our volunteer efforts by reaching out to the Blind Rehabilitation and Polytrauma groups within the V.A. We also hope to work with several veterans to improve their skills so that they can start to lead the classes at the V.A. We will continue to offer Chinese Medicine treatments to veterans at the Four Winds Health Center on a donation basis.

### Four Winds Health Center Free Monthly Childrens Clinic

The focus of this teaching clinic's all-volunteer staff is to treat a full range of health issues, including injuries and birth trauma, and to use preventative medicine to counter problems in adulthood.

## Research: Darkfield Microscopy

The Association purchased a darkfield microscope in 2008 that is currently at the headquarters in Tucson, AZ. In 2015 our members have continued to develop techniques for using live blood observation in the study of energetic medicine. By observing live blood samples using darkfield and phase-contrast microscopy, they are able to observe and record substantial change in fluid physiology over the course of a patient's treatment regimen. Live blood observation techniques are currently being used by Association members to follow the treatment of patients with Lyme disease and skin cancer.

Association members are encouraged to use the microscope to explore how Chinese medicine and martial arts affects the health of blood. To date, numerous experiments have been conducted combining qigong and other physical culture with the observation of live blood samples.

## Plans for 2016

### Senior Advisor Training

Li Runxi will make a tour of Association schools in July and August. Liu Shuhang, Liu Lingjie and Li Cang will visit to conduct disciple training in October. Several teams will visit Dr. Li Ding in Argentina and Dr. Yu Chien-Hwa in Taiwan.

### National Conference

We have made the decision to not hold a National Conference in 2016. This will allow us time to find a suitable venue for future conferences as well as to put our financial resources towards development of a more sustainable business model for the Association.

### Publishing

The Association has several books already published under its auspices: *Liang Zhen Pu Eight Diagram Palm* (now out of print), *The Xingyi Boxing Manual, Revised and Expanded Edition*, and *The Cheng School Gao Style Baguazhang Manual*. We currently have several more translation projects underway, as well as a collaborative effort with Dr. Li Ding to publish a book on his life's work.

### Clinical Research: Herbal Medicine

With a wide variety of traditional herbal preparations available to us, both through our connections in Asia as well as Native American and indigenous sources, the Association's Medicine Committee will be working to design clinical research protocols and guidelines involving the herbs. These will focus our clinics' efforts on creating a body of well organized case studies to demonstrate the efficacy of both the substances used and the methods of application.

### Website Development

The Association's website will receive a complete overhaul and update, making it a more useful resource for members and the public.

### Fundraising

After the success of fundraising efforts in 2015 we will continue to develop sustainable and long-term fundraising strategies.

## 2015 Financial Overview

### EXPENSES (\$)

Bank charges	3,855.50
Utilities	5,773.00
Operating expenses	7,858.77
Rent	12,000.00
Consulting fees	17,500.00
Airfare and travel	8,725.92
Event expenses	76,913.07
Publishing	1,644.52
<b>TOTAL EXPENSES</b>	<b>134,270.78</b>

*Outstanding debt paid in 2015: \$17,648.72*

*Checking Account Balance 1/1/2015: \$7,454.05*

### INCOME (\$)

Membership dues	31,677.40
Event registration	66,284.00
Private donations	48,126.00
Retail sales	767.68
Tucson school income	1,990.00
<b>TOTAL INCOME</b>	<b>148,845.08</b>

*Outstanding Debt 12/28/2015: \$0.00*

*Checking Account Balance 12/28/2015: \$4,379.63*

## Board of Directors

<b>President</b>	Ethan Murchie
<b>Treasurer</b>	Amara Franko Heller
<b>Secretary</b>	Kathy Reynolds