

St. Louis Tai Chi community donated the proceeds of “Tai Chi 24” to CCES

December 3, 2012

6:38 PM MST



From Left: Wilcox, Wendy Richards, John Grove, Violet Li, Linda Gatson, Shang Gao, Victoria Wang, LeRoy Alsup, Judy Zhao, Jonathan Gathman and Anna Lum.

Bill Li

To promote [Tai Chi](#) for [health](#) and fitness, the St. Louis Tai Chi community jointly supported the “Hundred Man Tai Chi” performance in the Missouri Botanical Garden the past May with a huge success. To make a long-term impact on the community, the group produced a Tai Chi DVD and sold it to the public. The group donated the entire proceeds of \$ 2,000 to Chinese Culture & Education Services (CCES) for future Chinese Cultural Days (CCD) celebration.



Violet Li

The St. Louis Hundred Man Tai Chi form or St. Louis Tai Chi 24 is a modified version of the standard 24 form. It is more suitable for beginners. The Tai Chi 24 DVD was produced with donation from two dozen Tai Chi instructors for their time and talent, video production company [Missing Tripod](#) and [Technique Studios](#).

[Missing Tripod](#) used professional cameras, lighting and sound equipment along with high-tech software and excellent editing skills to produce a quality teaching DVD. There is group demonstration of the form from beginning to end. There is step-by-step instruction for each movement demonstrated by 12 instructors respectively in both regular speed and half-speed for easy learning. There are three simultaneous shots for every movement. Close-up shots are presented for better footwork and hand movement demonstration. Sifu Linda Gatson provided clear detailed voice-over instruction.

Jonathan Gathman studied cello since fourth grade and received his Bachelor Degree of Music in college. He was introduced to Tai Chi by attending classes at AT&T. He enjoys its calming effects. He composed *Violets*, played by the cello, for this St. Louis 24 form.

To make this DVD more valuable, Sifu Justin Meehan presented an overview on Tai Chi and the 24 Form. Dr. Shawn Tucker, a Tai Chi practitioner and physical therapist, explained how Tai Chi helps his patients to recover from injury. Dr. Dale Anderson, a Tai Chi/[Qigong](#) practitioner and psychologist, explained the numerous Tai Chi health benefits from his personal and clinic experience. Dr. Paul Lee, a Tai Chi/Kung Fu practitioner and chiropractor, explained how Tai Chi fundamentals are crucial to a healthy spine and for overall wellbeing. Dr. Gammon Earhart of Washington University in St. Louis, shared studies of Tai Chi's effect on Parkinson's Disease patients.

This DVD was premiered at the end of May and sold at the Missouri Botanical Garden, [Brentwood Center for Health](#), [Dayou](#) online bookstore, Tai Chi workshops and health fairs with the support of local Tai Chi community.

During a celebration gathering on Saturday Dec. 1, instructors Anna Lum, Butch Wilcox, Herb Parran, Judy Zhao, LeRoy Alsup, Linda Gatson, Shang Gao, Violet Li and Wendy Richards and Candace Holloway, Dr. Paul Lee, Missing Tripod's founder/president John Grove, and Jonathan Gathman voted unanimously to donate the entire proceeds of \$2,000 to CCES. CCES is a non-profit organization in St. Louis. Its marque event is sponsoring annual Chinese Cultural Days in the Missouri Botanical Garden. CCES Board Member Victoria Wang accepted a donation check on behalf of CCES. Victoria praised the St. Louis Tai Chi group for their tireless effort to promote health and Chinese culture through Tai Chi. Jonathan played a few songs for the instructors and their guests. He played Butter Lovers with cello, which won the kudos from the attendees. He is a talented musician and plays a few different kinds of musical instruments. Everyone was surprised to hear his piccolo sounded just like a Chinese long flute. People were even more shocked to learn that Jonathan is a Principal Technical IT Architect with a few patterns to his name.

Subscribe to this column to get reviews, recaps, and latest news regarding Tai Chi, Qigong, health and [martial arts](#) sent directly to your inbox. If you enjoyed this article **please click the social media links above and to the left to share it with your friends**. You can also **subscribe to [my page on Facebook](#) here**. You can also **follow me on [Twitter](#)**.

SUGGESTED LINKS

- [St. Louis Tai Chi community premiered "Tai Chi 24"](#)
- [The St. Louis Tai Chi community presented excellent shows over the Memorial week](#)
- [Qigong relieves a panic attack faster than any medication](#)
- [Tai Chi Bang by Master Jesse Tsao](#)
- [A lonely walker](#)



Violet Li

St. Louis Tai Chi Examiner