

SPORTS / RECREATION / GENERAL RECREATION

## St. Louis Tai Chi community premiered “Tai Chi 24”

May 27, 2012

4:46 PM MST



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17 photos

John Grove (standing) briefed the DVD content. (1)

*Violet 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. To make a long-term impact on the community, the participating instructors produced a Tai Chi DVD for anyone interested in learning this modified 24 Form. The DVD was premiered on Friday May 25 with a great reception.



*Violet Li*

The St. Louis Hundred Man Tai Chi form is a modified version of the standard 24 form. It is more suitable for beginners. Even though instructors were willing to donate their time for the filming, a professional videographing service was cost-prohibitive. Fortunately, *Missing Tripod's* founder John Grove, a long-time martial art practitioner, generously donated the service to this program. Sifu Kimo Ford of *Technique Studios* provided his beautiful studios for filming. Wendy Richards met the challenge and coordinated the filming schedule.

John Grove 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, of St. Louis, grew up with a penchant for musical improvisation as shown by *impromptu* harmonization while on recorder. He studied cello since fourth grade and received his Bachelor of Music from Wheaton College Conservatory in Cello Performance. Music has remained an integral part of his life, even though he also earned an MBA from Missouri State University, and has pursued a technical career at AT&T in Information Systems, including 5 patents and patents pending in the area of Computer Science. He was introduced to Tai Chi by attending classes at AT&T. He enjoys its calming effects. When he was asked to compose the music for this teaching DVD, he contributed his talent by composing *Violets*, played by the cello. The music conjures an experience of being on a mountaintop, totally immersed in harmony with nature.

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.

Without the kicking or punching movements, the modified 24 Form looks even gentler than the standard 24 form, and it flows like a river. Nevertheless, each individual movement maintains a profound self-defense mechanism. In this teaching DVD, you can see Sifus Shang Gao and Gorretti Lim demonstrate their martial art applications with the participation of Woody Smith.

Premiere Host Kimo Ford explained that due to the time constraint, the 88-minute long DVD could not be shown in its entirety during the Friday Premiere. Instead, John presented an overview to share the highlights with the attendees. All 85 attendees appreciated the content and quality of this DVD. The Tai Chi community recognized John's professionalism and skill level and awarded him the Best Director trophy for the excellent work.

Morgan Grove is an assistant for the DVD production in filming, sound engineering and lighting. His work ethics and great attitude won the community's recognition and was awarded with a Community Service trophy. Anna Lum, Peng Yu, Chen Hu, Butch Wilcox, Candace Holloway, Dale Anderson, Gammon Earhart, Gorette Lim, Herb Parran, Jardena (Tiger) Green, Joan Wang, Jonathan Gathman, John Grove, Judy Zhao, Justin Meehan, Kimo Ford, LeRoy Alsup, Linda Gatson, Michelle Fang, Paul Lee, Shang Gao, Shawn Tucker, Tim Bruewer, Wendy Richards, Woody Smith and Lulu Seafood Restaurant were all honored for their contribution for this project.

"Tai Chi 24" will be sold in the Missouri Botanical Garden and Dayou Books on line [http://www.dayoubooks.com/DVD\\_and\\_VCD.html](http://www.dayoubooks.com/DVD_and_VCD.html) and the proceeds will be donated to the non-profit Chinese Culture Education & Services, a major partner with the Garden for the annual Chinese Cultural Days celebration.

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**“ Note: I am the executive producer of this DVD so I can be biased in my opinion.**

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## **SUGGESTED LINKS**

- "Hundred Man Tai Chi" in the Missouri Botanical Garden this weekend
- Winners of the first Gateway Chinese Martial Arts Championships
- Congratulations, Paul!



**Violet Li**

St. Louis Tai Chi Examiner