



CHARLOTTESVILLE T'AI CHI CENTER

International Cheng Ming Martial Arts Association, East Coast
206 East Water Street, Charlottesville, VA 22902

December 8, 2019

Dear Friends of Charlottesville T'ai Chi Center,

Imagine a world where all the knowledge and all the wisdom accumulated by T'ai Chi masters over the centuries has been lost. You wake up one morning to discover that no one has ever heard of "Part the Horse's Mane." You can't find anyone who remembers how T'ai Chi used to help people relieve stress, cultivate peace, and defend themselves if need be. At-risk kids like the ones CTCC now teaches can no longer go to T'ai Chi classes that once gave them the confidence to stand up to bullies. Adults trudging home at the end of a long day don't realize they are missing out on a scientifically validated way of raising their spirits and improving their health. Seniors who worry about falling end up staying home instead of making new friends at a T'ai Chi dojo where they can improve their balance.

This vision of a "lost world" is the reality in countless small towns where people can't find a T'ai Chi class no matter how much they need it or how hard they try. It's easy to forget how lucky we are in Cville to have the Charlottesville T'ai Chi Center, which has become a fixture in the community after more than a decade of service. It's also easy to forget that tuition for classes does not begin to cover the expenses of keeping a nonprofit organization like CTCC going.

In the Cheng Ming system, martial arts techniques are carefully handed down from master to student to carry this "living tradition" forward. Instructors practice constantly on their own time to refine their skills for the benefit of all. Yet it is costly to maintain a dojo in an accessible central location while offering a variety of community-based programs. With your help, we can continue to provide the high-quality instruction recognized by *Our Health* magazine, which awarded Gold (First Place) in Fitness Services to CTCC this year as part of its Senior Healthy Living Awards.

Let's never take CTCC for granted. Please donate as generously as you can, knowing that whatever the amount, it will be deeply appreciated.

With gratitude,
Hiromi Johnson, Director

If you wish to donate online, please go to <http://www.charlottesvilletaichi.org/fundraising/>.

You can also become a CTCC partner and help support our education, outreach and advocacy programs at <http://www.charlottesvilletaichi.org/classes/monthlygiving/>.

CTCC is a 503(c)(3) educational nonprofit. Your donation is tax-deductible to the extent permitted by law.