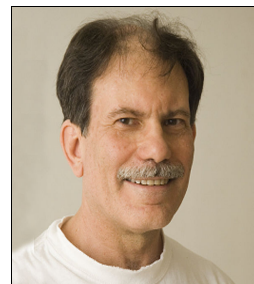

Steven Arbitman

Ba'z Tai Chi and Kung Fu Studio

www.batztaichi.com

This nominee is also doing a workshop. Look in the schedule for date and time

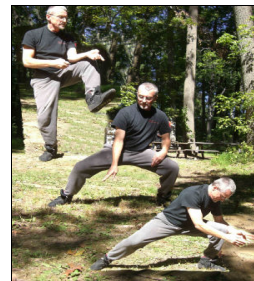
Steven Arbitman has been studying Tai Chi and Kung Fu since 1968, learning Yang and Chen styles. He has learned saber, staff, and other unarmed forms of Kung Fu. at first a student of Dr. Fred Wu, of Columbus, OH, for the last 11 years he has studied under Laoshi John Chen of the Ba'z Tai Chi and Kung Fu Studio, where he has achieved his black belt rank. In 2002 he won a Silver Medal in Mens Advanced Yang Style Form at a regional competition in Baltimore. He has been teaching tai chi to students of all ages for the last seven years.



David Briggs

This nominee is also doing a workshop. Look in the schedule for date and time

David Briggs Began studying martial arts in 1970. He has studied many styles including Shotokan Karate ,Chen and Yang Tai Chi Chuan .Pa Kua Zhang and many others. He has taught Tai Chi Chuan and Self Defense as accredited college classes at Bucks County Community College for 20 years.



Ross Chafetz

This nominee is also doing a workshop. Look in the schedule for date and time

Dr. Chafetz is the research assistant at Shriner's Hospital and has contributed much to the use of Tai Chi in physical therapy. He is co-author of PEDS pocket guide, a practical evidenced- based guidance needed to assess, diagnose, treat or refer pediatric patients effectively in any care setting.

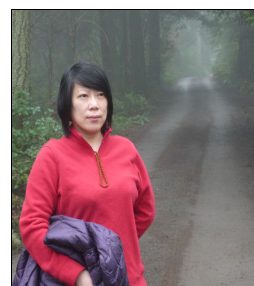


Joanne Chang

Wuwei Tai Chi Club

www.wuweitaichi.com

Carrying on with the work her husband started, Joanne has struggled to keep the Tai Chi community active and united by hosting workshops and events and maintaining the Tai Chi event Bulletin that goes out to nearly 900 enthusiasts. She has worked to bring Chen style, Wu Style and Yang Style groups closer together so that the best of Tai Chi can be preserved.



Betsy Scott Chapman

Betsy Chapman has been doing martial arts for decades, and began to focus on Taijiquan in 1990. Her instructors include Peter Warr (UK) and Jose Johnson (US). She teaches Chinese Martial Arts at Urinus College. She is highly active in competitions, serving as a certified Chief Judge and hold Black Sash rankings in three countries.



Martin Cheadle

Prior to accepting his new position, Dr. Cheadle was Director, Center for Behavioral Medicine at St. Patrick Hospital in Missoula, MT, since 1993. From 1982-1993, Dr. Cheadle was Director of the Pain Center at the University of Pennsylvania Medical Center. A member of the Society of Behavioral Medicine, Cheadle also holds memberships with the American Psychological Association, American Pain Society, American Psychological Society, and International Association for the Study of Pain. He is also a diplomate of the American Academy of Pain Management and the American Board of Medical Psychotherapists. Dr. Cheadle earned his Doctorate and Master's Degrees in Psychology from Princeton University, NJ. He completed his internship in clinical psychology and behavioral medicine in the Department of Psychiatry at the University of Pennsylvania. The Behavioral Medicine Center will be headquartered on the first floor of R-Building at The Reading Hospital.



Kevin Chen

Dr. Chen received his Ph.D. in Social Psychology (minor in Statistics) from the Pennsylvania State University (1991) and his MPH in Healthcare Policy and Management from Columbia University School of Public Health (1995). He started his career of research in epidemiology of substance abuse in 1991 at Columbia University College of Physicians and Surgeons, and has been a faculty member in Columbia University School of Public Health, University of Medicine and Dentistry of New Jersey (UMDNJ), and University of Maryland School of Medicine.

Dr. Chen has had extensive experience in designing and implementing various research projects, including clinic trials and longitudinal survey studies, with advanced statistics. He has been a principal investigator in NIH-funded survey research on substance abuse, and clinical trial or behavior therapy development study of applying meditative therapy for addiction treatment. He worked as a biostatistician or co-investigator in a number of federally-funded research projects, and he has served as a mentor in a number of career development awards for new faculty in medical school. He is currently the director of Data Management and Statistical Analysis core in two NIH-funded Center grants (P01 and U19) at University of Maryland School of Medicine. Dr. Chen is also involved in designing and directing a series of clinical trials to investigate the effectiveness of the complementary and alternative therapies for treatment of addiction, arthritis and other health conditions. Most of his career has been related to research methodology of substance abuse and mental health.



Sam Chin

In August 2009, Master Sam F.S. Chin is officially named the Gate Keeper / Lineage Holder of the art by his father, founder of I Liq Chuan, Chin Lik Keong. Sam travels to many parts of the U. S. and also internationally. He is the most compassionate teacher. He personally leads the instruction at his workshops and touches and allows everyone who wishes to touch him in order to convey the feel.



T. Julian Chu

This nominee is also doing a workshop. Look in the schedule for date and time

Mr. Julian Chu has been teaching Yang-style Taijiquan and weapons for about 30 years in Tennessee and the metropolitan area of Washington, D.C. His current classes in Maryland and Virginia include Cheng Man-Ching's style Taijiquan, Yang-style Taiji sword, Yang-style Taiji saber, Yang-style Taiji spear/long-staff, and push hands. He has been co-sponsoring the quarterly greater Washington, D.C. area push-hand events over 15 years. He is a senior student of Mr. Benjamin Lo and has published a number of articles in Taiwan Taijiquan Magazines.



Ted Cibik

Inner Strength Inc, Health and Wellness Center

Ted Cibik, PhD, ND, DMQ (China), a visionary, speaker, healer and author has been passionate about Chinese medicine, meditation, and healing since childhood. A survivor of incurable asthma and cancer, he had dedicated his life to healing. Dr. Cibik has been introduced on radio and television as the "Renaissance Man" for his diverse interests and training in science, healing, spirituality, exercise science and martial arts.

Dr. Cibik is the executive Director of Inner Strength, Inc – a Mind Body Education and treatment center utilizing cutting edge exercise programs for athletes and rehabilitation, energy medicine and meditation. He is an 89th generation disciple of Jade Purity/Lao Tzu Sect - a 7,000 year Taoist tradition of physicians and priests.

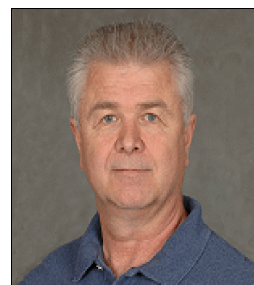
Dr. Cibik, started Martial art training in 1964 and began teaching in 1980.



Paul Cote

Academic Training Traditions

Academic Training Traditions is a public service organization specializing in holistic integrative education in the martial arts and mind-body connections to the life sciences. This includes specially designed programs, workshops, and lectures that draw on principles and methods from taiji quan, qigong, and yoga. Over the years, Paul Cote, PhD, Director of Academic Training Traditions, has provided many an introduction to mind-body practices for novices of all ages and special needs groups, and he has conducted and coordinated numerous seminars and study groups for veteran martial artists and mind-body practitioners. He has additional long standing career experience as a university professor and research scientist in the biomedical sciences.



Duane Crider

Kutztown University Tai Chi Club

Dr. Duane Crider is presently an associate professor in the Department of Health, Physical Education and Dance at Kutztown University of the Pennsylvania State System of Higher Education. During his 25 years in higher education, he has served as an athletic director, coordinator of recreational sports, athletic trainer and member of the undergraduate and graduate faculty. He holds a Fourth Degree Black Belt in HoSinSul HapKiDo and teaches Tai Chi for Personal Defense, Tai Chi for Wellness, Personal Health Management, Risk Management and Personal Fitness Through Distance Learning, among other courses. As the co-author of *Stretch Your Mind and Body: Tai Chi as an Adaptive Activity*, he has presented at state, regional and national conferences. Dr. Crider has published numerous articles in professional journals and is co-author of *Tai Chi in the Classroom and Beyond*.



Michael DeMarco

Journal of Asian Martial Arts

www.goviamedia.com

Michael DeMarco started the Journal of Asian Martial Arts after a lifetime of study in a variety of martial arts. He started the periodical as an attempt to offer a reliable source of information for those who wanted to dive deeper into the real martial traditions as they were found in their original lands and as they expanded worldwide. To do so requires separating fact from fiction. Michael pioneered the applying scholarly methods to the articles, and demanded scientific rigour by authors in order to combat the violence-infested presentation of most martial arts.



William Douglas

World Tai Chi & Qigong Day

<http://www.worldtaichiday.org/>

Bill and Angela Wong-Douglas are the co-founders of World Tai Chi & Qigong Day, and World Healing Day, and creators of the best selling tai chi book, *The Complete Idiot's Guide to Tai Chi & Qigong*, now in 3rd edition and published worldwide in several languages. Their work has brought millions of new eyes to tai chi and qigong around the world, and continues to educate more and more. Bill was the 2009 Inductee into the Internal Arts Hall of Fame.



Jay Dunbar

Magic Tortoise Taijiquan School

www.magictortoise.com

Dr. Jay Dunbar, founder and director of the school, began Taijiquan studies in 1975 with Ruby Blaurock, a student of W.T.R. Chung, who was in turn a student of Kuo, Lien Ying, who brought the Guang Ping lineage to this country. In 1976 he traveled to San Francisco to study with Chung and Kuo, and met Henry Look, his primary Yiquan teacher, for the first time. In 1978 he began a discipleship with Jou, Tsung Hwa which was to span the next 20 years, until Master Jou's tragic death in an automobile accident on August 3, 1998. Dr. Jay has also studied with Dr. John Painter, and taken workshops with many teachers, including Zhu, Tian Cai; Liang, Shouyu; Yang, Jwing Ming; Yang, Zhenduo; Shi, Zheng Zhong; Huang, Chien-Liang; Paul Gallagher; Susanna DeRosa; and Sam Masich.

In 1982, with Almanzo Lamoureux, Pat Rice, Steve Rhode



Roy Elam

Dr. Elam has been involved in mind-body medicine in the Nashville community for the past 10 years. He is the medical director and involved in integrative health research, medical education and clinical activities. At the center, he provides integrative health consultations during which he helps patients develop personalized plans for self care and wellness. Dr. Elam specializes in working with patients who are living with chronic pain, who are seeking information about complementary therapies or who want to improve their health by making lifestyle changes. Dr. Elam is an Associate Professor of Internal Medicine at Vanderbilt where he actively practices. He teaches the Healing Art curriculum and is faculty advisor to the Honor Council at Vanderbilt Medical School. and was co-founder with Gordon Peerman of a Mindfulness-Based Stress Reduction course in 1996



Frances Gander

Three Treasures Health Center

This nominee is also doing a workshop. Look in the schedule for date and time

In 1977, after completing her master of fine arts degree at the School of the Art Institute of Chicago, her study of taijiquan began with Waysun Liao in Oak Park, IL. She sought the practice to strengthen her body after an old back injury. The practice brought. She went on to study Cheng Man Ching's Yang style taijiquan and then Northern old Yang's taijiquan with Grandmaster Yin Chian Ho in Milwaukee. In 1990 she enrolled in the Traditional Acupuncture Institute in Maryland (now TAI Sophia). Following graduation and her master's of acupuncture degree, she entered TAI's Chinese herbal medicine program taught by Ted Kaptchuk, OMD. She apprenticed with Fang Daohe, L.Ac. where she learned practical aspects of the practice of herbal medicine. Frances relocated her practice to Athens in southeastern Ohio in 2004.

In 2005 she studied at the Chengdu University of TCM. Again in China in 2010, she was on silent retreat at a monastery in Hunan province, China. During this time, study and meditation brought home the Confucian ethics of living an authentic life and the value of xiao (family reverence) in daily life.

Frances has been teaching classes and workshops in taijiquan and qigong since 1990. She is Editor and Publisher of the Journal of Martial Arts & Healing. A selection of articles from the JMAH will appear in a book later in 2011.



Spencer Gee

Spencer Gee Wellness Corporation

Spencer Gee represented the US in 1981 for the first Wushu tour to the People's Republic of China. Spencer Gee is a personal trainer, aerobics instructor, and instructor of traditional Kung-Fu at Two Worlds Fitness Center in Greenvale. He is an instructor, under Eric A. Leigh, in Pankration, the Martial Art of all Powers and under Professor Amante P. Marinas, he is also a Master of Pananandata, the Filipino art of weapons. Mr. Gee is currently studying Brazilian Capoeira and Gracie Jujitsu; and is also serving as a guest professor at Hofstra University, under the auspices of Professor Joe Buebenas, for the Tai Chi and Self-Defense courses given there.



Zibin Guo

Dr. Zibin Guo, currently a professor of medical anthropology at the University of Tennessee Chattanooga, is the founder and driving force behind the Chattanooga Tai Ji Community.

Since 2005, Dr. Guo has been working with the Beijing 2008 Paralympic Committee and the China Federation for People with Disability to promote wheelchair Tai Ji Quan as designed by Dr. Guo. On September 5, one day before the opening ceremony of the 2008 Beijing Paralympics, Dr. Guo's wheelchair Tai Ji Quan form was premiered at the Paralympics festivity in Beijing. Dr. Guo's form of wheelchair Tai Ji Quan has now been recognized as the standard form of wheelchair Tai Ji Quan and has been promoted throughout China.



Richard Hamilton

UnitedMartial.com

In addition to wonderful fitness programs for kids, United Martial Arts & Fitness also hosted monthly push hands meets and encouraged the Philadelphia Area Tai Chi Teachers association. Richard Hamilton, director, has been sharing his skills and talents with generations of students for over ten years.



Stephen Higgins

Cold Mountain Internal Arts

www.stevhiggins.ca

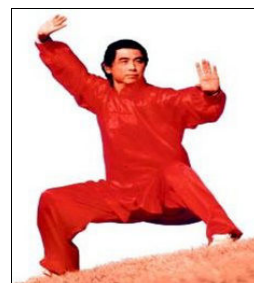
This nominee is also doing a workshop. Look in the schedule for date and time

Steve Higgins has been a student of the martial arts for over 30 years, and a student of Taiji and Qigong for since 1986 . He is the Chief Instructor at Cold Mountain Internal Arts, Kitchener, Canada. He is one of the founding members of the Taijiquan Enthusiasts Organization.



Jianye Jiang

Shifu Jiang Jianye was born in 1950 and has studied Wushu from the age of 5, learning from well-known masters such as Yu Mingwei, Yu Hai and many others. He received BA and Master's degrees from Qufu University and Shanghai Physical Education Institute. A national and international judge in China and the U.S., he is also a master calligrapher and winner of national and international awards. Sales of his calligraphy have garnered more than \$10,000, all donated to the Shangdong Disabled Association. He has also acted in movies produced in China, Australia and Japan.



Penelope Klein

Qi Concept Productions, Inc

Dr. Klein has done extensive research on the clinical applications of taijiquan and qigong and has been published in major medical journals. She has identified the benefits of taijiquan and qigong for individuals with Parkinson's disease, alzheimers, disease, and cardioplumonary therapies. Her instructional manuals based upon tai chi and qigong are distributed in all long term care facilities in New York State as part of a fall prevention program. She was also generous in her time and effort as part of the academic team of the one-of-a-kind International Taijiquan Symposium held at Vanderbilt University in 2008 which brought together the top practitioners with the top researchers in the field of Taijiquan and other integrative health practices.



John Hsi Lee

ITG

Founder of International Trade Group and of the United Fellowship of Martial Artists. Provides guidance and support for many different martial arts, and always willing to help out in whatever way is necessary.



Shin Lin

Dr. Lin is Professor of Cell Biology Biomedical Engineering, and Integrative Medicine at the University of California in Irvine. He has trained top leaders in Tai chi and Qigong, and his research is focused on the physiological and bioenergetic changes associated with mind-body practices. He founded the International Alliance for Mind-Body Signaling and Energy Research.



Ben Lo

Of all of Professor Cheng Man-Ch'ing's students of Tai Chi Ch'uan, Master Benjamin Pang Jeng Lo is one of the most respected, due to his ceaseless dedication to maintaining and preserving the art of Tai Chi as it was taught to him. Ben began studying under Professor Cheng Man-ch'ing in Taiwan in 1949. He originally sought the Professor's famous medical advice due to illness, and only began studying Tai Chi to "make my body stronger so that it could absorb the medicine he was giving me". He continued his studies with the Professor for twenty-six years until Cheng's death in 1975.



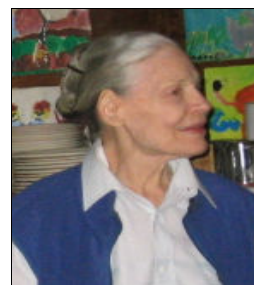
Sandy Matsuda

Dr. Matsuda's research has focused on the health benefits of Tai Chi for Women Cancer survivors and older adults. She has presented nationally on health benefits of tai chi. Now retired from the University of Missouri, Occupational Therapy department, she continues to research and teach Tai Chi Fundamentals for special populations including: Veterans, older adults, and persons with visual impairments, Parkinsons, MS, arthritis or other chronic conditions. She integrates tai chi, yoga and Feldenkrais into her practice at a non-for profit healing center. She also devoted time and energy to developing the academic program of the International Taijiquan Symposium held at Vanderbilt University in 2008 which brought together the top practitioners with the top researchers in the field of Taijiquan and other integrative health practices.



Maggie Newman

A senior student of Cheng Man-Ching who originally brought Tai Chi to New York more than forty years ago, Maggie Newman has been quietly sharing her talent and expertise with students in both New York and Philadelphia for decades. Her abilities as a teacher and her soft methods are also well-known in the CMC communities.



Rachel Permuth-Levine

Dr. Permuth-Levine is an active advocate and practitioner of integrative health modalities. She is currently the Sr. Director of Workplace Solutions at Sodexo, the 21st largest company in the world. Sodexo's mission is to improve the quality of life for all they serve. Prior to Sodexo, she had a decade tenure at the National Institutes of Health. At NIH, Rachel was Director of the Center of Employee Wellness and Health Promotion at the Heart, Lung, and Blood Institute. She was the founder of NIH Yoga Week in 2008 and co-founder/co-creator of National Yoga Month, a US-wide health observance that is now held every September. She currently serves as a Senior Advisor to Mind/Body Week DC, coming in October and is working on implementing integrative health programs for her clients.



William Phillips

Patience Tai Chi

www.patienceaichi.com

William C. Phillips was a student of Professor Cheng Man Ch'ing from 1970 – 1975 and was the most junior student to become a teacher in his school (1974). He also studied Push Hands and Yang Family Form from 1988 to 1998 with Zhang Lu-ping. He started T'ai Chi in 1967, Martial Arts in 1965.

Other instruction: Studied Shotokan Karate, achieving the rank of nanadan (7th) from the Japan Shotokan Karate Association, Judo Nikkyu (2nd brown, USJF) and Goshen Jitsu Jujitsu, Shodan (1st) Nin Tai Ruy Ju Jitsu, Godan (5th AJJC).

Mr Phillips was an early spokesperson for T'ai Chi and as such was a T'ai Chi referral person in magazines such as "Self," "Men's Health," "The Harvard Women's Health Watch," and many more, as well as the Newspaper, "USA Today." Also he appeared on several cable TV shows, most notably the O'Reilly Report on Fox Cable News.

Mr Phillips was an instructor at Kingsboro C.C. from 1987 to 95, and from 2010 - present. He has taught many students, including gold medalist and USKSF Judge, Avi Schneier. 3 time USKSF Grand Champion of Push Hands, Mike Pekor, and many others who have won medals there, and who teach throughout the country.

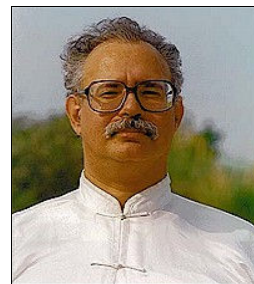
He has demonstrated widely, including at the Oriental World of Martial Arts, in William Louie's "Reincarnation of Bruce Lee" at the Felt Forum of Madison Square Garden (1977), and the American Athletic Games in NY's Central Park in 1992. He ran the 100th Anniversary of the Birth of Professor Cheng Man Ch'ing weekend, to honor his teacher.

He teaches seminars at T'ai Chi events and gatherings, and has judged at numerous T'ai Chi tournaments.

He has been on the Board of Advisors of the American Society of Internal Arts (2003 - 2010) and The United States of America Wushu Kung Fu Federation (1993 – 1996)

He wrote numerous articles for magazines, notably Inside Kung Fu, and T'ai Chi. He produced two DVD's, one on CMC form and one on Push Hands, and appeared in the DVD "Best of American T'ai Chi."

Mr. Phillips founded and runs the Patience T'ai Chi Association in Brooklyn NY.



Pat Rice

A Taste Of China

She is Director of "A Taste of China", an organization that since 1983 has presented taijiquan and qigong training seminars featuring many notable masters including Chen Xiao-Wang (Chen style), Yang Zhen-duo (Yang style) and Wang Pei-sheng (Wu style) and has taken several student groups to China, and which organized the "U.S.A. All-Taijiquan Championships" between 1988 and 2005. These events are presented several times each year in Winchester, Virginia, and other locations. They attract faculty, officials and judges, and participants, students, and athletes from all across the U.S. and Canada, and also from Europe, South America, Australia, and China. Based on the role A Taste of China has played in the development and spread of Chinese martial arts, she was named in 1999 by Inside Kung fu magazine as one of the 100 most influential persons in martial arts in the U.S. in the past 100 years. She was inducted into Inside Kungfu's 2001 Hall of Fame for "Outstanding Contribution to Martial Arts".



Michael Rosario-Graycar

Phoenix Martial Arts Center

www.InternalOnline.com

Michael Rosario Graycar has been studying martial arts on and off for over 25 years. In 1996, Michael started studying Taijiquan (Taiji/Tai Chi Chuan) in Philadelphia, PA under Master Ren, Guangyi, senior disciple of Grandmaster Chen, Xiaowang. After training with Master Ren, he quickly devoted himself exclusively to Taijiquan. While continuing to regularly train with Master Ren, Michael also trains privately with Grandmaster Chen, Xiaowang, Grandmaster Chen, Xiaoxing and Master Chen, Bing. He currently owns and operates the Phoenix Martial Arts Center in the Greater Philadelphia, PA area. Over the years, he has learned various Martial styles, including Shotokan Karate, Aiki-jujitsu, Aikido, Judo, Jun Fan/Jeet Kune Do, Escrima, Gracie Jiu-jitsu and Traditional Wing Chun Gong Fu, as taught by Sigung William Cheung where he earned a brown sash or Assistant Instructorship.



Lee Scheele

Supply Technology, Inc.

<http://www.scheele.org/lee/taichi.html>

This nominee is also doing a workshop. Look in the schedule for date and time

Lee Scheele is a 30+ year student of T'ai Chi Ch'uan. His principle teachers have been Ben Lo in Chen Man-Ch'ing Style and Tony Ho in Wu Style Square Form, and he has had workshop exposure to many other top teachers over the years. In the past, Lee has competed in a number of push hands tournaments with superheavyweight victories both nationally and internationally.



Karen Schlachter

The Bodhi School

Karen exemplifies an amazing talent to bring her students to a higher level of excellence and professionalism in a short period of time but with the realization that our passion will last a lifetime from her instruction.



Nick Scrima

Top organizer of the Internal Chinese Martial Arts tournaments world wide



Robert Sheeler

Dr. Robert Sheeler studied chemistry, biology and anthropology at Grinnell College in Iowa and subsequently attended University of California San Diego Medical School. He has practiced at the Mayo Clinic in Rochester, Minnesota for over 20 years and has served as Clinical Practice Chair of the Department of Family Medicine, Editor of the Mayo Clinic Health Letter and Clerkship Director in the Medical School.

He has a strong interest in complementary whole person therapy and has studied both Qigong and Taiji for the last several years as well as having done training in acupuncture and other modalities such as Inner Relationship Focusing Therapy.



Robert Smith

Robert Smith wrote Dr. Smith is a key figure in introducing Western readers to the three "internal" martial arts of China; Pa-kua Ch'uan (baguaquan) and Hsing-i Ch'uan (xingyiquan), and T'ai Chi Ch'uan (taijiquan). From 1962 to 1988 he taught a free early Saturday morning Tai Chi class in Bethesda. His numerous books and articles ranged from martial techniques, history, anecdotes, opinions, humor and quotes from his wide-ranging personal training, research and reading. His memoir, "Martial Musings" (1999,) was written much as he taught Tai Chi, i.e., with a thousand anecdotal stories and a sharp sense of humor. He has written, co-written, edited, co-edited and co-translated fourteen books on the martial arts and over twenty articles with a particular focus on China. He wrote three books under the nom de plume of John F. Gilbey. "Gilbey's" first book, Secret Fighting Arts of the World, was a work of fiction parodying various martial arts tall tales.



Esther Sternberg

Dr. Sternberg is internationally recognized for her discoveries in brain-immune interactions and the effects of the brain's stress response on health: the science of the mind-body interaction. A dynamic speaker, recognized by her peers as a spokesperson for the field, she translates complex scientific subjects in a highly accessible manner, with a combination of academic credibility, passion for science and compassion as a physician. Dr. Sternberg received her M.D. degree and trained in rheumatology at McGill University, Montreal, Canada, and served on the faculty at Washington University, St. Louis, MO, before joining the National Institutes of Health, Bethesda, MD, in 1986, where she is currently based. In addition to numerous publications in leading scientific journals, she is reviewer and editorial board member for many scientific journals, has edited several textbooks and authored two popular books: "The Balance Within: The Science Connecting Health and Emotions." (W.H. Freeman & Co., 2000, paperback H. Holt 2001; Dutch 2001, Chinese 2002; Japanese 2005), and best-selling Healing Spaces: The Science of Place and Well-being (Harvard University Press, 2009; paperback 2010). Dr. Sternberg is a regular contributor to the "Books et al." section of Science magazine, and writes a regular column for the magazine of the Arthritis Foundation, Arthritis Today (readership 4 million). She lectures nationally and internationally to lay and scientific audiences and is frequently interviewed on radio, television, film and print media on subjects including the mind-body connection; 'stress and illness'; spirituality, love, and health; and place and well-being. She has moderated a panel with the Dalai Lama, and on Sept. 11, 2008, was a panelist at the United Nations. In 2009, she created and hosted a PBS television special, The Science of Healing, based on her books. She was also featured on the PBS Television Special "The New Medicine" (2006), frequently appears on NPR Radio Krista Tippett's "Speaking of Faith", and has appeared on PBS Television's series Life (Part 2).



Tracey Tancredi

Tracey attended Kutztown University for both Dance and Philosophy and has over 1200 of training plus 8 years teaching experience. Tracey apprenticed in the traditional (classical) style at Body Precision in Paoli, PA and in the contemporary style at the former balanCenter Pilates in Narberth, PA. She is certified to teach Pilates through PhysicalMind Institute. She has been strongly influenced by Carole Amend of the AIM Academy for Somatic Integration and Elizabeth "Betsy" Wetzig of Coordination Patterns™ Training. Tracey is currently involved in a publication project with Betsy Wetzig applying the Coordination Patterns™ to the traditional Pilates.



Jingshan Tang

Oriental Fitness Institute LLC

www.orientalfitnessinstitute.com

This nominee is also doing a workshop. Look in the schedule for date and time

Mr. Tang holds a Master's Degrees in Physical Educatuion and was a professor in China. He was about to participate in the gymnastics training when he suffered an accident. This challenge brought him to Wild Goose Qigong and he had a remarkable recovery. Mr. Tang came to this country with little knowledge of English, yet he built a successful practice in teaching various forms of T'ai Chi, Qigong, Fan, & Sword Play.

Along with teaching each form, he imparts the TCM behind the movements, which enriches the students depth of knowledge and expertise. He also shares his continuing studies in TCM nutrition with his students. Many students have remarked on their health improvements. Of particular note, a senior woman believes she avoided knee surgery (while the rest of her family needed their knees replaced) because of her classes with Mr. Tang. He makes himself available to each student's challenges and needs, thereby customizing the practice for them.



Rachel Tomlinson

Phoenix Martial Arts Center

www.InternalOnline.com

Rachel Tomlinson has trained in Chen Style Taijiquan since 1999 with Master Ren, Guangyi, and regularly attends workshops with Grandmaster Chen, Xiaowang, Grandmaster Chen, Xiaoxing and Master Chen, Bing, among others. Rachel serves as an assistant instructor at the Phoenix Martial Arts Center. She received a BA in Religion and M.Ed. in Counseling Psychology from Temple University in 2001 and 2005, respectively. Currently, Rachel works as the Director of Faculty Affairs and Business Operations for the Fox School of Business, Temple University.

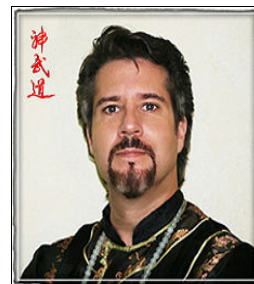


Christopher Viggiano

Shen Wu Dao Martial and Healing Arts

Dr. Christopher M. Viggiano Shifu/Shihan is a Chiropractic Physician since 1989, who has a family oriented practice in Hackettstown, NJ. After receiving his doctorate, he continued to further his studies to include Chiropractic Orthopedics while incorporating his experiences in Traditional Oriental Martial and Healing Arts to further the diagnosis and treatment of his patients. Presently his research is in the area of Martial, Medical & Spiritual Qigong for Life Enhancement.

Dr. Viggiano's martial arts training began at an early age in 1975. It was in 1980 that Master Murphy, a close friend of Master Jou, Tsung Hwa of the famous Tai Chi Fam, introduced Christopher to Master Jou whom enhanced his interest and study of Taijiquan/Qigong and the Internal Chinese Arts. While attending Palmer Chiropractic College in Davenport Iowa from 1985-88, Dr. Viggiano taught Aikido, Japanese Swordsmanship & Taijiquan/Qigong to fellow students. In 1989 Soke Murphy along with Dr. Viggiano brought again to the public a new approach to training by establishing an offshoot of the system named American Bushido which flourished in the 1990's. In 1994, a life-threatening illness left Christopher partially disabled and blind still to this day. After brain surgery, he received Qigong healing sessions and inspirations from Master Jou, Tsung Hwa, who helped guide him to recovery through the principles and practice of Taijiquan & Qigong based upon the 5 elements & the 8 Trigrams.



Chenchen Wang

Dr. Chenchen Wang, Associate Professor at the Tufts University School of Medicine, and her research team have accomplished a series of NIH funded clinical trials, systematic reviews and meta-analyses of Tai Chi mind-body therapies on health outcomes in patients with chronic medical conditions using rigorous scientific methodology. Several of her landmark publications have drawn world attention: "The effect of Tai Chi on health outcomes in patients with chronic conditions" (JAMA Arch Intern Med 2004;164:493-501); "Tai Chi is effective in treating knee osteoarthritis: a randomized trial" (Arthritis & Rheum 2009; 61: 1545-53); "Tai Chi and psychological well-being" (BMC Complementary and Alternative Medicine, 2010; 3: 743-54). In particular, her most recent publication "A randomized controlled trial of Tai Chi for fibromyalgia" in the New England Journal of Medicine (N Engl J Med 2010;363:743-54) has been selected by the Evidence Based Medicine reviews as an "article most likely to change clinical practice" and have immediate impact on healthcare.

She is a reviewer and editorial board member for many scientific journals and has lectured and presented nationally and internationally. She is also a visiting Professor at Shanghai University of Traditional Chinese Medicine in China.



Steven Warthen

Steve Warthen utilized his technology talents at the last Festival by videotaping and then uploading a fabulous vignette on YouTube. He also teaches Tai Chi when he is not adding value as a technologist to others.



Peter Wayne

Dr. Wayne is an Assistant Professor of Medicine at the Harvard Medical School where he oversees the Tai Chi and Mind Body Research Program in the Division for Research and Education in Complementary and Integrative Medical Therapies. His 35 years of training in tai chi and qigong deeply informs his research. Dr. Wayne has published seminal papers regarding the limitations of conventional drug-based research methods for evaluating tai chi, and has promoted a more holistic systems biology framework for understanding how tai chi impacts health via multiple physiological pathways (which is more aligned with traditional Chinese medicine). Along with other researcher at Harvard, Dr. Wayne's clinical and basic research has shed light on how tai chi affects balance, bone health, heart disease, COPD, and depression. He regularly assists the National Institutes of Health in reviewing grant applications related to tai chi and mind-body research, has presented tai chi research to Congress, lectures internationally, and has successfully coordinated a network of established Boston-based tai chi schools to involve them in tai chi research. To stay sane, he continues to study with Boston area teachers, and teaches his own classes at the Tree of Life Tai Chi Center which he founded in 1985. He is currently completing a book on tai chi research to be jointly published by Harvard Medical Press and Sambala.



Loretta Wollering

Internal Gardens, LLC.

Top student of Master Jou Tsun Hwa and organizer of the original Tai Chi Farm. Loretta continues the traditions of the Tai Chi farm at her annual Tai Chi Gala where she puts her organizational skills and connections to work enabling hundreds of people to attend workshops and educational opportunities for a variety of martial arts.



Angela Wong

World Tai Chi & Qigong Day

Bill and Angela Wong-Douglas are the co-founders of World Tai Chi & Qigong Day, and World Healing Day, and creators of the best selling tai chi book, The Complete Idiot's Guide to T'ai Chi & Qigong, now in 3rd edition and published worldwide in several languages. Their work has brought millions of new eyes to tai chi and qigong around the world, and continues to educate more and more. Bill was the 2009 Inductee into the Internal Arts Hall of Fame.



Jwing Yang

YMAA Retreat Center

Dr. Yang is a world-renowned author and teacher of Chinese martial arts and Qigong. Born in Taiwan, he has trained and taught Taijiquan, Qigong, and Kung Fu since 1961. He is the author of 35 books and 80 instructional videos, and was elected by Inside Kung Fu magazine as one of the 10 people who has "made the greatest impact on martial arts in the past 100 years." He was also awarded as Martial Arts Publisher of the Year 2008 at the 11th World Congress on Qigong and TCM, by Dr. Effie Chow and the American Qigong Association.



Yang Yang

Yang Yang, Ph.D. is one of the few individuals who is recognized within the traditional Taiji and Qigong community as a master practitioner and is also an academic researcher interested in applying the highest standards of the Western scientific process to explore and promote evidence-based Eastern healing arts.

Yang trained in China under several of the 18th generation grandmasters of the Chen style, including masters Gu Liuxin and Chen Zhaokui. He won first place in the Shanghai University Gongfu Tournament for three straight years (1981-1983), and in 1983 he was voted Best Overall Martial Artist at that tournament. These accomplishments earned him positions as Taiji instructor at the China Textile University and the Shanghai Chen Style Taiji Research Association, and an opportunity to study closely and privately with Grandmaster Feng Zhiqiang in Beijing. Yang formally became a disciple of Grandmaster Feng in 1988.

To understand the power and mechanics of Taiji and Qigong beyond traditional explanatory frameworks, Master Yang completed a doctorate degree in kinesiology at the University of Illinois, where he remains as an adjunct faculty. His research focuses directly on the mechanisms and benefits of traditional Taiji/Qigong, and he has published several scientific papers in peer-reviewed journals. Yang's detailed study of Taiji/Qigong from these commanding points of view - as a master practitioner and as a scientific researcher - uniquely enable him to clarify and/or demystify what are often obscure points of theory and practice and to serve as a bridge between the Eastern/traditional and Western/academic fields. His traditional training also allowed him to distill the essence of various aspects of traditional Taiji training into an evidence-based program suitable for persons of all ages and physical abilities.

Dr. Yang is author of the award winning book *Taijiquan: The Art of Nurturing, The Science of Power*, and is currently the Director of the Center for Taiji and Qigong Studies with offices in New York City and Champaign, IL



Gloria Yeh

Beth Israel Deaconess Medical Center

Dr. Yeh is an Assistant Professor of Medicine at Harvard Medical School and faculty member at Beth Israel Deaconess Medical Center Division for General Medicine and Primary Care and also the HMS Division for Research and Education in Complementary and Integrative Medical Therapies. She has conducted a number of NIH funded clinical trials evaluating mind-body therapies. She has led rigorous, cutting-edge research on the efficacy, safety, and mechanisms of taiji and qigong, especially in the treatment of chronic cardiovascular disease, heart failure, and COPD. As a physician and a taiji researcher, much of her work in taiji for cardiopulmonary disease has caught world-wide attention in cardiology, pulmonology, and the general medicine field. Together with colleagues at Harvard, she has also conducted clinical and mechanistic evaluation of taiji in the areas of depression, musculoskeletal health, and aging, and has contributed greatly to our understanding of both the physiological and psychosocial mechanisms underlying the therapeutic effects of mind-body health practices. She has lectured nationally, with presentations at the National Institutes of Health and American Heart Association, and internationally with collaborations in Asia. Her most recent publication "Tai chi exercise in patients with chronic heart failure: a randomized clinical trial" in *JAMA/Archives of Internal Medicine* received significant national media attention.

