

About Lee Chang Chih



Born in a large family in the southern city of Tainan, I came into contact with alternative therapies, Chinese medicine, and martial arts since I was young. I graduated from Soo Chow University with a degree in law, yet my passion lies in martial arts and Qi Gong. For more than twenty years, I have dedicated my life to the development of Chinese Health-Keeping Exercises from the theories of martial arts, Taiji Quan, and various forms of Qi Gong, which involves teaching and community services. My motivation has been the idea of bringing health to the body and soul of mankind through natural therapies, Qi Gong, and martial arts. I am now working as a project manager for Tomorrow Studio, organizing the company's Health-keeping series of publications, and a Taiji Quan instructor for several organizations.

For a long time, I have been involved in learning, teaching, and practicing of various alternative medicine, Chinese medicine, and martial arts and taught in various organizations and institutions. In 2001, I was commended by Mercy Foundation (Fo Guang Shan) for my service in Tainan Rehabilitation Facility for Drug Abuses (Taiji Quan instruction). And since 1990, I have been an instructor for Martial Art Camp for overseas Chinese and Teacher on Tour to Indonesia, Swaziland, and Malawi. In year 2000, I received an award for my services to overseas Chinese from the Commission for Overseas Chinese Affairs (Executive Yuan).

Locally, I have also been active in universities and colleges instructing martial arts in school clubs. The health benefits of the Qi Gong and Taiji Quan series promoted by my organizations have also been highly recommended by public and private organizations. I not only have been invited to teach in a number of organizations but also was recruited to take on the post of the Dean for the College of Martial Arts by Intercultural Open University Netherlands. In 2005, I was honored to be entered into the Hall of Fame of Martial Art Masters Overseas (compiled in China), and in 2006, I was recognized for the Ninth-Level Martial Art Qualification. For further development, I initiated two organizations - **Chinese Miao-Kong Qi-Gong & Martial Arts Association** and **Chinese Traditional Chen-Style Tai-Chi Association** (www.kongfu.org) to promote health-keeping exercises such as Yi Jin Jing (易筋經), Ba Duan Jin (八段錦, Eight-Section Brocade), and Wu Qin Xi (五禽戲, Game of Five Animals). (For details please refer to the Curriculum Vitae).

Martial arts are closely related to medical practices, especially in the areas of preventive medicine and healthcare. Since young, I have been highly interested in the alternative non-invasive healthcare therapies that enhance the health of the mankind in the natural ways. Throughout the years, I have been studying and exploring the interesting theories of natural therapies such as Finger Surgery (USA), Homotherapy (USA), Chinese Traditional Restructuring Therapy, Tai-Style Massage, Color Therapy, and Bagua Yi Jing Acupuncture, and certified in many areas (please see section Certifications & Qualifications in the CV). In 2006, I was invited to teach Chinese Traditional Health-keeping Exercises (Qi Gong) at the Natural Medicine Association Far-Eastern Office and appointed the Research Consultant for Sports Medicine by ELMA Health Science & Technology Association and the Director of Teaching Affairs League of International Universities.

As people in the world begin to recognize the benefits of exercises and the natural healing of non-invasive therapies, studies in alternative therapies and Chinese Qi Gong became highly popular. Through 2003 to 2006, I have been invited to present the benefits of Chinese traditional health-keep regimes and other preventive therapies in China, Japan, Hawaii, and Thailand (Please see section International Seminars in the CV).

To further promote traditional Chinese health-keeping exercises, I have dedicated a large portion of my time in writing. Up to date, I have had several published books including *Introduction to Martial Arts*, *Chinese Traditional Tui-Na, Exercise for Health – Chinese Qi Gong*, and *Yi Jin Jing and the Twelve Meridians*. Several commercial books published by Tomorrow Studio have also been well circulated in

the market, including *Taichi Boxing* (which has had a high click-rate on MOD and been chosen by Cathay Group and Inventec for employee training), *Chinese Kung Fu Pocket Book*, and *Fighting Bird Flu – The Strategies*. A new book based on the previous publication *Yi Jin Jing & the Twelve Meridians*, including an animated video and a guide book, is underway and expected to be published in the second quarter of 2007.

Bring health to the body and soul of the mankind through natural medicine, Qi Gong, and martial arts has been the goal and passion of Lee Chang Chih.