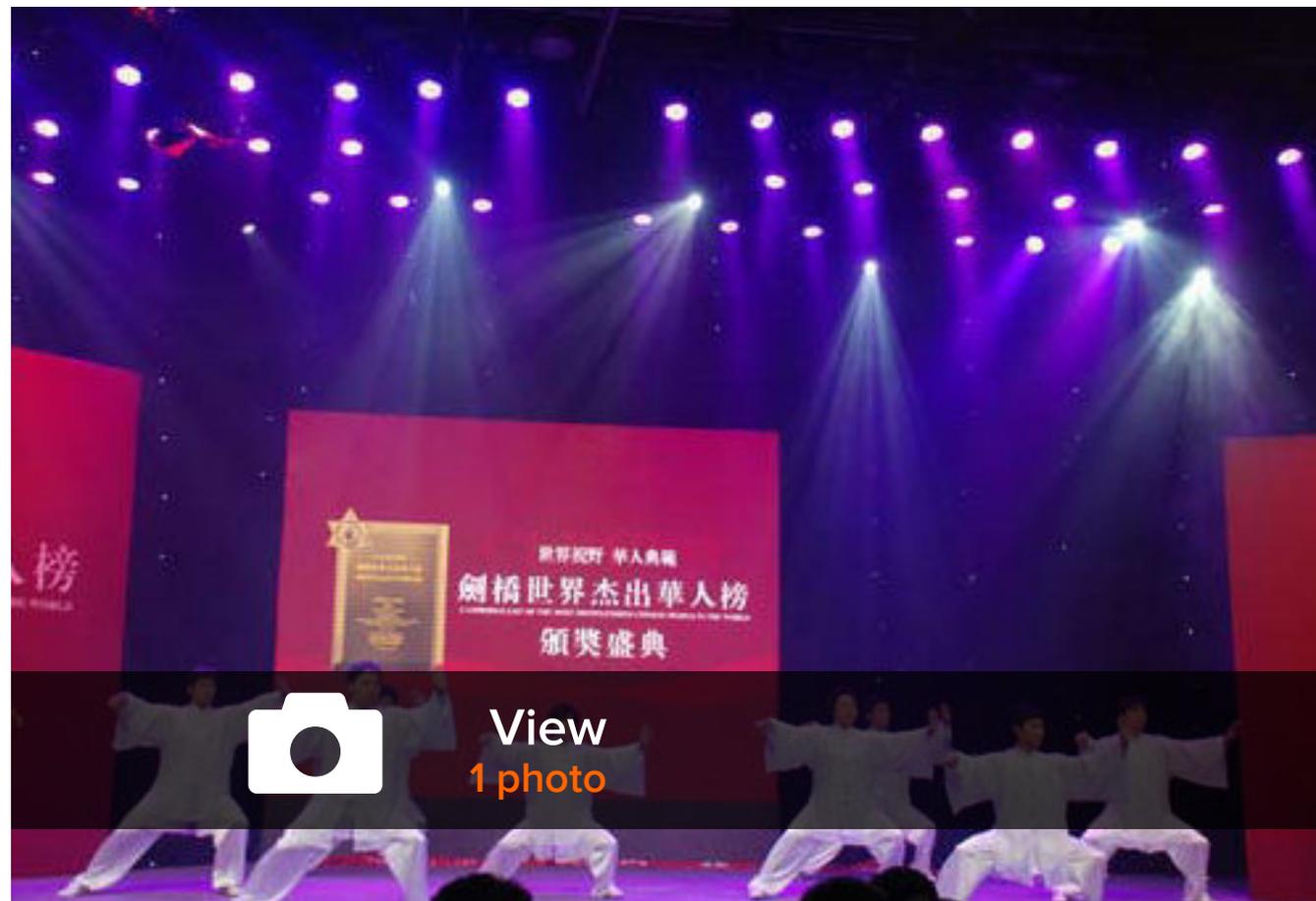


Congratulations Grandmaster Chen Zhenglei

July 3, 2011

11:12 AM MST



Master Chen Bin (front left) led a Tai Chi demonstration at the award ceremony
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Recently, Grandmaster Chen Zhenglei, 11th generation lineage holder of Chen Style [Tai Chi](#), was on the same stage with Nobel Prize Laureate of Physics Sir [Charles Kuen Kao](#) (aka “father of optical fibers”), prominent liberal economist [Mao Yushi](#), internationally renowned award-winning movie producer and director and also the producer of the Opening Ceremony of 2008 Olympic Games [Zhang Yimou](#), green energy technology promoter [Shi Dinghuan](#), the most accomplished Chinese actress Liu Xiaoqing, management guru Yuan Renguo (General Manager of China Kweichow Moutai Distillery Co., Ltd.), media mogul and disseminator of Chinese culture Li Yan (Principal of [Beauty Media Inc](#)), and the forefather of Chinese neurosurgery Tu Tongjin to received the prestigious award [Share Image](#) *List of the Most Distinguished Chinese People in the World*. This represents a great recognition of Grandmaster Chen’s life-time achievement. It also signifies the importance of Tai Chi on a global perspective.



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Cambridge List of the Most Distinguished Chinese People in the World was inaugurated by World Most Distinguished Chinese Asian Association and co-sponsored by British Cambridge World Most Distinguished People, United Nation (NGO) World Peace Foundation, People's Daily and other Chinese media, as well as American media company ICN Chinese TV stations. This was the first year that this honor was bestowed and the award ceremony was held in Beijing at the end of May, 2011.

Born in 1949 in Chen Village (the birthplace of all modern Tai Chi), Grandmaster Chen encountered extreme adversity as he grew up. His father passed away before he turned two-years old. Then his family was black-listed during the Cultural Revolution, the family fortune was confiscated, and they barely had enough food to live on. His birthmother had to give him up to re-marry for survival. Grandmaster Chen was raised by his father's first wife, who was close to 60 years old at the time and did not bear any child herself. She treated Grandmaster as her own with tender love and care. Due to the black list, he was not allowed to attend school after the fifth grade regardless that his grades were high among his peers. Instead he had to undertake heavy farm labor to make a living. He and his step-mother survived on sweet potato and hardly had any rice, vegetables, or meat for years. Later he worked long hours daily in factories. His step-mother suffered from severe depression and occasional mental breakdown due to the mental anguish from the unjust suppressions. There were times she was incapable of handling herself. Young Chen had to cook for her and managed the household.

In his biography, Grandmaster Chen said that there was only one thing kept him going under the unbearable life and seemingly hopeless future, which was Tai Chi. Out of sympathy, his uncle **Grandmaster Chen Zhaopei** took him under his wings and tutored him not only on Tai Chi but also on overall life lessons. Grandmaster Chen practiced Tai Chi diligently. He even applied Tai Chi principles

while he did the hard labor work in factories. During Chinese Cultural Revolution, Grandmaster Chen Zhaopei was persecuted and almost died. Tai Chi was banned from practice. The only way to practice Tai Chi was to risk one's life getting up in the middle of the night, and practicing in the woods or grave yards. Grandmaster Chen recalled one time he ran into Grandmaster Chen Xiaowang who was practicing in the grave yards too. So they pushed hands together. After Grandmaster Chen Zhaopai passed away, Grandmaster Chen studied with another uncle [Grandmaster Chen Zhaokui](#).

With determination and sweat, Grandmaster Chen developed superb Tai Chi skills and profound knowledge. Gradually he won a few national titles and became a famous instructor. As China opened its door, Grandmaster Chen was invited first to Japan then by the world to teach Tai Chi. In the past 30 years, he has taught tens of thousands in 30 countries.

His passion for Tai Chi never stops. In 1982, besides pouring his energy teaching students and attending events to promote Tai Chi, he started to toil himself late into the night authoring articles and books on Tai Chi. Many of his books became classics. He also produced Tai Chi-teaching DVDs to help students in China and overseas to learn the authentic Chen Style Tai Chi. Countless people around the world learn Tai Chi indirectly from his books, DVDs, and his students. In 1995, he was awarded as one of the top ten [martial arts](#) masters in China and the youngest among them. He participated in scientific research on the benefits of Tai Chi. What impresses people most who know him in person is his humble nature and a big heart. He embraces all Tai Chi styles and martial arts. Unlike other masters, he does not prohibit his disciples to teach other Tai Chi styles. To him, all Tai Chi styles belong to one big family, and all Tai Chi practitioners are brothers and sisters.

Grandmaster Chen certainly has brought the ancient Chinese treasure for health to the world. Nowadays, millions of people around the globe practice Tai Chi. Grandmaster Chen modestly attributes this phenomenon to the effort of all Tai Chi masters, research scientists, and practitioners. Today, *Cambridge List of the Most Distinguished Chinese People in the World* honored Grandmaster Chen, we should congratulate Grandmaster Chen for his accomplishment and thank him for his tireless effort to elevate Tai Chi in the global arena. Nevertheless, the award is a declaration of the importance of Tai Chi for the world. Tai Chi is placed on the same pedestal as science, medicine, energy, economics, business and other major performing arts. With that, practitioners, you can be proud of yourselves too. Maybe you want to go out practice a little bit more Tai Chi today, or teach a few more students tomorrow and spread the benefits of Tai Chi.

“ EXTRA: American Chinese media INC TV Stations have made documentaries of each of the inductees. They will broadcast Grandmaster Chen's story at 5:00 – 6:30 p.m.

*EDT in New York and 5:30 – 7:00 p.m. PDT in Los Angeles
on July 9th.*

Now you can follow me on Twitter <http://twitter.com/#!/TaichiExaminer> .

SUGGESTED LINKS

- Chen's Taichi For Health & Wellness by Grandmaster Chen Zhenglei
- Eyes on the LA Tai Chi Summit by Grandmaster Chen Zhenglei
- Chen's Tai Chi Old Frame One and Two by Grandmaster Chen Zhenglei
- Grandmaster Chen Zhenglei donated Tai Chi books and DVDs to Pacific Asia Museum
- Standardization of Tai Chi teaching



Violet Li

Tai Chi Examiner