

Jet Li is way cool!

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To western action movie fans, [Jet Li](#) might seem to be a somber character especially when he played a villain in [Lethal Weapon 4](#) or [The Mummy: Tomb of the Dragon Emperor](#). But in real life, Jet Li is casual, relaxing, and light-hearted.



Kevin Chen

Last Sunday (Aug. 14) in Washington D.C., he stepped into a press conference in his usual jet-black outfit and baseball cap to promote the “[Wushu in UN](#)” program. He was unpretentious and humorous. He generously shared his view on Chinese [Martial Arts](#)’ past, present and future.

The “Wushu in UN” program is a commemorative event for China’s participation at the United Nations for forty years. At the request of the UN, the Permanent Mission of China to the United Nations and International Wushu Federation hosted this special event with 20 Chinese Wushu champions. They performed at the UN building in New York City as well as in D.C and Atlanta. U.S.A. Wushu [Kung Fu](#) Federation, O-Mei Wushu Center, American Chinese School and Association of Chinese Professionals

of Atlanta co-sponsored the program. Jet Li, a UN Goodwill and Wushu Ambassador, joined the force to promote health and peace through Chinese Martial Art (CMA).

He said that Wushu is part of the Chinese culture and has developed over a long history. Wushu relates to other dimensions of Chinese culture, i.e. traditional Chinese medicine, literature, music, etc. Wushu is so grand that he did not realize its depth and richness in his first ten years of learning martial arts. He is pleased to see that Wushu is becoming more popular each day. The lead of the Chinese Wushu Championship Team, Mr. Ho Qinglong, mentioned in the press conference that there are 120 countries that practice CMA. [Tai Chi](#) was chosen as the fitness program by 1,300 senior centers in the U.K. However, Jet Li felt that CMA is still not as well known or practiced globally in comparison with other martial arts. He blamed himself for not doing enough to elevate the awareness of it. He vowed that he would spend the next 12 years whole-heartedly to promote it to make people happy and healthy.

He acknowledged the general perception of Tai Chi is that it is only good for seniors. He wants to change the image. He has joint-ventured with a Chinese business tycoon. They plan to develop a simplified yet cool Tai Chi form for everyone. He stated that he has wanted to make a Tai Chi movie for over 20 years, and it is still in the planning. He promised that the movie will be very cool.

It was refreshing to hear Jet Li talk about [meditation](#). He said there are many different ways of meditation, but the best meditation is no meditation and being constantly in meditation without the effort.

His view on heroism is extremely profound. He said that the first level of heroes uses a sword at hand to protect people; the second level of heroes uses a sword at heart to solve people's problem; the highest level of heroes has no sword at hand or heart but love to help people. As a philanthropist and founder of [One Foundation](#), he has donated time and money generously to many disaster relief efforts.

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