

SPORTS / RECREATION / COMBAT SPORTS

Jet Li just signed a contract to promote Tai Chi worldwide

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Jet Li

World Champion Wushu Kung Fu Show

Last week the [Chinese Wushu Association](#) held their annual meeting in Wu Dang, where the legendary Taoist Monk Zhang San Fang resided and developed the early [Tai Chi \(Taiji\)](#) movements. There were a few important decisions made during the meeting and the most prominent one was the agreement signed with Hollywood superstar [Jet Li](#) and his company [Taiji Zen International](#).

According to the Chinese [Wushu](#) Association, Tai Chi's health benefits have been validated by modern science and recognized by millions around the world. It is on a short list to be included in 2020 Olympic Games. The golden age for Tai Chi is approaching. Tai Chi will be propelled to be a popular sport/fitness exercise for people of all ages and physical conditions soon.

Action star Jet Li started his Wushu career at a very young age. He was famous for his superb Shaolin

Kung Fu. He also learned Tai Chi later and played the role of Zhang San Fang in a famous Chinese movie. Jet Li said that he has witnessed the health benefits of Tai Chi and also appreciates Tai Chi's profound cultural background. To him, Tai Chi is not just an ordinary martial art but also a product of Chinese culture of thousands of years of history. He firmly believes that Tai Chi can improve people's health. With this, he and Chinese e-commerce and telecomm business Tycoon **Jack Ma** jointly founded Taiji Zen International in April, 2011. The goal is to promote health and happiness through the practice of Tai Chi. Taiji Zen International also wishes to bring balance and harmony to people's life because of Tai Chi's philosophy background.

It is reported that Taiji Zen International will invest and build Tai Chi Centers in high-end major international hotels to promote a healthy and balanced life style. In August, Jet Li announced in Washington D.C. that he will simplify Tai Chi so more people can learn it easily and enjoys its benefits. There are reports in China that Taiji Zen International is planning to build a huge Tai Chi garden near Beijing and a new Tai Chi movie starred by Jet Li to portrait the life of Grandmaster **Yang Lu-ch'an** will be filmed in 2012.

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Violet Li

Tai Chi Examiner