

We (Taichi/Qigong Examiner) are going National!!!

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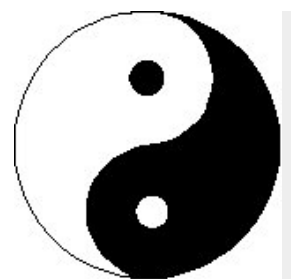
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On July 5, 2009, I published my first article, “Taichi at Taylor Park,” on *Examiner.com* for St. Louis, Missouri. Prior to that, I won awards for my journalistic work, taught at the Graduate School of Communications at Webster University in St. Louis, and was a certified [Taichi](#) instructor and [fitness](#) professional. But Taichi and Qigong are extremely profound in both theory and practice. Not to mention, I only knew a few Taichi experts outside of the greater St. Louis area. It was a challenge to maintain a quality column week after week -- my goal was publishing one article each week. Fortunately, I met many of you at the International Taichi Symposium at Vanderbilt University, Nashville, TN in the same week. In April this year, I met more of you at the World Congress on Qigong and TCM. With your encouragement, input and guidance, I have been able to interview masters and experts and published over 100 articles. Through you, I have been introduced to Taichi and Qigong practitioners whose stories touch people’s hearts – I have actually received more feedback on human-interest stories.

Taichi and Qigong are global phenomena. What interests people in the greater St. Louis area in most part also holds a global appeal. With your assistance in telling your family, friends, and other Taichi enthusiasts, the *St. Louis Taichi Examiner* has been read nationally and outside the U.S. From feedback, it appears that readership reaches at least 18 different countries. *The St. Louis Taichi Examiner* constantly strives to be one of the most popular sites in the St. Louis area; it also one of the top sites for its category nationally. The management at Examiner.com heard you and decided to open a National site for Taichi & Qigong (www.examiner.com/x-57561-Tai-Chi-Examiner).



Taichi symbol

[Dr. Shin Lin](#) of University of California – Irving stated in the World Congress of Qigong & TCM that Taichi/Qigong has been recognized as medicine. [Dr. Mehmet Oz](#) (a renowned heart surgeon, inventor of advanced medical devices for heart, and the host of TV show *the Dr. Oz Show*) made a remark in *the Oprah Winfrey Show* that “If you want to be healthy and live to 100, do Qigong.” As Taichi and Qigong

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practitioners and researchers, you fully understand their benefits. We need to raise awareness among the general population through grass roots efforts so more people can study them to attain the amazing health and fitness benefits. **Pat Rice**, Program Director of the International Taichi Symposium and Advisor of International Yang Family **Taiji** Chuan Association, gave a thoughtful speech during the Symposium. She urged all Taichi enthusiasts to promote Taichi by building and expanding the community. Now thanks to your effort, through *Examiner.com*, we have built a virtual community together. **What a great feeling!**



Pat Rice at the International Taichi Symposium

Going forward, I will have dual responsibilities to maintain both the St. Louis site as well as the National site. For any news or reports pertaining to the greater St. Louis area **only**, I will publish them at the St. Louis site, news or reports, which have broader appeal, will be published on the national site. You may wonder the significance of a national site since people from other continents can read *the St. Louis Examiner.com*. The benefits of a national site are two-fold. *Examiner.com* is **NOT** a blog site. The editorial policy reads exactly like traditional journalism, which requires facts, objectivity, and impartial and balanced reporting. As a St. Louis Examiner columnist, I cannot write any article which has no relevance to the St. Louis audience. The new National site provides another venue to report those stories. The second benefit is that a national site will have higher visibility and more traffic, which will expand the virtual community faster.

On the St. Louis Taichi home page, there were two sections of Taichi & Qigong resources listed in the right-hand-side: one for the St. Louis interest and the other is for national and international interests. These sections also appeared in each of my articles. The St. Louis section will be expanded and remains on the St. Louis site and appear with each of St. Louis articles while the national/international Taichi/Qigong resource section will be expanded and relocated to the new National site. You can send me (violet.li@tadi.com) your web link to be included in those sections. It is a free community service.

I will need your continuous assistance to provide story leads, subscribe to the national site, forward the article links to your family and friends, and lastly spread the word about the St. Louis Taichi Examiner and Taichi Examiner www.examiner.com/x-57561-Tai-Chi-Examiner!!!

