

PUBLISHER'S BLOG

How do top Chinese leaders exercise?



Grand Master Chen demonstrates inner strength as attendees push against him and fall over themselves

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Oh, yes. Chinese leaders such as President Hu Jintao and Prime Minister Wen Jiabao work out using Chinese aerobics, of course! The leaders' Tai Chi instructor, Grand Master Chen Zhenglei, was in Seattle from May 24 to May 28. Master Hong Yijiao invited Grand Master Chen, who presented seminars at The Wing and the International District Chinatown Community Center. I was surprised to find that Grand Master Chen has several students

in Seattle who are now prominent martial arts masters. Some even flew all the way from California to learn from him.

How high-ranking officials learn Tai Chi

Chen said he has designed special plans for Chinese officials, so they can exercise, learn relaxation, and not be overwhelmed by the challenges of their jobs. No wonder President Hu looked young and relaxed and showed no signs of stress when he visited Se-

attle in 2006 after a long flight from Beijing to Seattle. I was at Boeing's Airport in Everett with other members of media to greet him when he arrived.



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