

JOHN BREWER, BA (Hons)

European Disciple of Grand Master Dong Zeng Chen

John Brewer is the founding teacher at the Tai Chi Learning Company. John's study and teaching experience of Tai Chi spans over 30 years. His abilities were recognised by Grand Master Dong Zeng Chen, whose Grandfather (Tung Ying-Jie) was the top Disciple of Yang Chengfu, originator of the Yang style of Tai Chi.

John has been initiated into the Dong Family as the Disciple of Grand Master Dong Zeng Chen.

John is well versed in the philosophical and martial aspects of Tai Chi and Chi Kung and is also a First Dan in Concept Kick Boxing, having trained under the World Champion, George McKenzie.

John also founded the East West School of Tai Chi, whose syllabus included Yang Style – Slow Form, Sword Form, Fast Set, Fa Jing, Push Hands, Da-Lu, Chi Kung and Wu Style Hard Set.

He was on the Professorial Staff of the Guildhall School of Music and Drama, working with students from the Performing Arts to maximise their potential through Tai Chi. John has also coached sports professionals (Boxing, Football and Golf) in Chi Kung and relaxation exercises.

Other experience includes TV's *Looking Good* programme and a member of Derek Evans TV Personality *Mr Motivator* team.

John has also worked with Brent Local Authority to help psychiatric patients in stress management and with Redbridge Local Authority in Health and Fitness for the Elderly.

Apart from his own school, John has taught Tai Chi in Holmes Place (now Virgin) in the Barbican, Canary Wharf, Kensington, Minories, Hendon and Cricklewood.

Publications include the video *A Tai Chi Experience*.

Website: www.tai-chi-learning.co.uk

