

CHEN CHING-JU DOES WELL AT TAI-CHI WORLD CUP

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Ms. Chen Ching-ju, a lecturer at the French Department was crowned at the Tai-chi 42 Forms Category in the first ever Tai-chi World Championship held in Taipei on November 4 and 5. In fact, she won two gold medals in the team as well as the foreign female individual categories among 394 competitors from 25 countries. As Ms Chen has dual nationalities, she competed for the Taipei County and herself as a French national.

This was surely a proud moment for her who has only practiced Tai-chi for over one year, but with the guidance and encouragement of her teacher, Chen Fu-mei, she made something that was nearly impossible possible. Prior to the competition, she thought that she had zero chance in winning as she had hurt her leg, so winning not only one but two gold medals has taught her never to give up easily.

Of course, her success was not an accident. Tai-chi aside, she swims and practices yoga regularly. Sports were not just hobbies for her as she lives and breathes in sports. Through them, she also connects with her family, such as her husband, Professor Gilles Boileau of the French Department, and her daughter, who practice Tai-chi with her.

Ms. Chen explains that the benefits of Tai-chi are countless. Above all, it can strengthen not only one's body but also mind. Every morning between 6 and 8 in front of the Shao-mo Memorial Gymnasium, a group of people meet and practice Tai-chi. So she urges students to go there and try out this life-changing experience. (~ Ying-hsueh Hu)