



THE FIRST ZEN INSTITUTE OF AMERICA

113 East 30<sup>th</sup> Street New York, NY 10016 212-686-2520 [www.firstzen.org](http://www.firstzen.org)

會協禪一第國美

Film Series

# The Professor

## Tai Chi's Journey West

First Run Features © 2016

Friday, August 11, 2017 7:30 – 9:00 PM  
113 East 30<sup>th</sup> Street New York, NY 10016

Tai Chi has been described as “Zen in motion.” *The Professor, Tai Chi's Journey West* describes the life and work of Cheng Man-Ching, who brought Tai Chi from Taiwan to New York during the 1960s. The film features testimonials from many of Cheng Man-Ching's senior students, some of whom have gone on to become Tai Chi instructors. He practices the “internal martial art” with grace and power. The film gives a pretty good overview of Tai Chi Chuan, but it is not really an instructional video, rather, it's more of a biographical documentary. There is included an “extra” clip of Cheng Man-Ching performing the 37 posture Yang-style short form, which we are going to screen. *The Professor, Tai Chi's Journey West* details the cross-cultural transplantation of this gem of Chinese culture from China to America, and is an important historical resource.

This film is being licensed through *First Run Features*, <http://www.firstrunfeatures.com>; 80 minutes.

Admission is free.

