

Lee Atwater - Tai Chi Chuan Instructor

Lineage:

My instructor, Guy DeRosa, began his practice of Tai Chi in 1978 under the instruction of his wife, Susanna, while studying for his black belt in Shotokan Karate. He attained a black belt in 1980. Susanna began her Tai Chi training in 1973 with the late Master Jou Tsung Hwa. Master Jou was a renowned and leading expert in Tai Chi and had been a practitioner for over fifty years. In addition, Susanna has studied with Master Yang Jen Duo, Chen Xiao Wang, Chen Zheng Lei and Quang Yi Ren. Mr. DeRosa has taught or teaches at Mercer County College, the College of New Jersey, the Somerset School of Massage Therapy, the Princeton Academy of Martial Arts and many other places. He teaches privately at his home and maintains a studio in Flemington, NJ.

Learning Experience:

I have been a student of Mr. DeRosa's since 1990, starting at Mercer County Community College and following him to various locations including a Pennington facility, the Princeton Academy of Martial Arts and finally to his home for private instruction. In addition to Mr. DeRosa's personal tutoring, I attended numerous workshops at the Tai Chi Farm in Warwick, New York sponsored by the late Master Jou. While there, I received instruction from Yang Yang, Yang Jwing Ming, Elaine Waters, Pat Rice and many others. I also participated in individual seminars by Master Jou and the late Master Zhang Lu Ping held at the Princeton Arts Council. I have also received instruction and participated in two seminars by Master Willie Lim, a Phoenix, Arizona Tae Kwon Do and Tai Chi expert. These local seminars were held at Everson's Karate studio and the Phoenix Academy of Martial Arts. I am also a certified Tai Chi for Arthritis Instructor and have attended Dr. Paul Lam's workshop for special training.

Teaching Experience:

I have assisted Mr. DeRosa with his classes at various schools for the Hamilton Township continuing/adult education program and Mercer County Community College. I started my own class in Hamilton Township at the Dwier Recreation Center in December 1994. I referred to the venture as a Tai Chi Club rather than a class to promote participation and the general atmosphere that we are all teachers as well as students. In 1996 through 1997, I successfully organized and taught classes at the Merrill Lynch Princeton Corporate Campus with more than seventy-five students participating. Many of them returned for additional instruction.

In 1999 I began teaching classes at the Hamilton Area YMCA. I performed demonstrations to help boost enrollment and to allow perspective students to get an understanding of the Tai Chi art form. In 2002 I began teaching classes at the Hamilton Senior Center and offered a six-week class at the Rossmoor Community Center in Monroe Township. In 2007 and 2008 I taught classes at Robbinsville High School through their SAFE Enrichment program.

From 1999 through 2005, I performed demonstrations at the Phoenix Academy of Martial Arts, Burlington County College and the Willingboro Center in celebration of the annual World Tai Chi Day held in April. I have conducted workshops for both World Tai Chi Day and a Tai Chi specific weekend retreat run by Sifu Jonathon Walker with QiSsage Body Systems, LLC. In addition, I have performed demonstrations for local community groups such as the St. Gregory the Great Catholic Church fellowship meeting with over 100 attendees. Currently I teach at the Robert Wood Johnson Health & Wellness facility in Hamilton, the Hamilton Area YMCA and privately at my home.