



For Immediate Release

Announcing New Lee Family Tai Chi Book and Video

New Tai Chi meditation book and companion video offers a complete health improvement exercise system employing the uncommon Lee Family style

LEXINGTON, Ky, February 1, 2018- Central Shaolin Grandmaster, Hiang Kwang Thè, announces the release of his new book and companion video teaching the complete Lee Family Tai Chi health and meditative exercise system. “Now, more than ever, we all need to find a way to bring balance into our lives,” says Master Thè. “From career, family, and social demands to the increased volume and way we ingest information, the pace of modern life can easily overcome our abilities to cope in healthy ways. So where do we look for this balance in modern times? I believe one of the best sources can be found in the past, with the practice of Lee Family Tai Chi.”

The new book includes step-by-step instructions to learn the complete Lee Family Tai Chi form and includes over 120 photos of all the form’s postures in sequence with descriptions. The book also provides a detailed guide for the proper breathing techniques, how to develop and maintain your balance and equilibrium, practice tips, and how to target your body’s vital organs for optimum health.

The companion DVD includes not only a demonstration of the complete form, but Master Thè divides the 60 posture form into 11 individual sections where he details each posture, the stances, and the movement’s transitions. The video also includes a 50-minute interview with Master Thè where he answers some of the most frequently asked questions about learning and practicing Lee Family Tai Chi.

Tai Chi is an exercise system that consists of several linked movements, performed slowly and continuously, in tandem with controlled breathing techniques, based on a philosophy of achieving harmony, unification, and balance. Tai Chi trains us to think and move as “one” while developing a greater awareness of mind, body, and spirit—a great *inner balance*. Tai Chi strengthens the core postural muscles, improves balance and flexibility, and provides excellent stress management.

About the Authors:

Hiang Kwang Thè:

Grandmaster Hiang Thè is the head of the Central Shaolin Martial Arts system. Born in Bandung, Indonesia, Master Thè has been studying martial arts since the age of 8 under several second generation Shaolin Temple masters, including his grandfather, Grandmaster Le Chang Ming. A master of the Tai Peng “Bird” fighting system, Master Thè’s specialized studies in the Nei Kung internal arts were part of earning his advanced ranks. Now a U.S. citizen, Master Thè came to the United States in 1968 to attend the University of Kentucky and holds a degree in Civil Engineering.

Master David Cubine:

Master David Cubine is an eighth-degree Black Belt with over 38 years of experience in the practice and teaching of Shaolin martial arts under the direct supervision of Grandmaster Hiang The. Master Cubine has learned over 120 empty hand and weapons forms in several traditional Shaolin styles, including advanced studies in Tai Chi, Chi Kung, and Pa Kua Chang. Born in Louisville, he is a graduate of the University of Kentucky and has lived in the Lexington area since 1971 where he operates a multimedia design company.

Contact: San Pao Productions/David Cubine

Telephone: 859-396-8693 • mail@leefamilytaichi.com • leefamilytaichi.com • centralshaolin.com