

LinLin Choy, Private Instructor, TJQMBB Trainer

Ms. LinLin Choy has been trained in traditional Tai Ji Quan by Masters both in mainland China and from around the world. She began her training and practice 35 years ago in England and has devoted most of her life to teaching and disseminating Tai Ji Quan of various styles (Chen, Yang, Wu, Sun) in local communities (e.g., senior centers, hospitals), including more than 25 years' experience teaching people with different physical capabilities in London, England, and New Hampshire, United States.

Ms. Choy received her initial training in the TJQMBB program from Fuzhong Li, Ph.D., in 2012 and has continued studying the program through ORI. Using her experience and knowledge of Tai Ji Quan, Ms. Choy was able to quickly immerse herself in the concepts, teaching techniques, and clinical applications underlying TJQMBB. She dedicates a significant amount of her time updating her TJQMBB knowledge and teaching skills for the benefit of older adults who are at high risk of falls and for people with movement disorders. To date, Ms. Choy has a teaching record of over 1,000 hours delivering community-based TJQMBB classes.

Ms. Choy became an authorized TJQMBB community instructor trainer in 2014. During the same year, she came to Eugene, Oregon, to start working with ORI as an instructor, teaching research-based TJQMBB intervention classes. To date, as a Senior Trainer, Ms. Choy has taught 25 workshops and 4 refresher courses in various states, including California, Illinois, New Hampshire, Connecticut, Delaware, Florida, and Oregon.



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