



DEPARTMENT OF THEATER AND DANCE

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I sincerely and enthusiastically recommend Dr. Paul Lam to be a Ted conference speaker. I have had the honor to study Tai Chi with Dr. Lam for many years in workshops across the US and China. It was Dr. Lam's video that brought me to Tai Chi after 30 years of being a professional dancer, when I was searching for ways to heal and restore my injured body. Dr. Lam is smart, articulate, and passionate and is a pioneer in communicating the enormous value of learning and practicing Tai Chi, making it accessible to those of us in the West.

I was a professor of Dance at the University of California for 26 years, recently retired, and have taught Dr. Lam's Tai Chi for Health forms to hundreds of UCSB dance students. The results are amazing, increasing the students' sensitivity and awareness to movement and the subtleties of grace.

Dr. Lam's own journey into Tai Chi started after he left China and had become a practicing family physician in Australia. He had severe rheumatoid arthritis that was cured by the practice of Tai Chi and when he stopped practicing, the arthritis returned, convincing him that it was effective. His analytic mind knew that scientific clinical research was necessary to prove this to a larger audience. He created simplified patterns that could be learned in a short period of time yet retained the benefits of the Chi. He developed a system of training teachers who could learn the method in short intensive workshops and most importantly, he carried out research to investigate the benefits using scientific methods. He has also created forms for those suffering from diabetes and osteoporosis.

I believe that his work modernizing Tai Chi to make it accessible to those of us in the West can be a solution to the rising crisis of health and unhappiness in our present world.

Sincerely,

Jerry Pearson
Professor Emeritus
University of California, Santa Barbara