

Barry Jordan

The First in Australia, Taekwondo Poomsae World Champion in the Master 4 division (65 years and over)

NSW Australia

I was quite athletic when I was young but alcohol and then drugs took hold of my life. By the age of 40 I was referred to a psychiatric ward where I was warned that my habits were endangering my life.

I began learning martial arts, but always felt something was missing. Later I discovered Dr Paul Lam, his tai chi for Health Programs and his incredible drive in taking his message to the world.

I am now qualified as a 6th Dan Master in Taekwondo, and compete nationally and internationally as part of my goal for personal improvement. I have since represented Australia on seven other occasions, won the Australian Champion title five times, won the US Open three years running and the Canadian Open earlier this year. Dr Lam and his tai chi programs lifted me from rock bottom to world champion. He continues to inspire me daily.