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**"Buddha Zhen"**

**TCY Patriarch**

### Summary

- Spiritual leader bringing out the best in people's minds and hearts.
- Chief instructor of Shaolin Kung Fu school since 1984 in over 25 schools.
- Tai Chi Master for YMCA, YWCA, public schools, churches, and rehab centers.
- Martial arts therapist who has cured physical and psychological disorders.
- An insightful therapist who can develop exercise routines on an individual basis.
- Insightful life coach who develops permanent cures to lifestyle problems.
- Kung Fu master who has designed curriculums for children, teens, adults, and seniors.
- Compassionate Kung Fu master who can teach the blind or olympic athletes.
- Tai Chi Master who has cured sleeping disorder, drug addiction, and obesity.
- Over 25 years teaching Tai Chi and Shaolin Kung Fu on a daily basis.
- Buddhist scientist since 1980, studying and directing people to better lives.

### Objectives

- Create an accredited online Tai Chi Youth school for kids worldwide on their computers.
- Provide a healthy Tai Chi workout for people wherever they have a computer.
- Develop positive lifestyles of good health and good thinking with Tai Chi Youth programs.
- Tour universities and big businesses as motivational lecturer, and large seminars.
- Be the TCY Patriarch until another TCY Shifu can replace me.
- Be spokesperson for Tai Chi Youth in television commercials.
- Establish the Shaolin Chi Mantis museum of Shaolin Kung Fu.
- Be famous for guiding and inspiring others to create and perform at their highest levels.
- Tai Chi book series used by Tai Chi schools worldwide.
- Zen Buddhism books kept handy and accessible for inspiration worldwide.
- Buddha Zhen known internationally as Buddhist Scientist and Hippie Buddha.
- actZEN.com becomes famous and used by celebrity TV show life coaches.
- Be famous for the Shaolin Zen "Buddhism Basics" at shaolinZEN.org
- ShaolinZen.org CyberTemple becomes Buddhism resource for entire world.
- **Human Values** book is required reading for High Schools and business colleges.
- **Shaolin Kung Fu** book series used by Kung Fu schools worldwide.
- Publish **Masonic Kung Fu** book that becomes hit movie with 3 sequels.
- Improve the world by improving the way people live and think with Tai Chi and Kung Fu.
- Tour the world with the Tai Chi Youth Demo Team, performing tournaments and TV.
- Provide assistant instructors for public and private school Tai Chi/Kung Fu programs.
- Create Tai Chi programs that can rehabilitate and maintain health of seniors.
- Design personalized Tai Chi and Kung Fu workouts for athletes and celebrities.
- Rehabilitate a celebrity lifestyle with Tai Chi to establish my teaching abilities.
- Prove that Tai Chi Youth can establish the foundation of a healthy, happy life.
- Cure drug addiction and mental disorders with Tai Chi Youth curriculum.
- Obtain grants, funding and donations for Tai Chi Youth online school.
- Establish Tai Chi Youth headquarters with salaried staff.
- Receive Nobel Peace Prize for Tai Chi Youth curriculum.
- Tai Chi Youth is popular curriculum in online schools and home schooling.
- Tai Chi Youth is high school credit physical exercise program.
- Cure obesity in teenagers with Tai Chi Youth programs.
- Buddha Zhen hired as olympic coach for various sport athletes.
- Be a spiritual leader who inspires and guides the best in people's minds and hearts.
- Be a life coach for wealthy or high profile business executives with busy lives.
- Gain recognition for improving the life of a famous person who promotes me.
- Buddha Zhen is lecturer and television interview expert in Tai Chi, Kung Fu, and Zen.
- Have *actZEN.com* assigned by High School teachers and University professors.
- Tour the world as Buddha Zhen performing flute on television and radio shows.

### Education

2007-2010	Buddha Kung Fu	Shaolin Kung Fu / Tai Chi Shifu Certificate
2006-2009	Freemasons of California	Panamericana 513 Master Mason
1996-2001	Tai Chi Youth	Shaolin Kung Fu / Tai Chi Shifu Certificate
1992-1996	Shaolin Chi Mantis	Shaolin Kung Fu / Tai Chi Shifu Certificate
1984-1987	UCLA	Motion Picture Program Certificate 3.6gpa
1981-1984	Tai Mantis Federation	Shaolin Kung Fu / Tai Chi Shifu Certificate

## Experience

- Inspired 25,000 fans with podcasts of Zen Buddhist Podcast.
  - Inspire teens to a better life with music, poetry, podcasts, and webpages.
  - Sell downloads of books, and music at *shaolinRECORDS.com*.
  - Created online Tai Chi school at *shaolinINTERACTIVE.com*.
  - Created online Shaolin Kung Fu school at *shaolinINTERACTIVE.com*.
  - Rehabilitated prisoners and drug addicts with Tai Chi and Shaolin Kung Fu.
  - Created Shaolin Chi Mantis 7-Year curriculums of Kung Fu and Tai Chi.
  - Created Tai Chi Youth 5-Year curriculums of Kung Fu and Tai Chi.
  - Created Buddha Kung Fu 8-Year curriculums of Kung Fu and Tai Chi.
  - Created 12 Step 12 Week Kung Fu Bootcamp curriculums of 12 Step Tantui.
- 1996-2011 President of Tai Chi Youth nonprofit corporation.**
- Wrote initial TCY Bylaws, TCY Mission Statements, TCY Operating Procedures.
  - Filed all quarterly statements until earning "Final Ruling Status" of 501(c)(3).
- 2009-2010 Secretary of Tai Chi Youth nonprofit corporation.**
- Scanned and filed TCY MINUTES OF MEETING for TCY Archive.
  - Reformatted TCY Agenda and blank form for TCY Minutes of Meetings.
- 1996-2009 Program Director of Tai Chi Youth nonprofit corporation.**
- Contracted and licensed Tai Chi Youth programs in 24 locations.
  - TCY programs and classes served and benefitted over 3,000 people.
- 2009 Founded 12 Step 12 Week Kung Fu Bootcamp**
- Created new curriculum to capitalize on "Bootcamp" phenomenon.
  - Created unique belt rank system and franchise concept for all Bootcamps.
- 2008 Founded Buddha Kung Fu schools**
- Developed Shaolin Kung Fu curriculum of 10 levels.
  - Invented new Belt Rank system: 10 Blues Stripes on a White Sash.
  - Authored book: Buddha Kung Fu Student Manual for BKF program.
- 2007-2011 Chief Instructor of Buddha Kung Fu.**
- Tested new Buddha Kung Fu Curriculums at CV Park.
- 1998 Taught workshops at World Buddhism Conference San Diego, CA.**
- Created and led all day workshop: Spiritual Bootcamp Shaolin Style on Friday.
  - Taught morning Tai Chi classes on Saturday, and Sunday.
- 1996 Founded Tai Chi Youth nonprofit education organization**
- Derived main curriculum, TCY INSTRUCTOR GUIDER #1, from Shaolin Chi Mantis.
  - Designed graphics and drew TCY Cranes Logo.
- 1996-2011 Chief Instructor of Tai Chi Youth.**
- Taught classes every week for over 200 students.
- 1992-2011 Seminars and workshops in tournaments, schools, and online.**
- Developed the Push Hands Seminars from decades of teaching Tai Chi students.
  - Authored rules and designed tournament procedures for Push Hands.
- 1992 Founded Shaolin Chi Mantis Traditional Buddhist Gongfu school.**
- First generation of non-Chinese to ever teach Shaolin Kung Fu.
  - Invented first belt rank schedule for Shaolin Kung Fu.
  - Received curriculum approval from one dozen Shaolin Kung Fu Masters worldwide.
- 1994-2010 Sponsor-Promoter of "Summer Push Hands" tournaments.**
- First Push Hands tournaments ever offered in Utah.
  - 1994-99 were AAU sanctioned Chinese Martial Arts Tournaments.
- 1994-2010 Sponsor-Promoter of "Push Hands Championship" tournaments.**
- Created first Push Hands championship tournament with "seeded" competitors.
- 1994-2010 Sponsor-Promoter of "SCM-TCY Annual Gongfu Taijiquan" tournaments.**
- First Kung Fu Tournament ever presented in Utah.
  - AAU sanctioned tournaments.
- 1996-1999 Chair of Tai Chi Youth Tournament Committee.**

- Led the planning committee for all Tai Chi Youth tournaments which always ran very smoothly and earned many compliments from the parents of student competitors.

**1996-2011 TCY Patriarch of Tai Chi Youth nonprofit corporation.**

- Presented TCY Purple Patriarch sash November 1997 by TCY senior students.
- Maintained identity and survival of Tai Chi Youth since 1996 inception.

**Books by Buddha Zhen**

2011	<b>Masonic Kung Fu – Book 1</b>	by Richard Del Connor	novel
2011	<b>Human Values for Success in Business and Family</b>	by RDC	self-help book
2008	<b>Buddha Kung Fu Student Manual</b>	by Buddha Zhen	Kung Fu manual
2006	<b>actZEN.com</b>	for Actors and Everyone	website
2004	<b>"Buddhism Basics"</b>	by Buddha Zhen	website book
2000	<b>Dharma Directory of Shaolin Chi Mantis</b>		Kung Fu manual
1999	<b>Zen Spirit Book</b>	by Buddha Zhen	self-help book
1998	<b>Tai Chi Intermediate</b>	by Buddha Zhen	Tai Chi manual
1997	<b>Shaolin Kung Fu Beginner</b>	by Buddha Zhen	Kung Fu manual
1996	<b>Tai Chi Youth Instructor Guide #1</b>	by Buddha Zhen	Kung Fu manual
1993	<b>Shaolin Chi Mantis 7-Year Curriculums</b>	by Buddha Zhen	Kung Fu manual
1992	<b>Tai Chi Beginner</b>	by Buddha Zhen	Tai Chi manual

**Experience**

2007-2011	Buddha Kung Fu	Shifu	Shaolin Kung Fu / Yang Tai Chi
2007-2011	Crescenta Valley Park	Shifu	Tai Chi, 12 Step Kung Fu Bootcamp
2005-2006	Tujunga Performing Arts	Shifu	Tai Chi Kids program
2003-2011	YMCA	Shifu	Tai Chi Kids, Kung Fu Kids, Taiji Seniors
1998-2011	Shaolin Zen	Patriarch	Sect of Chinese Chan Buddhism
1996-1998	TCY Demo Team Coach	Shifu	2 Grand Champions
1996-2001	Tai Chi Youth	Shifu	Tai Chi and Kung Fu schools
1995-1998	Salt Lake Continuing Ed.	Shifu	Tai Chi and Kung Fu programs
1994-1996	Tai Chi Kids	Shifu	YWCA, Salt Lake City, Utah
1993-1994	Turnabout Rehab.	Shifu	Shaolin Kids Program
1992-1994	Decker Lake Prison	Shifu	Tai Chi Beginner program
1992-1996	Shaolin Chi Mantis	Shifu	Praying Mantis Kung Fu school
1981-1984	Tai Mantis Federation	Student	Shaolin Kung Fu / Yang Tai Chi
1980-1981	White Lotus Kung Fu	Student	5 Animals and 5 Families Styles

**Publications / Product Releases**

• TaiChiMagic.com	album website of Buddha Zhen	album
• <i>Zen Buddhist Podcast of Shaolin Zen</i>	Hosted by Buddha Zhen	podcast
• BKF_eNEWS	Buddha Kung Fu newsletter	email
• BZ_eNEWS	Buddha Zhen newsletter	email
• SZ_eNEWS	Shaolin Zen newsletter	email
• TCY_eNEWS	Tai Chi Youth newsletter	email

**AFFILIATIONS**

- Jing Mo Kung Fu Association
- Shaolin Temple
- Tai Mantis Federation

**Presentations and Seminars**

• Buddha Zhen	Kung Fu and Tai Chi master	seminars, lectures, tv, radio shows
• Buddha Zhen	Kung Fu musician	flute and poetry performances
• Push Hands Championship Tournament		4th Saturday of September
• Push Hands Seminars:		1st and 2nd Saturdays of June
		1st and 2nd Saturdays of September
		1st Saturday of November
• SCM Annual Gongfu & Taijiquan Tournament		3rd Saturday of November
• Spiritual Bootcamp Shaolin Style		all day workshop of Zen and Kung Fu
• Summer Push Hands Tournament		4th Saturday of June
• Tai Chi Seminars: Combat Taiji		1st Saturday of August
	Staff Tai Chi	2nd Saturday of August
	Tournament Tai Chi	3rd Saturday of August
	Qigong Tai Chi	4th Saturday of August
• TCY Demo Team Tai Chi Youth performers		Tai Chi and Kung Fu shows
• Zen Buddhism Seminars:		4th Saturday of October
		2nd Saturday of December

## Achievements

- 2010 Founder: [shaolinINTERACTIVE.com](http://shaolinINTERACTIVE.com) online Tai Chi and Kung Fu school
- 2009 Graduate: 3rd Degree Proficiency Test of California Free & Accepted Masons
- 2009 Creator: 12 Week 12 Step Kung Fu Bootcamp.
- 2008 Founder: Buddha Kung Fu schools.
- 2001 Reputation: Cured heroin addiction, sleeping disorders, and drug dependency.
- 1999 Publisher: [ShaolinCommunications.com](http://ShaolinCommunications.com) websites.
- 1998 Mr Mom: Homeschooled daughter for several years, raised two children
- 1997 Reputation: "Best Tai Chi instructor in the world."
- 1996 Founder: Tai Chi Youth nonprofit education organization 501(c)(3).
- 1995 Reputation: "Best flutist in Utah" = The Coyote.
- 1992 Founder: Shaolin Chi Mantis Traditional Buddhist Gongfu & Taijiquan schools.

## Website Resumes and Information about TCY PATRIARCH: Buddha Zhen

- Buddha Zhen **KUNG FU and TAI CHI MASTER**
  - [BuddhaKungFu.com](http://BuddhaKungFu.com)
  - [BuddhaZhen.com](http://BuddhaZhen.com)
  - [BuddhaZ.com](http://BuddhaZ.com)
  - [HippieBuddha.com](http://HippieBuddha.com)
  - [TaiChiBuddha.com](http://TaiChiBuddha.com)
- Buddha Zhen **KUNG FU MUSICIAN and ARTIST**
  - [shaolinCOM.com](http://shaolinCOM.com)
  - [shaolinRECORDS.com](http://shaolinRECORDS.com)
  - [shaolinZEN.org](http://shaolinZEN.org)
  - [taichiMAGIC.com](http://taichiMAGIC.com)
  - [ZenBuddhistPodcast.com](http://ZenBuddhistPodcast.com)
- Richard Del Connor **BUDDHIST SCIENTIST**
  - [actZEN.com](http://actZEN.com)
  - [RichardDelConnor.com/discography01RDC.html](http://RichardDelConnor.com/discography01RDC.html)
  - [RichardDelConnor.com/resumelistRDC.html](http://RichardDelConnor.com/resumelistRDC.html)
- Richard Del Connor **PATRIARCH of TAI CHI YOUTH**
  - [taichiYOUTH.org/corporate-TCY/TCYPatriarch/TCYPatriarch-01/TCYpatriarch1.html](http://taichiYOUTH.org/corporate-TCY/TCYPatriarch/TCYPatriarch-01/TCYpatriarch1.html)
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- Buddha Zhen Shen-Lang **FOUNDER of SHAOLIN CHI MANTIS**
  - [shaolinchiMANTIS.com/Pages-M/8goals-SCM.html](http://shaolinchiMANTIS.com/Pages-M/8goals-SCM.html)
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- Buddha Zhen Shen-Lang **FOUNDER of BUDDHA KUNG FU**
  - [buddhaKUNGFU.com/buddhazhen/index.html](http://buddhaKUNGFU.com/buddhazhen/index.html)
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  - [buddhaKUNGFU.com/membership/graduation.html](http://buddhaKUNGFU.com/membership/graduation.html)
- Buddha Zhen Shen-Lang **FOUNDER of SHAOLIN ZEN**
  - [shaolinZEN.org](http://shaolinZEN.org)
  - [masterZHEN.com](http://masterZHEN.com)
  - [shaolinCOM.com/Buddha\\_Zhen/AboutBZ-S.html](http://shaolinCOM.com/Buddha_Zhen/AboutBZ-S.html)
  - [shaolinCOM.com/Buddha\\_Zhen/artworkBZ-S.html](http://shaolinCOM.com/Buddha_Zhen/artworkBZ-S.html)
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