

# Testimonial from Bishan CC/RC

## 1. Agnes Tan on behalf of all her students at Parkinson Society Singapore at Bishan.

We are a group of Parkinson patients and caregivers who have been attending Jennifer Chung's tai chi classes at Parkinson Society Singapore at Bishan. Jennifer gives very clear instructions and takes pains to explain each movement and its benefits to participants.

She patiently repeats her instructions to be sure that all participants are able to follow the movements. She knows each participant well and closely monitors their progress, often suggesting movements that are suitable and beneficial to that individual without compromising the quality of the technique. In her instructions, she emphasises safety and supervision especially if participants were to practise at home.

Many participants have reported better sleep at night after a session of taiji with Jennifer. With her encouragement, many participants do practise at home to maintain their posture and dexterity. Jennifer is truly professional and sincere in imparting her knowledge of tai chi to her students. She hosts an annual Christmas party for all her Parkinson students at her own expense.

We feel her sincerity, care and concern.

## 2. Karen Chou, Bishan CC

Jennifer is a Master trainer for Tai chi for Health. She shows great depth in understanding of the subject and its effectiveness. She teaches with a passion that indeed makes me want to do more tai chi and do it well.

She exudes the disciplines and practices it herself as she is inspirational in how she approaches the exercises. Indeed she is exemplary and her concern is always first and foremost - what's best for the participants.

Her explanation for the moves is clear and concise and she ensures safety in all the exercises to also prevent injury. This really facilitates learning as her demonstration is precise and she is never too tired to repeat when she notices there are some who may need more time.

Another great quality that exemplifies who Jennifer is outstanding is her patience with the class as the age range and learning speed of the participants is wide and varied. Yet she is encouraging to the learner and never compromises her standards to excellence as we practice, practice and practice.

She is so engaged in each session as Jennifer doesn't look at the time but rather focuses on the learning for the day. She is always early for classes and prepares herself and any

logistics necessary for a good learning session. We are always encouraged to make new friends as we are broken into smaller groups randomly each week to practice our skills.

Although I am a relatively new learner, I have recommended this course and Jennifer in particular to many of my friends as I would like them to benefit from this opportunity as well. I have also been motivated because of her teaching to sign up for a workshop to further hone in my skills and accelerate my learning.

### **3. Irene Chai, Age 83, Bishan CC and Bishan Zone 3 RC**

Good, dedicated and passionate trainers are hard to come by. When one is discovered, we should value her and let others know of this person's expertise who happens to be Jennifer Chung. She is one who loves what she does, devoted in sharing her talent and teaching to the elderly and handicap and to all who want to exercise and improve their well-being.

She is also very qualified in this art and has been doing it for many years. In Mar 2014, I joined her class without a clue of what Tai Chi is, except moving at a snail's pace. After a few sessions, I discovered that her approach is very gentle, graceful and I was allowed to move along in my own comfort zone. Corrections were done in a non-critical constructive manner. She motivates me and I always look forward to attending her sessions with full enjoyment.

She has many qualities of an excellent teacher, good facilitator, a pleasant disposition and very knowledgeable about Tai Chi. Most importantly, she is gifted in knowing how to impart her expertise. After 1 ½ years, I am able to do 5 sets of tai chi for health quite easily. My balance and co-ordination have improved. I am fit and in quite good health. I have more energy and am able to walk upright and steadily, unlike those of my age group. I am also more alert and have developed a good sense of confidence in myself.

Unknowingly, Jennifer has done such a wonderful change in my life. I am HAPPY! She is a rare gem and very much appreciated.

### **4. Karen Tan, Bishan Zone 3 RC**

I started my taichi journey with my teacher, Jennifer since October 2009.

- My teacher, Jennifer is a patient, passionate and dedicated teacher.
- She keeps our classes friendly and welcoming.
- Learning tai chi has certainly changed my life for the better.
- I have become fitter, happier, more relaxed, calmer, and more open.

**5. Alicia & Yit San Foo, Bishan Zone 3 RC**

We were new to Tai Chi and did not know what to expect of the new routine and movements when we joined the class in Jan 2014. Our anxieties were unfounded as Jennifer eases us in with her ever ready smile and showed extreme patience and understanding.

She is calm and jovial even when we have to deal with the harder movements. She created a dialogue with us via WhatsApp set up and we were able to communicate and share with our class mates and promoted much team spirit and liveliness. We can see the devotion, dedication and discipline Jennifer has in promoting Taiji for health and wellness.

**6. Fiona Sim , Bishan CC**

Jennifer has this amazing ability to put her extensive knowledge of Tai chi for Health exercises into clear, detailed step by step, small & simple learning bits for her students to grasp, understand and practice. This translates to an efficient transfer of knowledge, technique & movement learnt.

Coupled with that, she instructs with patience in a cheerful & gentle manner which creates a calm, fun & safe environment in each of her learning & practice session. Enjoyable & well delivered!

She instils confidence & encouragement to make you want to practice further & apply yourself more diligently on the principles of body movement, balance, weight transference, focus & clarity of the mind. Excellent teacher who guides her students into this world of wellness & health. Good interaction with students, trainer, & her supportive able assistants.

**7. Tan Soon Cheng, Bishan Zone 3 RC**

Would like to comment that Jennifer is excellent. I was impressed by her dedication and involvement in teaching Taiji and promoting the learning of Taichi. As a teacher she is patient and caring. She freely gave us tips about taking better care of our health, spending time to demonstrate every step clearly. And allowing us time to revise or to improve by repeating instruction over and over again. She has also shown creativity and organising strength by initiating fun filled taichi get together sessions and by encouraging all her students (even new student who just joined) to take an interest and to take part.

**8. Ann Leong, Bishan Zone 3 RC**

When I started Tai chi in January 2014, I was just trying out if I can continue after one session, Surprisingly, after one and a half years, I am still at it. Credit goes to my instructor Jennifer Chung who turned the slow movements of Tai chi into fun sessions.

Jennifer is dedicated in her role as an instructor, patiently pointing out our wrong moves and magnanimously sharing her knowledge and experience with us. Her passion and commitment with Tai chi for the past decades.

**9. Rosie Lee, Bishan Zone 3 RC**

Jennifer is very patient with her students. She will explain the form step-by-step clearly and make sure we are able to follow her instructions. She does not rush us and never lose her cool although some of us always make mistakes. Instead, she will correct us without any harsh words or display of impatience and/or annoyance.

Jennifer cares for her students' well-being and progress. She does not make the lesson stressful for us, but will remind us to remember the principles of Tai Chi all the time. She will also share her experience and expertise so that we can improve.

There are many Pioneer Generation members in our class, including myself, and we enjoy attending her lessons every week. I am motivated by her positive attitude and make an effort to self-practice on days when I do not have class.

**10. Leong Foong Seey and with sincere thanks from my dad, Leong Yun Chan and mum, Florence Teo Quee Neo, Bishan Zone 3 RC**

I have been learning tai chi from Jennifer since January 2014. What started out as just accompanying my dad (84 yrs old) & mum (76 yrs old) has made me realise the wonderful benefits for seniors & middle-aged me!

Before tai chi, my dad was falling often and seeing a geriatrics doctor, who warned that each time he falls, his brain will deteriorate. I am very happy & relieved that for the past year, he has only fallen down once! This is owing to the dedication, patience & empathy from Jennifer especially for seniors like him. He looks forward to attend class and donning with pride the blue t-shirt and special tai chi shoes!

As for myself, I am reaping the benefits of tai chi beyond my expectations...I look forward to Jennifer's class every Monday as my "calming" hour. I forget all my work & personal stress and just enjoy the happy tai chi session with a wonderful group.

When it comes to the really difficult movements, Jennifer breaks it down step by step and makes it fun and easy to understand e.g. cutting & sharing the watermelon, flipping the prata, carrying a baby etc.

Her motivation to improve herself by taking every opportunity to attend workshops with Dr. Paul Lam has in turn motivated me to improve my tai chi.