

# Testimonial from Cheng San CC

## 1. Seet Siew Khim, Cheng San CC

Passion, humble, understanding, sharing, caring, patient, sincerity and committed. These are the qualities I will use to describe Tai Chi for Health Master Trainer Jennifer Chung. I have trained under her for over 3 yrs plus.

- Passion - Sold her business to teach Tai Chi for Health Program full time.
- Humble - She accepts suggestions, comments and feedbacks and implement it if feasible.
- Understanding - Whenever she has an event/workshop/demo, she appeals for support and the students does not feel pressurized if they cannot give her the support due to family commitment or other reasons.
- Sharing - She shared her 20 yrs of vast experience and wealth of knowledge in Tai Chi with her participants generously.
- Caring - She does not shun away from elderly who has certain degree of physical limitations participating in Taichi classes. Instead, she will encourage and simplify certain moves to cater to them.
- Patient – She is very bubbly and positive. She will repeat the steps many times for the benefits of the elderly or beginners.
- Sincerity- She always impressed on her trainers to observe and listen with our hearts to the participants.
- Committed- Teaches 30 over classes, 7 days a week. Her commitment to spread Tai Chi for Health program to not only the young and elderly but to the patient with Parkinson is commendable

## 2. Ng Siew Leng, Cheng San CC

I find Jennifer very focus on the Tai chi for health training courses, setting the pace for each class of different levels and students with some health issues. As a trainer, she is patient in sharing her knowledge with her students, majority are seniors. She has shown care and concern to her students who at times were absent from classes

She often encourages her students to pursue the journey in active ageing. She has dedicated her time and effort in organising activities for the monthly Interest Group which she sets up to complement the Tai chi for health classes, promote active ageing and wellness programmes.

I have benefitted from her training classes in that my Rheumatoid arthritis pain in the muscles are lessened and realised my walking gait is stable. An inspiring trainer and leader who lead by example.

### 3. **Loo Choy Fung, Cheng San CC**

As a tai chi instructor, Jennifer is patient, innovative and resourceful. She always ensures the safety of the senior members during practices and encourages them to persevere when the moves get challenging.

Her ability to monitor the progress of all members and understand their strengths and weaknesses is commendable for an instructor who only meets with her students on a weekly basis. Jennifer is able to make complicated steps easy for her students by constantly coming up with 'fun' ways for them to remember the steps and sequences.

She will patiently repeat complicated steps to ensure everyone understands before progressing to the next. Jennifer promotes the art of tai chi to the public with passion and is an exemplary master of the art.

She reaches out to members of the Parkinson Society of Singapore as she sees the benefits of tai chi in helping the members to restore their physical agility.

As her student of more than three years, I have not only learnt from her many different forms of tai chi but also is inspired by her commitment to social and community causes.