

**River Valley Tai Chi
Classical T'ai Chi Ch'uan**

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Master Ray Hayward began his Martial Arts training in 1973, studying Kenpo Karate and Jiu-Jitsu. In 1977, Sifu Ray met and began study with Master T.T. Liang. He learned the complete Yang Style T'ai-Chi Ch'uan system from Master Liang, as well as Praying Mantis, Ch'i-Kung, Taoist Meditation, Ch'in-Na, Wu Dang Sword and various weapons. In addition, he learned Northern Shaolin, Pa- Kua, and weapons from Dr. Leung Kay-Chi; 7-Star Praying Mantis and Eagle Claw from Sifu Lo Man-biu, Southern Praying Mantis with Grand Master Gin Foon Mark and Hsing-Yi Ch'uan, Pa-Kua, I-Ch'uan and Lui Ho Pa Fa from Grand Master Wai-lun Choi. Sifu Ray is currently studying with and incorporating the teachings of Grand Master Wai Lun Choi.

Master Wai Lun Choi was born in Southern China. He moved to Hong Kong in 1954 where he began his martial arts study in 1957, which would encompass the external arts of Lama, Judo, Ma Jow Lau Horn and Northern Shaolin, Thai Boxing and the four branches of the internal arts, Tai Chi, Pa Kua, Hsing-Yi and Liu Ho Pa Fa. He was at one time the Southeast Asian Hand-to-Hand Martial Arts Champion and gain his famous "Canon Fist" nickname. He became the successor and lineage holder with the title of World Grand Master in the

Hsing-Yi Liu Ho Ba Fa System and had a private school in Chicago for many years. Master Choi teaches group and private classes exclusively at Mindful Motion T'ai Chi Academy in Minneapolis, MN, which is under the direction and teaching of Sifu Ray Hayward.



**Master Ray Hayward (L), Master Wai Lun Choi (C)
John Feely (R)**