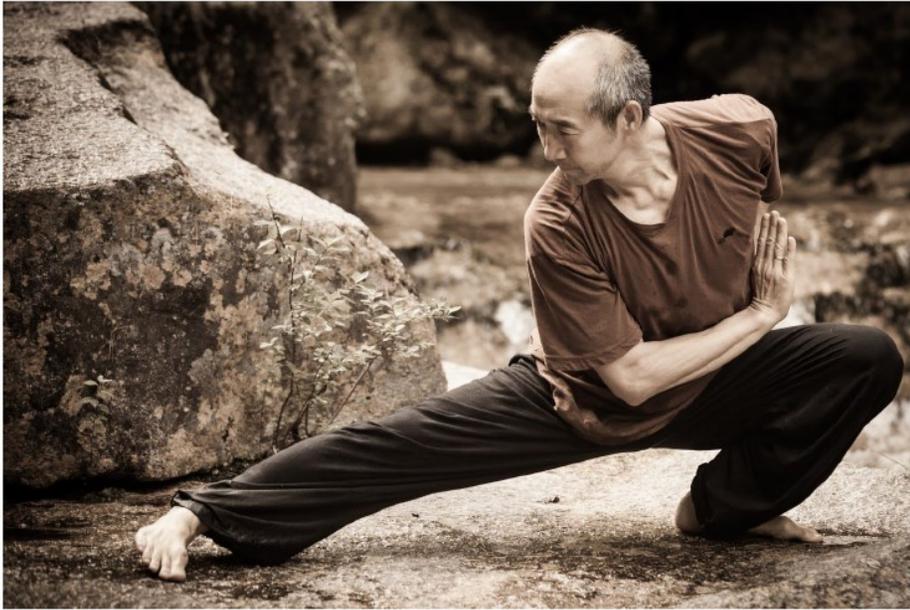


Instructors Dorri Li and Master Yao Li will be teaching Kung Fu for Teens and Family Kung Fu in coordination with the Independence Parks/Recreation/Tourism Department.

Dorri Li will also be instructing the new class: Tai Chi for Strength and Balance.



**Master Yao Li**

Master Yao Li's journey began in Taipei, Taiwan, where he was born and raised. At fourteen, he moved with his mother to America. As a young immigrant in search of self, Yao found a home practicing Chinese martial arts, studying Kung Fu and Qi Gong under the instruction of Master Pui Chan. Acquiring martial arts skills was empowering and after only a few months, Yao knew it was his calling to be a full time practitioner.

During his early training, Yao met his future wife, Dorri. In their early twenties, with shared enthusiasm they began teaching Kung Fu professionally and their studio became a platform of growth and support for other serious martial artists and beginners alike. Yao successfully competed in tournaments nationally and he counts the AAU National Karate Championship Black Belt Weapons Title as one of his many highlight performances.

He traveled to China numerous times to pursue advanced techniques under the guidance of some of China's best Wu Shu masters and in Boston, Yao was fortunate to learn Tai Chi from Master Joshua Grant, a two time U.S. National Champion in Wu Shu Tai Chi. Together with Joshua, Yao and Dorri co-founded the Boston Kung Fu Tai Chi Institute in 1990.

Yao holds a 200 Hour Yoga Teacher Training Certificate and by incorporating yoga into his life long experience in internal and external martial arts, he brings a new depth to his personal practice and his teaching. Master Yao Li's goal is to let Kung Fu, Wu Shu, Tai Chi, Qi Gong, yoga, and meditation evolve organically within himself and to share his knowledge with others.



**Dorri Li**

As the youngest daughter of a professional golfer, Dorri Li's early years were immersed in a zen-like sport where mindfulness was considered a learnable skill. This concept sets the tone of her intent as a martial arts teacher.

Dorri began taking Kung Fu classes over forty years ago in her hometown of Boston, Massachusetts. Being drawn to its mental "coolness," she soon realized that her Kung Fu training would require the development of dynamic physical skills that would often challenge and yet, ultimately define her inner sense of resolve.

It was in her Kung Fu class that Dorri met another young student, Yao Li, who would become her husband and business partner. Together they trained, taught, performed, and competed. They later developed workout videos and co-founded the Boston Kung Fu Tai Chi Institute with 2 time U.S. National Tai Chi champion, Joshua Grant.

Dorri believes that in fitness training, consistency over time yields the best results and she is passionate in her mission to create balanced, sustainable, Kung Fu, Tai Chi and Qi Gong based workouts and wellness programs for any and all ages and abilities. Her work has been reviewed in Shape Magazine, Fitness Magazine and her wellness programs have been utilized as treatments for chronic health conditions in medical studies for Tufts University, Harvard University, and the Veteran Administration's National Center for PTSD Research.

A reflection of her roots as a martial artist and a golfer, Dorri's fitness philosophy is that workouts are best when designed not just to do, but to be, providing a life-enhancing skill set that helps a person to move more powerfully in the world through expanded physical abilities, mental alertness, and emotional fortitude.