

Richard D. Connor

"Buddha Zhen"

Tai Chi Youth Patriarch

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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	Masonic Kung Fu – Book 1 by Richard Del Connor	novel
2011	Human Values for Success in Business and Family by RDC	self-help book
2008	Buddha Kung Fu Student Manual by Buddha Zhen	Kung Fu manual
2006	actZEN.com for Actors and Everyone	website
2004	"Buddhism Basics" by Buddha Zhen	website book
2000	Dharma Directory of Shaolin Chi Mantis	Kung Fu manual
1999	Zen Spirit Book by Buddha Zhen	self-help book
1998	Tai Chi Intermediate by Buddha Zhen	Tai Chi manual
1997	Shaolin Kung Fu Beginner by Buddha Zhen	Kung Fu manual
1996	Tai Chi Youth Instructor Guide #1 by Buddha Zhen	Kung Fu manual
1993	Shaolin Chi Mantis 7-Year Curriculums by Buddha Zhen	Kung Fu manual
1992	Tai Chi Beginner 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 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 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
 - BuddhaZhen.com
 - BuddhaZ.com
 - HippieBuddha.com
 - TaiChiBuddha.com
- Buddha Zhen **KUNG FU MUSICIAN and ARTIST**
 - shaolinCOM.com
 - shaolinRECORDS.com
 - shaolinZEN.org
 - taichiMAGIC.com
 - ZenBuddhistPodcast.com
- Richard Del Connor **BUDDHIST SCIENTIST**
 - actZEN.com
 - RichardDelConnor.com/discography01RDC.html
 - RichardDelConnor.com/resumelistRDC.html
- Richard Del Connor **PATRIARCH of TAI CHI YOUTH**
 - taichiYOUTH.org/corporate-TCY/TCYPatriarch/TCYPatriarch-01/TCYpatriarch1.html
 - taichiYOUTH.org/corporate-TCY/_history2008-TCY.html
 - taichiYOUTH.org/corporate-TCY/_history2009-TCY.html
 - taichiYOUTH.org/corporate-TCY/_history2010-TCY.html
 - taichiYOUTH.org/taichiPROGRAMS.html
- Buddha Zhen Shen-Lang **FOUNDER of SHAOLIN CHI MANTIS**
 - shaolinchiMANTIS.com/Pages-M/8goals-SCM.html
 - shaolinchiMANTIS.com/Pages-M/bioMZ01-SCM.html
 - shaolinchiMANTIS.com/Pages-M/buddhism04-SCM.html
 - shaolinchiMANTIS.com/Pages-M/cur7year-SCM.html
 - shaolinchiMANTIS.com/Pages-M/tourList-SCM.html
- Buddha Zhen Shen-Lang **FOUNDER of BUDDHA KUNG FU**
 - buddhaKUNGFU.com/buddhazhen/index.html
 - buddhaKUNGFU.com/books/index.html
 - buddhaKUNGFU.com/membership/graduation.html
- Buddha Zhen Shen-Lang **FOUNDER of SHAOLIN ZEN**
 - shaolinZEN.org
 - masterZHEN.com
 - shaolinCOM.com/Buddha_Zhen/AboutBZ-S.html
 - shaolinCOM.com/Buddha_Zhen/artworkBZ-S.html
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 - shaolinCOM.com/Buddha_Zhen/lecturesBZ-S.html
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