

Letter From Feng Qiuying:

It is with immense pleasure and honor to write this letter of endorsement for Aiping Cheng d/b/a AIPING TAI CHI. I have had the privilege of knowing Aiping since 1976, and over the past five decades, she has worn many hats in my life: my dedicated teammate, my trusted coach, and one of my dearest and most loyal friends.

There are always some extraordinary people who deserve to be remembered by history. Aiping is one of them. I first met Aiping at one of the training centers in 1976. Even in those early days, she already had a profound foundation and excellent martial arts skill. Her dedication to the martial arts was unmistakable. She possessed a rare combination of discipline, grace, and an innate understanding of movement that set her apart. As a teammate, she was always encouraging, not only herself but those around her to strive for excellence. Her presence on the floor was inspiring; she moved with a balance and precision that made the most complex forms look effortless.

After Aiping became my coach, I witnessed a deepening of her expertise. She was an extremely rigorous and dedicated coach. She not only taught techniques but also imparted philosophy. She had an exceptional ability to break down intricate movements, explaining not just the "how to do it " but also the "why" behind each posture. She taught me that martial arts is not merely a physical exercise, but a meditation in motion—a practice of cultivating inner peace, strength, and resilience. She helped me understand that martial arts is not about fighting others, but about behave properly to cultivate oneself. Under her coaching, many athletes have won world and Asian championships. She is a truly gifted coach!

Beyond the training floor, Aiping is a person of profound integrity, warmth, and kindness. Our friendship, which has now lasted nearly 50 years, is built on a foundation of mutual respect and shared experience. She has been a constant source of support through life's ups and downs, and her unwavering positivity is truly contagious.

In all my years of knowing her, I have never met anyone more committed to the authentic practice and teaching of Tai Chi. She embodies the spirit of the art—balanced, grounded, and deeply connected to the flow of life.

Feng Qiuying
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Who is Feng Quiying? [Go to aipingcheng.com](http://aipingcheng.com) [Go to Gallery > Coaching](#)