

Shuai Zheng was born in Fujian Province, China in 1986 and he came to Australia when he was just 6 years old. Shuai graduated from the University of Technology, Sydney with Bachelor of Health Science in Traditional Chinese Medicine, Bachelor of Arts in International Studies (China Major) and is now undertaking a Master of Science by Research at UTS and practising Chinese Medicine at a private clinic. Shuai also has a Certificate in Traditional Chinese Medicine from the Beijing China Japan Friendship Hospital 中日友好医院 and a Certificate in Chinese Language and Culture from Zhejiang University, China 浙江大学.

Shuai is a strong advocate of Chinese culture, having studied Chinese martial arts since he was five years old and he is currently one of the vice-presidents and instructors at the Australian Kungfu (Sport) Association 澳大利亚中国武术运动协会. Shuai has strong ties to the Chinese Australian community and he often performs martial arts as representative of the local Chinese Australians. Shuai has performed Chinese martial arts at various occasions including at the Sydney Opera House for the CCTV television gala Our Chinese Heart 《中华情》 in 2007, as well as performing on behalf of Chinese Australians at the banquet celebrating the 35 year anniversary of Australian Chinese relations 《中澳三十五周年文艺晚会》. In 2009 Shuai entered the Sixth Zhejiang Province International Traditional Wushu (Martial Arts) Tournament 《第六届浙江省国际传统武术大赛》 representing Australia and won three individual gold medals. In 2008 he was also ranked third in Australia in the TVB “Minute to Fame” competition 《残酷一叮》 and was offered a position to represent Australia in “K-Star” competition 《全球功夫之星》。

Shuai’s current research is on the effects of Tai Chi 太极 practice on reducing stress levels through a 12 week clinical trial. He hopes that this research will validate and prove the efficacy of Tai Chi as a form of therapy for psychological health through evidence based research. Shuai hopes to expand his current research into a PhD and pursue an academic and educational career as a lecturer to help educate in Traditional Chinese Medicine and spread Chinese culture.

郑帅 1986 年在中国福建省出生，他六岁与家人移民到澳大利亚。郑帅毕业于悉尼科技大学 (University of Technology, Sydney) 中医学士，国际学学士。他现在悉尼科技大学科学硕士在读同时在中医诊所工作。郑帅 2010 年在北京中日友好医院进修中医，获得北京中日友好医院的中医证书。在 2009 年郑帅留学浙江大学获得浙江大学国际教育学院汉语与文化证书。

郑帅热爱中国文化，他自小习武，从五岁入门到现在担任澳大利亚中国武术运动协会副会长兼教练。郑帅与澳洲华人圈有很好的关系，常代表本地的澳洲华人参加活动，多次表演中国武术，包括 2007 年参加 CCTV 《中华情》登台悉尼歌剧院，代表澳洲华人在《中澳三十五周年文艺晚会》上表演武术。郑帅在 2009 年代表澳大利亚参加了《第六届浙江省国际传统武术大赛》，获得三枚金牌。2008 年郑帅在香港翡翠电视台 TVB 《残酷一叮》总决赛上获得澳大利亚季军。同年郑帅也被邀请代表澳大利亚参加《全球功夫之星》大赛，但是为了学业放弃了那次的机会。

郑帅现在的研究项目是太极拳是否能减少紧张状态的临川实验。如果实验成果就证明以求证医学太极拳可以作为医疗精神病的一种方法。郑帅希望可以将现在的研究转成博士，易追求知识和教育的路，成为一名求证的中医教授，发扬中国传统医学和中华文化。