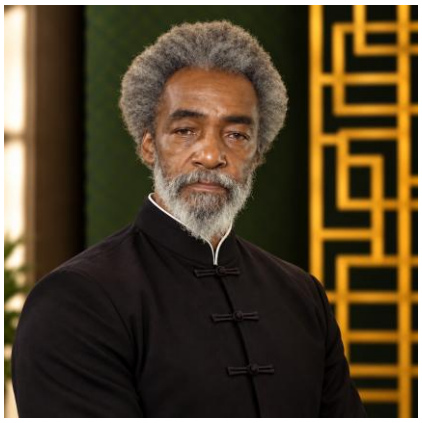
# PROFESSOR ROI T. BATES, SIFU

## MARTIAL ARTS BIOGRAPHY



**Tai Chi & Qigong Instructor | Martial Arts Educator | Founder of Tien Chi Bu Bo**

Professor Roi T. Bates was born in Harlem, New York, in 1956 and began his martial arts training at an early age. His lifelong study developed into an extensive exploration of traditional Chinese martial arts, with particular emphasis on Tai Chi Chuan (Taijiquan), Qigong, internal training, coordinated movement, breathwork, and mind-body awareness.

In 1977, Professor Bates entered the United States Marine Corps, where he received training in military combatives. Following his military service, he continued his formal martial arts education under Grandmaster Leung Shum, studying both Wu Style Tai Chi Chuan and Ying Jow Pai (Eagle Claw Kung Fu).

Throughout his continued training and teaching, Professor Bates has placed strong emphasis on the principles of Tai Chi and Qigong, including balance, structural alignment, controlled breathing, relaxation, coordinated movement, internal development, and overall well-being. These practices form an important part of his approach to martial arts instruction and personal development.

Drawing upon decades of experience in Tai Chi, Qigong, traditional Kung Fu, and military combatives, Professor Bates developed Tien Chi Bu Bo, a martial arts system that reflects principles drawn from his extensive training, research, and personal experience.