

BIO-DATA

RENE J. NAVARRO, DIPL. AC. (NCCAOM)

Highlights Summary:

- Taught numerous workshops on qigong, Tai chi chuan, massage, acupuncture and meditation in the Philippines sponsored by the Acupuncture Therapeutics Research Center/INAM for 7 years now.
- Taught numerous workshops and classes in arnis de mano, qigong, meditation, healing in UK, US, Egypt, Philippines and Thailand, including lectures in Lehigh University , Harvard University and other colleges.
- Has written numerous articles about Chinese and Philippine disciplines (martial and healing arts) for magazines and newspapers in UK, Cyprus, Philippines and USA.

Education

- Diploma in Acupuncture , New England School of Acupuncture.
- Certificate in Traditional Chinese Herbology (3 years), New England School of Acupuncture.
- Bachelor of Arts (Political Science major), MLQ University.
- Bachelor of Laws, University of the Philippines.

Professional Certification

- Licensed acupuncturist, Massachusetts 1993 to date; Hawaii 1999 to date.
- Diplomate in Acupuncture, National Commission for the Certification of Acupuncturists (NCCAOM) 1992 to date.
- Philippine Bar, admitted in 1967 (retired)
- New York Bar, admitted in 1980 (retired)

Current data

- Senior Instructor, International Healing Tao Center, 1987 to date.
- Instructor, Qigong (meditation, qigong and Tai Chi), New England School of Acupuncture, 1992 to 2005 (continuing education).
- Student, Gin Soon Chu Tai Chi Club, Chinatown, Boston, MA. (since 1989). Studied: Solo Fist form (long), Broadsword/Knife (2 sets), Sword, Staff/Spear, 2-man sparring set (San-sou), Chang Chuan/Fast Tai Chi, Push Hands.
- Editor, Internal Alchemy series, Healing Tao International.
- Senior Instructor, Chi Nei Tsang Internal Organ Chi Massage, Healing Tao Center.
- Instructor and lecturer in Qigong, Tai chi chuan, massage and acupuncture, Acupuncture Therapeutics and Research Center/INAM, Manila, Philippines.
- Master, Arnis de Cadena Pronus Supinus, under Grandmaster Johnny Chiuten, 2002 to d.ate.
- Instructor, Qigong, Tai

Martial Arts Certification/Training/Teaching and Awards

- Instructor of the Year 1989, Healing Tao Center, New York.

- 3rd Degree Black Belt, Karate Federation of the Philippines, 1968.
- Student, Wu-Shu, Sichuan Sports College, People's Republic of China, 1983.
- Certified Senior Instructor, Universal Tao/ Healing Tao Center, Chiang Mai, Thailand.
- Certified Senior Instructor (USA), Lapunti Arnis de Abanico, Cebu, Philippines, 1986.
- Producer and Commentator, "Lapunti Arnis de Abanico," a video documentary on a style of Philippine stickfighting.
- Master, Pronus Supinus Arnis de Cadena under Grandmaster Johnny Chiuten, 2002.
Faculty: Qigong, Tai chi chuan and Chi Nei Tsang Internal Organs massage, New England School of Acupuncture, from 1992 to 1998.

Massage Training/Certification

- Certified Senior Instructor, Chi Nei Tsang (Internal Organ Massage), International Healing Tao Center, 1991.
- Teaching Assistant, Chi Nei Tsang retreat, Healing Tao Center, 1988-93.

Articles, writings and poetry

- "Looking for Yang Cheng Fu," article on Master Gin Soon Chu, RAPID Journal, 1997, Philippines and Martial Arts Legends (US) 1999.
- "Coming Home to Tai Chi Chuan," Martial Arts Legends Magazine (1999).
- "Gilas-Arnis", Martial Arts Magazine, 1979, Philippines.
- "The Old Calligrapher" (poem), Solidaridad II, August 1989, Japan.
- "Cheng-Du Dawn" (poem), Healing Tao Journal, NY, 1989. Also published in ezine "Our Own Voice" (www.oovrag.com) April 2003.
- "Letter from Cyprus," essay published in ezine "Our Own Voice" June 2004.
- "God Looks Down from Heaven", a satire, Philippine News, San Francisco, CA, 1979.
- "Du-Fu's Cottage and Other Poems" (chapbook published privately 1997).
- Editor and writer, "Greater Enlightenment of Kan and Li" and "Greatest Enlightenment of Kan and Li, " manuals of Taoist internal alchemy by Mantak Chia, master and founder Healing Tao Center.
- Editor and writer, "Chi Nei Tsang Internal Organ Chi Massage" by Mantak Chia.
- "Dragon (Winter 1984)", included in anthology of poetry and fiction "Flippin' - Filipinos on America," edited by Luis Francia and Eric Gamalinda, NY 1997
- "To Li-Po" included in "Asian Pacific American Journal" (Fall and winter 1999 issue) edited by Eileen Tabios, Asian American Writers Workshop, NY.
- "Company," "A Clearing in the Sky," and "At Marble Collegiate Church with Marla and Donald" included in "NuyorAsian Anthology: Writings on NewYork City" edited by Bino Realuyo.
-
- "Jose Rizal: Zen Life, Zen Death" published in the anthology "Arnis: reflections on the history and development of Philippine martial arts" edited by Mark Wiley. Also published in "Philippine News, San Francisco, 1980; "The Sunday Times Magazine, " Manila, December 1986.
- "This is the hand" published in the anthology "ErosPinoy, " edited by Alfred Yuson, et al.
- "3 Love Poems" published in the anthology "Love Gathers All" published in Manila and Singapore, edited by Alfred Yuson, et al.
- "After the Hsih Hua: Poetics," essay included in "Pinoy Poetics" edited by Nick Carbo (Meritage Press: California 2004)
- "Worship of the Goddess: Taoist Tantric Sex" in RAPID Journal (Manila, Philippines), 2006.
- "At the Nursing Home with Dad," poem included in the anthology "Father Poems" edited by Alfred Yuson and Gimeno Abad (Anvil: Manila 2004)
- Comments on poetry of Rene by Len Roberts, June Jordan, Bino Realuyo and Maria Carino can be provided upon request.

- Numerous articles on healing, martial arts, politics and culture published in the US, Philippines, UK, and Cyprus.
- Numerous poetry reading appearances in Massachusetts, New Jersey, Pennsylvania, New York, Cyprus, London.

Teaching experience/Lectures and Demonstrations

- London workshops in Arnis de Mano and Tai chi chuan, 9/19-20 and 9/22-23, 2002, sponsored by the Universal Healing Tao UK.
- UK workshops (Leeds and Cambridge) in Tai chi chuan and Chi Nei Tsang internal organs massage, 2002, sponsored by the Healing Tao of Great Britain.
- Egypt (Cairo) Workshops in Tai chi chuan and Chi Nei Tsang Internal Organs Massage, 2004.
- Cyprus (North) Lectures and Workshops in Meditation and Qigong, 2004.
- Lecture and Demonstration, Traditional Yang Family Tai chi chuan Fist and Weapons forms, Ateneo de Manila University, Department of Physical Education, 9/11/2000.
- Lecture on Women's Energetics, sponsored by the Department of Women's Studies, University of the Philippines, 1996.
- Lecture on the Healing Arts of China, Philippine Women's University, 1998.
- Lecture and Demonstration, Taoist Meditation and Traditional Yang Family Tai chi chuan, 4/6/99, sponsored by the Lehigh University Religion Studies Department and Asian Studies Program (through Dr. Norman Girardot).
- Lecture on Taoist practice at the International Conference on Taoism and Ecology, sponsored by Harvard University, through Dr. Livia Kohn and Dr. Norman Girardot, 1998.
- Instructor, Microcosmic Orbit Meditation, Fusion of the Five Elements, Buddha Palm, Chi Nei Tsang Internal Organ Chi Massage, New England School of Acupuncture (NESA) 1992-98; and Introduction to Chinese Medicine, 1997-98.
- Faculty member, Hawaii College of Traditional Oriental Medicine (dissolved), Maui.
- Faculty member, New England School of Acupuncture, 1993 to 1998.
- Shaolin Kung-Fu instructor, Hofstra University, New York, 1979-82.
- Tai Chi Chuan instructor, Muhlenberg College, Allentown, PA, 1986.
- Instructor, Healing Tao Center Summer Retreat, Big Indian, Catskill, New York, 1987-92.
- Instructor, Healing Tao Center Winter Retreat, Chiang Mai, Thailand, 1997.
- Instructor, CNT and Advanced Oriental Techniques Retreats, Healing Tao USA Summer Retreat, 1999- to date. .
- Consultant and Speaker, Philippine Department of Health International Conference on Traditional and Alternative Healing, Bayview Hotel, February 2002.
- Numerous appearances, lectures and workshops in Chinese Kung-Fu, Tai Chi Chuan, Taoist Esoteric Yoga and Arnis de Mano in Delaware, New Jersey, New York, Pennsylvania, Maryland, Maine, Massachusetts, the Netherlands, United Kingdom and Philippines. Also teaching Oriental arts in Hofstra University and other schools.
- Instructor, Philippine Stickfighting (arnis de mano), University of the Philippines 1987.

Martial arts and healing training (miscellany)

- Classical Yang Family Tai Chi Chuan, Master Gin Soon Chu, Boston, MA, 1989 to date. Studied Solo Form, Staff, Knife/Broadsword (2 sets), Sword, Push Hands, 2-Man Sparring Set, Chang-Chuan/Fast Tai Chi form.
- Shaolin Temple Kung-Fu Wu-Shu, Hung-Chia style, Master Lao Kim, Philippines, 1967-70.
- Shaolin Temple Kung-Fu Wu-Shu, Hung-Chia style, Master Johnny Chiuten, Philippines, 1964 to date.
- Tai Chi Chuan (Yang style), Master Chan Bun Te, Hua Eng Athletic Club, Chinatown, Philippines, 1968-70.

- Tai Chi Chuan (Yang style), Master Lao Yun Hsiao of Taiwan, Philippines, 1970.
- Arnis Lanada style, Philippine stickfighting, Chief instructor Amante Marinas, 1974, New York.
- Lapunti Arnis de Abanico style, Grandmaster Filemon Caburnay, Senior Instructor Ondo Caburnay and Master Johnny Chiuten, 1986 to date, Cebu and Bantayan Island, Philippines.
- Wu-Shu (Chang-Chuan, Straight Sword, Spear and Hsing-I) Ye Dao Qin and Go Hong Hai, Sichuan Sports College, People's Republic of China, 1983.
- Monkey Hand and Cudgel, Xiao Yingpeng (Monkey King of China), Sichuan, People's Republic of China, 1983.
- Taoist Esoteric Yoga, Master Mantak Chia, New York, 1983 to date.
- Kwan-Dao (Black Dragon Form) and Tai Chi Gim (Straight Sword), Sifu John Loupos, Wah Lum Kung-Fu Academy, Cohasset, MA, 1989.
- Chi Nei Tsang Internal organ massage with Mantak Chia, 1987 to 1994.

Speech Contest Awards

- President Carlos P. Romulo Gold Medal (First Prize) for Impromptu Speech, 1964, University of the Philippines.
- First Prize (Gold Medal and Trophy), Oratorical Contest, MLQ University, 1960.
- First Prize (Gold Medal), Impromptu Speech Contest, College Editors Guild of the Philippines, 1961, Cebu City.

Theatre Experiences

- Appeared in lead roles and choreographed scenes in PETAL (Philippine Educational Theatre Arts League) and TWITAS (Third World Institute of Theatre Arts) productions at LaMama ETC, New York, with Cecille Guidote Alvarez, director.
- Conducted body movement and martial arts workshops for the theatre groups of Cecille Guidote Alvarez (1980-82), Andrei Servan (1975) and Pauline Hahn (1980) in New York City.

Featured

- "Rene Navarro's Romance with the Martial Arts" (The Sunday Times Magazine , Manila, Philippines, June 1986).
 - The Morning Call (Allentown, PA) magazine cover-lead article, 1983.
 - The Malverne News (Malverne, New York), 1980.
 - "Master Rene Navarro" (interview published in the book "Masters of Arnis, Kali and Eskrima" by Edgar G. Sulite, Manila, 1988). Master Sulite was the first person to write a book about the masters who had significant influence on the propagation and spread of this Philippine martial art. Rene is covered in 7 pages of text and photos.
- "Interview with Master Rene Navarro: The Ancients' Route" , RAPID Journal (Manila Philippines, 1996).
 - Cover and featured article, RAPID JOURNAL (Manila, Philippines), "The Sword of the Immortal," 2005; "Introduction to Chinese Culture: Taoist Self-Cultivation" (2007); "Journal of a China Journey" (2008).
- "Master Rene Navarro: Training in the Philippines (Krishna Godhania Talks to Rene Navarro), Martial Arts Illustrated magazine, London, England, December 2003.
- Featured in several Philippine TV programs demonstrating Qigong, Massage and Tai chi chuan 2004 to date.

*** The dates cited are approximate.

