From the Sydney Opera House to Toronto: Tai Ji Men 60 Years of Culture, Learning and Peace

A cultural and educational story coming to Toronto this October, when more than 600 participants from around the world will gather for a three-day program



Embodying the highest ideals of traditional qigong and martial arts, performers express “raising goodness” (□□) and “stopping the weapon” (□□), reflecting the pursuit of using martial strength to end conflict and foster peace.

TORONTO, ONTARIO, CANADA, September 16, 2026 / EINPresswire.com/ -- A World of One Heart — Peace and Sustainability, taking place October 2–4 at the St. Lawrence Centre for the Arts, will feature qigong, martial arts, music, dance and colourful cultural presentations inspired by traditional auspicious symbols, including the dragon, lion, phoenix and Golden Peacock. The program will also feature the 530-pound (240-kilogram) Bell of World Peace and Love and a ceremonial bell-ringing dedicated to peace.

Behind the performances is a 60-year story of learning, self-cultivation and cultural transmission across generations. Tai Ji Men dizi (apprentices/students) learn through qigong, martial arts, practice, self-reflection and mutual learning, carrying what they learn into their daily lives, families and communities.

From the Sydney Opera House to Toronto

In 2000, Tai Ji Men was invited to perform at the Sydney Opera House during the Olympic period. In the years that followed, Tai Ji Men also presented cultural performances in New York and at major venues in California, including the Pasadena Civic Auditorium and the San Jose Center for the Performing Arts.

Over the past six decades, according to Tai Ji Men records, it has participated in and promoted more than 10,000 international cultural exchange events across five continents and 123 countries.

This October, that journey continues in Toronto, bringing together people of different ages and backgrounds to share cultural traditions and connect with Toronto's diverse communities.



The Fire Phoenix rises in flames symbolizing the burning away of darkness and wrongdoing, carrying a message of renewal and hope for a world facing hardship.



Tai Ji Men became the first group from Taiwan invited to perform at the Sydney Opera House during the 2000 Olympic period, bringing together martial arts, the arts and a message of peace in a landmark performance.

More Than a Performance: Learning Across Generations

More than 600 Tai Ji Men participants will contribute to the Toronto program, both on stage and through other aspects of the three-day event.

Behind the cultural presentations are years of learning and practice. Tai Ji Men's approach to holistic education views learning as a lifelong process of self-cultivation and whole-person development. From children and youth to adults and seniors, practitioners of different generations learn through practice, self-reflection, mutual learning and participation, cultivating character, and wisdom while their potential to contribute to others.

The cultural performances are one expression of this learning. Through martial arts, movement, music and symbolism, participants carry forward cultural traditions while sharing values of balance, harmony and peace. This is reflected in the traditional concept of zhi ge wei wu (□□□□). The Chinese character wu (□), meaning "martial," contains the components zhi (□), "to stop," and ge (□), an ancient weapon. Together, they convey a traditional ideal of martial arts: to stop conflict rather than create it, and to use strength in the pursuit of peace.

A highlight of the Toronto program will be the Golden Peacock dance, one of Tai Ji Men's newest cultural presentations. Unveiled earlier this year before delegates at an international economic summit, the presentation will now be brought to Toronto as part of the 60th anniversary program.

A 530-Pound Bell with a Message of Peace

Another focal point of the Toronto program will be the approximately 530-pound Bell of World Peace and Love.

According to Tai Ji Men, the bell has been rung by leaders and prominent figures from around the world, including former heads of state and Nobel Peace Prize laureates, who have participated in bell-ringing ceremonies and expressed wishes for peace.

A ceremonial bell-ringing will also take place in Toronto, extending wishes for peace to the city and communities around the world.

A New Chapter in Canada

Tai Ji Men Qigong Academy was established in Taiwan by Dr. Hong Tao-Tze in 1966, carrying forward Tai Ji Men's traditions of qigong, martial arts and self-cultivation.

In 2025, a nonprofit organization dedicated to advancing education was established in Canada to carry forward Tai Ji Men's traditions. By sharing Tai Ji Men's philosophy, qigong, martial arts and rich cultural heritage, the organization creates opportunities for people in Canada to learn, enrich their lives and contribute positively to their communities.

Its first Canadian location opened in Toronto on August 1, 2025, providing a welcoming space for learning, cultural exchange and community engagement.

The 60th anniversary program offers another opportunity for people of different cultural backgrounds and generations to meet, learn from one another and experience these traditions in Toronto.

Interview Opportunities

We would be pleased to arrange interviews with people who can share different aspects of the Tai Ji Men story, including:

- Tai Ji Men representatives, who can speak about its history, philosophy, approach to holistic education and international cultural exchanges;
- Performers and other participants, who can share the learning and preparation behind the cultural presentations and their experiences with qigong, martial arts, music and dance;

• Tai Ji Men practitioners in Canada, who can speak about learning across generations and how their experiences have influenced their personal growth, family life and community involvement;
• Participants in the 2000 Sydney Opera House performance, who can reflect on that international cultural exchange and what it means to bring these traditions to Toronto 26 years later; and
• Representatives connected with the Bell of World Peace and Love, who can share the story of the 530-pound bell and its journey across cultures and countries.

Interviews can be arranged before the event, for feature stories, or on site during the October 2–4 programs. We would be happy to work with your team to identify interview subjects and story angles that may be of interest to your readers, and to provide photographs, background information or other supporting materials.

Event Information

A World of One Heart — Peace and Sustainability
Honouring 60 Years of Educational Legacy of the Tai Ji Men Qigong Academy

October 2–4, 2026
St. Lawrence Centre for the Arts
27 Front Street East
Toronto, ON M5E 1B4

October 2: 7:00–8:30 p.m. | Jane Mallett Theatre
October 3: 2:00–4:00 p.m. | Jane Mallett Theatre
October 4: 2:00–3:30 p.m. | Bluma Appel Theatre

Admission is free. Tickets are available through the event registration website.

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