

## An overdue Tai Chi Push Hands champion

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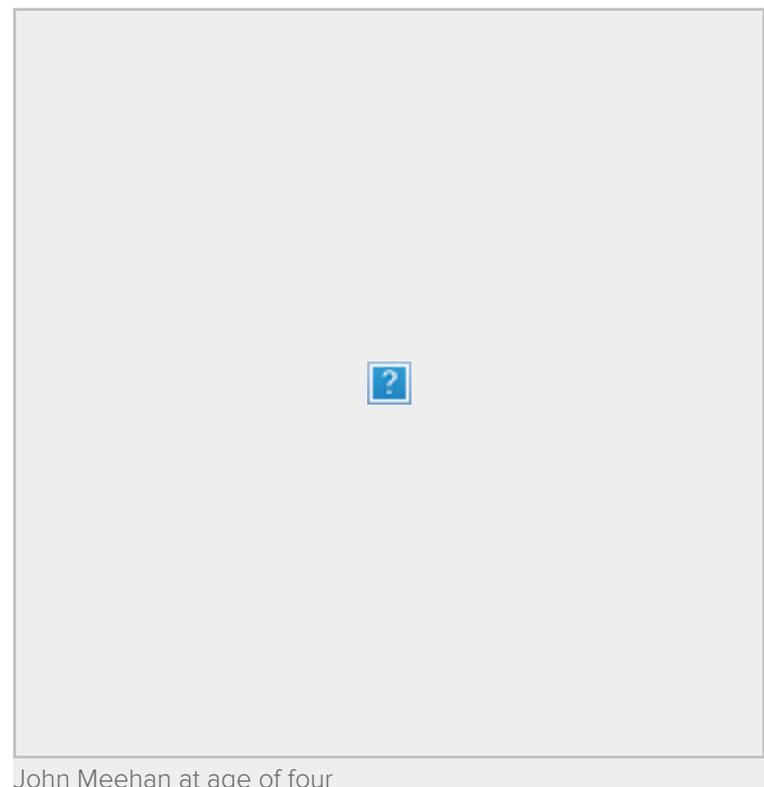


John Meehan recently won the first ever Extreme Push Hands National Competition at [International Chinese Martial Arts Champion](#) (ICMAC), held in St. Petersburg, Florida. People who are familiar with John are very proud of his accomplishment and this overdue championship.

John Meehan is the older son of Sifu [Justin Meehan](#), St. Louis, Missouri. His mom Daisy Meehan

practiced Tai Chi during her pregnancy with John. John is always curious and active. At the very young age he often imitated his Dad and made Tai Chi movements. His favorite move was "Buddha Warrior Attendant pounding". He was nick-named "little tiger" by family friends. When he was a toddler, he would sit on Sifu Justin's shoulders when they visited Master Zhang Xue Xin in San Francisco and watched his Dad studied Hun Yuan Tai Chi. Sifu Justin and Daisy are very fond of Chinese culture and make it an important part of their family life. They celebrate Chinese New Year each year. John's Chinese Godfather is Hun Yuan Tai Chi [Master Yang Yang](#) and his Chinese Godmother is the acupuncturist Dr. Jean Ching Ou in San Francisco. Many [Taichi](#) masters and grandmasters – including the 19th Generation Chen Style Tai Chi family lineage holder Chen Xiao Wang -- have been guests at their home. As he grew older, John studied Chinese [Kung Fu](#) (Wah Lum Temple), Brazilian Martial Art [Capoeira](#), HunYuan Tai Chi/[Qigong](#), and Qigong Gwan Qi Fa (from Grandmaster [Liang Shou Yu](#)).

"John loves to wrestle", remarks Sifu Justin. John recalls that his father, younger brother [Jason](#), who was twice a Push Hands National Champion at ICMAC, and he always wrestled, sparred and pushed hands with each other in their family room. "It was just part of growing up", says John. Last year, both John and Jason participated in ICMAC in Orlando, Florida. The Meehan brothers were unbeatable until they had to compete with each other. They pushed each other for a few rounds but obviously not in a competitive manner. The judges warned them and threatened to disqualify them if they continued not to compete with each other. At the right moment, John made up his mind and he did use force and let Jason pushed him off. Jason won the National title while he got the second place. When asked why he decided to yield to Jason, John replied "Jason is a very good martial artist. He already won a National Champion the year before. He was training much harder than me and he deserves to win".



The Extreme Push Hands is a special category featured in this year's ICMAC. In addition to [Push Hands](#) techniques, the Extreme Push Hands allowed Throws and Sweeps. John Meehan won every match even against opponents over 300 lbs and much taller than him. He never lost a single match and then took on a series of 5 challenges from a contingent of Push Hands past champions who came as a team. Most amazing part was that he did not allow anyone to score a single point against him. He credited his success to his father's teachings, his past martial art experience, his practice with Jason, and the effectiveness of Hun Yuan Tai Chi and Qigong. appearance. Highlight and replace each paragraph individually to retain this template's appearance.

In college John was on the football team at Drake University, Iowa. He continued to practice Taichi and



other [martial arts](#). John is also a good writer and contributed two articles in the Sept 2010 issue of [Ultimate Mixed Martial Arts Magazine](#), including one on the top 5 MMA injuries. He graduated in May and will be a law student at Drake University this fall. His focus will be sports related laws and criminal law which is practiced by his father. Justin Meehan is a well-respected attorney in St. Louis due to his work in defending the underprivileged, sometimes even without pay. John comments that “Dad definitely has shown me a meaningful career choice.”

Jason (L), Justin (M), and John (R) Meehan



## **Violet Li**

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