

**Below are the words of Christina Tzialla, regarding her personal first experience from meeting Grace:**

*"I met Grace in 2022 in Aegina, during a Tai Chi Chouan Retreat which was organized by the Tai Chi Chuan Center of Nea Smyrni, where I also train, in collaboration with the Athens Tai Chi Chuan Association. Grace's humble demeanor and movements in the space didn't let me understand the history and cultural heritage she carried, which translated into the body of this petite existence. Grace stood beside me, and both of us followed our teachers in whatever they instructed.*

*At some point, while learning Push Hands, I found myself "facing" Grace. She expressed her admiration for my strength, giving me the nickname "Greek Mountain." I expressed my admiration for how a woman who was two heads shorter than me could stop the momentum of a "Greek mountain" and handle my hands as if she was washing them in water.*

*A year later, Grace returned to Greece. I invited her to speak to us about a culture of a people who were nurtured with phrases like those of Bruce Lee and about women who take life into their own hands. And, in turn, I would show her the real "Greek Mountains" and introduce her to our own aquatic element, our DNA running through our veins."*

*Shifu Grace Chui accepted our invitation to speak to us and introduce us, through workshops, to the noble, gentle form of the martial art of Tai Chi, which imitates the movement and intentions of water.*

*"Be water, my friend. Empty your mind. Be formless, shapeless, like water. You put water into a cup, it becomes the cup. You put water into a bottle, it becomes the bottle. You put it into a teapot, it becomes the teapot. Now water can flow or it can crash. Be water, my friend."*

*Bruce Lee*