



# Ramel Rones

283 Stratford Street in Boston Massachusetts 02132

Call 617 469. 2157 Fax 617 469.9526

[www.ramelrones.com](http://www.ramelrones.com)



## TEACHER • TRAINER

Since 1984, Rami has been training student in techniques and applications of internal and external martial arts which consists of the following styles: Shaolin White Crane and Long Fist, The Art of Taijiquan and Pushing Hands, Qigong, QiNa, Zen and Taoist Meditation.

## MIND • BODY PROGRAM DESIGNER

- Chosen to design a research Program utilizing Mind/Body Techniques to treat Cancer, Dana Farber Cancer Institute
- Chosen to design a research Program utilizing Mind/Body Techniques to treat Rheumatoid Arthritis, Tufts-New England Medical Center
- Received a three year federal grant to design and implement a Mind/Body Program targeting the challenges facing elders
- Created and implemented Water/Land-Mind/Body Arthritis Program, Wellbridge Center, Newton, Ma

## WRITER • CONTRIBUTOR

- Chosen to design Mind/Body component of *The Secrets of Aging* exhibition at the Science Museum, Boston, Ma (traveling exhibit appearing at museums around the country)
- Authored articles for magazines and newsletters, appears in videos, tv programs and books concerning internal and external martial arts and their application to specific diseases.

## ACHIEVEMENTS

- 2000 Designed Mind/Body component of *The Secrets of Aging*, The Science Museum, Boston  
Implemented Mind/Body pilot for breast, lymph and prostate cancer, Dana Farber, Boston  
Invited as Mind/Body consultant, Society of Tufts Fellows Symposium, Talloires, France
- 1999 Faculty member of Tufts Center for Physical Fitness
- 1998 Invited to present as Mind/Body Expert at the Blum Lecture Series, Dana Farber  
Invited as Mind/Body Expert, 2nd Geriatric Conference on Aging in the Middle East, Israel  
Invited by the Arthritis Foundation to present the Rones Mind/Body Approach to Arthritis
- 1997 Appeared in Boston Globe as Mind/Body expert to prevent falls  
Appeared on CNN as Cancer Mind/Body expert
- 1996–98 Invited to judge The Internal Martial Arts Competition in Boston
- 1995 Received grant through the Council on Elders Affairs in Chelsea to implement Mind/Body Programs for Elders
- 1994 Gold Medal for External Weapons (Kung Fu) in Shanghai, China  
Gold Medal for Internal Weapons in Shanghai, China  
Gold Medal for Taijiquan in Shanghai, China  
Gold Medal for Taijiquan at the North American Chinese Martial Arts Competition, Florida  
Gold Medal for Kung Fu Straight Sword in New York
- 1990 Middle Weight Champion, Taijiquan Pushing-Hands, Taste of China Taijiquan Int'l Competition  
Silver Medal in Straight Sword and Taijiquan, US Int'l Chinese Martial Arts Competition  
Bronze Medal in all-around internal style, US Int'l Chinese Martial Arts Competition

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## BACKGROUND

- 1996—present Disciple of Dr. Yang, Jwing-Ming, author and master of the eastern arts  
Working to strengthen the immune system of cancer patients through the principles of the eastern arts
- 1995—present Designed Water/Land - Mind/Body Arthritis Program and led study at the Wellbridge Center, Newton  
Senior instructor/trainer in Gongfu, Taijiquan, and Qigong at Yang's Martial Arts Academy (YMAA) in Jamaica Plain, Ma
- 1986—present Internal and external Instructor at YMAA
- 1983—present Joined YMAA, trained with Dr. Yang, Jwing-Ming, the well respected master of martial arts
- 1980—83 Israeli Armed Forces
- 1977—present Zen Meditation

## OTHER SPECIALTIES

Chinese Massage, Anatomy and Movement, Yoga, Philosophy, Research, Poetry and Music

