

MJ, The Modern Shaolin Biography

MJ is the only non-Chinese Shaolin Disciple of the Shaolin Temple to perform in the famous Shaolin 'Wheel of Life' show worldwide.



MJ has performed in several international tours spanning Europe, China, Malaysia, Indonesia and Singapore, the latter for an audience of over 10,000. MJ was awarded the Buddhist name Shi Yan Wu in 2006 and was given the role of Coach at the Shaolin Temple Training Ground in 2007. In 2007 MJ led his students to be filmed for the National Geographic TV channel.

On his return to the UK he has continuously participated in charity-based work, raising over £50K. As part of these various projects he has given free mentoring to over 20,000 UK youths between the ages of 16-21, offering youngsters an insight into the beauty of Shaolin philosophy and how the simplicity of a culture unknown to Westerners can offer an inspirational answer to stop violence, knife and gun crime, which has become a growing issue in the UK. This important work has attracted major media attention, with MJ appearing on BBC London News, ITV News, BBC Breakfast News, on BBC Radio 4, Radio 2, Radio 1 and in the press including the Daily Mail, the Independent and others.

In May 2008, MJ was the cover story in 'Combat', the UK's leading martial arts magazine. Also that year he was invited to perform in the Shaolin Temple's largest international performance, the 'Wheel of Life', touring to over 100,000 people in the UK and USA.

In 2009, being appointed to the Shaolin Monks Delegation, MJ was invited to take part in 'Superstars of dance' on NBC as coach and performer for Team China. At this time

the Shaolin Monks raised more than \$30,000US for the temple whilst performing alongside music legend Stevie Wonder for the charity 'Community Jam Against Violence'.

2010 continued to be busy as MJ founded the 'Temple', just outside of North London. Home to the Shaolin Warriors UK his students of youngsters and adults all share the philosophy of TEAM: Together Everyone Achieves More. Working hard the team raised enough money to get their own training ground. MJ took the Shaolin Team to participate in 'Britain's Got Talent' where the troupe was selected and made it to the semi finals.

Summer 2010 MJ flew to Honk Kong with disaffected youths from the UK to film 'Kung-Fu Changed my Life', his SKY One TV series. Broadcasting Summer 2011, the show features their personal journey as MJ works to alter the course of their lives through the Shaolin Philosophy.

2011 saw the Shaolin Warriors perform at corporate and international events. The Shaolin Warriors appeared on ITV's Sing if you Can, had the release of their Sky One TV series and were the featured act in London's second biggest event Chinese New Year Celebration.

2012 MJ lead the Shaolin Warriors UK in a full theatre show The Shaolin Elements, touring across London with 3 shows all selling out within the first 48 hours of the box office opening. 2012 also saw the first Shaolin European Cultural event held in Germany were MJ was invited by the Shaolin Temple China to lead a delegation of warriors from the UK to participate. The group of 6 came home with 13 gold medals winning every event they participated in, as UK members of the S.E.A (Shaolin European Association) MJ was part of the team to host the next Shaolin Cultural event to be held in London October 2014.

2013 was yet another great year for the Shaolin Temple. With 3 students being invited to train at the Shaolin Temple China and MJ appearing on two more TV shows Superhuman Showdown for UK's Quest TV and "Stan Lee's Superhuman's" for USA's Discovery Channel. MJ was then chosen to represent UK in the Kung FU Champion Ship hosted each year by Hong Kong's TV station TVB8 where MJ won first place for the Boxing category held in Singapore.

2014 MJ took the Shaolin Warriors UK across to China for a cultural exchange - here they visited all the great masters of Shaolin and gave performances to showcase what they have achieved over the last 5 years. It was a great honour and

the abbot of the Shaolin Temple Shi Yong Xin invited the Shaolin Warriors to give him a private demonstration of their skill. Returning to the UK MJ and the Shaolin Warriors UK then took part in the international Shaolin Cultural festival in London during October. The team blew everyone away and walked away with 13 gold trophies.

2015 saw amazing transformations at the Shaolin Temple in Cheshunt - now a complete Temple with every area covered. A great entrance way, an enormous training hall, A Kick boxing room, A meditation room, a Shaolin store and even a traditional style Shaolin Courtyard. The Temple really feels like you are in the middle of China now. Again in summer 2015 MJ traveled back to visit his masters in China this time with a small group of international students and follows. The trip was a great success and everyone who came along is looking forward to the next trip.

2016 MJ passed Temple duties to his senior students and decided to take his Son to LA for a year. Along with his Son T, MJ lived just a few blocks from Venice muscle beach and began working intensively on his new found love- Free style Calisthenics - both MJ and T made huge progress in short periods of time. Racking up millions of views on Instagram and becoming well known as the father and son who train at muscle beach. That year both took part in the annual muscle beach bar competition- going up against athletes who had travelled from all across USA and had years of experience. T won the children category and MJ places second going up against who is now the world champion.

2017 summer - moving back to London MJ incorporated callisthenics into the Temple training program introducing new skills and ways to workout for the local community around him. Expanding classes and offering more ways to train the Temple was happy to have MJ back in the UK.

2018 was the hardest year of training MJ had put his body through since training in China back when he was 16! Along with his most senior student Li Ge, 17 at the time, and first student/brother in law Tian Ge a Shaolin Monk from China, 18 years old, the trio trained up to 8 hours a day and transformed their bodies and minds with the warrior spirit style training! Picking up shows and performing up and down the Uk 2018 was a super 'SAIYAN' year for sure!

2019 once again MJ wanted to level up- introducing power lifting MJ began to increase his strength and physical appearance. Working out twice daily huge gains were made. Work in the Temple continued as the 10 birthday approached - bringing 100's of students from the past decade back together to celebrate the success of the Temple many great memories were made.

2020 was a huge year for MJ & his Temple. Regardless of the world lockdown due to covid 19 MJ's relentless drive to become limitless pushed him to have an amazing year. Spending hours on hours in isolated training with his son the duo were able to level up and reach new heights. Posting their amazing training videos and feats on instagram they very quickly went viral hitting millions on millions of views and catching the attention of some of the biggest IG feeds out there including Worldstar, Ladbible, ESPN & many more. This attention also captured the attention of the BBC who visited the Temple during lockdown to see for themselves & share with the nation what MJ & the Temple are doing. This new found fame also caught the attention of America's Got Talent who invited MJ & his son T to fly out to LA and take part in season 16 of the world-renowned TV show where they blew the judges away and put on a performance like never before.

2021 MJ continues to set and smash goals! January saw the release of MJ's very own pre-workout, combat cola, with the supplement company Muscle Rage. Flying out to LA to shoot for AGT, filming with one of UK's biggest TV stations ITV for some exciting new projects (watch out soon), Re-opening the Temple to the public after more than 18months of closure due to lockdown & being invited to perform with his son all around the world to take part in many TV shows including Italy's Got Talent & France's Game of Talent. 2021 has been another crazy, driven and successful year! What will 2022 bring? We will have to wait and see...