



## In Memory of Shelly Mazer

On February 14, 2025, a longtime and beloved member of our school, Shelly Mazer, passed.

Shelly was a part of Tai Chi Berkeley for over 20 years, participating in classes, workshops, and camps, where she trained so well, offering and contributing the best of her Tai Chi and martial art skills.

When Shelly began to study with me, she and her husband of more than fifty years, Mr. Julius Baker were already top black-belt practitioners and instructors of Taekwondo, well known throughout the Bay Area for their exemplary work with teens and younger children. As I got to know Shelly and Julius I became so impressed with the depth and quality of their broad martial arts training. However I was most impressed with their "wu te," their martial virtue. Shelly had really good martial and fighting skills, developed over years of rigorous training. As Shelly and Julius became a part of the advanced Tai Chi training group, they so compassionately manifested their special skills. I loved doing Push-Hands with Shelly, because she played with such an interconnected joy in her arms, hands, and waist.

Shelly was an incredible martial arts being. She also contributed to her community as a social worker in some of the most difficult circumstances and situations, retiring from Alameda County Child Protective Services just a few short years ago.

I feel so fortunate to have walked some time on her path.

~Lenzie Williams, February 2025