

The sporty development of Jacek Zajac, born in 1965 in Tychy, Poland.

Jacek Zajac's first contact with Martial Arts took place in 1974 at the age of 9 .

He started practicing wresling in The GKS Sport Club in Tychy.

One year later, during the wresling championship, he was introduced to Judo and Aikido which were not as popular as wresling or any other European martial arts.

This experience was amazing and very influential for his future decisions and development.

He was eager and determined to look for a qualified coach which was not an easy thing to do because Asian martial arts were not very popular back then.

With his fathers's strong support who himself was a successful boxer, he was introduced to Jiu Jitsu. He was fascinated with it and spent his entire spare time analyzing the movements of that art.

In 1976 he met Mr Nemetz who was a highly qualified instructor of traditional Judo, Jiu Jitsu and Aikido. That was when Jacek Zajac decided to profoundly study Asian martial arts.

1979 was the year when he met his first Gong fu instructor by the name Tadeusz Gacki.

For the next 4 years, Mr Gacki shared his knowladge with him, taught him Tang Lang and Hung Gar Gong Fu. Their relationship and cooperation have been very much active and fruitful until today.

The milestone in Jacek Zajac Martial Arts education was when he met a traditional gong fu master , Dr. Yang Jwing Ming who had founded YMAA Academy in 1974 in Boston.

Master Yang Jwing Ming accepted an invitation sent to him by the young and enthusiastic Poles and decided to introduce them to training methods of the traditional gong fu which even in China were very scarce.

During his regular visits, he was able to notice the dedication and progress of his students.

Deeply influence and fascinated by the traditional principles and longlasting training with Master Yang, Jacek Zajac eagerly practiced the styles that Master Yang had indroduced him to such as : Bai He, Qin Na, Chang Chuan, Yang Taijiquan, Qigong including Tuina Massage.

Although his training methods were based on the traditional principles, he always stayed in touch with different styles. Practicing and partcipating many championships with people of different styles helped him broaden and enrich his horizons.

Through his contact with many wushu masters such as: Chen Cheng, Zhen Feng Jun, Tian Liyang, Xu Li, he had a possibility to gain more knowladge about different styles such as: Xingyiquan, Bakuazhang, Chen Taijiquan, Wudangquan.

In 1990 he moved to Germany where he has been living and coaching different martial arts groups ever since.

In 1991 his firstson Axel was born, whose godfather became Master Yang.

Right before his son's birth, he became one of the first three YMAA instructors in Europe.

1993 was the year when he joined Dem Action Concept, acted and served as fight scences advisor in different movies such as: Sk Babes, Die Dibienen, Autobahnpolizei.

In 1995 his second son Marcel was born. Since then he has mainly devoted himself to the Internal Martial Arts and Realistic Art of Fighting / Self-Defence.

In 2000 he decided to found San-Cai Academy.

In 2004 he opened a new branch of San-Cai Academy in Presov, Slovakia.

In 2006 another branch was opened in Colougne, Germany.

In 2007 another branch was opened in Warwick, England.