

Master Ho Ah San (born 29 August 1936)

A brief report by John Chow of Tao of Tai Chi Chuan Institute on his Malaysian trip, June/July 2005

Master Ho Ah San is nearly 70 years old at this time of writing. He was a live-in student of Master Lu Tong Bao, and thus may be a great resource of what Master Lu Tong Bao's life is like, his exploits, his students, and his personal daily training.

Master Ho Ah San speaks English, Mandarin, Hokkien, Cantonese, and because he is a Hakka, he also speaks Hakka. Therefore, I have no language problems with him.

He is very approachable and friendly. He entertained me with answers to my questions, and brought me out to eat, even past midnight. He also brought me to see Master (Dato) Feng Zai Qing (Phang Chye Ching) who was a student of Yap Siu Ting.

Master Ho Ah San is still healthy and strong. He demonstrated his "Fa Jing" to me by pushing one of Nigel Sutton's students to the wall. He teaches 3 classes a week.

Master Ho Ah San believes in using "softness in defence but hardness in attack". He believes Nei Gong has little to do with real "Fa Jing". His view is the intention ("yi") is the most important prerequisite because, "Wherever the Yi goes, the Qi goes". He also believes in detaching the part of the body that is being attacked. He also stressed the advantage of attacking on the outside line. His interest is mostly in combat applications of Tai Chi Chuan. Being a live-in student, he is an inheritor of Lu Tong Bao's staff techniques.

Master Ho Ah San is also an avid golfer, and in fact, he is a professional golf coach. He also practises acupressure.

He may be contacted via Nigel Sutton or John Chow.



John Chow with Master Ho Ah San in his office. Note the photos of the Yang Style Tai Chi lineage in the background as well as the beautiful calligraphy.



Photo shows Nigel Sutton, his wife Fong, Nigel's student, Master Ho Ah San, and John Chow. Nigel is the head of Zhong Ding which has a 'loose' membership of maybe around 2000 members. He is my Shi Xiong under Master Lau Kim Hong. He also teaches the Malay martial art of Silat. Both he and I are founding committee members of a newly formed organisation called "Warriors International"

17 August 2005

Written by John Chow, a practitioner of Chinese medicine, acupuncturist, masseur, healer and teacher of martial arts and spiritual paths.

Copyright:-

No part of this article can be used, quoted, copied in any form without the permission from the author.

For further information on this article, please contact John Chow at vajra_master@yahoo.com