

Master Gao Yun Wu

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

Master Gao Yun Wu is one of the last surviving students of the famous Master Cheng Man Ching. At the present age of 88, he is surprisingly very healthy, fit, and can endure long hours of practice. I personally witnessed him teaching from 7am to 9am, and then 9am to 11am without stopping to rest (ie. stand up to engage in conversation, neither sit down to take a break). He is constantly practising his art, even when his students are not around. Therefore, I assume he would have put in several hours of practising the form exercise daily.

Master Gao Yun Wu's sense of balance and placement of weight on one foot is excellent for his advanced age (I noted that some Tai Chi Chuan masters tend to be a little unsteady in their advanced age when weight is being shifted to one leg). He is always cheerful and happy.

At 88 years of age, Master Gao Yun Wu's memory and awareness is excellent. For example, I asked him whether he knows Yap Siu Ting (Yue Siu Ting), and his face immediately lifted up and he responded "Yes, I know who he is. He is a student of Ching Man Ching" with a smile. He also remembers his trip to Malaysia where he met a few students of Yap Siu Ting.

Master Gao Yun Wu's performance of the simplified 37 Posture exercise form of Cheng Man Ching is excellent. This is probably he does it several times a day for decades. I recommend learning the form from him.

I observed his extreme patience with his students. He is a gentle teacher, taking pains to illustrate the finer and deeper points of the exercise form. He is very approachable.

Master Gao Yun Wu is in excellent health. No illnesses, and does not catch flu or common cold. He has no diabetes etc. He does not take any medicines in his old age. At the ripe old age of 88, and a picture of health, vitality and endurance, Master Gao Yun Wu is an excellent example of what the practice of Tai Chi Chuan should do for all practitioners. I recommend dropping by to visit this old master to see this rare illustrious exemplifier for lifting one's confidence in the practice of Tai Chi Chuan.

After observing my Tai Chi Chuan, the master told Kim Fung that I am an old ginger who has old roots and I have good foundation in Tai Chi Chuan. He wanted to take me as a disciple, and asked for my decision. I could hardly believe my luck! It is difficult to get to a personal teaching from a genuine master, much less a genuine and old master. Remember - this master is a student of Cheng Man Ching. This old master is a gem, one of the last of his kind. I happily consented and arranged for a simple "Bai Shi" ceremony with 1 witness.

After the Bai Shi ceremony, Master Gao Yun Wu immediately set out to explain about Cheng Man Ching, his lineage, his relationship with Master Gao Yun Wu, the articles he asked Master Gao Yun Wu to write. Then he showed me his published articles, as well as his hand-written original articles. He then set out to explain in great detail his articles and Tai Chi Chuan principles, such as Zhong Ding, on which

he wrote an article. He lectured non stop for 4 hours, giving me the transmission of the Tai Chi Chuan theory, and at the end of that, he gave me the photocopies of some of his articles, as part of the transmission of the “Bai Shi” ceremony. He also took down my name and address in his small old notebook which was almost falling to bits!

Master Gao Yun Wu asked me to return to visit him again to learn more. He said I can learn anything I request. I requested more detailed teachings on Nei Gong, as he is a direct student of Cheng Man Ching so I want the Nei Gong as Cheng Man Ching had taught him. He consented and said he will write an article on Nei Gong for me so that he can teach that to me next time.



John Chow with Master Gao Yun Wu.



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Master Gao Yun Wu



Master Gao Yun Wu



Master Gao Yun Wu practising even when he is sitting down waiting for students to arrive. Photo shows his favourite special exercise.



My student Kim Fung from Hong Kong with Master Gao Yun Wu.



Kim Fung asked permission to 'bai shi' with Master Gao Yun Wu, and was accepted. Photo shows her paying respects to Master Gao Yun Wu.

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

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