

Master Lau Kim Hong

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

Master Lau Kim Hong started his martial arts training at the age of 12, with White Crane, and then 5 Ancesters. In both arts, his teachers requested him to teach after only a few years of training. Thus, by the age of 21, he was a teacher in both arts.

He then learnt Tai Chi Chuan under Master Lu Tong Bao (the same master who is the head teacher for the Tai Chi Chuan association where I learnt Tai Chi Chuan in my hometown). Master Lu Tong Bao is one of the senior students of Yap Siu Ting who was a student of Cheng Man Ching. Both masters had engaged successfully in many fights and challenges.

Master Lau Kim Hong has taught martial arts for most of his life. He is a very serious and dedicated Tai Chi Chuan practitioner. He normally practises about 8 hours a day.

I found his Push Hands and combat applications excellent, and he can explain the difficult points in very easy down-to-earth way, which makes it very easy for me to understand. As my Tai Chi Chuan master, he took his responsibility very seriously and tried hard to transmit his hard-earned secrets to me in as short a time as possible:- a huge feat, but possible only because of his experience. From learning everyday with him for only 3 days, I managed to not only remember some of the very crucial points I have forgotten during the past 30 years, but also gains more deeper understanding of Tai Chi Chuan. All credit due to his experience and dedication as a Tai Chi Chuan teacher.

Master Lau Kim Hong is 71 years of age at this moment. He is still healthy and strong, and he is very quick, resolute, and precise in his Push Hands and combat applications. He had his fair share of challenges in more than 5 decades of teaching martial arts.

I found that whatever Master Lau Kim Hong taught was always in accord with the Tai Chi Chuan classics and thus very easy to understand. He is well and truly an authentic 2nd generation Tai Chi Chuan teacher of the Yap Siu Ting lineage in Malaysia.



John Chow with Master Lau Kim Hong



John Chow with Master Lau Kim Hong and David Khoo and Pang after 'Bai Shi' Note Master Lau's altar at his home is in the background, With Guan Yin in the centre, Guan Gong to her left, and Chang San Feng to her right. Master Lau is seated, as is traditional during 'Bai Shi'.



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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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