

Master Lin Kuan Cheng

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

Master Lin Kuan Cheng first studied the Cheng Man Ching style. Later, he researched into Tai Chi Chuan theory and came up with his own ideas on what the classics meant.

Master Lin Kuan Cheng's main interest is "Fa Jing". He has written 2 books on this special topic in Chinese (available in Taiwan only at the moment). The books has nice pictures demonstrating his "Fa Jing", sending his opponent flying back with little effort. Highly recommended if you can read Chinese.

Master Lin Kuan Cheng's theories revolve mainly around the interaction of Yin and Yang applied to Push Hands. He emphasises to avoid Yang-Yang or Yin-Yin, but to combine Yin with Yang in a dynamic flux in order to issue "Fa Jing".

Master Lin Kuan Cheng's revolutionary theories are easy to apply if you have special tuition from him. He was very kind to give me a 3 hour personal lesson which gives the essence of all of his Push Hands teachings.

Master Lin Kuan Cheng has not produced any videos on his art, but I will encourage him and make a proposal to him the next time I see him.



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John Chow with Master Lin Kuan Zheng

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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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