

Master Zhao Wei Dong

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

Master Zhao Wei Dong is from China and trained in contemporary WuShu as well as traditional styles of Tai Chi Chuan, including what is known as Taoist Tai Chi Chuan or Wu Dang Tai Chi Chuan.

He consented to an interview. As I was only interested in his Wu Dang Tai Chi Chuan, I asked him for the differences between that and other well-known styles of Tai Chi Chuan.

Basically, Master Zhao Wei Dong seems to indicate that since it is the source of all the other Tai Chi Chuan, it is more complete. For example, Master Zhao Wei Dong demonstrated how “Pull Back” in Wu Dang Tai Chi Chuan has many directions instead of just one direction as in Yang, Wu, Sun and Chen styles.

I questioned Master Zhao Wei Dong about the “official version” of the history of Tai Chi Chuan as having Chen Village as the source. As I expected, Master Zhao Wei Dong indicated that the “official version” is in error, and was made up and marketed for propaganda purposes. It is accepted by all and sundry that Tai Chi Chuan is derived from the Wu Dang system of martial arts. Since Tai Chi Chuan, without doubt, came from Wu Dang, then how can Chen Village be the source? Wu Dang Tai Chi Chuan does indeed contain many of not most of the postures in the well known styles, thus proving there is a connection between them. It does not make any sense to assert that Tai Chi Chuan developed in the Chen village and then developed into the other styles, and finally develop into Wu Dang Tai Chi Chuan. I tend to subscribe to this view. (Please refer to Peter Lim’s articles on the historical development of Tai Chi Chuan).

Master Zhao Wei Dong moves smoothly and has excellent posture. He has excellent grounding and spiralling jing. He is friendly and respectful.

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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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