

John Chow's trip to Beijing, China - October/November 2005 Part 3

Written by John Chow of Tao of Tai Chi Chuan Institute, Melbourne, Australia.

Part 3 is about the 2 masters in Beijing I met and interviewed.

Master Cui Rui Bin

Master Cui is one of the senior students of the famous Yi Chuan master Yao Prior to Yi Chuan, he had learnt Ba Gua, Xing Yi, Tam Tui and Sa Quan.

Master Cui has travelled a few times overseas to Europe and Malaysia.

When I asked him, he said he is willing to come to Australia if invited. Master Cui has opened his own live-in school in the northern hills of Beijing.

I found Master Cui steady and very straight forward, yet courteous and polite. He was generous enough to not only give me 2 publications that he wrote, but also demonstrated his postures and a bit of movements for me. In turn, I demonstrated a bit of Kalis Ilustrisimo to him, and he, in turn, demonstrated his method of using the long sword.

I believe Master Cui is one of the few remaining masters of the 'old generation' who still know what martial arts is really about and has lots to offer to martial arts enthusiasts.



Master He

Master He is a senior student of Master Wang who is a senior student of Master Wang Xiang Zhai who was a foremost martial master at the beginning of the 20th Century.

Master Wang Xiang Zhai founded Yi Chuan, and had many disciples. From the point of view of Da Cheng Quan, the art that Master Wang Xiang Zhai practised towards the end of his life is Da Cheng Quan. Thus, they claim that Master Wang Xiang Zhai practised Xing Yi in his youth, then Yi Chuan in his prime, and then Da Cheng Quan in his advanced age. Thus Da Cheng Quan is the culmination and distillation of his life experiences in the martial arts and contain the loftiest and subtlest physical, mental and spiritual methods of cultivation.



John Chow with Master He



Master He demonstrating the basic tree hugging posture to John Chow



Master He demonstrating a push to Lucian for John Chow

Article not finalised yet. To be completed at a later date.

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

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