

# Learn longevity from Grandmaster Kao Tao

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Grandmaster Kao Tao (courtesy of YMAA)

It is a rare opportunity for people in the United States, especially in the Midwest, to learn directly from Grandmaster Kao Tao.

**Grandmaster Kao Tao (or Gao Tao)** was born in 1932 in Shanghai. In 1944, he became a formal student of Master Yue Huanzhi, from whom he learned Yang style **Taichi**. After junior high, he moved to Hong Kong, where through an introduction from master Yue, he studied under the famous

Taichi master Dong Yingjie. In 1954, he moved to Taiwan to attend university. Since his skills were recognized at a very high level, he received invitations to demonstrate Taichi on many occasions. He took up a teaching position at a high school after graduating from college. Simultaneously, he provided Taichi guidance at five different schools.

One of his students went on to become the internationally renowned Grandmaster **Dr. Yang Jwing-Ming** (or Yang Junmin), Founder and President of Yang's **Martial Arts Association (YMAA)**. YMAA was established in Boston, MA in 1982. Today there are 56 YMAA schools spanning Argentina, Belgium, Canada, Chile, France, Holland, Hungary, Iran, Ireland, Italy, Poland, Portugal, Spain, South Africa, the United Kingdom, and the United States.

In an interview with Michael De Marco in *Journal of Asian Martial Arts*, Vol. 12, 2003, Dr. Yang mentioned that due to a health problem, he studied Taichi with Grandmaster Kao. After two and a half years of training, Master Yang's health was restored. Dr. Yang was quoted saying "It was not until I came to the USA in 1974 that I started to realize that the



reason I have a good [martial arts](#) foundation and profound

understanding was because of training with Master Kao. Master Kao emphasized a great deal of body movement and the martial applications”.



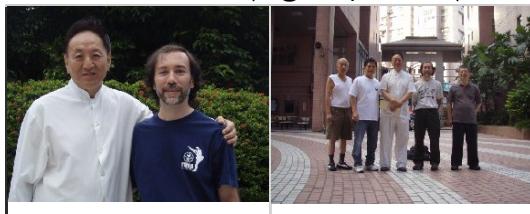
Grandmaster Kao teaches students.

Grandmaster Yang and Grandmaster Kao were reunited in 2008 on the occasion of the World Cup Taijiquan Championship held in Taipei, Taiwan.

Taijiquan has been Grandmaster Kao’s constant companion for more than sixty-five years. At **79**, he retains his vigor and youthful spirit, which he attributes to his practice of Taichi and qigong. Now invited by YMAA, he will conduct a two-day seminar at Rhodes College in Memphis on May 22-23. The topic will be "Qigong for Health and Vitality, plus eight fundamental postures for [Taiji](#)

and Qigong". The qigong he will teach includes Six Healing Sounds and exercises for ears, eyes, nose, teeth, arms, legs, and more. No prior experience is necessary. Contact Milan Vigil at [ymaamemphis@yahoo.com](mailto:ymaamemphis@yahoo.com) for details.

Grandmaster Kao with Milan Vigil (left photo) and other students (right photo)



**For more info:** For people in the East Coast, there will be a separate seminar with Grandmaster Kao Tao May 15 - 16 in Boston. See the link [here](#) for details.



**Violet Li**

St. Louis Tai Chi Examiner