

About Master Anthony Nan Jie Ho

Master Anthony N. J. Ho's

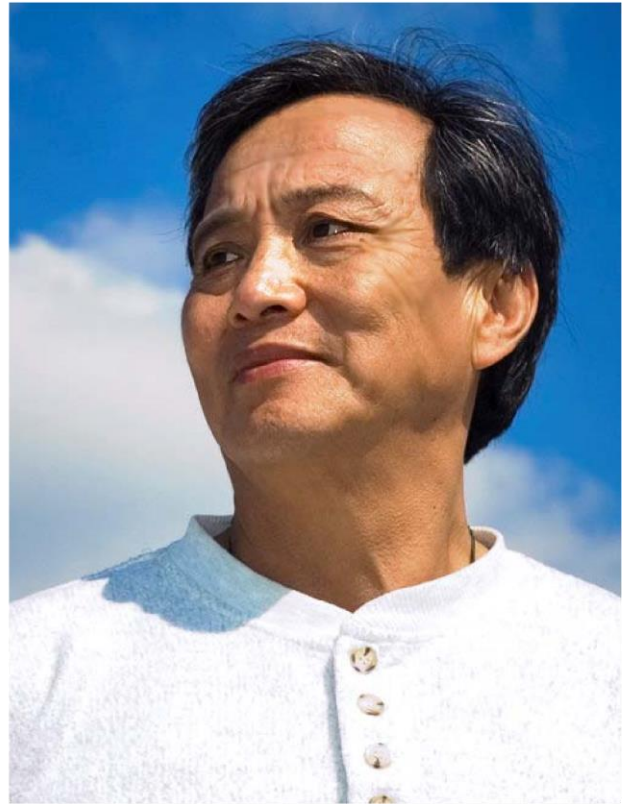
WUJI QIGONG TAIJIQUAN

Master Ho formally named
"Wuji Qigong Taijiquan" in 2003
after years of researching
original Taijiquan Philosophy.

He is teaching mainly in Irvine,
California, USA.

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and private class information:

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*"Wuji Preparation is
indeed an original and
a natural qigong
exercise, which is the
basis of Taijiquan."
Master Ho.*

The Biography of Grandmaster Anthony Nan Jie Ho

Grandmaster Ho, Anthony Nan Jie, born in 1937, Shanghai, China, started to learn Kong-fu when he was a teenager. He studied Luohanquan, Jingangquan, Xing Yi, Yang Style Taijiquan, and Chen's Pao Chui. Later, he focused on studying Taijiquan and determined to seek out the true meaning of it. In 1965, introduced by a mutual friend, Master Ho met the elder Master Pei Zu Yin and become very close. From that first meeting until 1979, they exchanged their knowledge of Kong-fu and researched the Taijiquan together. Master Pei called Ho "Kung-fu friend" and, with great respect, Ho called Master Pei "teacher". (Master Pei is a 2nd generation master from Wu Style Taijiquan, having studied with the founder, Master Wu Jian Quan.)

Since 1979 when Master Ho immigrated to USA, he's been continuously doing his own Taijiquan research and proving "React to nature in a natural way" (Yìng Wù Zì Rán) of the ultimate Taijiquan Theory.

More about Grandmaster Ho

- 1979 Immigrated to the States.
- 1985 In San Francisco, Master Ho started to teach Taijiquan seminars regularly for all styles of martial artists (black belt's level). Later, The San Francisco Chapter of American Teachers' Association of Martial Art (as known as ATAMA) honored him with some high level certificates such as Professor, Master Professor and Grandmaster. In 2004, The ATAMA honored him with the highest title of Great Grandmaster.
- 1997 Retired. He has focused in Taijiquan research, teaching, and writing ever since.
- 2002 Was invited for the first time to Taiwan to Teach classes in Changhua Private Ching-Cheng High School and Chien-Kuo Technology University. Master Ho had given 3 sessions per year until the end of 2005
- 2004 In December, his first book, *The New Wu Style Taijiquan* (Chinese), was published by the Morning Star Publishing Inc. Taiwan.
- 2005 Started the private workshop twice a year for the old students of Master Pei Zu Yin in Shanghai until 2008.
- 2006 His Second book, *The Taijiquan Qigong Massage*, was published by the Morning Star Publishing Inc., Taiwan.
- 2007 He published English DVD and Poster of Wuji Qigong Taijiquan 34 Forms.
- 2009 – Present Mainly teaching in Irvine, California, USA.
- 2013 Master Ho and James Petersen together translated and wrote the English Poem of the 32 Words Taijiquan Essence which was officially published in 2016 on this website, www.wujiqigongtaijiquan.com

