Chinese Transcript of Master Waiyi Wong’s Interview on SinoVision:

美國 NASA, 深藏中國大師黃偉兒: 傳承太極任重道遠

我中文名字叫黃偉兒．八十年初我就學這個楊式太極拳．嗯九十，九十年初就跟嗯中國陈庆州老師嗯學陳氏太極拳老架，差不多九六年就跟陈小旺老師學新架．所以我對這個陳氏太極拳還是比較嗯深入一點．師父第一次見我，也可能是很投緣吧，就開始教我用法．他也不強迫我就一定跟他學．他說，“太極拳是屬于，不是他一個人的，是全世界．” 他的理想就是把它傳出去．他是唯一一個他開班的時候所有的學生都可以去推他，碰他的丹田．我開始的時候，因為很年輕的嘛，那個時候就為了推手啊，武功啊．多後來就練多一點，就覺得欸就是就不單只是武功，太極拳就是對身體是很好．除了練這個嗯套路，嗯也有站樁．站樁是氣功的一種嘛．嗯我們在講身體怎麼，在什麼情況之下，就可以很鬆．不丟不頂．那不要僵起來，也不要就是掉，掉下來嘛．我們不要講得太過神秘．你把肌肉鬆下來，很容易就這個氣，這個嗯血液就運行的比較好一點，對心臟很好．我覺得在美國，這些美國人，他們就比較很熱心， 就，“我就很想嗯，研究嗯，中國這個文化…” 反而我覺得在中國，有些文化就沒有這麼熱心呢．“I love Taiji. I think it’s a wonderful art form that combines meditation with also physicality to it.” “I feel like my joints are lubricated as a result of doing, uh, Taiji. It’s a very good workout, very different from a workout you might do at a gym.” “He’s an awesome teacher. He’s both very skilled at doing Taiji and also very skilled at teaching Taiji.” 師父他就是，有一點就是把中國的東西傳統就不要改，就所以我就覺得有這個使，使命感．就把這個東西傳下去，就不要改來改去．師父也講，這個世界是進步的，有，有很多東西在改．但是，有些東西，如果把它原來的保存下來，讓我們下一代就知道原來的東西怎麼樣，也是很好的！

黃偉兒目前居住在美國加州硅谷. 他在美國多所大學和地區教授陳氏太極拳.

\*Students comments in blue

English Translation of Master Waiyi Wong’s Interview on SinoVision:

Hidden Deeply inside NASA in the U. S. A., Chinese Taiji Grand Master Wong, Waiyi: Inheriting and Passing on Taiji with a Grave Sense of Responsibility along a Long Journey

My Chinese name is Wong, Waiyi. In the beginning of the eighties, I started to study Yang style Taijiquan. Beginning in the nineties, I began to follow Teacher Chen Qingzhou from China and learn Chen Family Taijiquan Lao Jia (Old Frame). Approximately in 1996, I started to learn　Xin Jia (New Frame) from Teacher Chen Xiaowang. So, comparatively speaking, I have deeper understanding of Chen Family Taijiquan. When my Sifu met me for the first time, maybe, it was predestined mutual fondness. He taught me applications right away. He did not oblige me to have to learn with him. He said that Taijiquan belongs to, not him individually; it’s of the whole world. His ideal vision was to spread it out. He was the only one that, when he conducted a class, all the students could go up, push him, and feel his dantian. I started out at that time, well, because I was very young, all for doing push-hand, martial arts... Later on, after I practiced a little more, I felt that, not simply a martial art, Taijiquan is actually very beneficial to the body. In addition to practicing sets of routines and forms, there is also Zhan Zhuang (Standing Post meditation). Zhan Zhuang is a kind of qigong. Well, we are talking about how the body, under what circumstances, can be very relaxed. Do not let loose; do not resist against. Yet, it should not be rigid and do not simply let drop. Let’s not talk about anything too mysterious. Relax the muscles and, easily, circulation of the qi and blood would improve for the better, which is very beneficial to the heart. I feel, in the United States, these Americans, they are more passionate, like, "I would like to study the Chinese culture ..." On the other hand, I feel, in China, some culture does not receive such enthusiasm. " I love Taiji. I think it's a wonderful art form that combines meditation with also physicality to it." "I feel like my joints are lubricated as a result of doing, uh, Taiji. It's a very good workout, very different from a workout you might do at a gym.” “He's an awesome teacher. He's both very skilled at doing Taiji and also very skilled at teaching Taiji.” One emphasis Sifu made was that we should not change Chinese traditional heritage. So, imparted with this sense of destined mission, I simply want to pass this on, without changing it here and there. Sifu also said, “This world is progressing. There are many things that keep changing. However, there is something that, if we can preserve the very original and let the next generation know what the original was like, that is very good too!”

Wong, Waiyi currently lives in Silicon Valley, California, U. S. A. where he teaches Chen Family Taijiquan at a number of universities and locations.