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# Master Benjamin Pang Jeng Lo

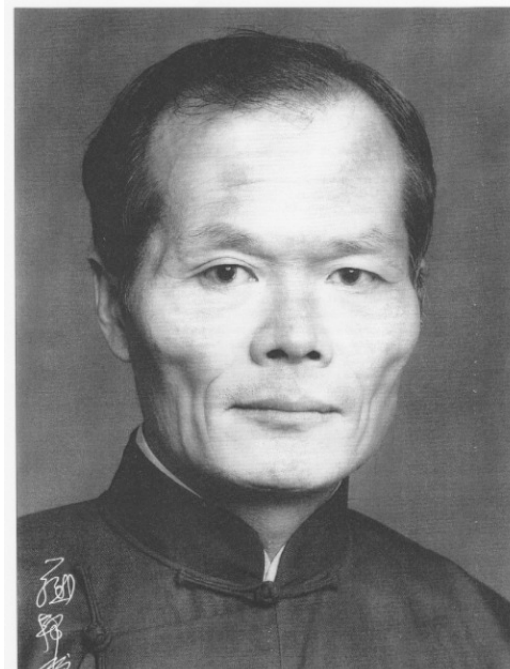
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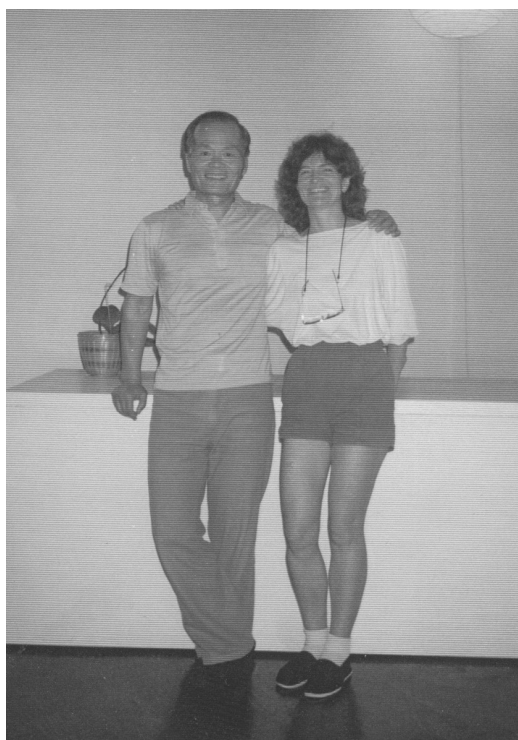
Of all of Professor Cheng Man-Ch'ing's students of Tai Chi Ch'uan, Master Benjamin Pang Jeng Lo is one of the most respected, due to his ceaseless dedication to maintaining and preserving the art of Tai Chi as it was taught to him. Ben began studying under Professor Cheng Man-ch'ing in Taiwan in 1949. He originally sought the Professor's famous medical advice due to illness, and only began studying Tai Chi to "make my body stronger so that it could absorb the medicine he was giving me". He continued his studies with the Professor for twenty-six years until Cheng's death in 1975.

He learned well. Renowned martial arts writer and teacher Robert W Smith, who has probably studied and "played" with more martial artists than almost anyone, lauds Ben's skill in his 1999 book "Martial Musings":

*"It is in tuishou (push-hands) that one is astonished into an appreciation of his great craft. Other than Zheng Manqing, he is the only one I have pushed with whom I could not push even a little. He is always there but you can't bring any energy to bear on him. A neutralizer par excellence, he sticks to you and ends by uprooting you."*



Ben Lo



Ben Lo and Tricia Yu

Coming to the United States to teach in 1974, Ben settled in San Francisco, founded the Universal Tai Chi Chuan Association and has since taught thousands of students, many of whom have gone on to establish schools of their own. Today, three decades later, at Tai Chi schools the world over, Ben Lo is named as the teacher's teacher, one whose students have demonstrated high level martial skill developed using the techniques Ben employs.

At the heart of Ben's teaching, and the source of his *gong fu*, is discipline of the sort rarely seen these days. In *Thirteen Treatises*, Professor Cheng writes about "the three fearlessnesses", the first of which is "*The fearlessness of taking pain: If a person is afraid to take pain, then there is no hope for progress . . . If a person is afraid to take pain, it will mean that the foot cannot be dropped into the ground to grow root.*" This is not the pain of self-inflicted damage, but rather the hard work of striving constantly to improve, to strengthen the mind and body through diligent practice. Wolfe Lowenthal, student and chronicler of Professor Cheng's, writes that Ben "*has probably gone deeper into 'the fearlessness of taking pain' than any of Professor's students in this country*".

Some of Tai Chi's most important instructional literature has been provided to us thanks to Ben's work on authoritative English translations of *The Essence of Tai Chi Chuan*, and Cheng Man-Ch'ing's *Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan*, and Chen Wei-Ming's *T'ai Chi Ch'uan Ta Wen: Questions and Answers on T'ai Chi Ch'uan*.