

Attention: Master Chen Zhonghua

CHUAH SHANG YU, FRANKLIN

蔡尚育



PROFILE

I'm currently 30 years old. I was previously working full time in the Singapore Armed Forces Ammunition Command from 2013 to 2018. I left the service in Apr 18 and is currently working on a lifestyle platform that integrates DNA, lifestyle, wellness and travel. I attend the Singapore Saturday night classes from 2000hrs to 2130hrs, and have completed the Yilu form.

ADDRESS

Blk 236 Serangoon Ave 3 #05-98
Singapore 550236

CONTACT

PHONE:
+65 9821 5628

FACEBOOK:
<https://www.facebook.com/franklin.chuah.31>

EMAIL:
Shangyu_1988@hotmail.com

SKILLS

Language: English, Chinese, Japanese
IT Programming
Data Analysis
Logistics Management

HOBBIES

Self Development
Travelling
Technology
Sports and Exercise

CHEN TAIJI PRACTICAL METHOD EXPERIENCE

2016

- Started Practical Method on 31 Jan 16
- Went to DaQingShan from 11 May to 20 May 16
- Attended the Singapore Workshop from 19 Nov to 20 Nov 16

2017

- Participated in the K Shanmugam Cup for performance and push hands competition from 2 Dec to 3 Dec 17
- Attended the Singapore Workshop from 9 Dec to 10 Dec 17

2018

- Went to DaQingShan and participated in the performance and push hands competition from 26 Apr to 2 May 18

REASONS FOR LEARNING CHEN TAIJI PRACTICAL METHOD

I have no prior experience in any form of martial arts, but I've always had a keen interest, especially in the traditional East Asian martial arts. Taijiquan has always intrigued me. It's the most seen form of art practiced by the elderly in parks everywhere, not as a martial art, but as a form of exercise. However, I believe that at its core Taijiquan was originally conceived to be a martial art, unlike what people have promote it to only be for health.

Movies have popularized the style as an invincible art that appeared to return the attacker's energy back to himself. Logically, it doesn't make sense how someone smaller can overcome a bigger opponent and a strong force. I want to understand and experience how Taijiquan works personally. I searched online for classes in Singapore, but most were promoting on the health and performance aspects of Taiji and that was not what I was looking for.

Subsequently, I came across Chen Style Practical Method and it fascinated me. Everything is consistent and makes sense, and I began to appreciate how we apply physics to gain leverage over a stronger opponent. I admire Master Chen for being so open and sharing everything without holding back, even letting students experience what it feels like using his own body. I believe that if I follow his teachings, I will be able to better understand and appreciate Taijiquan for what it truly is.