

## Rare staff form taught at Shaolin Kung Fu school

Taught by Zhong Xue Chao, students at the School of Shaolin Kung Fu learned a rare staff form Nov. 2 and 3.

Chao, aka Master Bing, traveled to the Coon Rapids school from Wudang Mountain, China, where he is a 15th-generation Wudang Sanfeng Kung Fu master.

The School of Shaolin Kung Fu hosted Master Bing after a student at the local school met him in Boston and invited him to Coon Rapids.

“This was a rare opportunity to learn this form from an authentic master from Wudang Mountain,” said Michael Voss, a seventh-degree black sash martial artist and owner of the School of Shaolin Kung Fu.

“Anyone who wanted to learn the form could participate. Granted the more experience you had the better it was for understanding the form.”

Twenty-five students paid \$250 for the two-day special event in which they learned Baxian Gun (Eight Immortal Staff), one of Wudang Mountain’s treasures, traditionally only handed down secretly to some favored disciples, Voss said.

Master Bing is trained in a variety of forms and has trained in the martial arts since the age of six years old. He regularly travels around the world conducting master classes and seminars in Wudang Kung Fu.

When asked if he would continue to teach the Wudang Eight Immortal Staff form at his school, Voss said, “Yes ... it is another exceptional form to add to the other exceptional forms (students) have learned at the School of Shaolin Kung Fu.”

To learn more about Master Bing and Wudang traditional martial arts visit [www.WudangDao.com](http://www.WudangDao.com).

For more information about the School of Shaolin Kung Fu visit [www.SchoolofShaolin.com](http://www.SchoolofShaolin.com).

**Sue Austreng is at**  
[sue.austreng@ecm-inc.com](mailto:sue.austreng@ecm-inc.com)



Outside the School of Shaolin Kung Fu Nov. 3 students practice a staff form from Wudang Mountain China. Photo by Sue Austreng