

Ma Jiangbao
(* 1941)



How long to learn a form?

The following was an interview with Master Ma Jiangbao:

Forum: How long would it take to learn a form?

Ma Jiangbao: If you are training very hard, you can learn one form in a year. But for that you also have to work hard at home. One year of learning should be followed by one year of training. Only after that the student should start a new form. If the student is not training so intensively, progress is of course slower.

Forum: Is it permissible to learn two forms at the same time?

Ma Jiangbao: This is not a wise decision. Many students come only once a week to the class. In this way it is impossible to learn two forms at the same time. I have noticed that even if students are coming more than once a week, one form loses its' quality as soon as they start learning the next one. That is not good. Before you learn a new form, the old one should be mastered very well. That means not only the sequence, but also the finer details of the movements.