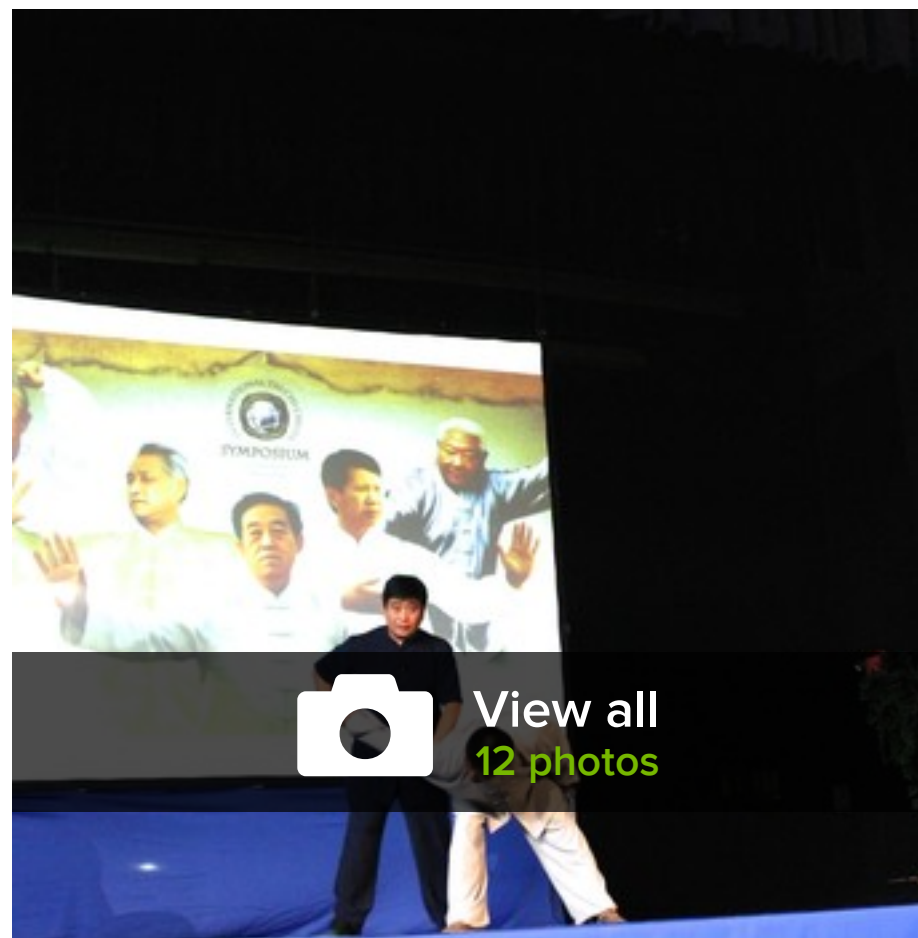


Master He Yu Lu on He Style Tai Chi

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Chen, Yang, Wu, Wu-Hao, and Sun are the five major [Tai Chi](#) (Taiji) styles known in China and to the world. During 2014 International Tai Chi Symposium hosted in the U.S., Master He (pronounced “her”) Yu Lu was invited to do a pre-symposium workshop to introduce a short He Style Tai Chi routine. He also delivered a speech on He Style Tai Chi and its features. This was probably the first time that He Style Tai Chi was introduced outside of China at a large formal event.



Violet Li



2014 International Tai Chi Symposium

Born in 1963 in Wen County, Henan, China, He Yu Lu is a sixth generation descendent of the He Style Tai Chi family. According to He Yu Lu, He Zhao Yuan (1810----1890) was an expert on Traditional Chinese Medicine and also a skillful martial artist. He Zhao Yuan's brother-in-law was an important Neo-Confucianism scholar and high-ranking government official at the Qing Dynasty. With his profound knowledge, He Zhao Yuan infused the philosophies of Taoism and Confucianism, along with the Traditional Chinese Medicine into [martial arts](#) and created He Style Tai Chi Quan. Master He Yu Lu has devoted himself to the study, popularization, and teaching of his family style Tai Chi for decades. He has written articles to explain its fundamentals and authored DVDs to teach He Style bare hand form, sword, broadsword, spears, and Push Hands. He is the authority on the He Style [Duan Wei](#) system.

During the symposium, He Yu Lu stated that He Style was designed with body physics in mind and it is very scientific to promote health and nurture life. He Tai Chi places a great emphasis on fighting technique as part of training though. It is crucial to know how to use the softness to overcome the hardness by borrowing the incoming brut force and then returning it back to the opponent. He encouraged practitioners fully understand the martial art application of each Tai Chi technique and make all movements agile, flexible, and circular. He demonstrated how to use the circular motion in "White Crane Spreading the Wings" to fend off an attack. Four Tai Chi energies Peng (or ward off), Lu (or roll back), Ji (or squeeze), and An (or press) should be expressed in a circular movement to generate the power. The circle can be either large or small depending on the situation. He urged people to imagine working with an opponent while practicing a form along. He reiterated the importance to combine Ti (form) and Yong (application) in the Tai Chi study. One's Tai Chi skill can only be validated via how he handles the combating scenarios. Beside from mastering Tai Chi techniques,

one needs to be able to listen to an opponent's *Jin* (energy) and seize the moment as needed. He said that is the key in Chin Na (Join Locking) and Push Hands. One of the features of He Style Tai Chi is Kao (Bump), which is a good maneuvering for short distance self-defense. Master He displayed the techniques of two famous kinds of Kao: Bei Zhe Kao (or shoulder bump) and Ying Meng Kao (or chest bump).

He Yu Lu stated that Chinese Martial Arts has a very long history and for the most part, they focus on speed and strength except Tai Chi Quan. Tai Chi Quan requires intelligence. Through relaxed and circular motions, one can exert little effort to defeat much bigger impact and use slow reaction to deflate the fast attack.

Geographically, He Style Tai Chi's birthplace Zhao Bao is very close to Chen Village, the birthplace of Chen Style Tai Chi. Chen Style Tai Chi was created approximately two hundred years prior to the creation of He Tai Chi. Many of He Tai Chi movement names are similar to Chen Tai Chi's and some of the He movements look like Chen's. During Master He's speech, some asked him whether He Tai Chi was influenced by Chen Tai Chi. Master He Yu Lu explained that historically Tai Chi was influenced by traditional Chinese Martial Arts and many of the Tai Chi movement names are not unique and they have been common among other Chinese Martial Art styles as well for several hundred years but each Tai Chi style does the movements differently. (Note: Based on literatures, He Tai Chi creator He Zhao Yuan was a disciple of the 15th generation Chen family descendent Chen Qing Ping.)

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