

## WRITTEN IN STONE:

## Interview with a Master

Dr. John Painter

*He will through life be master of himself and a happy man who, from day to day, can have said,  
"I have lived: tomorrow the Father may fill the sky with black clouds or with cloudless sunshine."*

*Horace 65-68 B.C.*



Master Lu Hung bin playing Pa Kua Chang Iron Fan.

"Written in stone" is an expression used to describe something that has concrete reality and permanence. It is seldom used to describe physical abilities or skills. However, there is one Chinese gentleman to whom this expression applies, a man whose name is literally written in stone. It is engraved on the Tomb of the Founder of the internal martial art of Pa Kua Chang as one of the original recipients of this art. His name is Lu Hung-Bin, and he is in every sense of the word a Chinese Master of the internal martial arts.

Master Lu is something a living legend, born in Wen-Tu village in Hopei province some eighty years ago. Today he is recognized as an acclaimed master of the internal martial arts in China and Taiwan. Now his reputation is growing quietly, but quickly, in the United States.

Only a few years ago, Lu Hung-Bin was almost unapproachable. He was one of those impossible-to-find masters from China living in Taiwan, not the street-corner teacher with a franchised school on every block. If one *could* find him, he was considered to be difficult to deal with and deadly when crossed, reserving his teaching for only a chosen few. Lu Hung-Bin was not available to the public at large.

Today all that has changed. Lu Hung-Bin is kindly, compassionate, articulate and genuinely interested in establishing peace and communication among all peoples of the world through the disciplines of the internal martial arts. He is a shining example to all of what a true master should be.

Lu Hung-Bin began his training at the age of six in Hsing-I Chuan (Mind Intent Boxing), one of the three major internal martial arts. His Pa Kua Chang training commenced at 14. Master Lu is a fourth generation student receiving the lineage of Northern style Pa Kua Chang in an

unbroken line from the founder. Introduced to Taijiquan at the age of 24, he became proficient in two forms; a Yang style - 64 move set and a combined Yang/Wu form with 72 moves.

Well over eighty, he is sprightly and surprisingly powerful and flexible, with seemingly untiring energy. Lu Hung-Bin is completely confident in his own presence and can be said to be at one with himself, having become comfortable with who and what he is through the acquisition of internal energy and power bestowed by years of internal arts practices.

During a recent trip to Texas to visit students Richard and Iva Lim Peck of Dallas, Master Lu was interviewed by IAM at the offices of the Wholistic Fitness Center. Having been a student of Master Lu's for a number of years, both in Taiwan and in the United States, Iva Lim Peck acted as interpreter for a series of interviews.

*IAM: Master Lu, it is a great pleasure to meet you today. Please tell us a little about your family history and background.*

MASTER LU: My father was Lu Chuan Tang. He was an expert in Chinese internal martial arts. The main part of his practice was Hsing-I Chuan, the Five Element fist style of Hopei. My father was a body guard in China. He owned his own company in Hopei and protected many famous people and business men in China.

My grandfather was a top-notch scholar. He was not a body guard, but many other members of my family have been employed in this profession as protectors for many years. Because I have not seen my family now for almost 40 years, I do not know if they are still in this business.

I have two brothers, one older and the other younger. They had no interest in the internal arts so they do not practice it much. My mother did not practice either, but my father's sister was very proficient at Taijiquan.

I also have two children, one son and one daughter. My son was quite proficient and he used to teach internal martial arts in Taiwan, but now he is involved with the electronics business and so he is not teaching at this time.

*What philosophical principles do you personally subscribe to?*

I am a Taoist, but there is some Buddhist and Confucianism in me also. My teachers, like many Chinese, practiced all three of these philosophies sort of combined together.

Mostly the influence is Taoist. My instructor from Hopei province learned Pa Kua Chang, Taijiquan and Hsing-I Chuan from Master Cheng Hai-Ting from the Cheng village. His teacher, Master Sung Shi-Rung, was a very famous Hsing-I Chuan martial artist who put his forms together from instructions received through the teachings of the famous Taoist, Liao Kung, a monk reputed to have lived for over 200 years by practicing the internal Taoist exercises and martial arts.

*Do you live in the United States now?*

My home is in Taiwan. While in Texas I have been staying with Iva and Richard Peck in Dallas, and I have some Chinese friends in Chicago. Soon I must return to my home in Taiwan.

*Let's discuss nutrition. Do you eat any special diet that accounts for your remarkable longevity and stamina?*

Principally, I am a vegetarian, but not really. I do not really restrict myself from foods except that I try to avoid sugar and meat. I will eat meat of all types on occasion, but not too often. My favorite foods are vegetables, especially the really fresh, green kind. I also use BaiHu, an herb that is good for the lungs and helps to increase circulation, and I drink lots of green tea.

*I understand you are proficient in Taijiquan, Pa Kua Chang and Hsing-I Chuan. Are you still teaching?*

Yes, I am still teaching all three arts. I have given seminars recently in Dallas, Chicago, New Jersey, Phoenix and Michi-