

Master Lu Zhongren ??? (1930-2014) of Tianjin, China, was a lineage holder of both Song style Xing Yi Quan (via Li Xuzhou), and Yin Yang Ba Pan Zhang (via Xiao Haibo). He has developed his own unique systematic method over the years, called Lu's Structure Theory (????), which reflects his personal improvements on the two martial arts he had learned. Lu's structure theory emphasized smart usage of structure, and included a lot of Zhan Zhuang training in both his XYQ and Yin-Yang Ba Pan Zhang. His gongfu uncles (Xiao Haibo's gongfu brothers) are the late Ren Zhicheng and Liu Baozhen.