
Hu Yao Zhen & Hunyuan Origin

胡耀貞 & 混元淵源

By Yaron Seidman DAOM

Hu Yao Zhen 胡耀貞

Hu Yaozhen
(1897—1973) was born in Yuci county, Shan Xi province. Since early childhood studied medicine and martial arts. In his earlier years he studied with Daoist master Peng



Tingjun 彭庭隽 Dao cultivation, inner cultivation, six harmonies heart mind boxing and Hua Tuo Five Frolics. Later on he studied from Xin Yi master Dai Wenjun 戴文俊, from Yuan Xiuchen 袁秀臣 he studied Zi Lu style of Taijiquan and from a Buddhist monk name Li Hong 立宏 studied Buddhist cultivation skills and Zhuang Zi 'exhaling the old inhaling the new' cultivation method 吐纳法.

Master Hu was a life long Chinese medicine doctor, a Qigong healer extraordinaire and a one of a kind martial artist. In 1953 he established with his

martial art friend, 17th generation lineage holder of Chen family Taijiquan, Chen Fake the 'Capitol (Beijing) Martial Arts Society'. Despite being an extraordinary martial artist, often called a 拳神 martial art spirit and 单指震乾坤 'with one finger the one who shakes heaven and earth', Hu's greatest contribution to the world was his art of Qigong. In 1956 he was the first and only one in Beijing to establish a Qigong hospital. It is little known yet interesting fact that because of him and selected others like Liu Guizhen 刘贵珍 and Liu Duzhou 刘渡舟 that the name Qigong became widely accepted by millions and

millions of people practicing it today. Hu is named the father of modern day Qigong. Out of his many disciples the most accomplished being Feng Zhiqiang 冯志强, Jiao Guorui 焦国瑞, Qin Zhongsan 秦重三 and Li Jingwu 李经梧 .

Bei Dai He Qigong Symposium^[1]

In October 1959 Hu Yaozhen was invited to the **‘First Entire China Qigong Experience Sharing and Symposium’** 全国气功工作经验座谈会及学术交流会 in Bei Dai He 北戴河, a coastal town in north eastern China, between Tian Jin and Liao Ning. This symposium ordered by the Chinese government had the goal of “revealing all secrets” and making them available to the people. At that time the newly communist China has slightly shifted its attitude from ‘banning the old’ to ‘using the old knowledge to benefit the

^[1] A personal account by Zhang Tiange 張天戈

people'. The symposium had an odd structure, it was 15 days long and covered many different topics from Qigong to Buddhism, Daoism, inner cultivation, medicine etc. The number of participants was especially large as doctors, healers and practitioners from all across China were dispatched to this sponsored event.

In the symposium first few days the discussion topics were as follows:

1. Openly exchange experience of treating disease with Qigong.

2. Report Qigong treatment of chronic and hard to treat diseases.
3. Analysis of Qigong clinical applications.
4. Discussion on Qigong healing mechanism.
5. Demonstrations and introduction to different kinds of Qigong “bringing the secretes out” (took place on day 6).

On the seventh day the focus fell on the group of representatives from Shan Xi province, amongst which Hu was. While several masters performed and explained Hu Yaozhen remained silent as if not to belittle any of the presenters. The meeting committee has asked Hu’s disciple Qin

Zhongsan to bring out his “general” master Hu. Qing Zhongsan, even though a disciple, was older in age than Hu and was a ranking officer in the communist liberation army, and so he was invited first to demonstrate. After demonstrating in detail how he learned from his master Zhan Zhuang Gong (standing post cultivation) he retired. Hu was still sitting on the sidelines quite. The committee and the crowd were awaiting him to “reveal his secrets” and to confess his wrongdoing and to allow “better” people to point out corrections.

At this time Hu refuted his wrong doing (as was expected from all participants) and explained that he wasn't a Daoist recluse, but rather he was only practicing Qigong and inner cultivation in order to correct his wrong ways. For so many days Hu was not talking at all, but now as he began he was explaining what Qigong and inner cultivation were for an entire day. The supervisors and communist party leaders were so impressed and motivated that they set up especially for him a performance stage where he could demonstrate his Qigong and inner cultivation skills as well as martial arts.

During this day it was already decided by the committee that Hu's "Qigong" teachings and explanations will be **immediately published** by the department of health to benefit the people. Within one month the book 'Qigong' was published by the Department of Health Publishing House. Such a quick publication by the communist government of that time was hardly ever seen. This thin booklet with only 36,000 characters off course did not reveal the depth of Hu's Qigong, yet it spread the practice of Qigong throughout the country like wild fire. The art of Qigong

never died in China much in gratitude to Hu's contribution. Among his works are *Qigong, Qigong and Preserving Health Cultivation, Wu Ji Acupuncture* and *Five Frolics Qigong*. He was often titled 妙手神医 Miraculous Hand Spirit Doctor.

According to oral transmission, prior to the communist revolution of 1949, Hu was the only Chinese medicine doctor and Qigong healer in Beijing allowed into western style hospitals to treat foreigners. His skill was so impressive that he could heal broken bones within one day using Qigong therapy.

Hu Yaozhen's preface

Qi Gong & Preserving Health Gong,
published 1959.

胡耀贞自序 Preface

气功疗法是我们祖国医学宝贵医学遗产之一，已有悠久的历史。这种疗法具有却病、防病、健身、延年的作用。过去佛道两家称它为“静功”，拳家称为“内功”。据说这种功夫是老子传下来的。老子先传给广成子，广成子又传给黄帝。所以在黄帝内经里有按摩、导引及其它养生益寿的方法。

Qigong healing is one of China's inherited medical treasures. It has a very long history. This treatment modality can cure disease, prevent disease, keep the body healthy and prolong life. In the past Buddhists and Daoists named it Jing Gong (stillness cultivation) while martial artists named it Nei Gong (inner cultivation). It is said that Lao Zi transmitted this kind of cultivation. Lao Zi transmitted it to Guang Cheng Zi and Guang Cheng Zi transmitted it to the yellow emperor. As a result in the Yellow Emperor Neijing there is An Mo massage, Dao Yin

exercises and other nurturing life and benefiting longevity exercises.

我从十六岁开始学医、学拳、学道（道家的练功方法）。我应用的针灸也是从道家的“无极针灸”。所谓“无极针灸”就是以术者自身的“精气神”扎针的功夫。扎针时用补泄手法，病人在体内会产生麻热、凉胀等不同感觉，而且遍及全身。这种针法是利用气功的功夫进行的。为了学习气功，在漫长的旧社会里，我曾拜了许多老师，访过许多朋友。

From age 16 I began my study of medicine, martial arts and Daoism (Daoist cultivation

methods). My style of acupuncture is also derived from the Daoist 'Wu Ji Acupuncture'. The art of Wu Ji

Acupuncture is the art of using one's own essence, Qi and spirit and apply it while pricking with needles. When pricking and using tonification and sedation methods the patient feels inside his body numbing heat, or cool distension spreading all over the body. This kind of acupuncture is carried out by using Qigong. In order to study Qigong, during the prolonged times of the old society, I have asked to study

with many teachers and visited many friends.

我的老师彭庭俊（霍成光老道的门徒）传授给我
道功、内功、心意拳和华佗五禽戏。以后又拜
山西崇善寺“立宏和尚”为师，他传给我佛家的
练功方法。此外，我还学习过庄子的“吐纳法”。

**My teacher Peng Tingjun (a disciple of the
old Daoist recluse Huo Chengguang)
transmitted to me Dao cultivation, inner
cultivation, heart mind boxing and Hua
Tuo's five frolics exercises. Later on I
became a disciple of the monk Li Hong
from Shan Xi's Chong Shan monastery. He**

transmitted to me the Buddhist cultivation methods. In addition I also learned “Zhuang Zi exhaling old and inhaling new” method.

拳功主要是来自三个方面：

1、心意拳：心意拳始于达磨，传给岳飞，岳飞死后，姬隆风在终南山墙里发现岳飞遗留下来的拳谱，后来悟透其中道理，习练成功。以后姬隆风又传给山西祁县戴龙邦之子戴文俊。我就是和戴家后代及其门徒车子方学习的，并得到了心意拳谱。

2、太极拳：太极拳最早始于“子路太极”。子路是孔门弟子，姓仲名山。经子路传于杨清天，杨清天又传于高士基，以后陆续下传，一直传到袁秀臣。我学的子路太极就是袁秀臣传下来的。后来，我又和张庆霖老师学习过“杨家太极拳”。张老师在太极拳方面曾受过黄山老道的传授。我得到黄山老道的太极内功谱，以后受益很大。

3、八卦拳：我学的八卦拳也是属于心意拳的一部分。此拳始于达摩，以后陆续相传，一直迄今。我练八卦拳是从太原穆修易老师那里学习的，穆老师也是心意拳的先辈。

My martial art skill comes from three directions:

1. Xin Yi Quan: Xin Yi Quan started from Da Mo (Bodhidharma), and transmitted to Yue Fei^[1]. After Yue Fei's passing, Ji Longfeng discovered buried in a wall in Zhongnan mountain the martial art classic Yue Fei left. Thereafter he got enlightened with its principle, he practiced until reaching an accomplishment. Following that,

[1] Song dynasty general, model of patriotism for his stand against the Jin invaders.

Ji Longfeng transmitted the art to Dai Longbang's son from Shanxi's Qi county Dai Wenjun. I studied with the Dai family and the disciples of its school and so attained the Xin Yi Quan classic.

2. Tai Ji Quan: Tai Ji Quan earliest origins are with Zi Lu Tai Ji. Zi Lu is one of Confucius disciples, his last name Zhong while his first Shan. From Zi Lu it was transmitted to Yang Qingtian, Yang Qingtian transmitted to Gao Shiji and so

transmitted on and on until Yuan Xiuchen. I studied Zi Lu Tai Ji with Yuan Xiuchen. Thereafter I also studied Yang style Tai Ji Quan with Zhang Qinglin. Master Zhang for his Tai Ji Quan received transmission as well from a Daoist priest in Huang Shan mountain. I attained the Tai Ji inner cultivation classic of the Huang Shan Daoist priest and with that the benefits I received were great.

3. Ba Gua Quan: The kind of Ba Gua Quan I studied also belong to Xin Yi Quan. This martial art started with Da Mo and

thereafter transmitted on and on until today. The Ba Gua I practice is from master Mu Xiuyi of Tai Yuan. Master Mu is also an older generation of Xin Yi Quan.

四十多年来，我一直从事中医工作，业余的时候练拳，练功也从未间断过。实践证明，拳功和内功对我的医术很有帮助，特别是华佗的五禽戏，无论是对我的静功、拳功和医术方面，更有较好的帮助。我的老师把五禽戏谱传给我之后，从未发表过，一俟抽出时间经过整理再另册发表（其它如心意谱、太极谱、买庄图心意拳谱、保健延年法等，也陆续整理发表）。

For 40 years now I have carried the practice of medicine without interruption. In my spare time I practiced martial arts. The practice of inner cultivation was as well never interrupted. The testimony of time shows that my practice of martial arts and inner cultivation helped my practice of medicine greatly, especially so was my practice of Hua Tuo's five frolics exercises. Regardless if it is my stillness cultivation, martial cultivation or medicine skills it helped in all directions. My teacher gave me the classic of the five frolics exercises and it was never published.

As time becomes available I'll arrange it and publish in a separate booklet (others like Xin Yi classic, Tai Ji classic, Mai Zhuang Tu Xin Yi Quan classic, preserving health and prolonging life methods etc, one after the other I will arrange and publish).

我们祖国有悠久的历史，历代人民在与疾病作争方面积累了相当丰富的经验。中国医家、拳家和儒释道三家，都各有一套养生方法。

China has a very long history. Throughout the ages people struggled with disease and the experience accumulated is great. Chinese medicine doctors, martial artists as

**well as Confucians, Buddhists and Daoists
all have their methods of nurturing life.**

四十多年来，在练功学拳方面，我曾经走过许多弯路，也吃过不少苦头。如上各家的练法，我是先后都练过（虽然还没有练好）。通过曲折的实践和漫长的认识过程，我开始找到一些练功的规律，特别是“静”和“动”的规律。根据这种规律，又结合拳的内功，综合了一种“静动气功”的练法。这种练法就是目前我们在临床上用以治病的主要方法。

**In 40 years of practicing martial arts and
inner cultivation I certainly walked a
round-about way and also experienced**

great hardship. The above mentioned arts I have practiced throughout (even though never practiced well). Through the grinding work and the long process of cognition I began seeking out the rules of practicing cultivation, especially the rules for “stillness” and “movement”. Based on these rules plus integrating it with martial art inner cultivation that I synthesised a kind of “Stillness and Movement Qigong” practicing method. This kind of practicing method is what we currently use in clinic to treat patients.

解放后，在共产党和毛主席的正确领导下，

气功在临床治病方面得到了推广，并获得了很大的成效。我们门诊部，从1956年应用气功治病以来，已对一些比较难治的慢性病，如胃及十二指肠溃疡、胃下垂、慢性肝炎、肝硬变、神经衰弱及心脏病等，获得了较好的效果。在提高医疗效果上起到了一定作用。

After liberation, through the correct instruction of the communist party and chairman Mao, the application of Qigong healing in clinic got popularised and reached great results. Our clinic since 1956 utilizing Qigong therapy attained good success with treating difficult to treat chronic diseases such as duodenal ulcers,

stomach prolapse, chronic hepatitis, liver cirrhosis, neuroasthenia and heart disease. It has a definite action in improving the curative effect.

我的思想认识，是在党的领导和教育下，经过各个阶段的运动，逐步有所提高。在党的鼓足干劲，力争上游，多快好省地建设社会主义总路线的光辉照耀下，我和全国人民一样，也在欢欣鼓舞的工作着，逐渐将各种练功方法传授给患者，以提高疗效。尤其在今年10月份出席了北戴河气功交流经验大会，由于直接受到大会党组织无微不至的照顾和关怀，及与会同志们的爱戴，使我万分感激，也给我极大鼓舞。因此，回京后下决心，

无保留地将我所知道的气功疗法中从前没有教授过
练功方法，记述出来，以便大家参考和运用。

**I recognize that under the leadership and
education of the party, through the
different arrangement steps,
progressively there is an improvement.
Under the party's utmost effort and strive
for progress, to achieve greater, faster,
better and more economical results for
constructing socialism, the glory of this
general line shines down, for me and for
the entire people likewise all elated by
this work, gradually to take these
practicing cultivation methods and**

transmit to patients in order to increase the curative effect. Especially after attending Bei Dai He's Qigong Experience and Exchange Conference in October this year, in which I received direct and meticulous loving care from the organizing committee, and much respect from the other comrades that I feel extremely grateful and inspired. Therefore after coming back to Beijing that I decided not to keep any secrets of whatever I know about Qigong healing, and whatever previously cultivation methods I did not teach. I record and

narrate them here in order to allow everyone to consider and use them.

相信在党的领导下，气功疗法，经过大家的研究和整理，一定会更好地为社会主义建设服务。限于时间，我们还没有把更多的练法和内容介绍出来，也没有在理论上作更多的研究。俟再版时另行补充。

Believing in the leadership of the party, Qigong healing undergoing research and arrangement by everyone, certainly can be more beneficial for constructing a service for socialism. As there is a time constraint, we still didn't bring out other exercise methods and content, and from

**the theory aspect also didn't explore farther.
I'll await the second print of the book to
supplement it.**

为向国庆十周年献礼，写这本小册子，动手仓促，特别是限于个人水平，其中缺点和错误一定不少，敬请中西医专家及广大读者惠予指正。

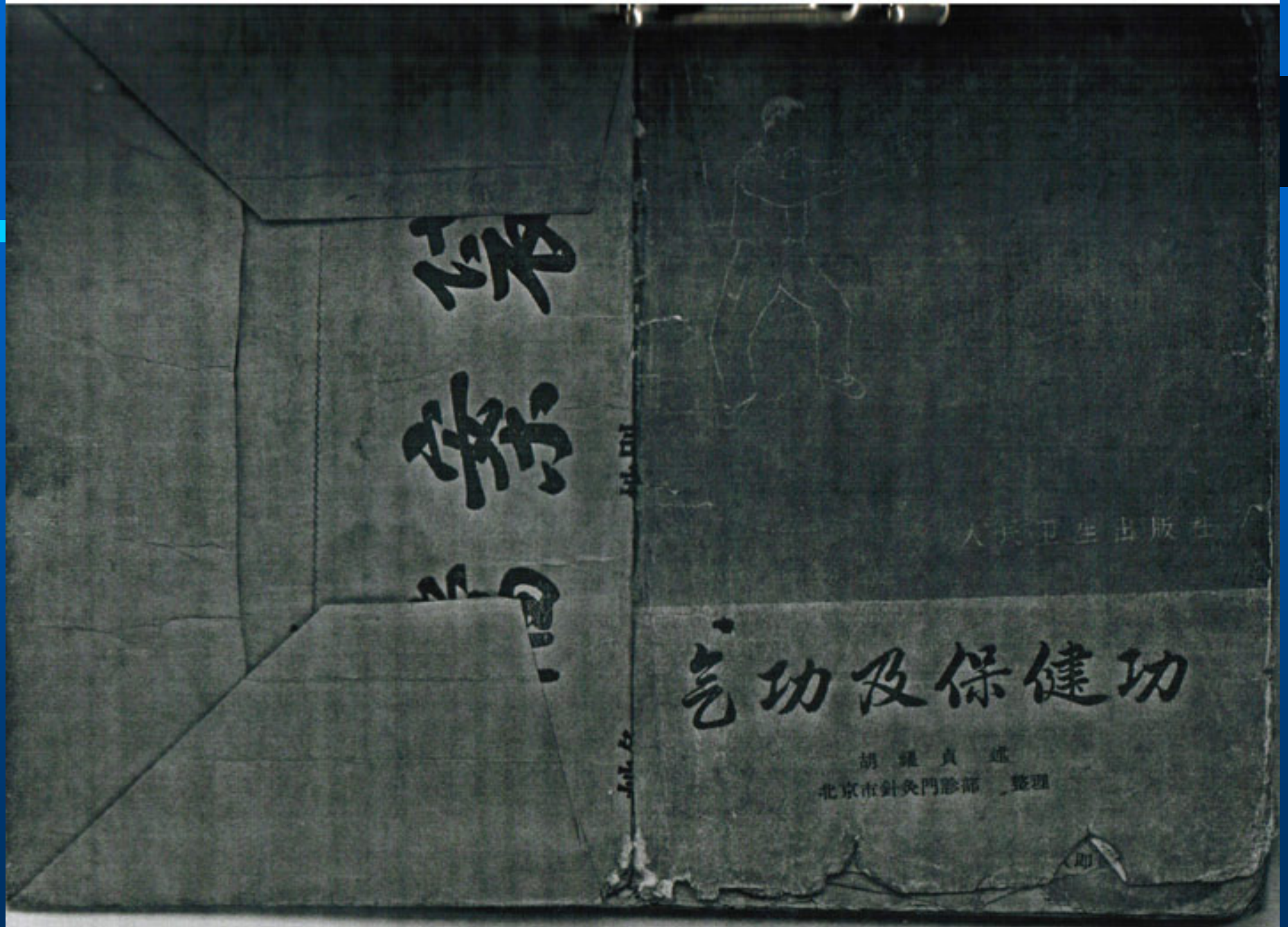
1959年11月 于北京胡耀贞

For the tenth year anniversary of our country I wrote this small booklet, the hand moved hastily and especially because my level is limited, that in it the deficiencies and errors are certainly many, I respectfully invite doctors of east and

**western medicine and the general public to
kindly correct me.**

November 1959 in Beijing.

Hu Yaozhen



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气功及保健功

胡鍾貞 述
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即

Hunyuan 混元

《繫辭上 - Xi Ci Zhuan》易有太極，是生兩儀，兩儀生四象，四象生八卦，八卦定吉凶，吉凶生大業。 Change has Taiji, this creates the two forces, two forces create the four aspects, four aspects create the eight trigrams, eight trigrams determine good or evil, good or evil create the grand business (of life).

Kong Yida 孔穎達 (574AD-648AD) writes in 'Book of Changes True Meaning':

太极谓天地未分之前，元气混而为一，即太初、太一也。 *Taiji is the time where heaven and earth did not separate yet. The Yuan (original) Qi was Hun 混 (mixed) into one. It is the ultimate beginning, it is the ultimate oneness.*

混元既分，即有天地，故曰太極生兩儀

When Hunyuan separates, immediately there is heaven and earth, therefore it is said Taiji gives birth to two forces.

《呂氏春秋 - Lü Shi Chun Qiu 大樂》太一出兩儀，兩儀出陰陽。陰陽變化，一上一下，合而成章。渾渾沌沌，離則復合，合則復離，

是謂天常。

From ultimate oneness come out two forces. From two forces come out Yin Yang. Yin Yang change and transform, one above one below, they join into one whole and become one entity. In a pre separation state, when separating it comes back together again, and when coming back together it separates again. This is called heaven constant 天常.

This is Hun Yuan 混元.

In his book's preface Hu Yaozhen describes how he developed the art of Hunyuan cultivation:

Through the grinding work and the long process of cognition I began seeking out the rules of practicing cultivation, especially the rules for “stillness” and “movement”. Based on these rules plus integrating it with martial art inner cultivation that I synthesised a kind of “Stillness and Movement Qigong” practicing method. This kind of practicing method is what we currently use in clinic to treat patients.

I was fortunate to study with Hu Yaozhen's accomplished disciple and a great master in his own right, Feng Zhiqiang from 1999-2006 the art of Hunyuan Qigong, Hunyuan Taijiquan and internal cultivation.

Master Chen Zhonghua is Feng's disciple, and I am Chen's disciple in this lineage.

Following the footsteps of Hu Yaozhen's infinite accomplishment I humbly named my limited understanding of Chinese medicine 'Hunyuan'.

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**With shifu
Chen
Zhonghua
and shiye
Feng
Zhiqiang**

First Meeting 1999







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My memories with Feng Zhiqiang



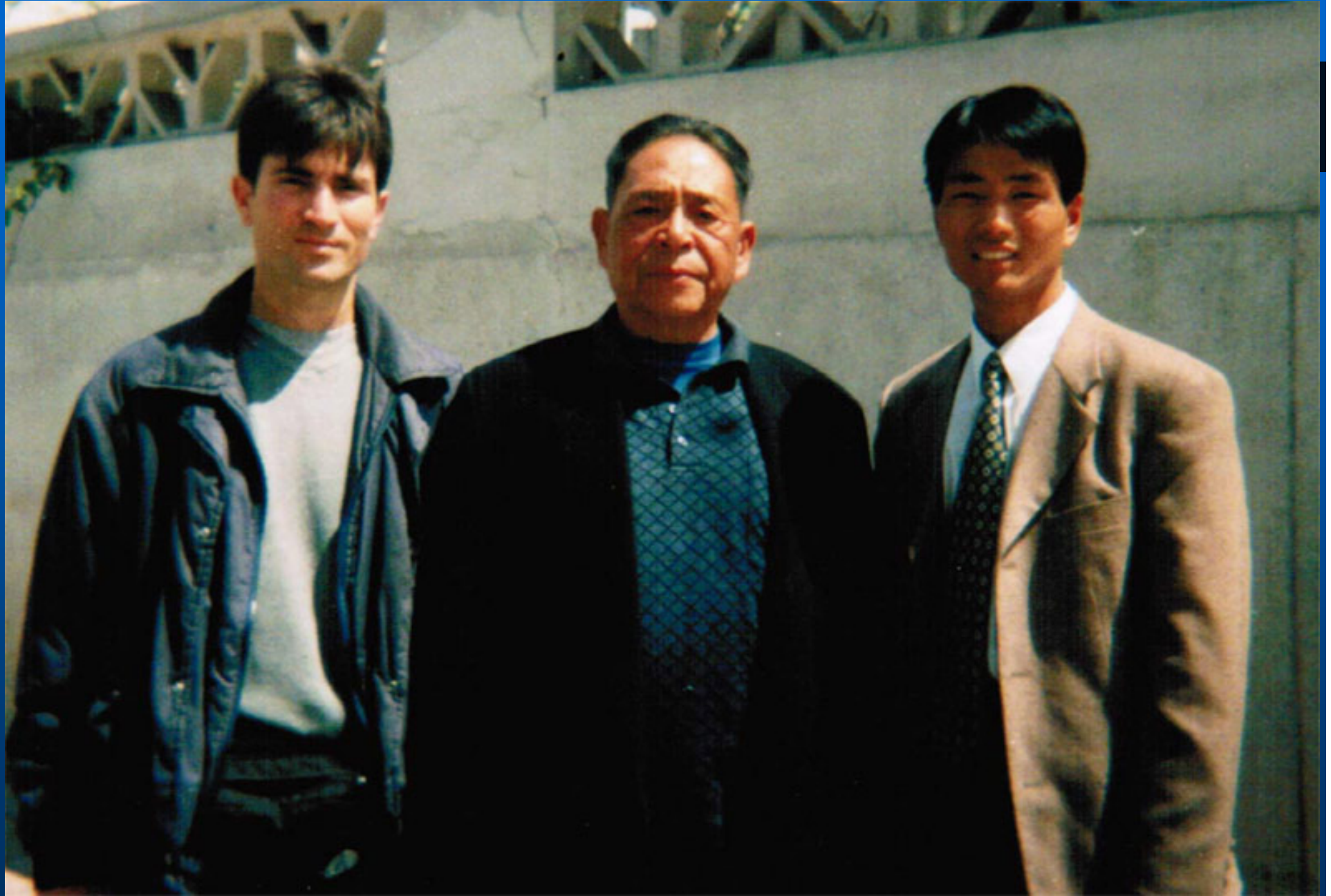








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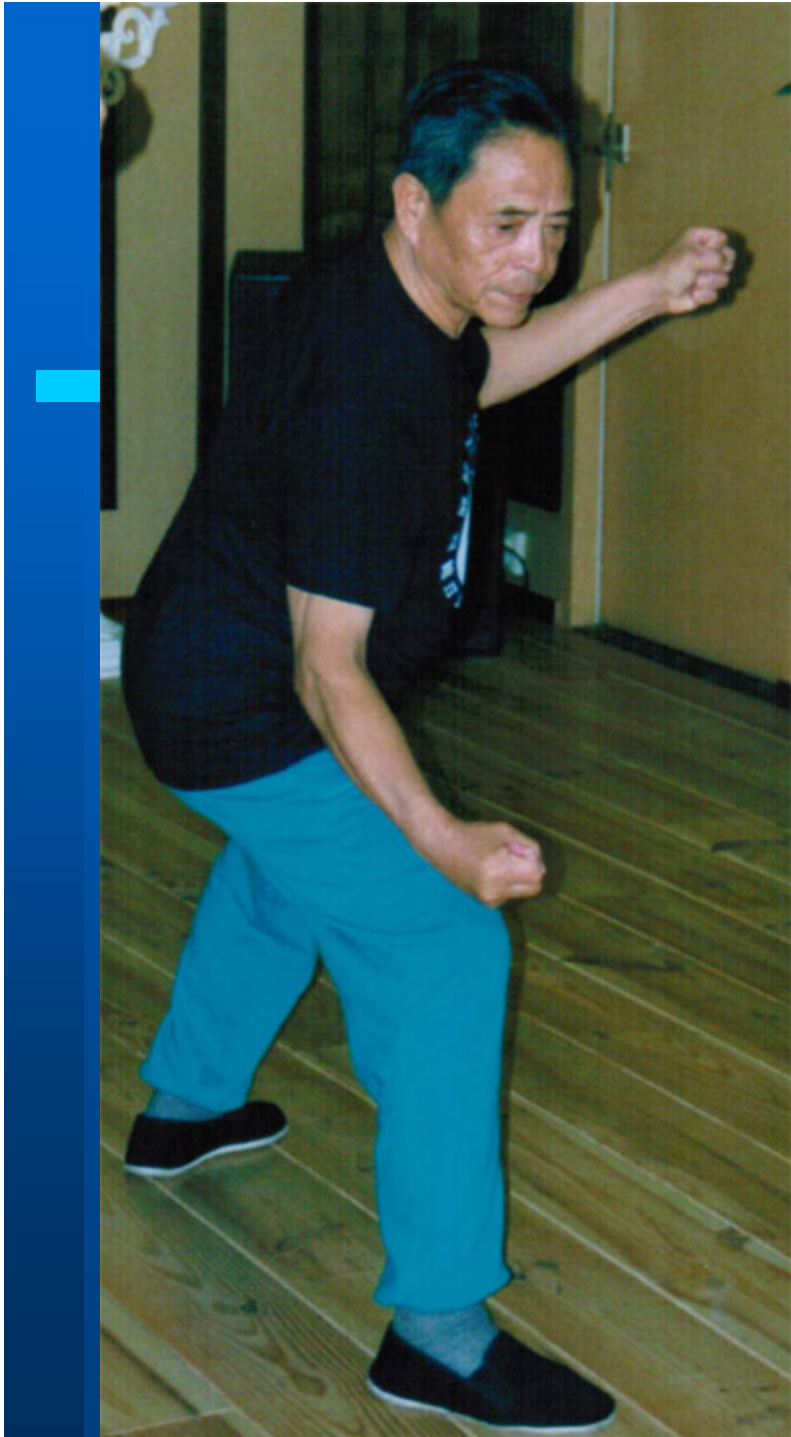


Feng Zhiqiang 冯志强











Following Hunyuan





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存元少人修
混元少人修
开合运刚柔
识得环中意
艺字不用愁
存元少人修
混元少人修
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识得环中意
艺字不用愁

庚辰年朝

冯志强题

Yaron, preserve this

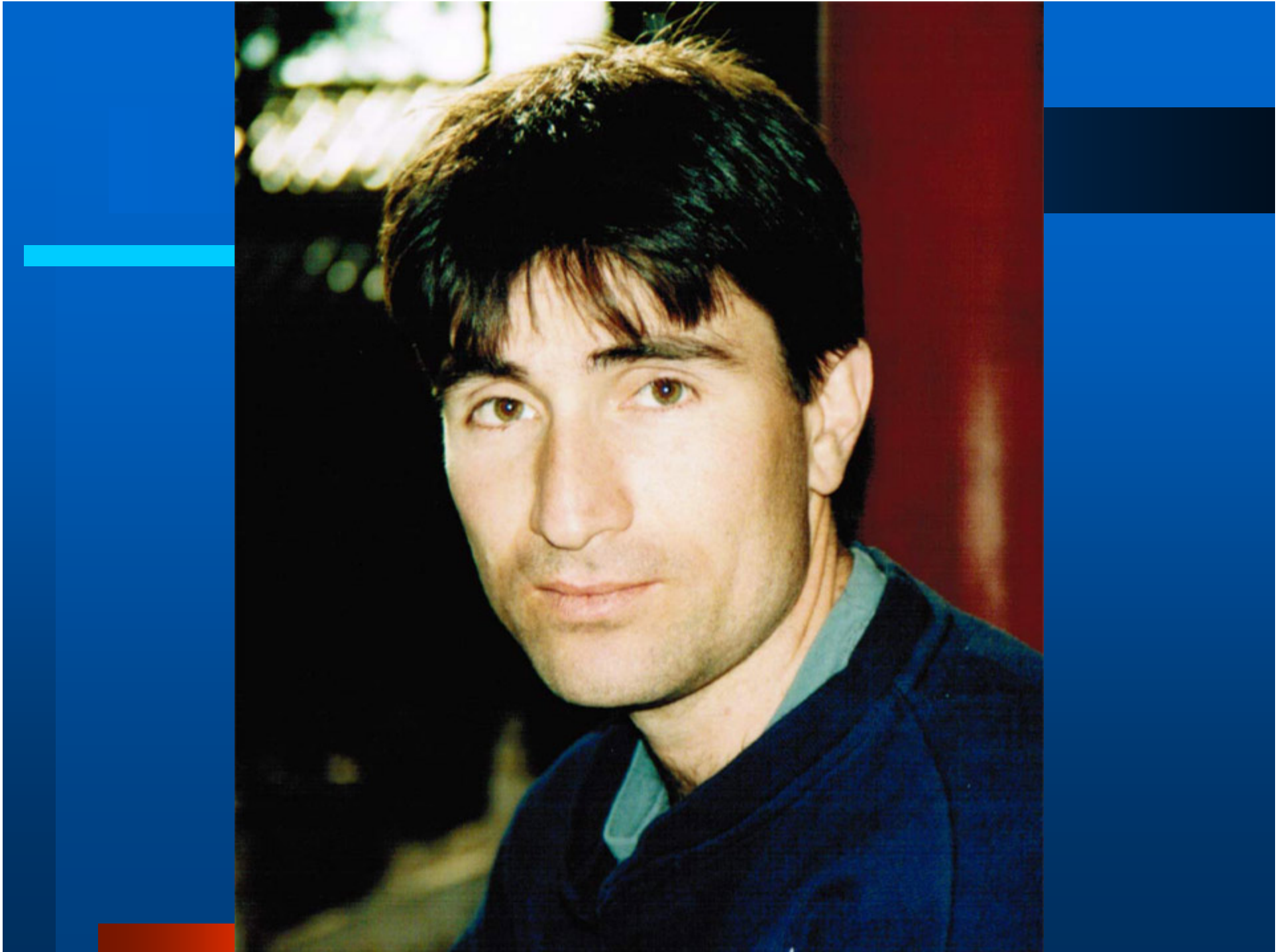
Taiji Hunyuan only few cultivate.

Swallowing & spewing out, opening & closing put in motion hard and soft.

(First) Cultivation (then) knowledge comes, intention is in the circle's midst.

(When) accomplishment is refined and the art sublime there is no more worry.

**In the year Geng Chen, a spring month,
Feng Zhiqiang.**



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www.ChenZhonghua.com

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