**TIMELINE OF TAI CHI and ORIGINATION OF ZHAO BAO TAIJI LINEAGE**

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| **LAO TZU**  (722 to 418BC)  **Wrote the Tao teh Ching**  A 6th Century BC contemporary of Confucius but modern historians consider him to have  lived during the Warring States period of the 4th Century BC. | | |
| **MI XI (aka YINXI)**  Taught by Lao Tzu | | |
| **MANY GENERATIONS PASS** | | |
| **ZHANG SAN FENG**  (aka *Chang San-Feng)*  He is reported to have lived to be 200 years old **(1247-1447)**  Daoist priest of the Wudang monastery  Created the orthodox school of taijiquan | | |
| **WANG ZONG YUE**  (aka Wang Linzhen, aka Wang Tsung-yueh) (**1574-1655)**  He is often described as the **principal student of the legendary Daoist monk Zhang San Feng**  Wang Zong Yue perfected the theory and wrote the Treatis onTai chi Chuan aka as the Tai Chi Chuan ‘Bible’ | | |
| **JIANG FA**  (**1574-1654)** of **ZHAO BAO** townin the Henan Province  Taught by **Wang Zong Yue**, Master Jiang Fa became the **1st generation lineage holder of Zhao Bao** | | |
| **Xing Xihuai**  (1593 -1673) of Zhao Bao town  Taught by Jiang Fa, Xing Xihuai became the **2nd Generation lineage holder**  Jiang Fa also taught Chen Wanting of Chen Village | | |
| **3rd - 6th generations stayed within Zhao Bao town**   * Zhang ChuChen 1611-1693 3rd generation of Zhao Bao * Chen Jing-Bo 1663-1745 4th generation of Zhao Bao * Zhang Zong-Yu 1698-1779 5th generation of zhao bao * *It was said that he (Zhang Zong-Yu) had reached a high level that* ***“no force can be added or reduced, not even a feather or an insect.”****He passed on the boxing to his grandson, Zhang Yan.* * **Zhang Yan 1752-1836 6th generation of Zhao Bao "Extraordinary Master Zhang Yan." Passed on his skills to Zhang Yingchang and Chen Qingpink** | | |
| **CHEN QING PING**  **1795 – 1868 (aka Chen Qingping)**  Taught by Zhang Yan, Chen Qing Ping became the **7th generation lineage holder of Zhao Bao** | | |
| **HE ZHAO YUAN**  **1810-1890 (aka** *He Zhaoyuan)*  CHEN QING PING taught the Dai Li routine to He Zhao Yuan and he became the  **8th generation lineage holder of Zhao Bao**  **HE Zhao Yuan had the best gongfu of all of Chen’s disciples.**  He Zhao Yuan created the **He style taijiquan** which became one of the various schools of Zhao Bao Taijiquan including Liu Rui. | | |
| **HE QING XI**  **1862 – 1936**  HE ZHAO YUAN passed it on to his grandson He Qing Xi and he became the **9th generation lineage holder Zhao Bao**  He Qing Xi taught the Cheng routine and modified the routine into Big and Small routines based on the principle ‘first from open and wide, then to small and tight’. | | |
| **ZHENG WU QING**  **1894-1984**  **He Style Taijijquan**  **Zheng Wu Qing became the 10th generation lineage holder**  Zheng Wu Qing also learned the Small routine and Dai Li routine  (Dai Li is aka the Cheng routine/original Heritage frame) | |  |
| **1930’s** - The teachings left the town of Zhao Bao. | | |
| **LIU RUI**  **1939-2017** Liu Rui died 5-17-17 aged 79  ZHENG WU QING taught Liu Rui and he became the  **11th generation lineage holder**  LIU RUI studied with Zheng Wu Qing for 20 years  Liu Rui’s interview with Alex Yeo was in Oct 2007 | Macintosh HD:private:var:folders:9_:s89fy1gx1_gctqhz1gzk6j6h0000gn:T:com.apple.mail:com.apple.mail.drag-T0x7f9aa8c0d8f0.tmp.tJAQZk:Image 2-21-20 at 7.34 PM.jpg | |
| Rumsoaked fist: Liu Rui 刘 瑞, a highly-skilled and respected teacher of the "Heritage" or small frame of Zhaobao taijiquan coming down from He Zhaoyuan via Liu's teacher Zheng Wuqing, died last week at the age of 79 on May 17, 2017 following a period of illness. Liu lived in Xi'an but taught all around China as well as in Singapore. Liu taught taijiquan as a seamless integration of solo form, push-hands and applications all reflecting the same principles. | | |
| **1980’s** - Teachings went to other countries. | | |

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| **ZHENG WU QING** | |
| GrandMaster Liu Rui (1) | Song Yun-Hua |
| Master Yao Yue-Qing | Wayne Peng (2) |
| Master Weidong Zhao |  |
| Master Troy |  |

(1) GrandMaster Liu Rui is the eleventh generation successor Wudang Zhaobao Three harmonized in one Heritage Frame Taijiquan

(2) Master Peng is the twelfth generation successor of China Wu Dang Zhao Bao Tai Chi lineage.