



LAU GUARDIANS PRESENT

# INSIDE LAU GAR 劉家拳 KUNG FU 拳



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It was a real honour and privilege to be present at the first ever meeting of two Grandmasters, Grandmaster Chen Zhenglei and Grandmaster Jeremy Yau. The two met recently when Grandmaster Chen Zhenlei was over in the UK on a teaching visit. The two were introduced over dinner by his senior student Master Liming Yue, who runs the Chen Tai Chi Centre in Manchester and is also a good friend of Grandmaster Jeremy Yau.



Grandmaster Chen Zhenlei is pictured presenting a copy of his latest book to Grandmaster Jeremy Yau which he signed with a personal message.

## Grand MASTERS Meet

**Grandmaster Chen Zhenglei** is one of the "Top Ten" martial artists in China as reconized by the Chinese government, the 19th generation successor of the Chen family and the 11th generation direct line inheritor of Chen Style Tai Chi. He has been awarded the honour of National Martial Arts Senior Instructor and has achieved the 8th Duan Wei within the Chinese Wushu (Martial Arts) Grading System. He is also a Committee Member of China Physical Culture & Science Institute. Grandmaster Chen Zhenglei is the Honorary Presidency of the Chen Style Tai Chi Centre UK.

**Grandmaster Jeremy Yau** is the President of the British Kung Fu Association, which he established in 1972. He is the keeper of the Lau Gar Style which is taught through a large network of schools across the UK and Ireland.

Grandmaster Chen Zheng Lei (Zhenglei) was born in May 1949 at the birth place of Taiji - Chenjiagou Village, Wenxian County, Henan Province, China. He has held the position of Head Instructor and Principal of Chen Village Taijiquan School, Head Instructor of Wen County Taijiquan Promotion and Development Centre and Vice Director of Henan Province Martial Arts Administration.

He started to take part in competitions from 1974 and by the end of 1987 he had won over ten gold medals in Henan Province and China National Martial Arts Competitions.

During their discussions over dinner, they discovered that they were both at a Chinese Wushu Competition in Xi'an in 1985, Grandmaster Chen Zhenlei was competing in the sets section and Grandmaster Jeremy Yau was the lead coach of the first ever official Great Britain team to compete in China.

It is hoped that the two great Grandmasters will continue to develop their friendship when Grandmaster Chen Zhenlei next visits the UK and that their knowledge and experiences can be exchanged for the benefit of both Chen Tai Chi and Lau Gar students.

### Article Credits

Lau Gar Guardian: Peter Hornby

Further information about Master Yau and the Lau Gar style can be found at: [www.laugar-kungfu.com](http://www.laugar-kungfu.com)