

NEW ZEALAND WUSHU MEMBER PROFILE - Wellington

CHIEF INSTRUCTOR: **David Mackenzie** 甘默金老師

CLUB NAME: **Fierce Tiger TaiChi Chuan (Měng Hǔ Xià Shān Tai Jí Quán)** 猛虎下山太極拳

SYSTEM/S: **Tai Chi for Health: Sun(孫)style and Yang (楊)style TaiChi Chuan**

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甘默金老師

PHILOSOPHY

The aim of practising Tai Chi is to develop the skills, and improve health and confidence. It is only the confident tiger who descends the mountain - hence the name of the club. Everyone is welcome to come along to experience the benefits and become a fierce tiger.

TAI CHI FOR HEALTH

Tai Chi for Health is a set of forms put together by Dr Paul Lam, to assist in promoting health. You are required to be certified to teach these forms. I teach the forms as an introduction to Tai Chi.

SUN STYLE AND YANG STYLE

As students progress we move on to the Sun and Yang style forms. Weapons, including the sword and the fan will also be taught.

QUALIFICATION

I am certified to teach Tai Chi for Health. I have been practising Tai Chi since 2000 and have won medals at NZKWF tournaments. I am a National Taolu Judge. I also belong to the Jin Wu Athletic Association and am on the Wellington Committee of the NZ National Tai Chi Chuan Association. I regularly attend seminars and receive training from masters in Australia and from time to time China.

Class Type	City	Suburb	Venue	Street Address	Day	Time	Cost
Tai Chi	Wellington	Newtown	Community Centre Hall	Cnr Rintoul & Colombo Streets	Sat	11.00am-12.30pm	*

*For details contact Instructor.