

## NEW ZEALAND WUSHU MEMBER PROFILE - Wellington

**CHIEF INSTRUCTOR:** **Shīfu Glen Keith** 格兰 凯思

**CLUB NAME:** **Plimmerton Kung-Fu and Tai Chi Club**

**SYSTEM/S:** **Shaolin Fut Gar Gung-Fu and Traditional Yang Style Tai Chi Chuan**

**WEBSITE:** [www.futgar.org.nz](http://www.futgar.org.nz) **EMAIL:** [voyager@slingshot.co.nz](mailto:voyager@slingshot.co.nz) **PHONE / TEXT:** 027-249-3298



**Shifu Glen Keith**

### **SHAOLIN FUT GAR GUNG-FU**

Considered as Southern China's approach to combat proficiency - Shaolin Fut Gar Gung-Fu or 'Buddhist Fist' Kung-Fu is a Shaolin-based Gung-Fu system originating in northern China and developed in the south. It is one of the oldest forms of Gung-Fu and is rarely taught in the world today. The system has internal-external aspects and includes strikes, parries, kicks, self-defence, defence against weapons, forms, set-sparring, free-style combat, weapons, conditioning and qi-gong exercises. Only one club of its kind exists in New Zealand and is run by Shīfu Glen Keith, a disciple of Master Wing Koi Young for over 30 years. Shīfu Keith teaches the system the same way it was taught to him, with the emphasis on developing a solid foundation, combat proficiency and the pursuit of physical, mental and spiritual health and well-being.

### **TRADITIONAL YANG STYLE TAI CHI CHUAN**

Shīfu Glen Keith is also a disciple of Master Philip Kwong of Hong Kong, who has lived in New Zealand for many years. Classes begin with Yang 24 Movement Form and Push-Hand Movements and progress to Qi-Gong Exercises, Yang 108 Movement Form and Yang Tai Chi Sword (Taiji Jian). As above, the key focus is the pursuit of physical, mental and spiritual health and well-being.

Class Type	City	Suburb	Venue	Street Address	Day	Time	Cost
Gung-Fu	Porirua	Plimmerton	Plimmerton School Hall	School Road, Plimmerton	Mon	8.00pm-9.30pm	*
Tai Chi	Porirua	Plimmerton	Plimmerton School Hall	School Road, Plimmerton	Sat	10.00am-11.00am	*

\*Visit [www.futgar.org.nz](http://www.futgar.org.nz) for further details.