NEW ZEALAND WUSHU MEMBER PROFILE - Auckland

CHIEF INSTRUCTOR: John Munro

CLUB NAME: Long White Cloud Kung Fu

SYSTEM/S: Southern Five Animals, Southern Mantis, Qigong

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Takapuna Adults Kung Fu Class

Southern Five Animals

Learning a variety of animal kung fu styles makes the practitioner versatile and adaptable. Each animal utilises different strategies and methods of power generation, which the student can adapt to different situations as required. The five animals tiger, snake, crane, leopard and dragon give the student a comprehensive understanding of how they can use their body to most advantage against different opponents. Long White Cloud Kung Fu also teaches traditional weaponry alongside the unarmed kung fu. Our emphasis is on practical application of traditional skills.

Southern Mantis

The southern mantis style is renowned for its short striking and body conditioning. A foundation in this style will make the student's body strong and develop explosive power for striking.

Qigong

Qigong practice develops health, strength, resilience, inner calm and an in-depth understanding of how your mind and body function.

Class Type	City	Suburb	Venue	Street Address	Day	Time	Cost
Kung Fu & Qigong	Auckland	Takapuna	North Shore Kung Fu and Qigong Health Centre	46A Taharoto Rd, Takapuna	Mon - Thurs	Full time Martial Arts Studio - see website for timetable	See web site