

NEW ZEALAND WUSHU MEMBER PROFILE - Hamilton

CHIEF INSTRUCTOR: Terry Hill

CLUB NAME: Terry P. Hill Martial Arts Association

SYSTEM/S: Sanda - Kick Boxing - Karate - Ko Budo - MMA (Mixed Martial Arts)

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TERRY HILL

**Head Sanda Coach / Judge for the
New Zealand Kung-Fu Wushu Federation**

SANDA



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LEI TAI PLATFORM



Sanda is the full-contact fighting element of Chinese martial arts and consists of boxing, kicking, standing grappling and throwing techniques. Competition is performed on a lei-tai or raised platform allowing for the full spectrum of techniques to be executed. Modern training regimes such as bag and pad work, running and skipping, calisthenics, plyometrics and sparring make up the core of the daily workout requirement. Click <http://www.wushu.org.nz/sanda.html> for more information and videos on Chinese sanda.

Class Type	City	Suburb	Venue	Street Address	Day	Time	Cost
Sanda / Kickboxing	Hamilton	Glenview	Chinese Community Centre	47 Lewis Street, Glenview, Hamilton	Mon, Wed and Fri	7.00pm - 8.30pm each night	\$15 p/wk