## **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)

WEBSITE: http://terryphill.tripod.com/ EMAIL: terryphill@yahoo.com.au PHONE / TEXT: 021-035-1133



**TERRY HILL** 

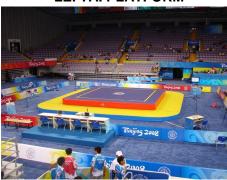
Head Sanda Coach / Judge for the New Zealand Kung-Fu Wushu Federation







## **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 <a href="http://www.wushu.org.nz/sanda.html">http://www.wushu.org.nz/sanda.html</a> for more information and videos on Chinese sanda.

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