

Shaolin Si Wushu Guan



Gong Fu, Tai Ji & San Da

In Göteborg we can offer the unique opportunity to be instructed by the Shaolin monk, Shi Xing Xue, official representative in the Nordic countries of the Shaolin temple.

The Shaolin temple is known throughout the world as the origin of martial arts. Its many generations of monks has since the sixth century been legendary for their skill in martial arts.

For additional information go to our home page:
www.shaolin.se

Shaolin Si Wushu Guan

Shaolin Si Wushu Guan in Göteborg was formed in 1998 and is a non-profit organisation and a member of Svenska Budo & Kampsportsförbundet (the Swedish Budo & Martial Art association). Our members have been very successful in national Wushu competitions. Each summer members have the option of going on a training trip to Shaolin. Courses for beginners start every spring and autumn.

The word Wushu literally means martial art, and is used as a common name for all the Chinese martial art styles. We train:

Gong Fu (Kung Fu) Gong Fu contains training in unarmed combat with punches, kicks and throws. Training consist of forms – predetermined sequences techniques, and applications of those techniques. Gong Fu also contain weapons training. In total there are 18 weapon types, and among them are staff, spear and sword. In Gong Fu we also offer classes for children (ages 7-12).

Tai Ji (Tai Chi) Tai Ji is closely related to Gong Fu, but is performed slower and is combined with breathing techniques. Tai Ji Quan taught here is more dynamic than other variants of Tai Ji, and contains shifts between slower and faster segments. Tai Ji is well suited for all ages.

San Da (also known as San Shou) Sand Da has been developed from Gong Fu to give the opportunity to compete against each other through sparring. Gong Fu focuses on the artistic aspect, while San Da focuses on the competition aspect. San Da contains punches, kicks and throws.

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