



# Brisbane Kung Fu

Wu Zen Dao *The Way of Martial Art Zen*



## SHI XIONG RICHARD BAKER



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Shi Xiong Richard has enjoyed his Chinese Martial Arts training for over 11 years under Shifu Jason and Shifu Peter. He has long held a fascination for martial arts and his prior training included Tae Kwon Do and Shotokan Karate.

Analytical in nature, and with an eye for detail, Shi Xiong Richard has always sought to gain a higher understanding of Shaolin principles and applications. This experience and sensible approach has proven to be appreciated by students. Coupled with a strong sense of discipline and commitment, Shi Xiong Richard presents as a great role model to students.

Shi Xiong Richard has represented the school in NAS tournaments, where he has received local and state awards in veteran events. He also features regularly in school demonstrations and has often been singled out as an audience favourite.

With a particular interest in Chinese traditional weapons, Shi Xiong Richard has pursued individual gradings in a number of weapon disciplines including the bang (short staff), gun (long staff), dao (Chinese broadsword), escrimas (double short sticks) and nunchakus (rice flail).

Shi Xiong Richard has long worked with us behind the scenes, and continues contributing to the development of the school as a valued committee member.

Shi Xiong Richard's efforts and commitment to Brisbane Kung Fu has been rewarded with the Student of the Year (the school's highest achievement) in 2009 and 2013.

Recently, Shi Xiong Richard has started rounding out his skill set with training in internal disciplines, and begun including Tai Ji practice with Shifu Kevin and Shifu Richard to his weekly regime.