



Brisbane Kung Fu

Wu Zen Dao *The Way of Martial Art Zen*



Shi Xiong Vincent Constantinou



Shi Xiong Vincent began training with Brisbane Kung Fu over 4 years ago and came with a wealth of knowledge and skills gained over ten years as a professional gymnast. It proved to be an ideal preparation with core strength, flexibility, coordination, floor and aerial work already well established.

Shi Xiong Vincent has in a short time gained much experience and success in competition, with numerous State and National Titles to his name. These have been awarded in many various forms and fighting categories.

Since starting, Shi Xiong Vincent has always had a large involvement within the Brisbane Kung Fu school, being instrumental in many of our demonstrations, camps and social events. His contributions on the BKF committee have been substantial as well with his business knowledge and photography skills.

A natural coach and motivator, Shi Xiong Vincent brings a keen eye and good biomechanical knowledge to his instruction, finding the improvement in his students very rewarding. 2013 sees Xi Xiong Vincent teaching 3 classes per week at Beaudesert with more classes planned in the near future.

Recently Shi Xiong Vincent was inducted as a Tu Dai (disciple student) under Sifu Jason King which promises more responsibility and access to exciting advanced material. In coming years, Vince would like to undertake studies in Traditional Chinese massage.

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