

SHAOLIN FUT GAR KUNE KUNG-FU HISTORY

SIL LUM FUT GAR KUEN - is a southern Kung Fu style with origins in Shaolin. The name Fut Gar Kuen means Shaolin Buddhist Family Fist or Buddhist Fist, and it can be also used to refer to Shaolin Lohan Kung-Fu. It is said Shaolin Lohan Kung-Fu was first developed from Shaolin Eighteen Lohan Hands by various Shaolin monks over many years. Some authorities say that many centuries later, after further development and modification in South China, it became known as Fut Gar. Others say Fut Gar is a combination style of the best fighting features of all the five southern family kung fu styles of Lau Gar, Li Gar, Mok Gar, Choy Gar and Hung Gar.



Master Young Wing Koi at age 50 years, in February 1975, at a martial arts demonstration in Upper Hutt, Wellington, New Zealand.

This form of Sil Lum Fut Gar Kuen was brought to Wellington, New Zealand in the early 1950s by Young Wing Koi (Peter Young). Born on 3 November 1925 in a village on the outskirts of Guangzhou, the capital of Guangdong province of the People's Republic of China. He learnt Hung Gar and Tam Toi from the age of 6. Showing an aptitude for kung fu in his early teens he was then taught Fut Gar by his Master, Chow Gee Poi.

The 1930s and 1940s in China were uncertain times. Your self defense skills could mean the difference between walking away from a situation or experiencing serious harm or worse. This meant hard practice and developing real and effective fighting skills.

Young Wing Koi was involved in the resistance to the Japanese during World War II. His Kung Fu skills were put to the test at this time more than once. This included helping him survive a knife attack. After the War ended, he made his way to Hong Kong and then to New Zealand in 1950 to join other members of his family.

In New Zealand he was able to build a successful career as a businessman, becoming a respected member of the community. He helped promote friendship between Chinese and other New Zealanders as well as promoting and supporting a number of Chinese community projects. He also helped start Wellington's first Lion Dance troupe based at the Wellington Chinese Anglican Community Centre.

With his good friend (Hung Gar & Shotokan Karate Master) Bill Young, he helped form and run the Chinese Martial Arts Association in the 1960s. This club was initially located in the back of Young Wing Koi's Haitaitai Fruit & Vegetable Shop. Probably the first Chinese Martial Arts Club in New Zealand, the club was one of the first to accept non-Chinese students.

In the 1970's He also taught self defense skills to officers of the New Zealand Traffic Department (Now part of the New Zealand Police Force).

A large number of Wellington's martial artists at some stage undertook martial arts training at this club. In the 1960s and 1970s many Karate exponents were only too keen to learn practical martial arts from China.

Young Wing Koi passed away in Wellington on 29 October 2015 at the age of 90 years. His legacy lives on through his disciple Sifu Glen Keith, who teaches the only Fut Gar Gung Fu school in New Zealand.

