



Grandmaster Victor ShengLong Fu
Born December 1945, Victor Fu is the third-generation heir to the world-famous Fu Style system of internal martial arts (Wudang Boxing). Victor is the grandson of legendary Grandmaster Fu Zhen Song, one of the famed “Five Northern Tigers;” and one of eight children born to Zhen Song’s heir, Grandmaster Fu Wing Fay. Victor Fu began training under his father at age five, and worked much harder than his siblings. He competed in many tournaments, and at the age of 13, placed 1st in the Guangdong Provincial Youth Tournament. In 1984, Victor became director and a member of the Guangzhou Municipal Wudang Boxing Research Society; and in 1985, a member & committee member of the Guangzhou Municipal Wushu Association. In 1988, Victor was confirmed 2nd class judge of Wushu by the Guangzhou Municipal Sports Committee.



In 1989, Victor Fu fled China to Hong Kong. Six months later, he arrived in Vancouver, B.C., Canada, and later became a Canadian citizen. Since 1989, Victor has been teaching exercise for local senior citizens and martial arts in Vancouver; he has also traveled for many different seminars in Ontario, Quebec; California, Utah, Ohio, Pennsylvania, Massachusetts, Florida; England, Germany, Italy and in China.

Victor Fu has been featured in Inside Kung Fu Magazine, the Chinese Wu Lin magazine, Pa Kua Chang Journal, Tai Chi Magazine, Journal of Asian Martial Arts, the book: Famous Martial Artists in China, and the Martial Arts Directory.

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