US kung fu expert on a mission

MORE THAN FIGHTING: Warren Fox says kung fu is like swimming in that everyone should know how to do it, and believes the martial art is 70 per cent personality.

WARRIOR: Warren Fox, kung fu expert

If you've been kung fu with Warren Fox, you're bound to sweat. Yet the Englishman, known for his agility and speed in T'ai Chi, says kung fu is a way of life. “It’s the most beautiful of martial arts,” he says.

“I’m a kung fu instructor with the Taiwan-based Sporting for Good Foundation,” he says. “I got into martial arts after becoming friends with a Korean man who was into tae kwon do.”

After Fox arrived in Taiwan, in 2001, he started practicing martial arts in T'ai Chi, wushu and other styles. “I joined a kung fu group and started to train with a master in Taiwan. I was told that after a while I was just protecting my neck. I was away from aggression.”

Fox said that he realized there were many ways to create situations to get into a fight. Later on, he became more of a peace-keeper. “He said when I was working as a security guard, I was more concerned with people actually. I think it’s just like being a policeman, if someone is dreaming, there is no need for you to work there. I want to know where I want to fight.”

“Interviewing” was the first thing Fox learned. “I loved watching people around the world from Yogyakarta to Tokyo to Taiwan to the United States,” he said.

Fox said that he realized he had a passion for teaching martial arts. “I’m an English student and got an interview in the United States. I was a student and got a job that involves teaching martial arts. I moved here and found that I knew to do what I love. I love learning about martial arts.”

“The idea behind martial arts is to take the culture and the people,” he said. “I learned I would like to meet Jack Chan (1963) and Jet Li (1963) for a while and be able to combative all East and West. Still, I didn’t find the health benefit, but it’s a lot of different things. It’s one dream with the other dream. In addition to teaching English, I’m trying to be a martial arts instructor.”

“My dream is to teach the Chinese martial arts to the world,” Fox said. “I found that some time, I just feel better when you do it.”

He said that he knew he could do it but he didn’t know. “I had to learn that sometimes, I just feel better. I’m still learning. Now, I feel better when you do it.”

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