

Lai Tung Pai Kung Fu

Enrolling Now



Learn Authentic Lai Tung Pai Kung Fu

- Practice Punching and Kicking Techniques
- Learn Traditional Weapon and Open Hand forms
- Improve athleticism, balance, coordination, and confidence



Instruction by Jonathan Dymond

- Received black sash in 2018
- Awarded brown sash by Sigong Li Chi Keung
- Trained with Grandmaster Kong Hoi in Hong Kong
- Advanced competitor in Regional and International Events

Providence Day School

Sundays 9 - 9:50 in Mini Gym

Martial Arts background not required

Comfortable Dress, Shirts may be Available

Some gear may be required