

Join the CCA

# Kung Fu Club

2020-2021

## Learn Real Kung Fu

- Practice Punching, Kicking, Strengthening, and Stretching
- Learn Traditional Sword, Staff, Pole and Fist forms
- Increase athleticism, balance, coordination, and confidence
- Improve yourself through Traditional Chinese Martial Arts!

## Instruction by Jonathan Dymond

- Official Lai Tong Pai Sifu & Instructor
- CCA Kung Fu Instructor since 2018
- Regional Competition Judge
- International Kung Fu Competitor
- Trained with late Grandmaster Si Gong Li Chi Keung
- Trained with Grandmaster Kong Hoi in Hong Kong



Charlotte, NC  
USA

Providence Day School

Ages 7 - 18

Sundays 9 - 9:50 in Mini Gym

Martial Arts experience not required

Shirts may be Available

Wear Comfortable Dress

Some low-cost gear may be required



Reference

1. <http://www.kungfudragonusa.com/wp-content/uploads/2013/01/KFDUSA-kids-200x300.jpg>

2. <https://i.pinimg.com/originals/8f/60/4a/8f604a071cfb76bbae6ea88b6ba5ca5a.jpg>

3. Facebook: Shifu Yan Lei