

# Lung Kong Physical Culture Club 龍岡青年國術團

*clo 555-A Hanana Place, Honolulu, HI 96817. Telephone: (808) 538-3434, (808) 595-2227*

*Mission:* To perpetuate Chinese culture and its martial arts for the youth of the community

*History:* On June 22, 1958, Mr. Lau Poo and Mr. Chu Hee of the Lung Kong Shaw Society of Honolulu formed a youth chapter that is now known as the Lung Kong Physical Culture Club. The aim was to attract younger members into the Society by offering them opportunities to learn and practice martial arts.

*Activities* The Youth Chapter is now under the direction of Sifu Lau Yan Tak, who teaches the martial arts style of Chong Lee Fut. Classes are held every Friday night from 6:30-9:00pm. During the summer months of June, July and August, classes are also held on Tuesday nights from 7:00-9:00pm. They are taught at the clubhouse by the master's son Alan Lau. The curriculum includes warm-up exercises, handsets, sparring sets, and various weapon sets.

In addition to Kung Fu (*gongfu*), members also learn and perform the lion dance. Since Lung Kong was formed by the four progenitors Lau, Qwon, Chong and Chu, the Club uses lions of four different colors in their honor: Lau is represented by the gold, Qwon by the green, Chong by the black and Chu by the white lion. Lung Kong only uses one more lion—the red or queen lion—at birthday celebrations. The Lung Kong Physical Cultural Club teaches lion dances to all who are willing to learn. Performances can be requested for any type of celebration. Lung Kong has made appearances at events including weddings, birthdays, grand openings, anniversary parties and house warmings. In 2002, Club members performed during several events focusing on the martial arts movie superstar Jackie Chan, during his stay here in Hawaii.

The club is a non-profit organization that uses its donations from lion dance performances as well as from monthly dues paid by members to support itself.

*Membership:* The Lung Kong Kung Shaw originally commemorated the four heroes Lau Pei (*Liu Bei*劉備), Quon Yu (*Guan Yu*關羽) Chong Fei (*Zhang Fei*張飛) and Chu Wun (*Zhao Yun*趙雲) of the Three Kingdoms period, A.D. 220–280, and members were limited to those with one of those four names. Eventually, any Chinese surname became eligible. Currently, membership is open to any individual who desires to learn martial arts and the history of the Club's forefathers. The cost of membership is minimal: \$2 a month for ages 5 to 11, and \$3 a month for ages 12 and up.

## *Association presidents*

*1978–pres.* Henry C.H. Chu

*Sources: UCS directory and correspondence with Henry Chu*