

Luk Tung Kuen Worldwide Hawaii Association

世界六通拳夏威夷總會

111 N. Beretania Street, P3, #1812; Honolulu, HI 96817; Bus. Ph. 521-8326

Mission: To promote the Luk Tung Kuen exercises as a means of attaining better health, to train anyone in Hawaii in these exercises, and to help organizations the senior centers and health care homes.

History: Ding Tin Wong was a Hong Kong businessman who came to Hawaii to keep company with his son, a student in Honolulu. He practiced Luk Tung Kuen diligently, on a daily basis. Many who observed his routines developed a growing interest in them. In the 1980s, Mr. Wong was convinced to offer the first formal Luk Tung Kuen class at St. Elizabeth Church on King Street. As the number of his devotees increased, classes had to be moved to Aala Park. In 1992, Mr. Wong returned to Hong Kong to visit his relatives and his Master, Ms. Ho King, who had originally taught the exercises to him. It was Ho King who suggested that Duk Tin Wong start a Hawaii Chapter of the Luk Tung Kuen. In 1994, with the support of attorney Hin Chiu Lau and Chinatown entrepreneur Sun Hung (“Sunny”) Wong, as well as several others, Ding Tin Wong finalized the by-laws and other legal matters to have Luk Tung Kuen commissioned on April 24, 1994. Grandmaster Ho King came from Hong Kong to give the Association her blessings. A celebration was held at the Empress Restaurant and attended by Luk Tung Kuen members who flew in from the California, Canada and Hong Kong chapters.



*Participating
in a
volunteer
clean-up
project with
Honolulu
Mayor
Jeremy
Harris*



Practicing the exercises at Windward Mall (above), and at the Chinese Cultural Plaza (below).

Association presidents:

1994-95 Lum Dong

1996-98 Joseph W.C. Young

1999-pres. Selina Yueng

Membership: At present, there are approximately 750 members in the Association. There is a one-time life membership fee. Benefits of membership include free participation in classes as well as Association gatherings and excursions.



Activities: Luk Tung Kuen is a callisthenic exercise with 36 movements designed to improve the body and strengthen the immune system. Luk Tung Kuen exercise classes are held at the following locations: Chinatown Cultural Plaza, Kaneohe Windward Mall, Kahala Mall, Old Stadium Park, Salt Lake District Park, Halawa District Park, Lanakila Multipurpose Senior Center, Palama Settlement Senior Program, Ala Moana McCoy Pavilion, and the Pauahi Recreation Center (senior program). Luk Tung Kuen members also support other nonprofit events, such as the annual Charity Walk.

Sources: UCS publications and correspondence with Verna Saranillo