

**Academy of
Kung Fu**

ABOUT

CLASSES

REGISTER

SCHEDULE

GALLERY

BLOG

CONTACT

INSTRUCTOR BIOS

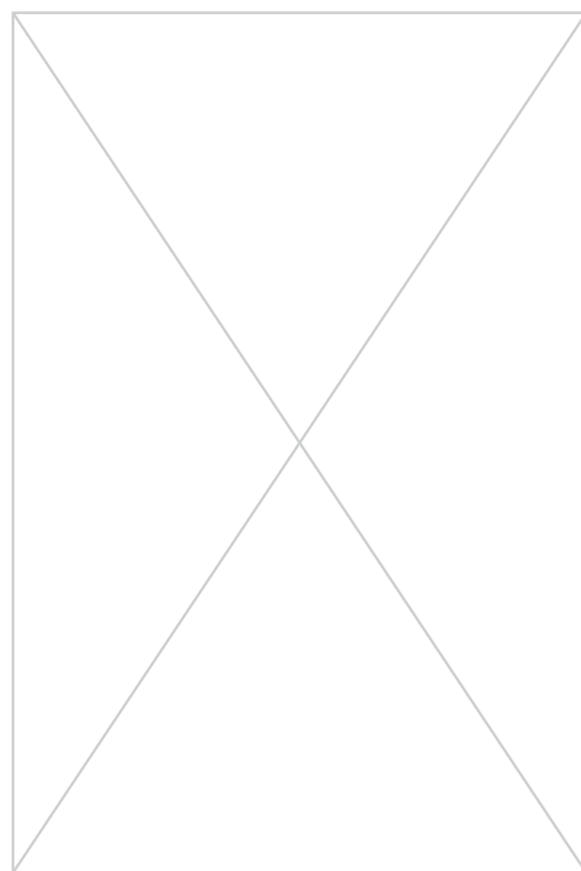
HOME > ABOUT > INSTRUCTOR BIOS

INSTRUCTOR BIOS

BENEFITS OF KUNG FU

FAQ'S

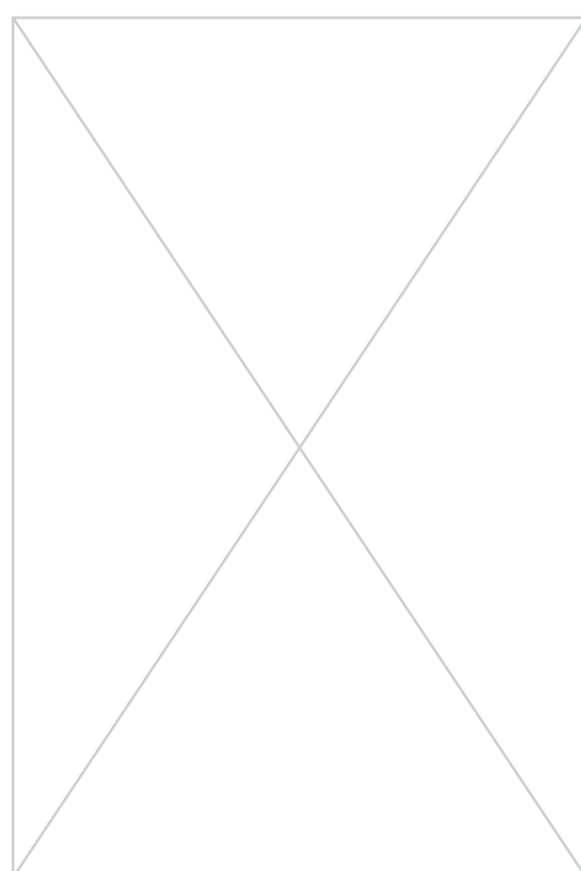
TESTIMONIALS



Sifu Trey Crake

The Head Instructor for the Academy of Kung Fu is Trey Crake. Sifu Crake is ranked as a 7th Level Black Belt in Lung Shou Pai (Dragon Claw Style) Kung Fu, and is in good standing with the Lung Shou Pai Wu Shu Association. He is a senior member of the Lung Shou Pai 5th Generation lineage.

Sifu Crake began his training in the Lung Shou Pai System in 1979. He received over 28 years of professional instruction directly from Grandmaster Norman J. Pedelahore of Slidell, Louisiana. Sifu Crake received full Instructor rank of 3rd Level Black Belt in 1985. At this time, Sifu Crake was honored to be adopted into the Lung Shou Pai family through the Pai Shi Tea Ceremony, which made him an heir of the Lung Shou Pai system. He has also received additional extensive training in "Five Formed Fist" (Tung Wu Ch'uan Fa)- Tiger, Snake, Leopard, Dragon and Crane, also from Grandmaster Pedelahore. [Read more...](#)



Instructor Name

Instructor bio. Mauris dui lectus, consequat sit amet est vel, ullamcorper iaculis ligula. Vestibulum sagittis est sed tellus suscipit, vel imperdiet elit auctor. Morbi scelerisque eros non tempus placerat. Suspendisse commodo commodo ligula id malesuada. Maecenas porta elit lacus, ac euismod elit egestas eget. Class aptent taciti sociosqu ad litora torquent per conubia nostra, per inceptos himenaeos. Donec lacinia, nisl sed faucibus consectetur, turpis nisl cursus justo, in interdum neque augue at tortor.

Aliquam at pulvinar nunc. Vivamus commodo vehicula sagittis. Maecenas pharetra turpis non enim ornare elementum. Mauris laoreet, mauris ut dictum venenatis, risus ligula feugiat enim, eget molestie felis neque ac sapien. Praesent sit amet dignissim quam, eget convallis leo. Mauris dictum facilisis ligula ut dictum.



The instruction is amazing and the other students are so helpful and friendly. I never imagined that I would be able to do something like this; that I had the patience or the strength.

Denise McMullen



**Academy of
Kung Fu**

Post-ironic vegan bespoke, Thundercats Banksy plaid skateboard asymmetrical letterpress pug sriracha roof party art party disrupt kale chips. Jean shorts Blue Bottle ethnic brunch, Brooklyn leggings Schlitz fashion axe tote bag swag.

Contact Information

626 Ridgewood Road
Ridgeland, Mississippi 39157
(601) 856-5051

Hours of Operation:

Mon - Fri: 3:00 pm - 9:30 pm
Saturday: 9:00 am - 12:00 pm

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