

Matthew Seal (1981-Present)

Matthew started martial arts by learning Praying Mantis kung fu at the Dragon Temple, Exeter in 2003.

During seven years there he studied Long Fist and Praying Mantis kung fu, Chinese kickboxing (San da and Qing da), Bagua Zhuang, Yi Quan and Chen Style tai chi.

Representing the Dragon Temple, he competed in and won many regional, national and in-house competitions.

From 2006 he began focussing on Chen Style, learning under Master Nick Taylor and Grandmaster Liming Yue. From 2012 he has trained with Master Wang Hai Jun and teaches across South East London.

'We are privileged that today we can teach this art as it has only been available to 'outsiders' for the past 100 years.'

