



2 WORKSHOP'S

MEDITATION BAC GING GONG

WITH MASTER RUSSELL & SIFU QUIRK

10AM - 12PM

11.30AM - 3PM

WEST WALSALL E-ACT ACADEMY
PRIMLEY AVENUE, WALSALL. WS2 9UA

SUN 14 JULY 2019

OPEN TO
ALL BKFA
MEMBERS

Learn to make the most of your skills through Meditation/Mindfulness

It's as simple as one, two three!

1. Remain calm and focused
2. Know what is happening around you
3. Respond in the most effective way

Whilst the course is aimed at Martial Artists it will benefit anyone in their everyday life and in any activity requiring mindful movement.

11.30AM - 12PM will be overlapping
of sessions with moving meditation.

Bac Ging Gong is an important & fundamental form of the Lau Gar System

This workshop will look at Bac Ging Gong
in the following ways:

- means of setting intention, training awareness and abandoning discursive thoughts.
- discovering for yourself an understanding of the gings and keywords that are employed in the practice Lau Gar Kuen.
- learning to coordinate the constituent parts of the body in the most efficient fashion, leading to more effective techniques.
- understanding the relationship between the external and internal experience of Kung Fu.

Course Fee £15 - Meditation £25 - Bac Ging Gong or £40 for both

Please download and complete an application form from the BKFA website to book your place.

You may pre-register or simply turn up on the day

PLEASE NOTE: to be eligible to attend;

- You must know the Bac Ging Gong Form in its entirety (not part or still learning)
- Be a Black Sash and current member of the British Kung Fu Association.



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