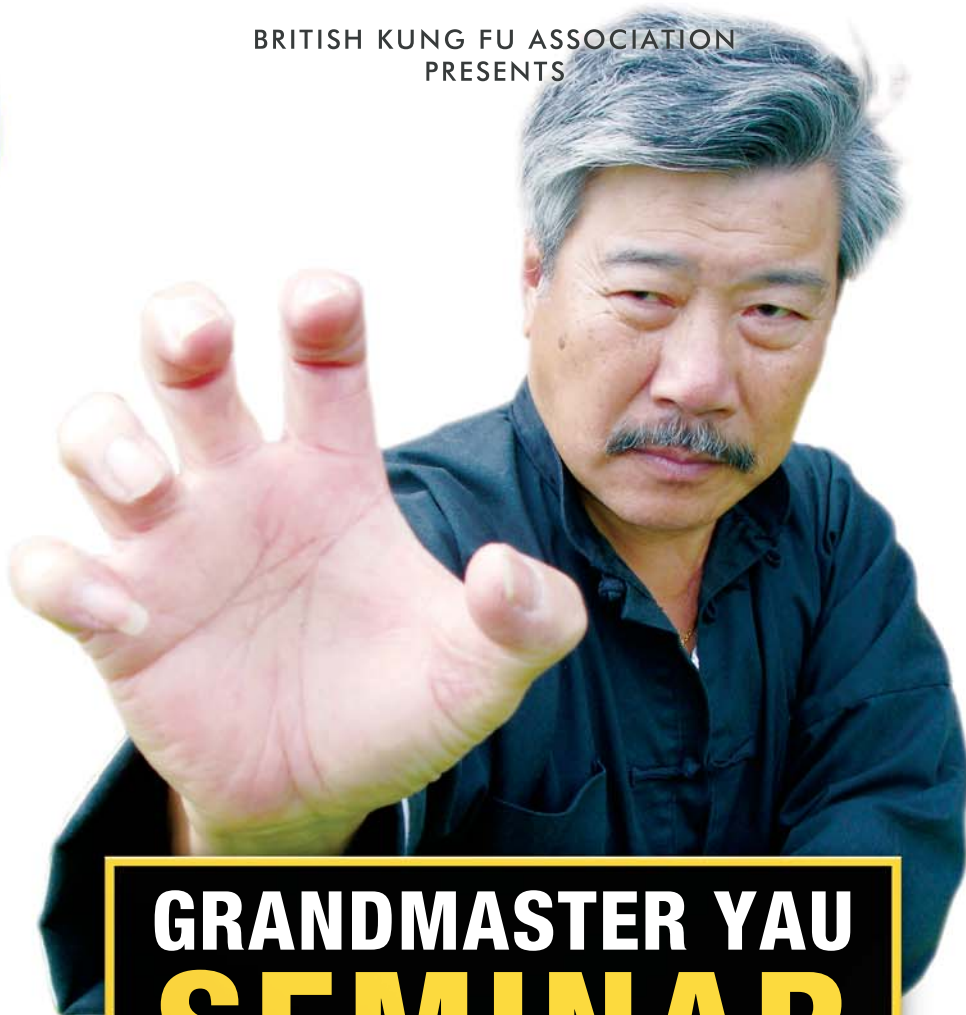




BRITISH KUNG FU ASSOCIATION  
PRESENTS



# GRANDMASTER YAU SEMINAR LAU GAR KUEN SYLLABUS & APPLICATION



Learn and Train with the living legend and current keeper of the Lau Gar Style.

Grand Master Yau will give definitive answers on the Lau Gar syllabus to an intricate level of detail.

This will be a unique seminar, an opportunity not to be missed for students and instructors.

This is a physical training seminar and all those attending will be expected to participate.

Core syllabus items will be covered including a handful of sets with time permitting, anything not covered this time will be covered on the next seminar scheduled to be held later this year.

- Syllabus Items
- Training Drills
- Method of Practice
- Partner Drills
- Applications
- Chin-Na
- Sticking hands
- Questions & Answers

Please Bring;

- A notepad to take notes
- Focus Pads (essential), possibly a striking shield if you have one
- Something to Eat and Drink
- Opportunity to buy a current Licence If you havent got one

**SUNDAY 3<sup>RD</sup> MARCH 2019 10AM-4PM**

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



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