

# Lau Gar Limited

## Annual Report

2017



英倫功夫協會



Lau Gar Trust

# Welcome

## A word from Grandmaster Yau



Grandmaster Yau is the President of Lau Gar Ltd. This is an honorary title that is given to Grandmaster Yau as the Founder of the British Kung Fu Association (BKFA) and as Lineage holder of Lau Gar Kuen.

**“It is my wish that Lau Gar Ltd secures the future of Lau Gar Kuen and the BKFA for future generations”.**

A handwritten signature in black ink, consisting of several loops and a long horizontal stroke.

Grandmaster Yau

## Introduction to the Report By the Board of Lau Gar Ltd

Since last year there have been many changes in the Charities and Sports Sector in general. In addition, Grandmaster Yau has given a clear vision for the future of the style and the BKFA. In this report we are trying to capture these developments and report our response to them over the year.

You will notice that the report has been renamed the Lau Gar Ltd Annual Report.

The first section describes the structure of our organisation and how it operates.

The second section is a report on our performance against the objectives that we set last year.

In the third section we report on the activities that have supported the achievement of those objectives.

This report will be considered alongside other information at the Annual Guardian Meeting in November 2017. The Board will draw on these discussions to develop a strategic plan for 2018.

Listening to members will be at the heart of what we do in 2018 but we will provide challenge too so that our collective future is bright and so that we can clearly demonstrate the benefits of our charity to the public.

The Board of Lau Gar Ltd November 2017

# Section 1: The Structure of Lau Gar Ltd

Defining the component parts of Lau Gar Ltd and how they are related to each other.

## Lau Gar Limited

Lau Gar Ltd is the name under which the British Kung Fu Association (BKFA) trades. Lau Gar Ltd own the trade mark for Lau and Lau Gar Kuen.

Lau Gar Ltd has been a registered Charity (Registered Charity Number: 1148347) since July 2012

The object of the charity is:

*“The Promotion of community participation in healthy recreation, in particular, by the provision of facilities for playing and taking part in Chinese martial arts. To advance the education of the public in Chinese martial arts by the provision of training in such arts”.*

Within this objective Lau Gar Ltd seeks to ensure the continued success of the British Kung Fu Association as providers and participants in the traditional Chinese Martial Art, Lau Gar Kuen.

## Lau Gar Trust

Lau Gar Trust is the name commonly used to refer to the people, plans, activities and funds of Lau Gar Ltd.

## British Kung Fu Association (BKFA)

The BKFA refers to the Licensed Members and Registered Instructors who practise Lau Gar Kuen in the United Kingdom. The BKFA supports the delivery of the charitable object of Lau Gar Ltd. Volunteers for the Trust, donate their time, expertise and effort without financial gain.



**'FIVE FINGERS, ONE HAND, EACH ONE DIFFERENT'**






## Volunteering

Our volunteers are Guardians of Lau Gar Kuen and may also be members of the BKFA or their family members, friends or business associates; working with the guidance and/or supervision of a Guardian Volunteer. All volunteers donate their time, expertise and effort without financial gain.

## The Guardians

The Guardians are registered members of the British Kung Fu Association (BKFA) who demonstrate a high level of skill, knowledge and commitment to Lau Gar Kuen. They have made a specific commitment to protect Lau Gar Kuen and to pass on the tradition of that Chinese Martial Art Style, to benefit the public. (Oath)

As Guardians we fulfil a variety of roles within the Lau Gar Trust, for example:

-  Providing models of good practice for those who practise Lau Gar Kuen, other Martial Arts and within the broader Sports Community.
-  Promoting healthy recreation within local communities throughout the UK.
-  Providing services to registered members of the British Kung Fu Association (BKFA) who practise Lau Gar Kuen.
-  Contributing thoughts, ideas and views to assist the Lau Gar Ltd Board in the development of the Annual Plan.
-  Some Guardians are members of the Lau Gar Ltd Board of Directors, in addition to their operational volunteer work.

## Meet the Board of Lau Gar LTD



*Andrew Nation  
also a member of the  
Board*



*John Russell      Stewart Hunt      Alan Neeld  
Morag Quirk      Jeremy Yau      Peter Hornby*

**The goal of the Board of Lau Gar LTD is to provide strategic direction and to co-ordinate the delivery of an Annual Activity plan to fulfil the Charitable Object of the Charity and to direct, maintain and support the operation of the BKFA.**

In 2017 we commenced work on a Succession plan to ensure a smooth transition when Board members move on.

As a first step this year, we are describing the roles of Board members so that Guardian Volunteers and BKFA members can see what the requirements are for each role. For more information see Appendix 1: The Roles of Board Members

The next step will be to devise a skills audit for those who may be interested in a role in the future and to increase the opportunities for professional development for all. We will also be developing a succession process to support this.

## **The relationship between Lau Gar Ltd the British Kung Fu Association (BKFA) and Other Sporting Bodies**

Lau Gar Ltd is the name under which the British Kung Fu Association (BKFA) trades.

The BKFA was one of the first Chinese Martial Arts Associations to operate in the United Kingdom. It has been in existence since the 1970s. We were founder members of the British Council for Chinese Martial Arts (BCCMA). The BCCMA is the governing body for Chinese Martial Arts. We remain active members of the BCCMA to this day.

The directors of Lau Gar Ltd and the other Guardian Volunteers are all registered members of the BKFA. As well as pursuing our charitable object, many of our members are active in Regional, National and International Competition.

We have a strong relationship with Lau Gar Ireland who are affiliated with IMAC, the Governing Body in Eire. We also have links with Lau Gar Kuen Clubs in Poland and Foshan, China.

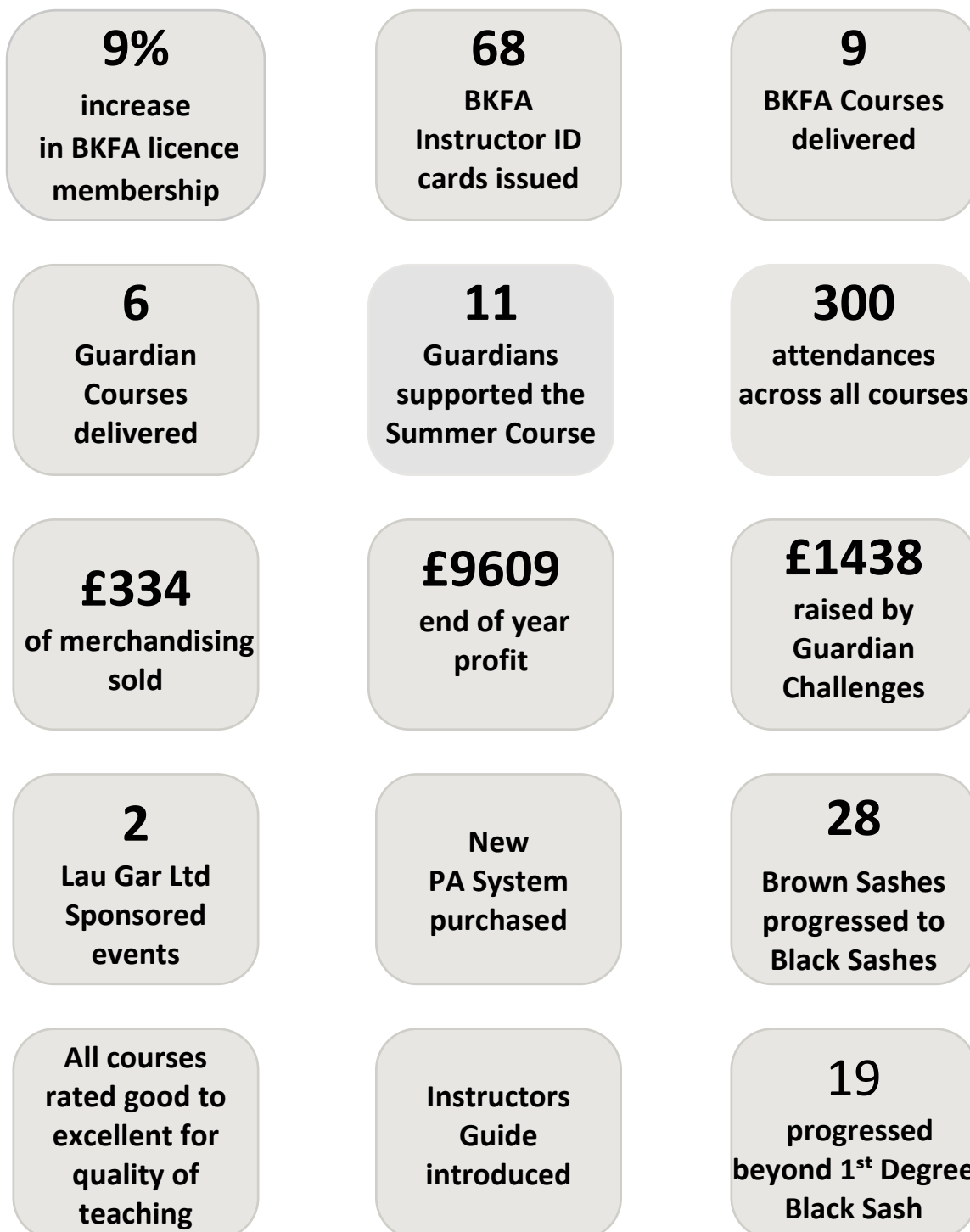
This year we became members of The Sports and Recreation Alliance. The Sports and Recreation Alliance has 320 members across the Sector. This year they have supported us with Governance, Policy development and provided us with a voice within the broader sporting community.

## Section 2: Our Performance 2016 to 2017

Our focus for 2016 and 2017, has been on increasing participation in the practice of Lau Gar Kuen. This has provided the public with excellent opportunities to improve their physical and emotional health and well-being.

This section of the report describes the impact we have had over the year.

### Highlights of the year



## Services to Instructors

**Free on-line  
Guide for all  
registered  
Instructors**

**Open Forum  
established at  
Lilleshall**

**Birmingham  
Thursday BKFA  
'Drop-in' class for  
any Black Sash**

**Brown Sash  
courses open to  
Black Sashes free  
of charge**

**November  
Master Class open  
to Instructors of  
any grade**

**New instructors  
section recently  
added to Website**

**Facebook  
regularly updated  
with news of  
upcoming events**

**Updated  
Twitter  
account**

**You Tube  
channel  
accessible from  
website front  
page**

**New BKFA  
Merchandising  
Introduced**

**UK wide and  
Ireland  
register  
of Clubs**

**Provision of  
Instructors'  
Insurance  
Process**

**Provision of a  
structured  
Syllabus**

**Provision of UK  
wide Policies**

**Provision of  
DBS service**

**Provision of  
Licence Process**

**Technical Advice**

**On call  
Safeguarding  
Officer**

## Benefits of BKFA Membership

- 👍 Members of the BKFA hold licences that are renewed annually. The licences provide members with personal accident benefits, public liability cover. If members are injured or suffer loss, they can get a claims form from the BKFA Secretary.
- 👍 Membership of the BKFA provides students with a graduated syllabus from the most basic of Martial Art skills through to black sash mastery and beyond.
- 👍 Access to clubs throughout the United Kingdom and Ireland. All registered clubs are listed on the BKFA website [https://www.laugar\\_kungfu.com](https://www.laugar_kungfu.com)
- 👍 We have established grading criteria. This development is supported by registered, qualified Instructors at club level. Members access specific, National Training courses from purple sash onwards. Members take part in these courses to enhance their technical skills. The courses are led by the current keeper of the style and supported by Guardian Volunteers and other black sashes. Course are also delivered on First-Aid, Anatomy, Coaching and refereeing.
- 👍 The Lau Gar Kuen syllabus has been developed from an ancient and authentic Chinese family style that is relevant today.
- 👍 Members can be any age or ability and will benefit from learning Lau Gar under the guidance of BKFA registered instructors.
- 👍 The training methods offered to members include training for the mind and body.
- 👍 Members can take part in competitive combat arts, develop strength and power through the practice of Qi Gung and combine these methods with effective self-defence.
- 👍 Members and their families can be sure that they are being taught by Registered BKFA Instructors who have technical competence, the appropriate level of insurance and who have DBS clearance.
- 👍 Members can be confident that no matter where they are in the UK they can find a BKFA club, teaching the syllabus as laid down by the BKFA, by checking our website <https://www.laugar-kungfu.com>
- 👍 Members can broaden their skill set by attending additional courses with Guardian Volunteer Instructors who have specific skills, expertise and knowledge.



## Responsibilities of BKFA Membership

- Members must keep their licence up to date and make sure their grading examiner or course provider signs their Grading record.
- By joining the BKFA, they must follow the code of conduct. This means that they promise to honour and uphold the style of 'Lau Gar Kuen' and not bring the style or the BKFA into disrepute.
- Members promise to be respectful and courteous to other members and to their instructors.
- Members also promise not to use their kung fu skills in any wrong-doing.

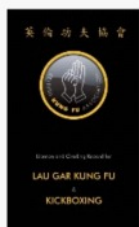
## Trends in Membership

There are 72 registered clubs in the UK and the Republic of Ireland. We have over 450 licensed members within the UK. This is a 9% increase since last year.

Our objective for 2018 should be to increase the number of members in clubs who hold licences. We need to take action now, to assure the future of the BKFA, and of Lau Gar Kuen. If we achieve this we will continue to be a significant Martial Art in the UK and we will continue to offer the benefits of our authentic and effective style. to the public.

## BKFA License Process

By Peter Hornby



Under the BKFA's affiliation agreement with the British Council for Chinese Martial Arts (BCCMA), all members must have a licence. This provides Personal Accident (PA) benefits and Public Liability (PL) cover for legal liability to pay compensation to a third party for injury and/or damage to their property, arising out of the Members BKFA activities. From 1<sup>st</sup> May the PA limit doubled to £50k, PL cover doubled to £5m and dental cover doubled to £5k.

Due to the PA and PL levels being doubled, there is now no need to have two levels of instructor and commercial instructor as they now both offer the same. The new instructor policy for teaching only BKFA students has £10m Public Liability cover, Product Liability £10m, Professional Indemnity £5m, dental £5k, physio doubled and an extra £50 pw loss of income. The new commercial instructor policy for teaching BKFA members & non-BKFA members has all the same limits but for a higher charge. All registered BKFA instructors have been made aware of these new policies.

The BKFA licence process has been running smoothly throughout the year and has seen a slight yearly increase of 9% of applications with a turnaround on average within 7 days of receipt.

## Instructor's Photo ID Cards

By John Russell



At present we have issued 68 ID Cards. These are being printed in two forms: one valid for three years (all BKFA Instructor requirements met), one valid for one year (BKFA Instructor requirements not fully met as yet).

We intend to increase the number issued in the coming year.

The Photo ID cards are advantageous to Instructors when delivering courses in new venues or where venues have reviewed their letting policy.

Photo ID cards provide members and parents with concrete evidence of Instructor compliance with key BKFA policies and standards.

## Evaluation of Training Courses

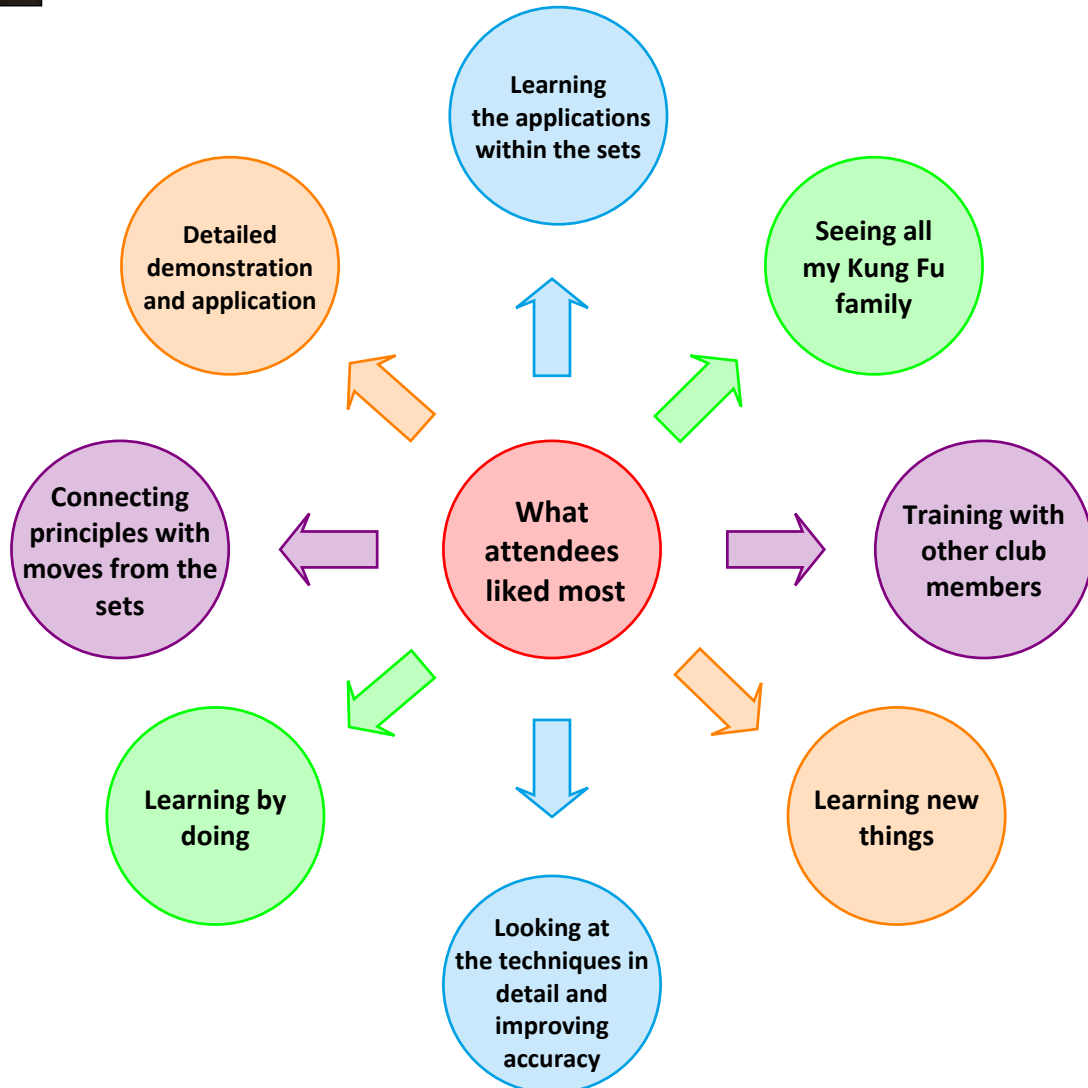
By Riona Grainger



Following the launch of the course evaluation process last year, a standard evaluation form has been established and evaluation has been ongoing. Master Russell has been able to review feedback in order to support the ongoing improvement of BKFA and Guardian Courses.

Twelve BKFA courses, including the summer course, which took place January to July 2017, have been evaluated. Average scores for venue, pace, length and quality of instruction for courses were good or excellent. Comments on the quality of instruction included: *“Care taken to describe each movement”*; *“Clear instruction & practice”*; *“Detailed explanations”*.

The diagram below shows what attendees of courses liked most.



Feedback is essential to support us to continually work to improve courses. The table overleaf features a summary of key feedback points and what we have done or will look to do this year as a result.

**Evaluation of Training Courses continued**

You Said	Wed Did/Will Do
Overall we are happy with the venues being used for courses	We have and will continue to use the same venues for courses
On some courses, it was difficult to hear the instruction	A new sound system has been purchased and utilised. It will continue to be used in future courses as appropriate.
Handouts would be useful	Handouts are provided in all classroom based courses. Where relevant, they will also be provided at other courses.
There is a lack of information about some courses on the website	An instructors' guide has been created which details the content and purpose of each course. This will be available on the website.
We want to attend future courses on weapons, Sticking Hands/Chi Na and internal training (for example, qigong, meditation)	Requests for courses will be taken into consideration when planning the 2018 course calendar.
We would like to see local seminars around the country	Area based seminars are being planned for 2018

Thank you for your support and providing feedback.

**Merchandising**

*by Gary King*



It was an honour to be asked to look at the Lau Gar merchandise. We have a great selection of DVD's and cloth badges but new for this year we have added pens and now pin badges. We are reviewing trainer bags, drink bottles and limited Lau Gar posters. If you have any ideas for merchandising, please let me know or tell a fellow Guardian.

I have completed a stock check, introduced a cost and sales record which will allow us to more effectively track spend and profit and develop our products.

We could not do this without the support of Guardians Robin Sunley, Keith Thomas and Rash Patel, and a special thanks to Martina Walls for volunteering to take care of the stall on the summer course and at the National Championship. Martina is the parent of two young students from Pete Hornby's clubs.

Please can I ask you all to get behind the merchandising, all proceeds go to the Lau Gar Trust, therefore to our style's future.

## Section 3: Participation 2016 to 2017

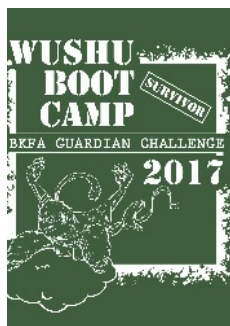
Every year the Lau Gar Guardians meet to plan activities to support the development of Lau Gar Kuen, Nationally and Internationally so that more people can benefit from the practice of this traditional Chinese Martial Art.

It has been an exciting and busy year for the Lau Gar Trust. Clubs within the BKFA have had the opportunity to participate in a range of activities to enhance their health and well-being. Some of these activities have taken place in local communities and some have involved participation in National and International events and cultural exchange with other Chinese Martial Arts.

In this section we report some of our activities.

### Wushu Boot Camp - The Guardian Challenge 2017

by Aimee Seymour



Every year, a Guardian sets an exciting challenge for BKFA members to raise money for the Lau Gar Trust. The challenges vary each year, are very rewarding, giving a great sense of achievement and often provide an opportunity for members to experience and learn something new.

Having taken part in eight of the previous challenges, I gladly accepted my nomination to host this year's Guardian Challenge and couldn't wait to get started with the planning and preparation!

With Coach Xia travelling from Foshan, China to teach our annual Summer Course in July, it was a great opportunity to help prepare our students and teach them some Wushu basics prior to the course. I drew upon a training trip to China in April 2016, where the focus was heavily on Wushu basics and fundamental drills. I was able to lead sessions at the Birmingham Black Sash class to test out different drills and ideas until arriving at the final plan and structure for the Challenge and so Wushu Boot Camp was born!

It was specifically designed to be completed in an hour to allow for maximum participation across the BKFA, it was possible for any instructor to fit it into a normal class time. I created tutorial videos for each exercise that could (and still can) be viewed on our BKFA YouTube page. A poster and a challenge structure sheet were also posted to aid those running the challenge at their clubs. Many thanks to Rash Patel, for helping to promote this through the website and social media, to those who aided the promotion via sharing my posts / creating their own posts and a special thank you to Peter Seymour for assisting me in making the videos. The next step was the all-important Challenge t-shirt! Again, I would like to thank Peter Seymour who provided some original artwork of a monkey to bring my design to life.

The challenges kicked off in late June and spanned throughout July. Prior to its commencement, I had contacted all the Guardians via email and Social Media offering to travel to other clubs to help with challenge sessions. I then set about planning the dates to form what became the Wushu Boot Camp tour (!!!) comprising of; a preliminary coaching session for the Stafford students on the 26th April to run through all of the exercises (by request from Pete Hornby), Bristol Challenge (for Sean Viera and Sharon Gill) on the 22nd June, Derby Challenge - my home club (for Rajko Dokic and Clive Thompson) on the 2nd July, Birmingham



*Sharon, Aimee and Sean with the Bristol Group*

Challenge (for Master John Russell and Morag Quirk) on the 6th July and Stafford Challenge (for Pete Hornby and Alec Clark) on the 12th July.

The challenge sessions were indeed "challenging" and a lot of fun, it was great to have had the opportunity to work through the Challenge alongside so many students from different clubs. There were some wonderful posts including photos and videos on social media following the sessions. It was fantastic to see the efforts of students participating in clubs with great posts from Robert Francis of his Northampton club challenge and from Mark Cairns and Jim Cairns of their students in Scotland! All students who took part worked really hard, have raised a lot of money for The Lau Gar Trust Charity and thoroughly earned their Challenge Survivor shirts!

A particular highlight for me was how the Guardian Challenge can bring students and Instructors together to work on something new and how it can build bridges and form stronger links between clubs within our Association, whatever the distance may be. I was delighted to have been invited by Sharon Gill and Sean Viera to run their challenge session at Sean's club in Bristol. This was the first time I had been to Bristol and the furthest I have travelled to another Lau Gar Club! I was welcomed by lots of enthusiastic students and had arrived early enough to take part in a Kung Fu class with them prior to the challenge. As it got nearer to the challenge session, more eager students appeared until there were 27 of us! The session was an absolute joy to be a part of, the room was packed, there was barely enough space but we made it work and the atmosphere was electric! I received some great feedback from Sharon and Sean following the challenge and they are keen for me to return. I love how the challenge has created a new link that will lead me back to Bristol for more special sessions in the not too distant future. Watch this space!!!



*Aimee with the Stafford Group*

## Public Demonstrations – Promoting Lau Gar

### Chinese New Year Celebrations in Manchester

by Pete Hornby



I was pleased to be invited to perform Lau Gar Luk Hap Kuen at the Chinese New Year celebrations in Manchester in January. I was part of Master Liming Yue's Tai Chi Centre demonstration team. The Team wowed the crowds with a variety of tai chi routines, self-defence applications in a performance in Albert Square and then another one in the car park in Chinese Quarter in George Street. This was a fantastic opportunity to promote Lau Gar to the communities in Manchester.

### Demonstrating Lau Gar Keun at an International Tai chi Seminar

by Pete Hornby

I was pleased to be invited to perform Lau Gar Luk Hap Kuen at Grandmaster Chen Zhenglei's Easter seminar 2017 held in Master Liming Yue's Tai Chi Centre in Manchester. Among the audience were over 50 Chen Style practitioners from Italy, Spain, Portugal, Germany, Ireland and Scotland. This performance was also streamed to GM Chen Zhenglei's students in China. This was a fantastic opportunity to promote Lau Gar and achieve further recognition of our style across the world.



### Lau Gar Wales Pontardawe Festival

#### Kung Fu Demo and Lion Dance

by Carl Jones



The Pontardawe Festival is a long-standing music festival, held in August, a few miles north of Swansea in South Wales. The weekend long event hosts an impressive number of bands playing in 6 local venues.

In addition to all the musical acts, the festival has a street procession on the Saturday followed by an afternoon of demonstrations and shows. We've been booked to perform at the Festival every year for the last 10 years and we were pleased to be invited again this year.

Our day started with a Kung Fu display in the main square which is at the centre of the Festival. We aimed to provide a varied and comprehensive show. This year our team for the day consisted of



Carl Jones, Frankie Cooper, Adam Mainwaring, Lee Collins, John Grainger, Richard Eckley, Jessica Collins and Kaitlin O'Mahoney who showcased weapons forms from our style, including the Broadsword, Spear, Tiger Fork and a variation of our 2-man Stick set using spears instead of sticks. We also



demonstrated the syllabus knife defences and the empty hand forms Bac Pye Jurn and Lau Gar Luk Hap Kuen. A very popular section with the spectators saw two of our younger students,



Jessica Collins and Kaitlin O'Mahony, fending off two of our instructors with a variety of self-defence techniques. Jessica and Kaitlin are members of our fast-growing Lau Gar Tigers children's classes.

We also demonstrated some forms learned from other styles. The Chain Whip, 3-Section Staff, Shaolin Stick and Double Broadsword sets are all very dynamic and are ideal for displays. I learned the Shaolin Stick at the Shaolin Temple way back in 1991 and the Double Broadsword was taught to me by Coach Xia on a visit to Foshan with Master Yau.

We ended our display with some wood-breaking techniques. This part takes the least amount of preparation and training but is always a great crowd-pleaser.

Our Lion Dance is always very popular and one of highlights of the day. We started as part of the half-mile procession through the town centre and ended up with a full show on the main stage. Adam Mainwaring was our Lion head and he took every opportunity to interact with the crowd of spectators. He played a very mischievous Lion and he got a great reaction from the audience.



All in all it was a very enjoyable day! We enjoyed the performance and the training needed to prepare the show.

We're happy that it has always been a very popular part of the Festival weekend and hope that we can continue to show off our Lau Gar Kuen for many years to come!

## Public Demonstrations- Some General Advice

by Sharon Gill

I have done quite a few demonstrations in the past, mainly for local schools around the area I teach.

I try to involve a variety of students from kids to adults and all different grades from low grades to advanced, that way people can see Lau Gar is for everyone.

We just do a short 5-15 minute demo showing all the different aspects of Lau Gar Kung fu (traditional line work, sets, knife defence plus a few weapons for the wow factor and to keep the interest of the audience and then get the kids sparring and showing sparring techniques on pads).

It goes down really well, and we then hand out flyers with details of classes we run. I've not done as many this year, but last year did around 3-4 in various school fetes.

## Participation in International Competition

by Sharon Gill

### Team Bristol at the Flanders Open - Belgium 2017

On the weekend of 7th/8th of October, Team Bristol took a junior team of under-18's to the Flanders cup in Belgium. The team consisted of 10 students from the age of 10 - 18 years of age.

The Flanders cup is a high levelled, point fighting event renowned all over the world and attracts countries including, Germany, Netherlands, Hungary, UK, Italy, Austria, Lichtenstein, Bulgaria and Belgium just to name a few.

The standard was high so everyone knew they had to be on form and fighting at their very best..

After two days of competing Team Bristol came back with:



**Team Bristol  
continued**

No	Colour	Name	Weight category (kg)	Category
3	Gold	Isabelle Whitmore	-60, -65, +65	Girls
1	Gold	Grace Chandler	-46	Girls
1	Gold	Hayden Challenger	-28	Boys
1	Silver	Jasmine Marks	-28	Girls
1	Bronze	Loouis Marks	-32	Boys
1	Bronze	Hayden Challenger	-32	Boys
1	Bronze	Liam Holden	-42	Boys
1	Bronze	Cory Cook	-57 (16-18)	Boys
1	Bronze	Ishana Moores	-50	Ladies
1	Bronze	Ishana Moores	-55	Ladies
1	Silver	13 - 15 yrs		Team
1	Bronze	10 - 12 yrs		Team



A great weekend, with great results.

## Sponsored Events

**In our mission to promote participation in Chinese Martial Arts, we were able to support the visit of Coach Xia Guang Liang from Foshan China.**

**BKFA Summer  
Course 2017**  
by Holly Cook



Following his hugely successful UK tour in 2015, Coach Xia Guang Liang (夏亮) headlined this year's summer course in Llandudno to make it the most memorable and eagerly-anticipated yet. The Board of Lau Gar Ltd agreed to sponsor his visit as an opportunity to exchange further skills and knowledge of Chinese Martial Arts from the Head Coach from the famous Wong Fei-Hung Ancestral Temple, Foshan, South China.

Following a gruelling, dynamic, flexibility-based wushu warm-up by Aimee Seymour, Coach Xia began the week by teaching students the five basic stances of wushu – ma bu, gong bu, xie bu, pu bu and xu bu. Whilst these were learned as part of a form, the focus remained, that solid, quality stances are the foundations of good kung fu, no matter what style.

Xia further worked our stances by teaching us Gong Li Chuan, a basic Shaolin form that also consisted of more complex techniques, such as flying front kicks and 360-degree front sweeps. Some of us were lucky enough to see this performed on



previous China trips at the Ancestral Temple in Foshan by one of Xia's full-time students!

Coach Xia then recapped the dragon fist set, one of several forms he taught on his UK tour. We focused on the importance of looseness, a key aspect of Lau Gar Kuen, as means of generating power. Xia stressed that this is transmitted from the feet, through the legs, the waist and then explodes through the strike. He treated us to an awe-inspiring performance of this at the end of the week, as well as a sneak peak at the mantis set he'd teach the following week!

The summer course wouldn't be the same without all our old favourites; Master Russell and the guardians worked us hard with walks, kicks, and of course... stamping! Master Yau gave invaluable advice and pointers to groups during the syllabus hour, and the third degrees were lucky enough to train their butterfly knives and broad sword along with Xia!

In Lau Gar, we work hard and play hard. On the Wednesday the Scottish and Irish squads treated us to a fantastic barbeque, and we treated Xia to the beautiful scenery of Llandudno and Betws-y-Coed.

It was a joy to see Xia inspire so many students, especially the kids when he taught them how to kick-up and backward-walkover! We eagerly await his return to the UK and we can't wait for Summer Course 2018!



### Kung Fu and Lion Dance Seminar By Holly Cook

This year the Lau Gar Trust sponsored an exclusive seminar open to the public at the Telford Chinese Arts and Culture Centre.



The Head Coach from the famous Wong Fei-Hung Ancestral Temple, Foshan, China, Coach Xia Guang Liang taught students, children and families the principle kung fu stances and introduced us to the basics of lion dancing. We focused on how to operate the lion's head, as well as the basic steps and jumps with partners.

During the afternoon, Lau Gar students were fortunate enough to have a recap of the dragon and mantis sets that Master Xia taught on his 2015 UK tour. It was a

huge benefit to go over these sets in thorough detail, focusing on weight transitioning, hand positioning and the spirit of each animal.



Following a brief masterclass on the butterfly kick, Coach Xia concluded the afternoon with an intensive lion dance session, covering a full routine and drumming pattern. We're looking forward to seeing these new moves at the Derby lion dance team's next performance!

### **Free Regional One Day Training for licensed members in 2018**

*By John Russell*

Plans are in hand for these sponsored events. It is envisaged that these events will be run by Local Guardians. Should anyone turn up who does not have licence, the training fee will be the cost of the licence.

The material covered has not been determined, as yet, but it is seen as an opportunity to address the common errors that have been noted on the Brown Sash Courses and at the gradings, as well as increasing the students store of knowledge.

The technicalities of how we deliver this and who will be involved will be discussed at the Annual Guardian Meeting in November 2017.

## **Guardian Contribution through Volunteering**

### **Butterfly Knife against empty hand**

*By Morag Quirk*



I had the pleasure of supporting Master John Russell in delivering this course in February 2017. This set of movements was originally taught by Grandmaster Yau and is really effective in helping students to understand how to use butterfly knives against an unarmed opponent (or in my case how to keep yourself safe when someone is wielding the knives!) The set of movements is challenging and requires full concentration. This was one of the most well attended courses of the year and raised £640 for the Lau Gar Trust. Evaluations indicated that the pace and quality of instruction was excellent. For Instructors, this course was a great opportunity to pass on a traditional, dual man form, to the next generation. For students, it was an opportunity to enrich and broaden their knowledge of Lau Gar and one of its' most iconic weapons.

### **Sticking Hands**

*By Andrew Nation*

In May this year I delivered a sticking hands workshop at Penkridge ably assisted by Rash Patel. The event was well attended and raised £645 for the Lau Gar Trust. All the participants worked hard and enthusiastically and hopefully everyone gained something from the experience to put into their own practice.



My interest in sticking hands practice is as a training method to develop skills that can be applied and linked to all the other skills and techniques within Lau Gar. By using a variety of drills and training methods, along with ideas to develop these further, I tried to show how this can be achieved.

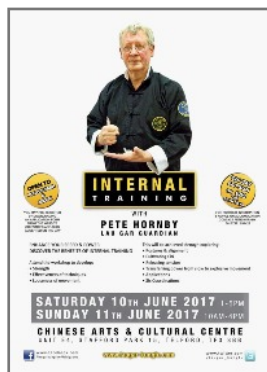
As the workshop was well received I hope to follow it up with another next year, possibly in the North, as well as using some of the principles on next year's summer course in combination with the dual chin na theme.

### Internal Training Seminar 10-11 June 2017

By Pete Hornby

I was absolutely delighted that this small, elite group of Lau Gar students made the effort to attend this very first ever Lau Gar Guardian course on Internal training.

We explored postures & alignment, six co-ordinations and ways of: cultivating chi, releasing tension, developing greater power and how to develop more effective applications. We delved into a very varied range of principles listed below



#### Principles

- One part of the body moves all parts move
- Co-ordinating movement with breath
- Utilisation and movement of Chi
- Opening / closing joints
- Opening / closing torso appropriately
- No more no less
- Different types breath
- Utilising waist clock
- Pung – appropriate internal strength to support technique

The group were shown how this knowledge and skill could be developed by practising such techniques as Wang Yuen Gong, Ip Gung Ging, Bac Gings, Zhan Zhuang and Qigong.

Everyone agreed that their perceptions of Lau Gar had been challenged and with this knowledge, the quality of their future training will be greatly enhanced.

#### Benefits – Enhanced

- 👍 Speed and explosive power.
- 👍 Strength
- 👍 Effectiveness of techniques & applications
- 👍 Looseness of movement

- 👍 Postures & alignment
- 👍 Cultivation of Chi
- 👍 Release from tension
- 👍 Utilisation of Six co-ordinations

Some examples of feedback from the course “Connecting principles with moves from sets. Having some student’s postures diagnosed and corrected. Good mix of theory & practical. The knowledge and quality of delivery of course. Time spent over two days 10 hours is excellent. Learning about the Dan Tian points & the movement of chi around the body. Learning by doing. New perspective. Description of Qi / Practice. Getting more understanding about internal training, having more time to let information sink in and to practice. Practical sessions”.

Due to requests and demand, further courses will be held 2018. Keep watching the BKFA web-site for details.

## Meditation and Mindful Movement

By Morag Quirk



We have been running this course for many years now and it has a small but committed following. This year Master John Russell explored a range of methods including seated meditation, standing practice and mindful movement. Mindfulness has become very popular in recent years because it can calm the mind and help us to maintain this state in our increasingly busy lives. It is however a traditional Buddhist and Daoist practice that has deep roots within Martial Arts, from ancient times, up to the present day. Martial Artists need to be in the moment and have open awareness to make the most of their physical skills. This course offers an opportunity to BKFA students and others to learn practices that will benefit their training and their everyday lives.



## Lilleshall Training

By John Russell

Lilleshall training sessions take place twice a year (March and September).

Each training event takes place over two days, with two indoor training sessions each day and an early

morning session of running, tai chi or chi kung according to the individuals preference. Attendees can suggest items to be covered at the next event.

Originally, only open to Guardians, these events are now also open to fourth degree Black Sashes upwards.





## BKFA Courses

### **Black Sash Workshop**



*By John Russell*

The Black Sash Workshop is held once a year. It is an excellent opportunity for students to polish the sets required for their next grading.

By the end of the workshop it is intended that they

-  Will be able to perform the set(s) worked on with accuracy, fluency and conviction - leading to an improved grading result.
-  Have an increased understanding of the usage of the techniques comprising the set(s).

This is achieved by

-  Drilling sequences of techniques extracted from the set(s) being worked on
-  Learning applications of those techniques

These sessions are generally very well received.

### **Instructors Master Class**

*By John Russell*

This workshop is important as it gives us an opportunity to point out common errors and thus improve the technical standard of the BKFA as a whole.

Although this workshop is for instructors (both formal and informal) the focus is on delivering a better, more effective learning experience for students.

More recently, we opened the Brown Sash Course to all Black Sashes, free of charge as another way of achieving the same end. Likewise, a Syllabus hour has been introduced at the Lillehall training course.

### **Brown Sash Course**

*By Morag Quirk*

Over the last few years I have had the pleasure of attending these courses, alongside other Guardians, in support of Master Russell, who leads the Brown sashes and Black sash Instructors through the syllabus.

It is particularly useful meeting students of Lau Gar from all over the UK and hearing at first hand their concerns and priorities. Some people come for the compulsory two training sessions and others choose to attend more. It is a great to see how students can develop even in this short space of time and how some students can reduce their habitual common errors. We now record these errors and use them in Instructors courses.

Students particularly value getting detailed instruction and learning possible applications of technique. The aim is to work with Instructors, to help students to get the best possible mark on their grading.

### **Anatomy and Physiology Course**

*By Alec Clark*

The purpose of the Anatomy and Physiology course is to give students a broad understanding of the workings of the human body. Just as a Formula One racing driver needs to have a good understanding of the car they drive, so a serious martial artist needs to understand the vehicle that they use to perform the moves and techniques in their chosen style. On the course, students are given an insight into 4 main areas; Bones and Joints; Muscles; Organs; and Diet and Nutrition. This includes a look at what can go wrong with these systems. Previous student feedback has praised the course for being interactive, interesting, informative and fun. In line with students' suggestions for further development, next year's course will have

even more interactive activities and will include dietary guidance for vegetarians and vegans.

## **BKFA Summer 2017 Course**

*by John Russell*

The 2017 Summer Course was structured differently to previous years in order to make efficient use of Coach Xia's contribution to our training. Effectively the Theme (Coach Xia's contribution) was split into two parts by the Syllabus hour.

The Syllabus hour was itself restructured to reflect feedback from students attending the 2016 Summer course. This year every group, including all black sash grades were assigned a designated Guardian mentor each day, with Grand Master Yau rotating between groups throughout the week. Thus no group/individual was left without guidance, should they need it. This innovation drew many positive comments in this year's evaluation. It will be used next year also.

The remaining time was divided between mixed walking techniques (drawn from Lau Gar), stamping, warming down and meditation.

## **Coaching Courses (First and Second)**

*by John Russell*

Attendance at these courses is compulsory before students can take their second and third degree Black Sashes. They provide a degree of theoretical underpinning for the way we structure our training. They also provide a means for determining if students are damaging themselves by over training. The courses have been very well received. Requests have been made for some practical work during the courses to reinforce the theoretical content. This was introduced this year and will be further developed next year.

## **Referees Course**

*By John Russell*

This course is held once a year and is a requirement for second Degree Black Sash. The purpose of the course is to familiarise students with the rules governing BKFA tournaments. There is also practical experience in implementing those rules whilst refereeing bouts. The bouts themselves are 'organised' so as give the referees (and judges) the opportunity to spot infractions of the rules as well scoring techniques. The attendees to the course take turns at being the fighters, referees and judges until time runs out. Attendees reported enjoying the course.



## **Thursday Night BKFA Black Sash Class**

**Birmingham**

*By Morag Quirk*

We have been running drop in classes for black sash students and Instructors of Lau Gar since the 1970s. These classes have always taken place on Thursday nights with Grandmaster Yau in Attendance. Master John Russell is the current lead Instructor. You can find us on Facebook. Black sashes come from as far afield as Edinburgh, Worthing and occasionally Ireland, and even Foshan, to train at this class, alongside Master Russell, Guardians and Instructors. The focus is on the Lau Gar Kuen syllabus with enrichment activities, including non-syllabus weapons, sticking hands, chin na, self-defence. The emphasis is on developing power through effective technique. We work on Posture, body structure and mental and physical conditioning to achieve this. You never quite know what challenges await and you can be sure that there is always someone on hand to help you to prepare for your next grading. Those of you who attended the National Championships will have seen some of us perform in the demonstration team.



## Report on the 2017 Nationals by Robert Francis



**We returned to Rowley again this year to Host the 2017 Open Nationals.**

We have an extremely busy calendar these days, but this continues to be the 'Number One' event and focal point for the association. It creates a unique opportunity for Students, Instructors from across the UK, to come together, catch up and showcase their skills to fellow martial art practitioners, family and friends.

All attendees were given a day to remember with many inspirational performances on display .

Everyone was greeted with the warm, welcoming sight of a well-stocked refreshments bar, serving teas, coffees, muffins and snacks which went down well and demonstrates that we were listening to feedback. Many took the opportunity to purchase from the official Lau Gar shop, which this year, alongside the usual Videos, training aids, and garments (which could be printed with the Lau Gar Logo), saw the addition of the Lau Gar merchandising team, offering Pens and lapel badges.



*David Fletcher*

The most recognisable face of the tournament is Dave Fletcher , who has been running the Event Registration for many Years. His unflappable approach and focus has been invaluable and crucial to the success of the event. Whilst he will continue to train in Lau (2<sup>nd</sup> degree by the way ) he is giving up this voluntary post.

David, on behalf of the association and the competitors, we all sincerely thank you for your help and support over the years its been invaluable and really appreciated.

So to the real Competition. As always some great performances from those that took part. There is no greater feeling , training to compete , stepping on the mat and feeling your techniques are working effectively. Great spirit was shown by all , especially the Bristol junior squad who really excelled in the individuals and team event. It was encouraging to see Stafford, Dorset, BKN and PMA compete along side the little dragons and temple warriors and others, but seriously we need to encourage more young people to take part and challenge Bristol. You asked for more sections to ensure kids are kept safe and evenly matched , in size and weight — you got them, so come on , lets work hard and have solid representation next year from all Clubs!

Experience showed throughout the Adult sections, with PMA, a notable presence within the later stages of the competition. Whilst there is a good spread of success from several clubs, the numbers of overall competitors fell this year.

Competitors are the lifeblood of the tournament and without you there is no event. Equally important are the volunteers. An event like this is only feasible with the many



**Nationals continued**

voluntary hands that give the time and support to the Event . Too many to name you all here, but your support is really appreciated, Sean, Brian. Dave, Chris, Rajko, Pete, Rash, Alex, Kay, Allan, Jane ,Holly, Sue, Florette ,Eric, Vicky, Jordan, Canham , Gary, all the referees and many more.

One area that has really excelled this year is traditional forms. Competition was fierce. There was representation in all categories and the general standard of the forms had improved across the board .It was great to see the influence of Coach Xia's Wushu forms coming in too. Adam Mainwaring long fist and Holly Cook Dragon fist were a joy to watch. But both were pipped to the title by Aimee Seymour who won the day with an excellent performance of Fu Hok. Just ½ a point separated the three. The Bar of the forms competition is set so high and a number of notable performances would include Man Hungs' personal form demonstrating how to own your Kung-fu form. Yes, very encouraging all round. All the results and photos will be published on the British Kung Fu Association's website: [www.laugarkungfu.com](http://www.laugarkungfu.com). and our face book page - Lau gar Kung Fu official group.

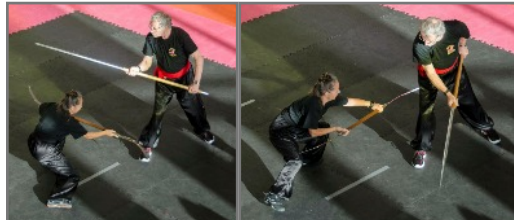
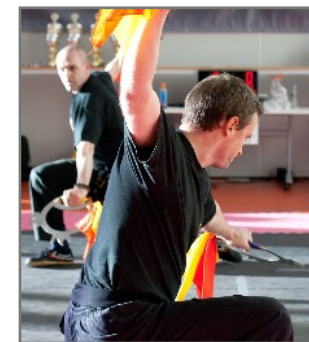
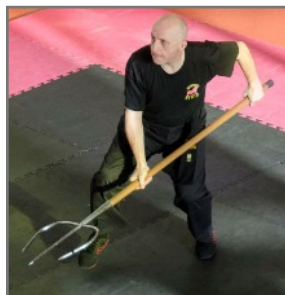
And finally a brief note about this years demo , which was delivered by the Birmingham based BKFA Class made up from instructors that meet up to train from across the UK on a Thursday evening. The demo was put on to demonstrate a typical evening at the Club. No Frills ,just straight forward training. Lots of techniques drilled by Master Russell with one exception, Master Yau doesn't walk around each week wielding a sledgehammer!. Anyone who missed it can see the whole demo on the Facebook page above.

At this years AGM, the structure and format of the 2018 Nationals Event will be debated and then recommendations/action plan put forward to drive the event planning for next year. If indeed we all want that to happen? Watch the web-site for updates ...

Special thanks are due to Sifu Jason Crabtree and Master John Russell for providing Seminars.







Thanks to Andrew Nation and Stephen Hogan for sharing their Photographs

**National Centre Update**  
By Morag Quirk

When the Guardians were first appointed by Master Yau in 1999, one of his wishes was to establish a National Centre. A survey was conducted with Instructors and BKFA members in 2005. A brief was drawn up based on this consultation but unfortunately the plan did not progress because we could not identify a funding partner.

In 2013 with our charitable status, we explored 'Asset transfer' as a means of accessing premises. With support from Frankie Cooper, Robert Francis, Grandmaster Yau and Master John Russell we were able to refine the criteria for prospective premises.

Since 2014 we have visited nine premises, including former Birmingham City Council Properties, one private leasehold property and one working gym looking for a sublet arrangement.

In 2017, we decided to extend the offer at the Birmingham venue as a short-term measure. The intention was to establish a Birmingham Lau Gar Kuen Club. This has already been achieved with the voluntary support of Gary King and other Registered BKFA Instructors who attend the Thursday Night BKFA Black Sash Class.

Our aim is to create a thriving inner-city club which will, in time, be able to establish a relationship with funding partners and provide us with a National Centre for Lau Gar Kuen in the UK.

## Section 4: Governance

The Lau Gar Ltd Board are responsible for strategic decision making within the organisation. All Board members have additional roles within the organisation which means they are also volunteers who contribute to the day to day running of the organisation alongside the other Guardians.

As Board members we have established policies to provide clear guidance to members. These policies have been developed by Guardians with specialist skills, knowledge and experience. The Trust funds training where there is a gap in up to date knowledge.

We have a clear decision-making process and communicate our decisions by publishing the minutes of meetings and through established communication channels with Members and Guardian Volunteers.

New for this year, we are introducing an Instructors Guide and we are further developing our National Instructors Register.

**New Policies 2017** Last year we launched our Child Safeguarding Policy. This year our focus has been on “safeguarding adults at risk.”

**Safeguarding ‘At Risk’ Adults** The BKFA has already created and published a ‘Child Protection and Safeguarding’ policy. This is reviewed annually and is available on the website ([www.laugar-kungfu.com](http://www.laugar-kungfu.com)).

*by Alec Clark (BKFA Child Protection and Safeguarding Officer)*

We are aware, however, that, as well as children, certain adults may be vulnerable to abuse. These adults are known as ‘at risk’ adults simply because they are at risk of being abused in a variety of ways and in a variety of settings. As with children, the BKFA recognises that it is everyone’s responsibility to safeguard ‘at risk’ adults. Therefore, we are working hard to produce a Safeguarding ‘At Risk’ Adults policy and this will be published very soon.

**In 2018 we will be reviewing our Anti-bullying policy to ensure consistency with our safeguarding policies.**

### Lau Gar Ltd: Decision making Process

Decisions are made by a simple majority vote by Board members. The President does not have a vote. The President has retained the right of veto on any matters relating to Lau Gar Kuen and the BKFA. Decisions can only be made when the Board meeting is quorate, that is, when the necessary number of people are present to make a decision. The Chairperson or Deputy Chairperson need to establish that the meeting is quorate. We have defined a quorum as more than half the number of Board members. Decisions are recorded for the minutes of the quorate meeting.

**Communicating with the Board** Communication with the Board may be through approaching any Board member directly. Alan Neeld and Andrew Nation are specifically responsible for communicating with Guardian volunteers and Registered Instructors and making the Board aware of any issues.

There are also biannual opportunities to discuss any issues and communicate with the Board, during Instructor/ Guardian forums at Lilleshall Training weekends.

New for next year we will be surveying BKFA members and Instructors.

## British Kung Fu Association's Instructors' Guide

Master John Russell and Pete Hornby have been hard at work during the year to develop the BKFA Instructor Guide and this will be launched at the Black Sash Master Class in November 2017. It will be available on the members' section of the BKFA website for BKFA Instructors for reference on BKFA policies and processes. The content of the website pages will be based on the following modules. These will be maintained, and further areas will be added in 2018 so if you are an Instructor then please review on a regular basis.

### Policies

- Child Protection & Safeguarding Policy
- Adult Safeguarding Policy
- Code of Conduct & Rules
- Communication Policy
- Instructors' Policy

### BKFA Organisational Framework

- BKFA Board Terms of Reference
- Organisational Structure

### Training

- Annual Training Programme — BKFA & Guardians
- Anatomy & Physiology
- Brown Sash Courses
- Coaching 1 & 2 Training
- First Aid
- Instructor Training
- Referees' Training
- Grading criteria and assessment
- Course Evaluation

### Principles Lau Gar

- Eight Aspirations
- Eight Powers, Keywords and Principles of Lau Gar

### Services to Members

- Disclosure & Barring Service (DBS)
- Instructor Public Liability & Professional Indemnity Insurance
- Lau Gar Sets
- Lau Gar Syllabus
- Membership Insurance
- Membership Form
- Members Handbook
- Risk Assessment Guidance & Template
- Gradings
- Web Site
- List of Authorised Clubs

## BKFA National Register of Clubs and Instructors

The list of recognised BKFA and Lau Gar Ireland clubs shown on the BKFA website was updated during 2017. Details of classes can be found by region, then see the list for respective town or city.

**Classes:**    **England**    North    Midlands    South West    South East    East

**Ireland**

**Scotland**

**Wales**

All Instructors listed in this section are fully qualified and have been authorised to teach Kung Fu by the British Kung Fu Association and Lau Gar Ireland. A database has been established to ensure all the Instructors' credentials are kept current.

## Appendix 1: The Roles of Board Members

<b>President</b>	This is an honorary role currently held by Grandmaster Yau as the founder of the BKFA. The President provides and modifies the Lau Gar Kuen/BKFA syllabus and grading criteria, gives guidance on technical and physical training and retains the right to veto in respect to matters relating to Lau Gar Kuen that also impact on the BKFA.
<b>Chair Person</b>	The Chair Person is responsible for helping to maintain the agreed conventions of meetings. They need to ensure that people stick to the agenda within agreed timeframes whilst at the same time ensuring fairness and equality. There is always a balance to be struck between these two responsibilities! Activities associated with the role include: drawing up agendas, reporting on the performance of Lau Gar Ltd and communicating the annual plan.
<b>Deputy Chairperson</b>	The Deputy Chairperson carries out the role of the Chairperson as necessary and supports the Chairperson in the delivery of the role.
<b>Treasurer</b>	The treasurer is responsible for: <ul style="list-style-type: none"><li>● Liaising with and reporting to the charity commission</li><li>● Administering the Gift Aid process</li><li>● Keeping Lau Gar Ltd accounts</li><li>● Advising Board members on financial matters</li><li>● Reporting on accounts for the Lau Gar Trust Annual General Meeting</li><li>● Providing Annual Financial Forecasts to inform strategic planning</li></ul>
<b>Secretary</b>	The Secretary is responsible for: <ul style="list-style-type: none"><li>● The production and retention of minutes for Lau Gar Ltd</li><li>● Maintaining the charitable objective of Lau Gar Ltd</li><li>● Circulating papers for meetings</li></ul>
<b>Officers</b>	There are currently two officers. Activities associated with the role: <ul style="list-style-type: none"><li>● Draw the attention of the Board to any matters that they consider needs attention</li><li>● Canvass the opinions of Guardian members on matters of concern to them and present these to the Board</li></ul>

**See next page for the names of the Board Members and Guardian Volunteers.**

Thanks to all the Guardians for sharing their time, skills and experience.

## The Board

<b>President</b>	Grand Master Jeremy Yau
<b>Chair Person</b>	Morag Quirk
<b>Vice Chair</b>	Master John Russell
<b>Secretary</b>	Peter Hornby
<b>Treasurer</b>	Stewart Hunt
<b>Officer</b>	Andrew Nation
<b>Officer</b>	Alan Neeld

## The Guardians

Rash Patel	Keith Thomas
Clive Thompson	Jason Crabtree
Kelvin Bartrum	Steve Newby
Rajko Dockic	Bobby O'Neil
Carl Jones	Sean Viera
Alec Clark	Steven Jeffery
Gary King	Robert Francis
Andy Phillips	Francis Cooper
Mike Lavender	Nathan Beer
Jim Cairns	Robin Sunley
Riona Grainger	Sharon Gill
Aimee Seymour	Derek Dawson