



BRITISH KUNG FU ASSOCIATION

LAU FAMILY TRAINING WEEKEND

LILLESHALL NATIONAL SPORTS CENTRE
NEAR NEWPORT, SHROPSHIRE, TF10 9AT

Lau Family Training Weekend Lau Gar – Learn more Lau Gar

Speed, power, efficiency and effectiveness are essential in the practice of Lau Gar.

Join us for this action-packed training weekend where you will learn how to use the 8 powers of Lau Gar through techniques from the Lau Gar sets. Using a variety of focused drills and activities, you will gain a deeper insight, boost your skills and take your Lau Gar to the next level.

Throughout this intensive training weekend, you'll learn directly from Grandmaster Yau, Master Russell and the Lau Gar Guardians. Suitable for all skill levels, our new training programme explores a variety of Lau Gar open-hand, stick and sword techniques, including internal training.

It will enhance your syllabus training and help you achieve your full potential.

From Friday evening through to Sunday afternoon, you'll combine stimulating group training sessions with relaxed social time to meet friends old and new.

Enjoy excellent facilities on this fully residential course at the Lilleshall National Sport Centre, which is set in 330 acres of English Heritage Grade II listed grounds.

It includes single room* accommodation for 2 nights with breakfast, lunch and dinner on Saturday - and breakfast and lunch on Sunday. All dietary requirements are catered for.

Early Discounted Price of £240

if paid by 31st January 2024.

Full price £255.

All payments must be received
by 19th March 2024.

For bookings and more information contact pete_hornby@hotmail.com
*A few twin rooms are available.
Early booking recommended.
The full programme will be published in due course.



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WWW.LAUGAR-KUNGFU.COM