

LLANDUDNO



LAU GAR SUMMER COURSE

28TH JUL - 3RD AUG 2024 - LLANDUDNO

OPEN TO
ALL BKFA
MEMBERS

Using The Whole Body as a Fist – The Six Coordinations

Develop more awareness of the martial root, and how the mind and body coordinate to generate power and effective technique. This course will turbo-charge your Lau Gar skills and understanding and take you to the next level.

Join us this year for an action-packed week of drills and exercises and get practical experience in using the Fist of Six Coordinations. Suitable for Lau Gar students of all grades, you'll have expert instruction designed to improve technique, self-defence, health and fitness.

Experience a variety of new and traditional activities in a fun and stimulating training environment.

The course is suitable for beginners through to higher grades. Our experienced coaches will support you to develop your skills and achieve your training goals.

Intensive training ensures beginners through to Orange sash will qualify for an automatic upgrade on completion.

Travelling as an individual, or with friends and family, you'll enjoy excellent facilities in Llandudno, the largest seaside resort in Wales, with its two beaches, panoramic views and nearby access to the Snowdonia National Park.

You find your own accommodation to suit your requirements and budget.

Early Discounted Fee *£130

(*with a Licence must be paid by 31st May)
Standard Course Fee £160

*£20 Discount with current BKFA licence
*£10 Early Bird Discount (book by 31st May)
Full payment must be received by 3rd July.

For course bookings and more information please contact Pete Hornby or email bkfa@hotmail.co.uk

Training Times:

Sunday 28 July 10AM - 2PM
Monday – Friday 29 July - 2 August:
7 - 8AM (outdoor Meet)
10AM - 2PM (Sports Hall)
Saturday 3 August 10 - 1PM

VENUE: JOHN BRIGHTS SPORTS CENTRE
MAESDU ROAD, LLANDUDNO LL30 1LF

FOR THE LATEST NEWS & INFORMATION PLEASE VISIT
WWW.LAUGAR-KUNGFU.COM

