



**OPEN TO
ALL GRADES
& LEVELS OF
EXPERIENCE**

STICKING HANDS WORKSHOP

£35
COURSE FEE
PLEASE FILL IN AN
APPLICATION FORM
TO SECURE
YOUR PLACE

WITH
SIFU NATION & SIFU PATEL
L A U G A R G U A R D I A N S

A workshop teaching;
Techniques, skills and drills to develop sticking hands
for the application of Lau Gar.

- This workshop is open to ALL grades and levels.

You may pre-register by downloading an application form from
the website or entries are also accepted on the day.

SUNDAY 21ST MAY 2017 12AM-4PM
WEST WALSALL E-ACT ACADEMY
P R I M L E Y A V E N U E , W A L S A L L . W S 2 9 U A



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