

Master Yau Presents the
British Kung Fu Association



NATIONAL CHAMPIONSHIPS

2009



See Tournament Fighting at its Best
Junior, Ladies & Men Semi Contact
Men Light Continuous
Junior, Ladies & Men Teams
Forms Competition
Pushing Hands

SUNDAY 11th OCTOBER 2009

Cocksmoors Woods Leisure Centre

Alcester Road South, Kings Heath, Birmingham B14 6ER

Open to all Styles & Organisations

Karate, Kung Fu, Taekwondo, Kickboxing, Freestyle

Performances from the Stafford Lau Gar Demo Team

Doors Open at 9am - Tournament begins 10am prompt

Admission Price: Adults £12 - Children £8

for further information visit www.laugar-kungfu.com

GUARDIAN SEMINARS

12PM PUSHING HANDS
with John Russell & Morag Quirk

4PM QI GONG
with Pete Hornby

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All Seminars are 1 hour
duration & are open to all