



GUARDIAN CHALLENGE 2010

40 ROUNDS OF SPARRING

OPEN TO ALL

This year's challenge is hosted by Lau Gar Guardian Sean Veira and offers you a choice of semi-contact, light continuous sparring and pushing hands.

DO YOU HAVE WHAT IT TAKES TO COMPLETE 40 ROUNDS?

The rounds will consist of 2 minute with 30 second break in between, contact in sparring should be judged with the person you are sparring but should be controlled and NOT be full contact.

Participants will have to be fully equip with Gloves which cover your fingers footpads that fully covers toes headgear and mouth guard.

Participants will get sponsorship on the amount of rounds they do i.e. if you manage 20 rounds you get people to sponsor you for £1 per round which will come to £20 or have a fitted amount of sponsorship. The challenge is to see how many rounds you can achieve out of the 40 rounds. There are no limit on numbers, so the more the better. The minimum entry fee is £10 per person. Sponsor forms are available from www.laugar-kungfu.com
Sean Veira - Lau Gar Guardian



SATURDAY 26TH JUNE

11.00am - 2.00pm

KINGSDOWN SPORTS CENTRE

Portland Street

Kingsdown

Bristol

BS2 8HL

MIN ENTRY FEE £10



www.laugar-kungfu.com

GUARDIAN CALENDAR

SUMMER COURSE
1st - 7th August

BKFA NATIONAL CHAMPIONSHIPS
Sunday 31st October



