

PUMP UP THE POWER



Sifu Pete Hornby challenges you to complete Pump Up the Power

The challenge is to complete a set programme of eight routines of Kung Fu techniques designed to enhance one's power within 90 minutes.

**Week Commencing
29 June 2015**

Open to All

Children, women & men of all ages & abilities

Pump up the Power routines:

1. Punches
2. Set: Kay Boon Sau Fa
3. Shaolin Stamps
4. Set: Jorn Sau (end section only)
5. Kicks
6. Blocks & Strikes
7. Walking Techniques
8. Ging Development Grab & Strikes

Upon completion you will have performed 5000 Kung Fu techniques.

How do I get involved?

The challenge will take place at your club either in or out of lesson time and will be hosted by a Lau Gar Guardian or Instructor

Students and Instructors taking part, please download a sponsor form and start collecting those all important sponsors

All money raised will go to the Lau Gar Trust Charity

**Fabulous
commemorative T-shirt
available - £15**

...upon completion of 5000 'powerful' Kung Fu techniques. Collect more than £30 sponsorship & get a free T-shirt. Normal lesson fees apply.