

# 劉家拳



LAU GAR KUNG FU

## BLACK SASH WORKSHOP

WEST WALSALL E-ACT ACADEMY  
PRIMLEY AVENUE, WALSALL. WS2 9UA

SUN 19 APR 2020  
10AM - 4PM

OPEN TO  
ALL BKFA  
MEMBERS  
1st Degree  
& Above

### Welcome to the Black Sash Workshop

### with Master Russell & Instructors

We will be revising all previous degree grade forms as well as the one you are learning. Please bring all training weapons (1st - 6th Degree).

#### By the end of the Workshop you;

- will be able to perform the set(s) worked on with accuracy, fluency and conviction - leading to an improved grading result
- have an increased understanding of the usage of the techniques comprising the set(s)

#### This will be achieved by;

- Drilling sequences of techniques extracted from the set(s) being worked on
- Learning applications of those techniques
- Observing demonstrations of techniques by the Masters
- Group and individual feedback from the Masters

#### Course Fee £60

or £40 - SAVE £20!

\*\*with Discounts applied

- \* £10 Discount with current BKFA licence
- \* £10 Early Bird Discount (book by March 31st)
- \*\* if all discounts are applied (£20 saving in total)

#### Full Payment must be received by 11th April

Please download and complete an application form the BKFA website to book your place.



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