



SEMINAR

WITH GRANDMASTER YAU & SUPPORTING GUARDIANS

OPEN TO
ALL BKFA
MEMBERS
ORANGE Sash
& Above

Learn directly from Grandmaster Yau

Follow Grandmaster Yau through some of the Lau Gar Sets and syllabus items where he will explain in further depth and detail and answer questions.

Drills will follow with further analysis and feedback.

This is a training seminar where students will be expected to practise diligently with the support of the teaching team. .

The aim is to improve standards and gain a better understanding of Lau Gar in this active seminar.

A Selection of Core syllabus items will be covered including a handful of sets with time permitting.

- Syllabus Items
- Training Drills
- Method of Practice
- Partner Drills
- Applications
- Chin-Na
- Sticking hands
- Questions & Answers

Please Bring;

- A notepad to take notes
- Focus Pads (essential), possibly a striking shield if you have one
- Something to Eat and Drink

Sunday 25th February
10AM - 4PM

Holy Trinity Academy, Teece Drive,
Telford, TF2 9SQ

Course Fee £45 *(pre-registered)
£55 on the day

*Pre-Registration - Payment must be received by Friday 23rd Feb

Please email Pete Horby to book your place:
pete_hornby@hotmail.com