



# Guardian Report 2016

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### Introduction by Morag Quirk, Chair Person BKFA Board

The Guardians are volunteers who donate their time and efforts to support the charitable object of the Lau Gar Trust (Registered Charity Number: 1148347).

The Guardians of Lau Gar:

- Promoting participation,
- Protecting and improving standards
- Providing services to BKFA members.

This year the Guardians have been working hard to get even more people involved in Lau Gar, improving standards and providing services to BKFA members.

Although it is a great honour to be offered the role it is also a responsibility involving a lot of hard work.

As you read the report I hope you will join me in thanking the Guardians for their efforts and if you, as a member of the BKFA have any suggestions as to how we can do things even better, contact any Guardian or send your ideas to Morag Quirk, Chair Person BKFA Board, PO Box 2586

### Lau Gar Kung Fu by the BKFA Board

Lau Gar is a family style with family values. Grandmaster Yau is the head of our Lau Gar family and has promoted our style in the UK through the activities of the British Kung Fu Association, since the 1970s. We are a genuine Martial Art with an ancient and authentic style that is relevant today. Master John Russell is the current keeper of the style.

Our style has a traditional Chinese lineage as passed on by Grandmaster Yau. At the same time it is ever-evolving as senior students are empowered to step outside the traditional circle of knowledge.

People of all ages are welcome to train and can gain benefit from Lau Gar. We provide effective training for the mind and body, for fitness, health and self-defence. Our training method includes Qi Gung for Health and to build strength and power. We offer the opportunity to take part in combat sports and are well known for our success on the tournament circuits. Our training builds character and self-discipline.

We provide a professional structure for the ongoing development of students, clubs and instructors. All of our registered instructors have DBS registration and are offered guidance through the provision of Standard Policies on such areas as Child Protection, Health and Safety, Anti-Bullying and Anti Discrimination/Equality. We communicate with our registered Instructors and offer them opportunities for Continuous Professional Development.

Please read on if you want to know more!

## **Lau Gar welcomes New Guardian for 2016**

By Morag Quirk



To qualify to be nominated as a Guardian of Lau Gar, nominees must have reached fourth degree black sash or above. Membership is not automatic at Fourth degree. In addition, the person must qualify by making a positive contribution to Lau Gar and the BKFA through:

- ✓ their loyalty and dedication to the style
- ✓ supporting raising standards through instructing
- ✓ tournament involvement and support
- ✓ demonstration of skill

This year we welcome Gary King. Gary was proposed by Grandmaster Yau. Grandmaster Yau proposed Gary because he has been a loyal and committed student of Lau Gar since 1980.

Gary has had his own club in Nuneaton for 32 years. He has attended classes with Gandmaster Yau and Master Russell over the years and now attends the Birmingham black sash master class on Thursday nights.

Grandmaster Yau nominated Gary not only because he is a hard-working and diligent student but because he also uses his initiative, for example, he has successfully restored BKFA weapons so that they can be used in the classes effectively and safely. He has also had metal beaters made so that they can be made available to BKFA students nationally.

Gary attends and supports BKFA events such as the Nationals, National Master classes and Guardian Training events. He has assisted Master Russell in delivering the BKFA Brown Sash course over the last two years. Guardians who attend Lilleshall will know Gary as he attends whenever a place is available.

In his professional life, as a logistics manager, Gary has training in risk assessment and offers many other skills that will be useful to the BKFA.



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## **National Register of BKFA Official Instructors**

By Peter Hornby

The BKFA web-site was updated with the latest list of approved clubs and Instructors within the BKFA and Lau Gar Ireland.

A new database has been developed to assist in the monitoring of all the credentials of Approved Instructors. This will enable the BKFA Board to:

- Maintain a professionally run association with fully qualified Instructors
- Provide compliance with safeguarding regulations and guidance

## **Disclosure & Barring Service (DBS) (for- merly CRB)**



Every BKFA Instructor must have a DBS disclosure certificate. A DBS process was established for BKFA Instructors which used an umbrella body, Swimming Teachers Association (STA), to handle forms approved by senior instructors.

In order to speed up the checking process a new approach has been set up by the DBS to assist each instructor to get a DBS certificate through a self-register online service along with getting identification documents validated via the Post Office.

BKFA instructors can now obtain a DBS disclosure certificate using this new on-line service. This new process has been defined and made available to all BKFA Instructors.

Please contact Pete Hornby for further advice and support on this BKFA service either via email: [pete\\_hornby@hotmail.com](mailto:pete_hornby@hotmail.com) or 07971034428.

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**Photo ID Cards**

We have made a start on issuing all instructors with an identity card. Currently they expire one year from the date of issue.

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**Child Protection & Safe Guarding**

By Alec Clark



Everyone within the British Kung Fu Association has a duty of care towards young people and vulnerable adults engaged in BKFA activities. To fulfil this duty we must all be aware of the issues around child protection and safeguarding. There are many benefits to working within the guidelines of the child protection policy, the main one being that children and vulnerable adults are kept safe from potential harm. Another benefit is that it reduces the likelihood of instructors being accused of harm or abuse. Within the policy there is a straight-forward list of guidelines to follow.

**Role:**

My role is that of a national officer providing advice, guidance and support to BKFA-affiliated instructors and students, especially young BKFA members and their parents. Where appropriate, I work closely with police forces and local authority safeguarding teams nationally to ensure the on-going safety and welfare of young people and vulnerable adults within BKFA-affiliated clubs and activities. I report to the BKFA board.

**Previous Experience:**

I have received local authority training as a 'Designated Person for Child Protection and Safeguarding' during my time working with vulnerable children in Telford and Wrekin. I have received significant specialist training and been responsible for handling a number of child protection cases. I will be updating my qualification in December 2016.

**Contribution So Far:**

I have written the BKFA Child Protection and Safeguarding Policy and advised the BKFA board and BKFA members on various child protection issues as they have arisen. I have promoted the adoption of 'good practice' by instructors and others working with children and vulnerable adults.

The BKFA Child Protection and Safeguarding Policy and my contact details are on the BKFA website.

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**Evaluating Courses**

By Riona Grainger



The Guardians continually strive to make improvements to courses being delivered to BKFA members. A new method to achieve this has been introduced this year. An evaluation form has been created and has been used at Guardian courses throughout 2016 to gain feedback from those who attended. The evaluation form asks for opinions on:

- most and least enjoyable parts of the course;
- venue and facilities;
- duration and pace.

The form also asks for suggestions for improvements and ideas for other courses that could be offered. Views from attendees can then be taken into account when planning future courses. For example, based on feedback from evaluation forms, a short break has been introduced in the middle of the Brown Sash course. The Guardians are continually listening to BKFA members and developing courses to suit their needs and wishes. If you have any further feedback on courses, then please contact BKFA Secretary either [pete\\_hornby@hotmail.com](mailto:pete_hornby@hotmail.com) or 07971034428.

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## Website and Social Media

By Rash Patel



**BKFA Website:** maintained and developed.

The website is continually updated throughout the year when needed. New section for BKFA Licence has been added this year. A new section for Policies is to be added soon also.

Phase 2 The members Area, is still in planning along with a minor additional homepage design change to highlight clearly what we offer.

Pete Hornby is now the administrator for all club listings on the BKFA website. Please contact Pete should you want any info amending or a new listing added.

Anyone wishing to contribute any news items they may do so by emailing Rash Patel.

**Social Media:** reflects BKFA, Lau Gar Objectives and achievements.

Most events and courses are advertised and promoted on the facebook social media site.

All events are reported on and photos added by members directly onto the facebook page.

Please visit and see for yourself. If you are not on facebook then please consider joining.

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## China Trip 2016

By Aimee Seymour



For over a decade, Master Yau has organised numerous training trips to Foshan, China. Those, like myself, who have had the great fortune to have attended such a trip have been treated to two weeks of excellent, truly challenging training and had an unforgettable cultural experience. My first trip in 2014 was a real life changer. The impact and influence I felt, both on a personal level and to my Kung Fu practice as a result of those two weeks spent training under the guidance of Coach Xia, was nothing short of astounding. I was pushed, and pushed myself, harder than ever before and was astonished by what I had learnt and achieved.

During the start of 2015 the BKFA successfully brought this experience closer to home and many BKFA students had the fantastic opportunity to learn from Coach Xia on one of his many seminars during his first ever visit to the UK. This was an important step in strengthening the connection between the BKFA and Coach Xia's Wushu school in Foshan, making this valuable learning experience accessible to many more students without them having to incur the larger cost of travelling to China.

Desperate to learn more and not willing to accept that I would not be going to China this year following the news of the 2016 trip cancellation, Alan Smewing, Peter Seymour and I embarked upon making our own arrangements to travel to Foshan and spend another two weeks training under Coach Xia. The strength of the connection between Master Yau, the BKFA and Coach Xia made it easy for us to plan and arrange our trip. With thanks to Master Yau, Alan Smewing for all of his research, finding our flights and hotel and to Jacob Sargeant who was present for our whole trip,



Xia's Gym and Group



The Intrepid Trio

translated for us and was paramount in enriching our experience, through his translations and introducing us to many different eateries and fantastic local food. Our China experience was very different to our previous group trip in 2014. Coach Xia had opened his own school Feihong Wudao, we trained part at the Zumiao Ancestral Temple (as with the previous trips) and part at the school gym. Along with learning a stick form, as was originally planned for the group trip, we specifically requested to be trained in the basics, as a new Wushu student would be trained. The Wushu forms I have learnt so far are very physically demanding, we were keen to learn the drills and exercises that help condition the body to perform the elements that make up the Wushu forms. What ensued was what I can only describe as Wushu Boot Camp and was some of the toughest, but equally most beneficial, training I have completed to date! During the final few days I discovered that I was able to perform the forms and elements within those forms a lot better, that indeed my body was already becoming conditioned to the movements through daily practice of the basic drills.

On top of the training, our trip held a few more surprises! We happened to be in Foshan for an annual festival bringing many local Martial Art schools together at the Ancestral Temple. The Temple was decorated and transformed with food stalls, gift stalls and stages. It hosted a stage show and lots of fantastic Martial Arts demonstrations. The roads were cordoned off, we were dressed up and became part of a huge procession around the Town, having to stop at regular intervals and perform for the crowds! A truly unique and incredible experience, we generated a lot of interest being the only Westerners in the procession, leading to being interviewed, photographed and making it into the local papers the following day! Another highlight was being invited to accompany Coach Xia to a local school and watch him teach Wushu to a group of school children. We were given a tour of the school and were allowed complete freedom to take photos and videos. It was such a privilege and so interesting to visit a Chinese school, to witness such a class and was also further affirmation of the benefit of these basic Wushu drills being taught these children as they were to us. On our last day we were invited to take part in a childrens' class being taught in the evening at Coach Xia's gym. We were delighted to discover that we had improved enormously on the basic drills and were able to keep up with the children in the class!

Although Wushu is quite different to Lau Gar, my practice and experience of it so far has improved various aspects of my Lau Gar training in particular; with dynamic flexibility, looseness, strength, stamina and stances. Holding deep stances and having the ability to make sharp and smooth transitions between them is a prominent feature of Wushu forms and is of undeniable benefit to Lau Gar training.

This brings us to 2017! Coach Xia is visiting the UK during summer next year and will be teaching our annual BKFA Summer Course!!! This is a brilliant opportunity to spend a whole week, learning from this amazing, skilled and talented practitioner



The Festival Parade



Alan and Peter Practise Push Hands



and instructor. The BKFA are bringing the China trip training experience to the UK, this is truly an opportunity not to be missed and places are limited so please avoid disappointment and get your applications in promptly! If any of you are interested but unsure, or are in need of more information, then myself, or any of those who have trained under Coach Xia / attended previous China trips, would be more than happy to answer any questions you may have. I look forward to seeing you all on the Summer Course!!!

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### **Master Blaster Challenge**

By John Russell

This year's Guardian Challenge was set by the Birmingham Master Class. It was styled as a 'whole body workout' and required no equipment other than the body. Where possible the movements used were extracted from the Lau Gar Sets and basic training. It involved working on the Upper body, lower body (stances), core and balance. The net result was a full body workout that helped to improve all aspects of our Kung Fu. A total of 49 tee-shirts were issued.


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### **Birmingham Black Sash Master Class**

By Morag Quirk

Every Thursday from 7 pm until 10 pm Master John Russell puts Lau Gar Black Sashes through their paces with support of Grandmaster Yau.

This class is attended regularly by local black sashes but also by instructors who come from all over the country. Instructors also drop in when their schedules allow and in the past we have welcomed Derek from Ireland and Mark from Scotland. It is important to take advantage of this opportunity to train with the masters and so please let your black sash students know that they can join us on a "drop in" or regular basis. You can follow us on Facebook.



Ryan Cotton

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### **Lau Gar Summer Course 2016**

By John Russell



The BKFA celebrated its 40<sup>th</sup> Summer this year. In order to mark the event we revisited some of the activities that proved popular on past occasion as well as adding some new material.

As usual the morning session allowed for a choice of running, brisk walking as well as a selection of internal training led by Peter Hornby.

The main session revisited the dual man practice form led by Andrew Nation and Rash Patel, the continuation of a slow form started the year before led by Master John Russell, mentored syllabus work plus two small workshops focused on hand conditioning and chinna.

Stamping was led by Aimee Seymour and orchestrated by Stewart Hunt.

A body conditioning routine was led by Keith Thomas and integrated walking techniques were led by Carl Jones, Jason Crabtree and Keith Thomas.

The warming down session was led by Morag Quirk and a Meditation session led by either Grandmaster Yau or Master John Russell.

Other Guardians were on hand to offer help and assistance as required. Thanks to Alec Clark, Clive Thompson, Frankie Cooper, Jim Cairns and Derek Dawson.



Conversation at the Barbecue

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The Wednesday Barbecue was organised and delivered by the Guardians and the Friday evening event was organised by Stewart Hunt.

This year we asked attendees to fill out an evaluation which amongst other things confirmed the popularity of two person training, applauded the variety of training available and made some suggestions for the future.

The table below shows a summary of the results (as a percentage of the returns).

|                               | Best  |       |       |   | Worst | Returns |
|-------------------------------|-------|-------|-------|---|-------|---------|
|                               | 1     | 2     | 3     | 4 | 5     | 73      |
| Venue                         | 68.49 | 27.4  | 4.11  | 0 | 0     | 73      |
| Structure of Training         | 61.64 | 31.51 | 6.85  | 0 | 0     | 72      |
| Pace of Training              | 56.16 | 36.99 | 4.11  | 0 | 0     | 72      |
| Length of Training            | 64.38 | 34.25 | 0     | 0 | 0     | 72      |
| Quality of Instruction        | 82.19 | 16.44 | 1.37  | 0 | 0     | 73      |
| Quality of Training Materials | 61.64 | 23.29 | 10.96 | 0 | 0     | 70      |

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### Iron Rings Seminar

By Jason Crabtree



This set that was inspired initially by me wanting to condition my arms and to improve my speed and power in Lau Gar. The main benefits of training with the Iron Rings are:

- Conditioning the arms and wrists
- Increase in speed
- Power development (Ging)

Training with weights in Kung fu goes back a long way and the Iron Rings have been the popular choice with most styles. Previously I've used weight training to supplement my training but found that sometimes due to 'over training', I was stiffening up in my muscles and joints and therefore my movement and speed were compromised.

The more I trained with the Rings, it made me realise that power and speed weren't compromised and of course with the extra benefit of 'conditioning'. Initially I started off training all Lau Gar empty hand sets and found this very beneficial and effective, from this I was inspired to put together my own Iron Ring set



Gil Jane Robert Man

The set that I formed about 6 years ago consists mainly of tiger fist movements and some of my favourite Chin Na (seize and lock) techniques

I would like to take this opportunity to thank fellow Guardian and Kung Fu brother Rob Francis for assisting me on the course, you were a great help and inspiration. Everyone that attended the course said they had enjoyed it (albeit slightly bruised!) and as well as having an 'Iron Ring Set' to practise they would be utilising them whilst practising their Lau Gar sets too.

Thank you to all who attended.



Jason and

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### Walking Dragon Sword

On Saturday the 12<sup>th</sup> March of this year the full set of movements comprising the Walking Dragon Sword (Lung Hang Jian) was taught at the E-Acts Academy Walsall. This straight double edged sword set contains a number of movements and stances that are fully compatible with Lau Gar. I wish to express my gratitude Morag Quirk, Gary King and Barry Chambers for helping with the teaching.

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## Meditation

By John Russell

This year our annual meditation workshop was held in the Dance Studio at Penkridge Leisure Centre on Sunday the 3<sup>rd</sup> of July.

We looked at several methods of calming the mind, that is, seeking to reduce and eventually dispense with unnecessary thinking.

Some consideration was also given every day mindfulness and the application of this practice to the Martial Arts.

Why do I think this is important? Because the more we are absorbed in thoughts the less aware we are.



Meditation Group  
(Morag behind camera)

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## Nationals Report

By Robert Francis



The decision to move to this new venue, was well founded. It provided a great platform for the competitors to showcase their skills. Spectators had a choice of elevated or Mat-side view to watch and support participants from which went down well. The extra categories we added opened the door for more students to take part, and the competition was certainly enhanced by the attendance of martial art students from other styles and associations.

Some awesome fighting was on display which was quite inspiring. We certainly have some real talent coming through the ranks. Demonstrating speed and agility and technical skill.

Semi-contact points scoring and light continuous competition is a great way for students to test out techniques against others in a safe environment. The referees certainly do a good job in maintaining control and order. Its certainly the case that early exposure to competitions can really enhance personal development. It is also great for club development too bringing everyone together for the common goal. There are numerous new Champions now -which is encouraging for members. Train hard and you'll be successful.

The lion dance and Kung-Fu applications seminars were very well attended.

The forms competition was fiercely competitive with an array of different forms, in both open hand and weapons sections. It was nice to see the young students step forward and put their trust in their practise-Great potential for the future.





The senior forms section? Well, bring on the competition! the bar was pushed so high with several noteworthy forms, making the judging very tough indeed. Some Lau Gar, Hung gar, Wushu and creative forms the order of the day. Clearly a lot of training behind the scenes to deliver such polished performances. Certainly inspiring for spectators, to go away and develop their own forms. Well done all.

There was a flash of Pushing hands on the day! The challenge to all instructors is to train up and send forward more competitors, focused on delivering a more skilful display of technique and control. This section can only get better!

The Lau Gar Scotland team. Certainly one of the surprising highlights of the day -Led by Jim Cairns they delivered a captivating Demo, filled with a vast range of Lau gar techniques and applications. The well choreographed display was great for the audience and many commented on how creative it was and nice to watch. You simply didn't know what was coming next. A real team effort that combined training drills, weaponry and some light humour.

All the results and photos are published on the British Kung Fu Association's website: [www.laugar-kungfu.com](http://www.laugar-kungfu.com). and our face book page - [Lau gar Kung Fu official group](#).

The success of this tournament was down to the core of Lau Gar volunteers and instructors who work tirelessly throughout the day to make it happen, From the reception team, category registration , referees and Time keepers, everyone of you were vital Thank you all Spectators, continue to be vocal, your encouragement means a lot to the participants and obviously create a great atmosphere.

The 29<sup>th</sup> Oct has already been set for 2017 at this same venue. the clock has started and we aim to make it bigger, better and more enjoyable. Put a note in the diary now, keep up your training and be part of the new wave of Lau Gar Kung Fu. We have a great foundation to build on lets make it grow.... see you all next year.



Holly Cook



Scotland Demo Squad

|                |             |
|----------------|-------------|
| Jim Cairns     | Mark Cairns |
| Chris Roberts  | Jason Kay   |
| Colin Kennedy  | Euan Collin |
| Holly Cook     | Heidi Watt  |
| Jane Gallacher | and         |
| Deepak Kachole | on music    |



Sticking Hands



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## Brown Sash Courses

By Morag Quirk

The Brown Sash courses are run by Master John Russell every year to help brown sashes to prepare for their Black Sash gradings. I have had the pleasure of attending these courses along with Aimee Seymour and Gary King over the last couple of years. Our role under the guidance of Master Russell, is to observe students, raise queries and seek clarification when necessary. We have also been taking note of common technical errors so that these can be fed back to club instructors at courses. We were happy to note that some students commented on the friendly and patient approach of instructors on the course.



August 21<sup>st</sup> Brown Sash Course

The courses aim to help students get the best possible mark on their grading and all aspects of the syllabus are reviewed with students. The emphasis recently has been on applying technique to improve performance especially in the sets. There can be minor variations in the execution of technique and this reflects the strengths of club instructors. Grandmaster Yau has said he does not expect Lau Gar students to perform like robots and be carbon copies of him. Panel members are looking for recognisable technique performed clearly and executed effectively. Students reported that they valued and enjoyed the opportunity to go into greater detail in techniques and would like more of the same!

All BKFA black sash instructors are welcome to attend these courses to support us in raising standards at Black Sash gradings. Thanks to Clive Thompson, Man Hung and Jean Shaw.

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## Master Class

By Morag Quirk

Grandmaster Yau and Master Russell were joined by Guardians and Instructors at Wallsall Academy for a workshop for Black Sashes Instructors and Assistant Instructors. Master Russell led us through a killer full body warm-up and stance training session.

Stance training was followed by a jumping routine from Aimee Seymour. Aimee learnt the routine whilst in China. The idea is to introduce this routine into classes from beginners onwards to improve the performance of jumping kicks as people progress through the grades.

Common errors from recent black sash gradings were reviewed and corrected. Let's hope we have seen the last of them!

Participants were introduced to a method for revealing and applying techniques within the sets. Master Russell demonstrated how to use this with Fai Lung Chi. Participants were then able to explore the other sets for themselves with guidance and support from the Masters and the Guardians.

Rash Patel reported that the aim was not to show people the applications but to give them the chance to work it out for themselves so that they could go away with a training method and understand the principles. This training method will ensure they continue to make progress after the workshop.

Participants were also reminded about the process for becoming Instructors, opening clubs and marketing by Rash and Pete Hornby.



Simon Camm receiving tips from Grandmaster Yau

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## Black Sash Workshop

By John Russell

The twin aims of this year's Black Sash Weapons Workshop was to:

1. Enable the students to perform the set(s) worked on with accuracy, fluency and conviction, leading to an improved grading result
2. encourage an increased understanding of the usage of the techniques comprising the sets

This was accomplished by:

1. Drilling sequences of techniques extracted from the set being worked on
2. Learning possible applications of those techniques
3. Observing demonstrations by the Masters.
4. Having group and individual feedback from the Masters.

The format this year was different compared with previous years in that Grand-master Yau moved from group to group in no particular order and except for the breaks students were kept working.

Such feed back as I have received suggest that the session was well received. It was informative and slightly exhausting. Good! Training cant be easy, if we are to improve.

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## Coaching Courses

By John Russell

Coaching Courses 1 and 2 are undergoing review at the moment. We are exploring the possibility of making them available to students on line. To view the progress in this respect please visit [russell.webplus.net](http://russell.webplus.net).

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## Kung Fu Panda 3 Promoted by Derby Martial Arts Centre

By Aimee Seymour



It was the start of a new year, filled with the usual reflections on the events and achievements of the year left behind, we sprung back into action at Derby Martial Arts Centre with the excitement of what a new year of training would bring and the need to make up for our festive over-indulgence.

Our year at DMAC had barely started and the mince pies not long digested when Rajko received a surprise email from the Marketing department of the Intu shopping centre in Derby inquiring as to our interest/availability in doing a Martial Arts demonstration and Workshops for children to herald the release of Kung Fu Panda 3 during the half term holidays.

Naturally we jumped at the opportunity to showcase Lau Gar, demonstrate the talents and abilities of our students and what could be learnt through our clubs!

Our first meeting held on the 11<sup>th</sup> January with Andrea Doyle (Assistant Marketing Manager for INTU Derby) laid out the requirements and timescale for our demonstrations and gave us the 19<sup>th</sup> February as "the Big Day" giving us just shy of six weeks to plan, create, practice and prepare a 15-20 minute demonstration and a 20-30 minute workshop for children to be delivered three times during the day.

We launched ourselves head first into a full on schedule of planning, practice and preparation, relishing the whole experience of transforming our ideas into a completed demonstration. Many thanks to the following people whose efforts made





this possible; Rajko Dokic for holding meetings, practice sessions and planning performance pieces; Jean Shaw for producing t-shirts, scripting the demo commentary and timing set patterns to plan our running order; Rajko and Jean for transporting all of the mats to the INTU centre; Ben Shaw for working with me to create our Lion Dance routine; Peter Seymour for creating the Lion Dance percussion; Jean and Rajko for assisting me with the creation of an animal form to teach during the children's workshops; Matt Bradley (Health & Safety Manager at the Derby INTU Centre), Alec Clark (Stone Lau Gar) and Gary King (Nuneaton Lau Gar) for their advice and guidance on the production of the necessary Risk Assessments and Method Statement.

Despite suffering the spread of a severe chest infection amongst our demo team, we made it through the six weeks of planning and practice to find ourselves getting ready for our first performance of the day.

With high energy and enthusiasm, we put on an exciting show for the passing shoppers, having a great location, directly underneath a balcony drawing in a crowd both above and on ground level starting with the Lion Dance to create interest, performed by Ben Shaw and myself, with Peter Seymour on the drum, Ben Godden on the symbols and Saoirse Smethurst on the gong. We continued with a group exercise and then gave individual students the stage to perform; Saoirse Smethurst and Ben Godden performed a combination of Jorin Sau and Charp Choi; Peter Seymour performed Woo Dip Sern Dough; J Gayle (aka Judge) and Ben Shaw performed a dual man form of their own creation based on techniques from Kay Boon Sau Fa; Rajko Dokic and Man Hung performed Chin Na dual man routine; Wushu Drunken Sword performed by myself; Judge and Steven Barker performed Bac Pye Jurn; Peter Seymour and myself performed Dragon Fist; Ben Shaw performed Lau Gar Luk Hup Kuin; Jean Shaw, Michael Lipscomb performed their own wheelchair self-defence routine featuring Rajko as the wheelchair pusher and Man Hung performed Kwan Do.

Many thanks to all involved for their parts in making it such a great demonstration. With a demo team ranging in ages from 12 to 75, we were able to promote and demonstrate the diversity of our style and its use by different students.

Immediately after the demonstration we allowed children to participate in a free workshop in which we taught a basic sequence based on animals they will recognise from characters in the Kung Fu Panda films.

We then had to repeat the whole thing doing a total of three sessions at 11:00, 13:00 and 15:00. There was plenty of opportunity during the day to talk to passers-by about our clubs and hand out our fliers and what better way to advertise than to show what we are about!



We had a fantastic response from the Intu Marketing team with the feedback that of all the half-term activities that week, ours had the highest participation and they are keen to have us back again in the future! They also kindly sent us some photos from their official Photographer, which accompany this report.

The success of this event was due to the hard work of the Instructors and students of Derby Martial Arts Centre and Swadlincote Lau Gar all of whom made this a possibility; Rajko Dokic, Jean Shaw, Ben Shaw, Peter Seymour, Michael Lipscomb, Ben Godden, Saoirse Smethurst, Judge, Man Hung, Steve Barker and myself.

I also wish to thank Alec Clark, Gary King and Pete Hornby for assisting with our preparations, thanks to staff at the INTU centre for their help in the run up to the event and on the day itself and a special thank you to my mother, Jackie Hogan, who had come along to support us as a spectator and, due to the chest infection leaving Jean without a voice, ended up standing in as our superb narrator complete with microphone headset and script!

We have had to learn a lot to comply with the INTU centre rules and enable this project to go ahead. Throughout the BKFA, there is a lot of support and a lot of individuals with different areas of expertise. I have found this experience to be a real testament to the value of our Association and the power that comes from shared knowledge and best practice. Thank you and high five to all of you! [Back](#)

### **Edinburgh National Cham- pionship Demo Squad**

Please see Nationals Report by Robert Francis for a description of this event and for a list of the performers taking part. [Here](#)

### **Sticking Hands By Andrew Nation**



A little while ago John asked me to think about sticking hands training and deliver a course on the subject. My interest in sticking hands practise is as a training method to develop skills that can be applied and linked to all the other skills and techniques within Lau Gar. Personally I don't see sticking hands practice as an end in itself or am I very interested in it as a competitive event.

Over the years I have learnt several sticking hand exercises and developed some others in my regular practice with Rash. I have also tried to apply these skills in various drills, applications and scenarios in my classes and personal practice. I do not consider myself an expert in this realm but I have put a lot of thought and practice in over a long period and have developed a way of approaching sticking as an applicable skill. Hopefully my thoughts and methods may be of some interest to others keen to develop their Lau Gar.

My aim is to deliver a Seminar or possible more than one next year. It will be based around some set drills but more than this will have a framework to progress beyond set drills towards more spontaneous applications. I hope to give students a method of developing sticking skills that they can continue in their own classes and will enhance their understanding of the sets. I really want people to see how the sets can be applied in practical situations and how set practice, sticking hand, practice, application and self-defence practice all link together. [Back](#)



Andrew and Rash

## Kung Fu Grappling

By Rash Patel



My primary focus is that grappling is taught for self-defence and the basics should be learnt by everyone. Secondary - is that it maybe developed and continually practiced out of interest for learning and use in grappling competition (striking removed). It can be practiced much like pushing hands. The term 'kung fu grappling' does include all aspects of Chin Na'.

Following teaching a kung fu grappling and submission wrestling class for the last 3 years, I am in the process of putting together a grappling syllabus. The quantity of techniques is vast and amounts to an entire system in its own right.

The syllabus will target, various levels; fundamentals that everyone should know for self-defence, beginners, intermediate and advanced and also a separate instructor level. The syllabus will be delivered through a number of seminars and courses with an intensive course for instructors.

In time, a number of instructors will be able to deliver the additional syllabus to students themselves.

There are a number of grappling tournaments that are held throughout the UK, where the techniques learned in 'kung fu grappling' can be modified for use in competition (striking removed). We as Kung fu practitioners may hold a presence in another competition world discipline.

Kung Fu Grappling and Wrestling can be practiced safely with the correct instruction and control like any aspect of martial arts.

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**BKFA Board and  
Guardians**

Thanks to all the Guardians for sharing their time, skills and experience.

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