

劉 家 拳

Guardian
Report
2009



THE LAU GAR TRUST

The Guardians are senior instructors, appointed by the Head of the Lau Gar style, Master Yau. Their mission is to **protect, promote and provide** support for the development of the style of Lau Gar Kung Fu as it is taught within the British Kung Fu Association, for the benefit of current and future generations.

The Guardians are responsible for raising the profile of Lau Gar by:

- Improving the standard of Lau Gar Kung Fu practised by the British Kung Fu Association
- Improving the quality of the instruction offered by the BKFA
- Establishing a National Training Centre
- Demonstrating the highest standards of public performance
- Developing and implementing a market strategy
- Maintaining a website suitable for the 21st Century
- Developing internal and external communication systems
- Establishing Lau Gar as leaders in the market place
- Increasing the range of service provision of the BKFA

Our objectives are to improve standards within the style by:

- Raising funds and establishing regular income streams to finance the Guardian's future business plans
- Securing accreditation of an instructors course by a recognised national body
- Ensuring the technical skill and competence of all instructors through set criteria
- Ensuring instructor competence through participation in instructor courses
- Clarify standards through the production of DVDs covering the whole syllabus plus additional training material

The Guardians will identify ways of raising funds and establishing a programme of sustained income. This will be held in the Lau Gar Trust Fund for the creation and running of a centre that befits a large, national, martial arts group and to support the other activities outlined above.

As the fund is held on behalf of members of the British Kung Fu Association, the Guardians will adopt a constitution to provide fundamental governance principles for running and managing the Lau Gar Trust fund with professional integrity in the best interests of all members of the Association.

History

In 2004 the Guardians were able to establish clear aims and objectives. We began to raise funds and support initiatives to improve the standards within our Association. In 2005 we welcomed four new Guardians.

In 2005 Master Yau appointed a Guardian Council.

This year we are pleased to welcome two new Guardians, Stephen Jeffries and Kelvin Bartram.

Following a recommendation from the Lau Gar Trust's Accountant, the Council are working with a firm of solicitors to seek charitable status so that we can take advantage of legal and financial benefits.

Personnel:

The Guardian Council

President:	Master Jeremy Yau
Chairperson:	Morag Quirk
Vice Chairman:	John Russell
Treasurer:	Stewart Hunt
Secretary:	Peter Hornby
Trust Officer:	Alan Neeld
Trust Officer:	Andrew Nation

Key Objective 1: To Promote Lau Gar /BKFA

Rash Patel	Alan Neeld
Keith Thomas	Pete Hornby
Clive Thompson	Jason Crabtree
Robin Sunley (Associate Guardian)	Morag Quirk
Stewart Hunt	Steven Burton
Carl Jones	

Key Objective 2: To Protect the style of Lau Gar

John Russell	Robin Sunley (Associate Guardian)
Morag Quirk	Steve Newby
Steven Burton	Alec Clark
Pete Hornby	Stephen Jeffrey
Kelvin Bartram	

Key Objective 3: To Provide Services for Lau Gar/BKFA

John Russell

Stewart Hunt

Morag Quirk

Clive Thompson

Stephen Burton

Stuart Agars

Kord Mannion

Rash Patel

Peter Hornby

Alec Clark

Keith Thomas

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GUARDIANS' ANNUAL REPORT

Dear Member

Thank you for taking time to read our report. We are happy and proud to present our achievements and progress this year.

Master Yau introduced the Guardian role to protect, promote and provide support for the development of the Lau Gar style. The role of Guardian is both a privilege and a responsibility

Introduction

It is the responsibility of the Guardian Council to produce a strategic plan each year to guide our activities throughout the year in consultation with those Guardians who attend the AGM in November.

The plan is then communicated to all Guardians and presented to Master Yau for his approval.

By agreeing key objectives and we can focus on specific activities throughout the year.

If you want to know what the Guardians are doing look at this report!

The report describes what we have done and explains our direction for the future.

We would be grateful for feedback on the report and plan from members.

This may be made through any member of the Council.

Next years plan will be developed with assistance from the Guardians at the Guardian Meeting after the AGM in November 2009.

Protecting by Raising Standards

Sixth Degree Black Sashes

By John Russell

Carl Jones

Dave Sharples

Jason Crabtree

Peter Hornby

Stewart Hunt

Congratulations to the above for having achieved the rank of 6th degree black sash, which apart from meeting the syllabus criteria also requires the performance of a set (weapon or empty hand) created by the candidate

Syllabus DVDs

By John Russell

Filming for the entire syllabus up to the First Degree black sash has been completed.

Each DVD has or will include supplementary material, such as, loosening routines, additional walking techniques drawn from the sets, possible applications of movements in the sets, ging training, stance routines, chi kung routines and guidance on basic meditation.

Where possible supplementary material is related to the set shown on the DVD.

The first 3 DVDs have been released (white and blue, orange and green.) Yellow is in an

advanced stage of production and Purple needs only the voice over.

It is also intended to cover the rest of the syllabus as well as the non-syllabus material, though this is not seen as a priority at present.

Thanks are also due to Keith Thomas for distributing these DVDs through his Web Shop; to Robin Sunley for his work in producing them and Rash Patel for designing and producing the covers.

Instructors' Course

By John Russell

Early evaluation of the response to the pilot course has indicated that seeking external accreditation is inappropriate.

The current preferred option is to reorganize and bind all the material into a single modular based Instructors Manual, which will be available for self study. To achieve an association certificate a selection of the included exercises will have to be completed. We are also looking at certificating each of the Modules. It is envisaged that students will accrue some modules as they complete the First Aid, Anatomy and coaching courses

Black Sash Workshop with Master Yau and the Guardians

By John Russell



Members attending the Black Sash Workshop held in April

This year the Guardians organized a Black Sash workshop. This was not designed as an opportunity to learn something new but to provide students an opportunity to polish which-ever set(s) they were currently working on, initially under the supervision of a Guardian. The students and Guardian together compiled a list of points requiring resolution or further elucidation, which Master Yau was able to resolve or amplify during his subsequent workshop with the Students.

Feedback from students was very positive and the good news is that Master Yau has agreed to participate in next year's workshop on the 18th April 2010

Training at Lilleshall National Sports Centre

By Morag Quirk

Twice a year the Guardians meet at Lilleshall National Sports Centre to train together so that we can protect standards in Lau Gar. More recently these meetings have included a Master class/workshop attended by Master on Saturday afternoons. We would like to take

this opportunity to thank Master Yau for helping us to deepen our understanding and extend our practice of Lau Gar.

We continue with our quest to standardize criteria for the black sash grading. We provide training in how to mark at Black Sash Gradings during seminar sessions on the training weekends. These include moderation of marks against agreed criteria using video footage. Only those Guardians who attend these sessions can sit on the Black Sash Grading Panel with Master Yau.

If you have any video footage of yourself training that you would like to submit to the training seminar please contact a Guardian. We will be happy to provide feedback.

Strengthening Lau Gar's Chinese Connection

By Peter Hornby

In early 2007 the British Kung Fu Association made connections with the "Chinese Wushu Association". The Chinese Wushu Association, established in September 1958, is a national non-governmental, nonprofit organization based in Beijing.

The connection between the BKFA and the Chinese Wushu Association will help to establish Lau Gar on an International scale, particularly with the prospect of a Lau Gar branch in Foshan. Discussions were held with Chen Style Tai Chi Master Liming Yue, who is a 7th Duan Wei based in Manchester and with his support, the Chinese Wushu Association were approached to recognise Lau Gar as a Kung Fu style. This will enable students to gain an international qualification in the Duan Wei grading system. Master Yau was invited to sit on the grading panel in Portugal, November 2008 with Master Liming Yu and Master Chen Shihong from Austria.



David Eccles and Stuart Agars were asked to do the Duan Wei grading performing their Lau Gar forms. They both achieved 4th Duan Wei.



International representation from: Japan, Italy, UK, Portugal, Ireland.

Also at the same grading, Garry Seghers (Stafford) and Pete Hornby obtained 3rd and 4th Duan Wei grades performing Chen style Tai Chi forms. Following a further assessment in July 2009, they achieved 4th and 5th Duan Wei respectively.



Peter Liming Yu Garry

A portfolio was submitted to support Master Yau's application for recognition in the Duan Wei grading system. Liming Yue has now passed this on to the Chinese Wushu Association awarding committee and we look forward to hearing some good news with regard to this in the near future. Master Yau has been invited to invigilate on a further grading panel in Ireland, February/ March 2010, which will give more students the opportunity to gain a Duan Wei award

As our connections build in China there will be more opportunities for collaboration with such organisations. The benefits of this to Lau Gar will be: more recognition; the chance to obtain an international qualification; the opportunity to broaden our knowledge through

other styles; and the prospect to share Lau Gar with others.

Stafford Club Shine at BKFA National Tournament

By Peter Hornby

Sunday 11th October 2009 saw the best BKFA Nationals in years. The day ran smoothly and swiftly and was a great success.

Members of Lau Gar clubs Stafford, Cannock and Codsall performed a variety of entertaining and skilful sets to a selection of engaging music. The performers all looked impressive in their red and blue mandarin suits. The demonstration team received much applause and praise from spectators who seemed to be very impressed with the forms that were showcased and the martial artists who performed them. Chief instructor, Pete Hornby said, "I'm very pleased with all the effort and hard work that went into the demonstration, and it really showed in the performance.



Gary Sehers Alec Clarke Alan Smewing Pau Sabin Gil Houlston Barry Cain Steve Lloyd
Jane Gratton Riona Hornby Pete Hornby Amy Roe Holly Cook
(Not in photo: Jason Hornby, Brian Roberts and Josh Whittall)

It shows that Stafford is one of the best clubs to train at, with great students and amazing teachers!"

The programme of the demonstration was as follows:

Tiger & Crane	performed to music co-composed by one of the performers, Amy Roe and her music teacher.
Tai Chi Kung Fu fan	as taught by Garry Seghers from the Faye Yip school of Tai Chi.
Lau Gar Luk Hap Kuen	performed to 'Eye of the Tiger'.
Pois	created and performed by Rachel Sabin, based on the butterfly knives set.
Praying Mantis	as taught by Guardian Jason Crabtree and performed to 'Real wild child'.
Fa Kuen & Breaking	Paul Sabin's version of Fau Kuen with 3 attackers and breaking of wood with his fists, legs and head!
Ying Yang Boxing	as taught on a previous year's summer course training camp.
Broad sword	Advanced broad sword set performed to an 'A-team' track.
Dual Man	as taught on the 2009 summer course training camp.
Butterfly Knives	performed to the theme music of the film 'Kung Fu Hustle'.
Tai Chi Sword	Chen style sword as taught by Master Liming Yue.
Fan & Sword	created and taught by Guardians John Russell & Morag Quirk.
Point seeking fan	created and taught by Guardian Morag Quirk and performed to 'No limit'.
Wan Ging Gong	created by Pete Hornby to show a range of techniques for the development of Ging, release of energy / power.

BKFA squad training

By Peter Hornby



Brian Nelson has put a lot of effort into re-establishing the Lau Gar squad training and has begun the development of a new squad with up-and-coming new stars. The squad have been put through some very intensive training by Brian on the last Sunday of every month for the last twelve months. The new and emerging team will be fighting on the bill of the next "Clash of the Titans" in Huddersfield on Sunday 14th November. We wish them success in the future.

Summer Course

By John Russell

This year's summer course was again held at Scarborough. This year we sought to extend our understanding of the key words (and eight powers) through the medium of an updated Dual Man Form. Emphasis was also given to the skill of sticking and hence feeling the "just right moment" to apply the next movement.

Some time each day was also allotted to standing meditation, which centred around the practice reducing the activity of the mind (pre-occupation with the past or future, discursive thoughts, emotions etcetera). This is of utmost importance if we are to reach the state of no-mind (Mushin, Wuxin).

As usual we also spent time on the Syllabus requirements, Master Yau spending time working with the higher grades on how to improve their kung fu.

Meditation

By John Russell

This year David Harris again conducted a thorough introduction to the practise of meditation.

Although the session was conducted within a Buddhist framework, it was (and is not)

necessary to be a Buddhist to benefit from the course.

David also attended this year's summer course and ran two dedicated follow up sessions for those interested in this discipline.

The importance of this practice has already been alluded to and will not be repeated here.

Interested members should look at David's article on the Association website (also published in Combat Magazine).

Promoting Lau Gar and Providing Services

What do Guardians Do?

By Kord Mannion

This year I have written an article for Combat about Kung Fu and fitness. I have helped out at the Black Sash workshop. This involved teaching black sashes and helping them to develop questions for Master Yau in their particular training area for a workshop session with him.

I also sat on the Black Sash grading panel with Keith Thomas, John Russell and Master Yau. At the National Championship I set up a stall with Keith Thomas where students could purchase a range of Guardian DVDs including the very popular new syllabus DVDs.

Chairman's comment: these activities are typical of activities by Guardians in service of members of the BKFA. If you know a Guardian ask them what they do.

Articles in Combat

By Rash Patel

Three articles have been submitted to Combat this year. The first being the long awaited article about Master Yau (Alan Neeld and Rash Patel), the second being an enlightening article about Meditation and its importance the Martial Arts (David Harris) look out for the article on John Russell (Morag Quirk, Andrew Nation and Rash Patel).

Chairman's comment: ours thanks to Rash for his work on the Web Site and many promotional activities.

Women in Lau Gar

By Morag Quirk

We were asked to look at the participation of women in Lau Gar in last year's plan and to that end we are currently piloting a questionnaire that has been developed by Alan Neeld's team. The questionnaire looks at student needs and how we are meeting them in general but we are looking forward to analyzing those questions aimed specifically at female students. This information will direct our actions towards recruiting, retraining and raising standards amongst female students.

We are also on the look out for good role models amongst students with a view to raising the profile of girls and women in Lau Gar. These students and instructors could feature on the website or in "Combat" to let people know about what can be achieved through hard work, regardless of gender.

It was good to see a high level of female participation in the Staffordshire Team providing this year's Demonstration at the Nationals. Thanks to Pete Hornby, and Instructors and

students who took part. Look out for Andrew Nation and his team at next years Nationals!

What About the Youngsters?

By Rob Francis

We are in the process of developing an education section on the website for children and young people. This section could comprise :

- Kung fu and health based Word searches and puzzles
- A blog to the Guardians
- Healthy eating section
- Special offers
- Guardian training challenges
- Confucius say/wise warrior sayings.

Watch out for this development!

Fund Raising

The 2009 Guardian Challenge Report

By Clive Thompson



The 2009 Guardian Challenge took place at the Adrenalin Jungle Adventure Centre, near Sherwood Forest, Nottingham on Sunday 21st June. The centre is professionally run and has several adventure courses available. Our challenge was an assault course, archery and a fun challenge called 'The Duck Rescue'.

18 people joined the challenge from as far away as Harrogate, York and Birmingham, including guardians, instructors, students and parents of students. Once we'd all arrived and

checked in we were given coveralls to wear, and copious amounts of tea and coffee.

Then a member of staff led us to the first challenge, the assault course. We were shown all the obstacles and how to get over them safely and help each other when it was necessary. The course included grapple nets, a 7ft wall, crawl nets, rope swings, walk boards, a large suspended tyre and a very dark tunnel about 2ft high. The course was spread out along several hundred metres of pathways through a large pine forest.

At the end of the instruction we came back to the start of the course, where we were shown the other part of the challenge, a cannon made up of a wooden barrel, a metal chassis, 2 metal wheels and 2 pins, to hold the whole lot together.

The challenge was to pull the cannon to the obstacle, while a member of staff would say how many pieces of the cannon had to be taken over each obstacle – 2, 3, 4, 5 or 6. Then the cannon was reassembled on the other side and everyone in the team had to shout "3, 2, 1 bang!" Our group was split into two. Half the group, 'Delta Force', average age 25, raced round the course anti-clockwise with their cannon, whilst the other group 'The Grasshoppers', average age 45, went round clockwise with their cannon. Although 'Delta Force' was faster, the team was given far more penalty points for breaking safety rules than 'The Grasshoppers'.

After the assault course and a short break 'Delta Force' went to the archery field to be given a beginners lesson in shooting at targets over 20 metres away. They warmed up with a few practice shots, developing eye/hand co-ordination, hitting the target – or not. Joe Bowes scored the highest on the day and Steve Hogan scored a bull's-eye!

Meanwhile 'the Grasshoppers' did the jungle challenge called 'The Duck Rescue'. This challenge involved the group balancing on a pole one foot off the ground, passing buckets of water from one end to the other. Once enough water had been collected in a bucket, the group had to hold guttering up to a pipe which contained a plastic duck and pour the water down into the pipe to float the duck to the top. This may sound easy enough but there were several challenges and obstacles which made it more difficult, which should not be mentioned here as it would spoil the fun of the challenge for those in the future. This challenge had to be seen to be believed. It was so much fun.

The teams then swapped over. The final result was 'Delta Force' won the archery challenge and rescued the duck.

Everyone said what a good time they had. Some have suggested they'd do it again.

Sponsorships were taken on the challenge and people have been very generous. The total sum made was £1,160 for the Lau Gar trust fund. Many thanks to all those who took part

The Guardian Challenge 2010

By Sean Veira

This years challenge is 40 rounds of contact sparring to be held on 19th June 2010. The only restriction is that you are over 10 years old. We welcome participation from everybody including the over 60s!

Check the website for further details.

Chairman's Summary

As a Council we continue to investigate funding opportunities for the National Centre and in the medium term we are searching for a building to lease that will enable us to establish a home for the Centre.

We are advised that charitable status will open the door to funding opportunities. In the meantime we will continue to work on promoting Lau Gar, protecting standards and providing services for members of the British Kung Fu Association.

We have worked hard to achieve our key objectives and many Guardians and associates have been very generous with their time and skills.

My wish is that you have been as encouraged as I have when reading about our activities this year. Thanks to Guardians who have given of their time and skills freely without financial reward.

When we first formed we agreed that our purpose was to preserve and develop the style through our three key objectives: **Protect, provide, promote**. In Chinese culture Guardians are fierce and loyal protectors. I am honoured that Master Yau thinks me fit to serve as a Guardian and I renew my commitment to the promise that all Guardians have made to the Lau Gar Lineage. I invite all the Guardians to renew their commitment with me as we approach the New Year.

"Five fingers, each different, one hand."

The hand will need to be stronger and more co-ordinated with each passing year!

Lau Gar has such a lot to offer people from all walks of life. As Guardians appointed by Master Yau we now have the opportunity to achieve something that will benefit ourselves, others and generations to come.

As Chairman, I have enjoyed working with all associated with the Trust and I would like to thank all of you for the support and hard work undertaken this year. I thank you personally and on behalf of all members of the Association.

Morag Quirk

Chairman Guardian Council