



THE
LAU GAR GUARDIAN
Annual Report 2010



Chairpersons Comment

Morag Quirk, Chairperson

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 services for the development of the Lau Gar style. The role of Guardian is both a privilege and a responsibility.



Introduction

If you want to know what the Guardians are doing for Lau Gar and for you, please read 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 from members.

This may be made through any Guardian or member of the Council.

Next years Guardian plan will be developed with assistance from the Guardians at the Guardian Meeting after the AGM in November 2010.

To find out more about the Guardians turn to the back of this report or talk to one of us.

Complied & Edited - Morag Quirk - Lau Gar Guardian and Chairperson

Report Design - Rash Patel - Lau Gar Guardian & Director of Marketing

Contributors - Morag Quirk, John Russell, Peter Hornby, Andrew Nation, Jason Crabtree, Rash Patel, Alec Clark, Alan Neeld, Stephen Newby, Robert Francis, Sean Viera, Stuart Agars

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

The Lau Gar Guardians

Alan Neeld, Alec Clark, Alex Barrowman, Andrew Nation, Andy Phillips, Bobby O'Neill, Carl Jones, David Eccles, Clive Thompson, Jason Crabtree, John Russell, Keith Thomas, Kelvin Bartram, Kord Mannion, Mike Lavender, Morag Quirk, Neville Wray, Pete Hornby, Rajko Dokic, Rash Patel, Robert Francis, Sean Viera, Steven Burton, Steve Jeffery, Steve Newby, Stewart Hunt, Stuart Agars, Tracy Edghill

Contents

02	Chairperson's comment
02	Introduction
	Protecting by Raising Standards
04	Syllabus DVDs
04	Instructor's Course
05	Black Sash Workshop
05	Training at Lilleshall National Sports Centre
06	Strengthening Lau Gar's Chinese Connection
07	BKFA Squad Training
07	South West of England Club at the BKFA National Championship
08	Summer Course
08	Meditation
	Promoting Lau Gar and Providing Services
09	Promoting Lau Gar Through Schools - Chinese Lion Dance
10	Kung Fu
10	Fund Raising for Charity
11	Marketing
11	Combat Magazine
11	Banners
11	Website
12	Pilot of Members' Survey
12	Lau Gar in the Midwest of the USA
13	Lau-Gar Kung-Fu for All
14	Criminal Records Bureau Check
	Fund Raising
14	Guardian Challenge 2010
15	Guardian Challenge 2011
	More about the Lau Gar Guardians
16	History
16	More about the Guardians
17	Correspondence



Syllabus DVDs

By John Russell

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

Each DVD includes 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 6 DVDs have been released (White and Blue, Orange, Green, Yellow, Purple and Brown). Black is in an advanced stage of production needing only the voice over.

The number of copies made thus far (28/09/10) is as follows:

White/Blue	310
Orange	130
Green	130
Yellow	25
Purple	30 (another 50 copy's coming soon)

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 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

As reported last year evaluation of the response to the pilot course has indicated that seeking external accreditation is inappropriate at this time.

The current preferred option is to reorganize the material so as to publish it in HTML format, viewable in any web browser. 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

This year the Guardians organized the Second Annual Black Sash workshop. This was not designed as an opportunity to learn something new but to provide students with an opportunity to polish whichever 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 by Master Yau during his subsequent workshop with the Students.

Feedback from students was again very positive and the good news is that Master Yau has agreed to participate in next year's workshop which will be held in March 2011.



Master Yau and the Guardians with Attendees at the Black Sash Workshop



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 by Master Yau 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 for individual students.



Strengthening Lau Gar's Chinese Connection

By Peter Hornby



Following the submission of Master Yau's portfolio to the Chinese Wushu Association, Master Yau was invited to be an honorary member of a Duan Wei grading panel in Ireland.

The event was organised in March 2010 by Chen Style Tai Chi Centre Manchester, Lau Gar Ireland, Association of Chinese Kung Fu Ireland and Chinese Wushu Association.

Over 50 students came from Spain, Portugal, Italy, Poland, Denmark, UK and Ireland. The examiners were Vice President He Qinglong, Professor Kang Gewu (9th Duan Wei) and Mrs Zhang Yuping (8th Duan Wei) from Chinese Wushu Association, Master Liming Yue (7th Duan Wei) from the Tai Chi Centre, Master Sam Sun (6th Duan Wei) from Dublin and Master Yau.

Bobby O'Neill put forward 5 of his Lau Gar students, who achieved the following:

Level 3 - Patrick Monahan

Level 4 - Derek Nicols and Steve Spain,

Level 5 - Derek Dawson and Steve Kealy.

As well as the Irish students, Pete Hornby also took part in the grading. He received the highest grading of 6th Duan Wei and became the first Westerner to achieve this level.

The presence of Master Yau on the panel and the support of Bobby and the Irish students gave further recognition to Lau Gar in front of such an eminent panel and other martial arts associations who attended.



Master Yau and Students

Following on from the success of the Duan Wei gradings, Master Yau has arranged for Master Liming Yue to join the group on the next China training trip in April next year. There will be an opportunity for members of the group to undertake a Duan Wei grading.



Peter Hornby with Masters Yau Kam Wah and Liming Yue



The Judges



BKFA Squad training

By Pete Hornby

After an initial bright and enthusiastic launch of the new BKFA squad training, it is sad to report that the squad training has now ceased due to lack of support. The Guardian Council would like to thank Brian Nelson for all his efforts in trying to develop a squad of new upcoming stars. However, Brian is continuing to develop his own North Wales squad and welcomes any students who would like to come and train with them.



South West of England Lau Gar Demonstration-Team at the BKFA National Tournament

By Andrew Nation

The Demo participants ranged from orange sash upwards. There were 21 people taking part from 4 different clubs in the region. We started planning it in March this year. At that time the main content was decided and everyone was allocated things to practise on their own or in small groups within their clubs. The complete group have met 4 times since then to pull the whole presentation together and had a full dress rehearsal the day before the Nationals.

The whole demo lasted about 20 minutes and was quite up tempo and energetic. Rash has created an accompanying soundtrack but there was also some live drumming for some of the sections. The demo was exclusively kung fu with most of it's content drawn from the Lau Gar syllabus but we tried to present this in new ways. Such as performing charp-choi in multiple directions including a left hand version. Also far kuen and spear applications were demonstrated. There was also the tiger fork accompanied by some tiger techniques as this is the year of the tiger (this has also inspired my design for the team T-shirt). Everyone has worked very hard.



South West of England Lau Gar Demonstration Team

Chairpersons comment: Well done. They just keep raising the bar every year! Whose turn is it next? Watch out for the team from Wales.



Summer Course

By John Russell

The 2010 summer course was held at Llandudno. This year we sought to enhance our understand of the five animals . Short sequences were created to emphasize the characteristics of each animal and some consideration given to essence of each as it was being trained.

Some time each day was allotted to standing and seated meditation, which centred around the practice of 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). Two sessions were dedicated to the 'Macro-cosmic Orbit Internal Energy Meditation, led by Master Yau.

Thanks are due to Andrew Nation, David Eccles ,Keith Thomas, Peter Hornby and Morag Quirk who variously taught and/or led aspects of the training.

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

As in previous years a DVD is available featuring summer course training. Our thanks are extended to Robin Sunley and Garry Segars for their work in producing this on behalf of the Guardians. The audiovisual aids for the Summer course are provided by the Guardians.



Summer Course 2010

Next year the summer course will again be in Llandudno. It will be our 35th. The theme will concentrate on integrating material from the previous five years: ging training, keywords and eight powers, sticking hands, a short mixed animal routine and self defence.

Meditation

By John Russell

This year David Harris conducted a thorough introduction to the practise of meditation. The course was hosted by the Kung Fu School and we wish to express our thanks to David Eccles for his efforts on our behalf. A total of 17 persons attended. The session was conducted within a Buddhist framework. Though it was not necessary to be a Buddhist to benefit from the course. David Harris also attended this year's summer course and ran two dedicated follow up sessions for those interested in this discipline.





Promoting Lau Gar through Schools

By Jason Crabtree

Chinese Lion Dance

I started teaching The Chinese lion dance to a large Chinese community in Cardiff, I was invited by the community to teach their children in preparation for the forthcoming Chinese new year (2007) this proved very successful and the performance was attended by our then first minister for Wales amongst other dignitaries from the UK and China.

This was a spring board for me as this opened other doors into local schools teaching one off workshops and longer ones which culminated in the children doing performances for their schools.



Ysgol Bro Inqli School a 10 week project

"The children thoroughly enjoyed the music, the dancing and all the background information you gave them. Thank you also for your sense of humour, your patience and your adaptability - all very necessary when working in schools!"
Tredegarville School

The word 'Lau Gar' therefore spread as I always made it clear as to my background and affiliation to our style, this not only raised the awareness of Lau Gar but also the professional services offered through our association.

Clients:

Lion Dance Workshops:

Cardiff Chinese Community Services – Wendy Chong

Cardiff Primary Schools

Newport Primary Schools

Pembrokeshire County Council

Pembrokeshire Schools

China Now Project- Cloudy Tan



National Press Photo Call



,Chinese New Year Lion Dance with the Cardiff Chinese Community



Kung Fu

By Jason Crabtree

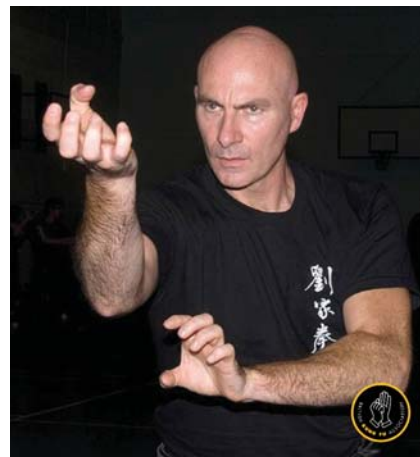
In early 2006 I was asked to teach Kung Fu in Pembrokeshire schools this project is a part of a 5x60 program [five hours of activities per week] this is aimed at providing children with alternative forms of exercise rather than the traditional sports such as Football, Rugby and Netball. This is an incentive of the Welsh assembly government to get children more active and healthy and help reduce obesity.

This was not only a good way to teach in schools but also an excellent way of raising the profile of Lau Gar as some of the children have since started at my main stream evening classes.

Clients:
Pembrokeshire County Council
Pembrokeshire Schools
Castle Independent Secondary School

I feel that this is the way forward for us in protecting; promoting and providing services.

Lau Gar Kung Fu as a good service to our communities and children for they are our future generation that will help



Fund Raising for Charity

By John Russell

This September Morag Quirk and John Russell ran a Self Defence course in Gloucester in aid of the Buddhist ShenpenUK charity. This group aims to support the Spiritual and Charitable works of the 7th Dzogchen Rinpoche.

The course brought Lau Gar to the attention of people who did not have an understanding of Martial Arts whilst also raising funds for a good cause. Seventeen people attended raising a total of £460. Thanks are due to Andrew Nation and Rash Patel who organised the venue and Kay Dowling who helped with the teaching.



Participants of the Charity Self Defence Course



Marketing

By Rash Patel

Every year the image of the events hosted by the Guardians including Association events have gone from strength to strength. All marketing material such as posters, flyers, business cards, guardian course certificates have been designed to a high standard. The posters have been colourful and vibrant, designed to attract attention.

Combat Magazine

By Rash Patel

Earlier this year an article titled 'Grandmasters Meet' was published in Combat magazine. The article featured the meeting of Grandmaster Yau and Grandmaster Chen Zhenlei. The summer course has been publicised on the website and in Combat magazine. The BKFA Nationals have been publicised on the website and in 3 issues of Combat magazine.



Grandmaster Yau and Grandmaster Chen Zhenlei



Banners

By Rash Patel



LAU GAR GUARDIANS

A number of Banners have been designed this year to be used at the National Championships, such as; New 'British Kung Fu Association' banner, New 'Registration' banner, New 'Lau Gar Guardians' banner and finally a 'Lau Gar Guardian' floor to ceiling display. These banners will be reused at all future Guardian and Association events and courses.

Website

By Rash Patel

The current BKFA website is to undergo a redesign.

Phase 1 - The Homepage and News area will be redesigned and made dynamic and will also be updateable through an administration platform for nominated person(s) to update. The aesthetics of the website will have more of a commercial look and feel. The main objective is to target men, women, children and families of all ages. The homepage will also feature the benefits of training a martial art as well as showcasing the Instructor list, shop, calendar and news items. The homepage event section will be dynamic and will display up to five of the next courses or events in the calendar. Old calendar items will automatically disappear once their date has expired. The News area will undergo a complete redesign in respect of dynamics and functionality. News items will be entered by date and old items will be archived under year and date.

Phase 2 - Further developments of other areas of the website are ongoing and will include the development of the member and instructor area. The improvement of marketing Lau Gar is an ongoing process and all are welcome to contribute.

The web team led by Rash Patel, with programmers Nathan Beer and Carl Syres look to implement phase 1 early next year. Phase 2 will follow by summer.



Pilot of Members Survey

By Alec Clark and Alan Neeld



In our drive to improve services to members of the BKFA we have produced and piloted a questionnaire covering a range of topics. It is intended that this will inform policies at a National level whilst also supplying useful information to instructors and students at a local level.

The sample taken is too small to draw conclusion but it did demonstrate that a lot of useful information could be gathered from a national survey covering a wide range of members from a wide range of clubs.

Before conducting the survey with a larger sample, we recommend that the following changes would have to be made:

- Adding a question to identify Male/Female.
- Adding a 'beginner' option in grade question.
- Some questions could be changed remove reported ambiguities and grammatical errors.

The following results have come from an analysis of the pilot survey, however, readers should bear in mind that a larger survey would possibly produce different results:

- Sticking Hands was the course most requested (13 out of 23 respondents), followed by weapons and self-defence.
- Members thought that their club was very good in terms of the quality of instruction, health and safety and atmosphere.
- The website was rated good, for information and user-friendliness
- Reasons for leaving a club were, feeling that they were not learning anything , poor instruction and being made to feel stupid.

A full report will be made available on the website.



Lau Gar (BKFA) in the Midwest USA

By Stephen Newby

Guess I can report a few out of the ordinary successes; as you know, my determination to promote Lau through the development of club areas has been my ambition for my entire Lau 'career'.

This year I have succeeded in taking that into the USA, teaching an instructor who left Scotland ten years ago. He has since got in touch with me and through the technology of video and email, I have got him up to the required standard and Master Yau has graciously accepted his portfolio of videos demonstrating the entire syllabus. This was also submitted to the guardians so that they might also judge his standard, bearing in mind that he is totally alone.

I also incorporated some private tuition with him while I was on holiday in Florida and he flew the 1,000 miles from Missouri to take that opportunity, again videoing the sessions. This year after my constant encouragement and guidance, he has begun to take on several private students to enable him to 'digest' his knowledge and increase his experience and I will be making the journey to Missouri to help him develop the modest beginnings of a Lau contingent in the Midwest USA.

If it develops, we hope to encourage one or two of those first students to help spread our style against the backdrop of an area that is rife with so many 'MacDojos' I have also re established a new drive in Scotland. We have now organised ourselves and I will try to increase the areas BKFA contingent.



Lau Gar Kung-Fu for All?

By Robert Francis

For years, I have run my club based on word of mouth, rather than advertising. However a steady decline in numbers through 2009/10 prompted me to change approach. I produced a quality flyer and released it to the local Northants community. I was soon contacted by a group called PAYP (Positive Activities for Young People). They run a program that provides diversionary and developmental activities for 8-19 year olds, at risk of social exclusion, and/or community crime.



A subsequent meeting with them, resulted in me agreeing to put together a pilot session for them, to show the benefits of how young people experiencing Lau Gar Kungfu (a serious Quality Martial Art), could be helped to focus and actually trigger a change in their thought process. Opening their minds to the possibility, they can shape their circumstances.



A mixed group of young boys and girls aged 12-17 were present for the session. Within 5 minutes I'd managed to capture their attention, not just because they were hearing from someone different, or being somewhat surprised by some of the techniques demonstrated – but a genuine curiosity about Lau Gar, and how learning and the principle of continuous improvement can actually be a motivator in many aspects of your life.



Our communication techniques, such as using analogies to everyday situations to press a point home seemed to connect well with the young people. They all gave really good feedback at the end of the session. Some were certainly interested in pursuing other aspects, and before I had finished the session the organisers were asking me to do a follow-up.



What's particularly satisfying was feeling a real sense of the genuine interest the young people had in my hobby, long a core part of my life and certainly a contributor to my success. It's an absolute pleasure to share knowledge with young people and it reminded me of my role as a Guardian to promote the fact that LAU-GAR Kungfu can be for everyone.



These Young people were not necessarily the typical kids that make the positive move towards Club sports and quite often don't have the financial backing at home to pay memberships.

But it's my view we should find innovative ways of being more accessible, and hopefully make a difference to the lives of young people that could really benefit. I recognise now that Partnership working could certainly complement traditional approaches to club development.





Criminal Records Bureau Check

By Peter Hornby

In compliance with Child Protection Policies, it has been decided by the BKFA that all Instructors should have undergone an Enhanced Criminal Records Bureau (CRB) check. It is the responsibility of the Senior Instructors, list agreed by Master Yau, to ensure that anyone who teaches for them complies with this policy. We have implemented a procedure for carrying out Enhanced CRB checks for our Instructors (if they don't already have one). We have also implemented a procedure for recording and monitoring all Instructors to ensure they all have successfully completed the Enhanced CRB check. Peter Hornby is coordinating this service and is thus your point of contact.

Fund Raising



Guardian Challenge

By Sean Viera

This year's Guardian challenge took place at Kingstown sport centre in June 2010 this was a challenge to do 40 rounds sparring hosted by instructor Mr Sean Viera with the help of Rash Patel and Pete Hornby.

Over 30 students from different clubs turned up to bravely take part in the challenge which consisted of 40 two minute rounds of sparring. There were many different styles and clubs involved and to reflect this everyone was given the opportunity to choose their style to spar. These styles were semi contact points fighting, light continuous and pushing hands. Many students showed extra skill by doing a mixture of rounds in all styles.

The day was a great success with no injuries and everyone finishing with a big (tired!) smile on their face – a great sense of achievement in completing the challenge. All the competitors who started completed the forty rounds. A generous amount of money was raised and all competitors received a t-shirt in recognition of the hard work and time they gave to this good cause. A special well done to those competitors that travelled from outside of Bristol to join in.



Participants of the Guardian Challenge 2010



The Guardian Challenge 2011

By Stuart Agars

The Kettlebell is unrivalled as a training tool, due to its ability to simultaneously develop strength, flexibility, stability, endurance and cardiovascular capacity. This has led to extensive celebrity endorsement, as well as utilisation by a wide array of top flight sports teams, martial artists and military personnel.

Kettlebells are currently used by the U.S and Russian Military and Special Forces, the Australian SAS, Fire Departments, top Olympic athletes and boxers, as well as professional sporting teams, as the training tool of choice for producing unmatched results.

You can check out one of our local instructors working out on You Tube:
<http://www.youtube.com/watch?v=gnUBHHflmLc>

GUARDIAN CHALLENGE 2011



OPEN TO ALL

This challenge is proposed to promote the benefits of Kettle Bell training for martial artists. The course would be open to all ages and levels of health & fitness (there is a maximum weight lifting restriction for minors)

DO YOU HAVE WHAT IT TAKES TO COMPLETE 500 LIFTS IN 1 HOUR?

In the morning there will be a Kettlebell Training Course, designed to teach how to lift safely, and go through basic lifting techniques.
 The course is followed by an optional Challenge for Martial Artists. The course will be suitable for approximately 50 people and will run from 10 am until 3pm on the 18th June 2011. The challenge is the approved martial arts training drill for conditioning the fighters at the National Centre for Combat Martial Arts.

The Kettlebell is unrivalled as a training tool, due to its ability to simultaneously develop strength, flexibility, stability, endurance and cardiovascular capacity. This has led to extensive celebrity endorsement, as well as utilisation by a wide array of top flight sports teams, martial artists and military personnel.
 Kettlebell's are currently used by the U.S and Russian Military and Special Forces, the Australian SAS, Fire Departments, top Olympic athletes and boxers, as well as professional sporting teams, as the training tool of choice for producing unmatched results.

Participants are to be sponsored for the amounts of lifts they do in 1 hour! The minimum entry fee is £20 per person. Sponsor forms are available from www.laugar-kungfu.com

Thank You and Good Luck! Stuart Agars - Lau Gar Guardian

THE KETTLEBELL CHALLENGE



SATURDAY 18TH JUNE
 10.00am - 3.00pm

**NATIONAL CENTRE
FOR COMBAT MARTIAL ARTS**

Valley House,
 Hornbeam Park,
 Harrogate,
 North Yorkshire
 HG2 8QT

MIN COURSE FEE £20

**FOR SPONSOR FORMS AND
FURTHER INFORMATION PLEASE VISIT:**
www.laugar-kungfu.com





. More about the Lau Gar Guardians

The Guardians are senior instructors, appointed by the Keeper of the Lau Gar style, Master Yau.

Our mission is to protect, promote and provide services 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
- Developing future business plans
- Ensuring the technical skill and competence of all instructors through set criteria
- Ensuring instructor competence through participation in instructor courses
- Clarifying 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 a 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 fund with professional integrity in the best interests of all members of the Association. We are currently seeking charitable status.

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.

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.

Correspondence

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