

GUARDIAN REPORT 2011

Message from the Chairperson



Thank you for taking time to read our report.

We are happy and proud to present our achievements and progress this year.

This year was a very special year for us because **Master Yau** delivered a seminar on the **History, Psychology and Philosophy of Lau Gar**. All who attended were impressed with the depth of his knowledge which he imparted with such apparent ease, over the two hour session. It was also interesting to learn about the more recent history. How Master Yau and his senior instructors brought Lau Gar to the UK, making it the strongest and most popular Kung Fu style in this country and taking the kick boxing circuits by storm in the 1970's!



Master Yau also gave time to answering questions from the audience at the end. The audience spanned the generations and it was impressive to see how he held the attention of even the youngest of Lau Gar students.

Next year proves to be another exciting year for us as it is the **40th Anniversary of the BKFA**. Keep an eye out on the website and at the Nationals for details of the celebrations which so far include **a dinner dance** for instructors and students and a very special fund raising **challenge from Master Yau**.

In this year's report lookout for some exciting news about our Charity Status

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.

If you want to know what the Guardians are doing for Lau Gar and for you, look at this report! The report describes what we have done and explains our direction for the future. We would be grateful for ideas and feedback on our activities from members. This may be made through any Guardian or member of the Council.

Next year's Guardian plan will be developed with assistance from the Guardians at the Guardian Meeting after the AGM in November 2011.

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

Morag Quirk

Chairperson Lau Gar Guardians

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Guardians Protect the Style through Training and Demonstration

Chin Na Course

By Steven Burton

On the 23rd January 2011 I was honoured to be able to share my knowledge on the subject of Chin na (seize and control method) from within the Lau Gar system for students of the BKFA.

All funds raised from the course were in aid of the Guardian Trust. The course was very well attended by some very enthusiastic students from all over the UK.

During the course I taught many aspects of Chin Na from the fundamental concepts through to in depth analysis of Lau Gar forms and how they link to Chin Na applications.

Everyone threw themselves into the training with great enthusiasm which made it a pleasure to teach. The feedback from participants has been questions on techniques which indicates that the course assisted students in analysing their techniques and really thinking about the possible applications of forms.

During the course I also taught legal legislation re self-defence which everyone was very interested in. I would like to thank Robin Adams of Totten Lau Gar who kindly used his design skills to create the multimedia presentation which enabled me to use multiple learning styles so everyone gained the maximum benefit from the course.

My background in Chin Na stems from 1997 when I began to analyse Lau Gar's chin na applications and at the same time study Chen style tai chi. This further led to me studying Torite Jutsu and the meridian / energy systems of the body. With a combination of this knowledge and detailed analysis of Lau Gar and the other arts I subsequently became a consultant for various police forces within the UK training response and riot officers.

Sticking hands in Accrington Gloucester Stockton and South Wales

Contributors:

David Eccles
Andrew Nation
John Russell

On the first weekend of July 2011, several Guardians led simultaneous sticking hands workshops which took place at venues across the country. These included; Keith Thomas at Stockton, John Russell & Morag Quirk at Accrington, Andrew Nation & Rash Patel at Gloucester and Jason Crabtree at South Wales.

Northern Dragons Martial Arts Academy in Accrington was pleased to host the workshop session led by John Russell and Morag Quirk on Sunday July 3rd. The event was well attended and well received by participants of all levels of ability. The training began with basic pushing hands drills, followed by the introduction of stepping movements and then various attack and defence applications including striking, joint locks, sweeps and trips - all the whilst training to enable the practice of sticking to the opponents movements without losing contact and using the minimum of physical strength.



As practice continued, discussion turned to the revised Chi Sau rules for the National Championships, with the aim of raising standards in future competition. Those aiming to compete were then given the opportunity of putting what they had learned throughout the afternoon into practice with rounds of sticking hands free sparring! Other participants acted as judges and provided feedback for improvement. This really brought the group together and proved to be an excellent end the afternoon. There were 16 participants, raising £290 for the trust.

Training at Lilleshall National Sports Centre

By John Russell and Morag Quirk

On Sunday July 3rd this year Rash Patel and Andrew Nation hosted a sticking hands course in Gloucester at our new club hall. Twenty four people attended but our new premises are very large so there was no shortage of space. People came from a wide area including London and Stafford. Pete Hornby came along to lend a hand and brought some students as well. The four hours flew by as we covered a lot of ground. The session covered several sticking and pushing hand drills including single and double hand practice. We also covered the use of takedowns and chin na as well as dealing with kicks in a sticking hands situation. The current rules for the sticking hand competition at the nationals were clarified for students, although the majority of students said they were there to improve their knowledge and skills rather than aiming to compete.

Overall the course was well received with lots of positive feedback on the day and subsequently. At the end of the day £390 was raised for the Trust.

The number of participants at the Tenby and Stockton events was 14 and 5 respectively

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.

This year we have extended the attendance at this course to include senior instructors who wish to develop and share their skills and knowledge alongside the Guardians.

During the weekend we continue with our quest to standardize criteria for the black sash grading by providing seminars in how to mark at the Black Sash Gradings. The training session includes 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. The senior instructors also had the opportunity to participate and gain understanding of the grading and marking process.

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.

Black Sash Workshop (18 April 2011) By John Russell

This year saw the third Black Sash Workshop. As in previous years it was both well supported and received, with students training all the post 1st Black Sash Sets (except cane shield versus Kwan Dough). Master Yau was again on hand to answer questions, clarify technical queries, offer advice on training, and how best to perform the set when grading later in the year. This was accomplished by scheduling some time for each grade group. It is our intention that another such workshop will be organised next year.

Thanks are due to all the Guardians that supported this event by acting as Mentors to each of the grade groups prior to and after Master Yau's sessions with each group and for making sure that the day ran smoothly.

Meditation

By John Russell

On July 10 we ran our 4th Meditation Workshop led by David Harris. As in previous years the emphasis was placed on training that will lead to a calm, but wakeful mind free of distractions. This practice is beneficial for Martial Artists.

Foshan China 2011

By Jason Crabtree

This year's trip was again a very successful one with 25 students from around the UK; this included four sets of families, three from Wales and one from Stafford. Master



Yau again headed the group and conveyed to us all that 'Hard Work!' was the order of the day and reminded everyone that we were representing the style and that only 100% effort was acceptable. All students were given a choice of either Wu Shu or Tai Chi training. The youngest member being Deryn May aged 11 from Wales.

Everyone worked extremely hard and all teachers at the Temple said they were impressed with the effort and standard attained by all.

All in all a memorable training trip thoroughly enjoyed by everyone.

First Lau Gar Black Sash in China

Xia was presented with his 1st Degree Black sash by Master Yau. Xia has been part of the Lau Gar family since 2007 and has been chosen by Master Yau to represent Lau Gar in China. This not only strengthens the name of Lau Gar but brings it back into China.



At the ready for Spear set training.



Tai Chi practise with Master Saam



**Team Wales
Demonstration at
the 2011 nationals**
by Jason Crabtree and
Carl Jones



**Members of The Huang Feihung
Demonstration Team**



This year the Demonstration was performed by students of Jason Crabtree and Carl Jones of South and West Wales Lau Gar. Preparation for the event started early on



in the year at both South and West Wales clubs, the main theme of the demo was to not only showcase Lau Gar but also knowledge and skill attained from other styles i.e. from China training trips. Little Dragons played an active role in taking part and showing the importance of the future with our young generation coming through the Lau Gar system.

Carl Jones and his students performed a Shaolin Gun Stick set; this was a set Carl learnt from a Shaolin monk on his trip to China back in 1991.



Shaolin Stick in full flight!

There was an array of weapons on display of which most of them done as a group e.g. Kwan Dao, Butterfly Knives and Broad Sword sequenced.

On show were some creative forms; Jason Crabtree performing an Empty hand set which involved the `Iron Rings`; the main theme behind the set being conditioning and weight resistance to aid in Ging development.



Carl Jones and student Adam Manwearing also displayed the `3 section Staff` a set Carl created, a difficult weapon at times but one that Carl feels comfortable with.

Getting the Little Dragons involved was enjoyable, they performed some basic routines; Kay Boon Sau Fa and some Chin Na combined with arm conditioning, the latter they particularly enjoyed!



Carl and Adam midway through 3 Section Staff Routine



Cane Shield against Kwan Do

Little Dragons applying Chin Na Technique

The programme of the event was as follows:

Shaolin Stamps
Chin Na
Spear

Kwan Dao
Kwan Dao and Cane Shield
Jorn Sau
3 Section Staff
Iron Rings
Butterfly Knives and Broad Sword
Little Dragons
Shaolin Stick
Dragon Fist
Dual Man form; Sword v Spear

Performed by all members of Team Wales
As taught on Summer course, Performed By Jules and Adam
Performed by Jonathan Tebbutt, a set he learnt on the 2011 China Trip
Lau Gar Weapon Set, Group demo
Sixth Degree grading set
Applications against 4 attackers; Caroline Harrison
Carl Jones and Adam Manwearing
Creative Set to develop Ging which included Tiger Fist
Group Demo
First Set, Basic routines and Chin Na
Performed by Carl and his students
This set was taught on the 2011 China Trip
Choreographed and performed by Jason and Carl

Well done and thanks to all students involved for working so hard and making the demo a memorable one. A special thanks to Kassian Sheppard for arranging the accompanying music and great tee shirt design.

Black Sash Master Class 6th November 2011

By Morag Quirk

Master Yau presented a Black Sash Master Class with support from the Guardians. This event was developed in order to maintain standards and safeguard the future of the style. The Master Class followed a workshop structure with opportunities to see models of good practice, share skills and knowledge and resolve differences in the execution and application of technique. The work shop covered a range of activities from stance work to hand and weapon sets and Knife and stick defence. Although the workshop was very practical and action packed, students also received up to date information on CRB checks and insurance.

The event proved very popular with over sixty people attending. A good day was had by all. Let's hope that this becomes a regular event on the Calendar!

Syllabus DVDs

By John Russell

We have now completed and released all DVDs up to and including 1st Degree Black Sash. Recent sales figures indicated that the latter together with the White & Blue Sash DVD are the most popular of the series.

We currently considering how best to cover the remainder of the syllabus.

Guardians Promote Lau Gar

Website Update

By Rash Patel

A new website has been designed and is currently being built. Although progress has been slow, Rash, Nathan and Carl are still working away towards making the new website. The new website has a huge back end (administration system) that will future proof it for a number of years and allow it to be easily updated by various authors and contributors. It will also have many new features for members and Instructors on a user friendly platform. The website is expected to be available in 2012.

Marketing
By Rash Patel

**Comment from the
Chair**

**Fundraising: The
Kettlebell Challenge,
June 2011**
By Stuart Agars

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.

Rash has been the person responsible for this high quality design. His hard work and skill have helped to promote Guardian and Lau Gar events in a colourful and instantly recognisable style.

This year's Guardian Challenge was hosted on the 25th of June by Stuart Agars of the National Centre for Combat Martial Arts in the Northern Spa town Harrogate.

Stuart is qualified to teach Kettle bells and holds an IKFF instructor qualification. Stuart's Kettle bell coach is the accomplished martial artist & world famous Kettle bell instructor Steve Cotter.



An elderly lifter

The Guardian Challenge was split into 3 sections;

Part 1: An introduction to Kettle bell lifting;

This hour long section was a seminar outlining a brief history of Russian Kettle bells, and teaching the fundamental rudiments of safe Kettle Bell lifting for the core techniques: Single and double hand swing, Clean, Press, Jerk and Snatch.

The seminar acted as an ice breaker for the students who had come from Scotland, The Midlands; Birmingham, Stafford, The North West; Accrington, Blackburn, Keighley West Yorkshire and from clubs all over North Yorkshire.

Part 2: The Kettle bell Challenge;

To complete the challenge, participants were required to take part in a 1 hour continuous Kettle bell lift ! We encourage people to try to use a Kettle bell for 10 minutes continuously. This was a really **Awesome Challenge!** In addition to lifting continuously for 1 hour, a target of 500 lifts was set for each participant. Let's put that into perspective, if you undertook the challenge with a 20kg Kettle bell, the budding mathematicians amongst you will have already worked out that 20 multiplied by 500 is a whopping 20 metric tonnes. Did you take a sharp in breath when you read that?.....You were right to - it was an awesome feat.

Part 3: Personal Training;

Challenge members were treated by John Russell and Morag Quirk who very generously helped everyone with their Lau Gar syllabus and forms training. What a truly fantastic end to the day.

A very big thank you to everyone who showed support for the Challenge this year we raised at least £550 & don't forget- if there are any Guardians or clubs out there who haven't pledged any money this year, please, please do so.

So here ends the report for the Guardian Challenge 2011, the endorphins are still running through our veins from the Kettle bell lifts combined with the boundless

	<p>enthusiasm that accompanies them.</p> <p>I really hope our enthusiasm rubs off on everyone ready for next year's Guardian Challenge - BRING IT ON!</p>
<p>Comment from the chair</p>	<p>To celebrate forty years of Lau Gar in the UK, next years Challenge will be set by Master Yau and led by Guardians in clubs throughout the UK in the month of June. Don't miss out on this truly gruelling Challenge from the Master of the Lau Gar style.</p>
<p>Kung Fu 40 Challenge 2012 By Master Jeremy Yau</p>	<p>Check out the website for events near to you www.laugarkungfu</p> <p>To celebrate 40 years of Lau Gar in this country, I am issuing the Kung Fu Forty Challenge. It is very good for fitness. I challenge you to complete the exercises below.</p> <ol style="list-style-type: none"> 1. Brief warm up of major muscle groups 2. Run on the spot for 40 seconds 3. 40 front kicks left leg 4. 40 front kicks right leg 5. 40 press ups 6. 40 squat thrusts 7. 40 seconds in horse stance 8. 40 punches in horse stance <p>You will be asked to repeat the sequence substituting a variety of kicks and hand shapes as practised in Lau Gar. The challenge will continue for 40 minutes</p> <p>The Kung Fu Forty Challenge will take place in Clubs across the UK in June or July. The training will be led by a Guardian.</p> <p>If you can raise over £10 pounds in sponsorship money, you will get a free commemorative tee shirt! I will present the tee shirt in person to those of you who attend the Summer Course in July 2012.</p> <p>So please join us in this special challenge to celebrate Forty Years of practising Lau Gar in the UK.</p>

Guardians Provide Services to Lau Gar and the BKFA

<p>Charity Status By Pete Hornby</p>	<p>During the year the Guardian Council have undertaken a key mission to achieve charity status for the Lau Gar Trust in order to further our aims and realise greater benefits from running the Trust as a registered charity.</p> <p>This has involved establishing a company limited by guarantee with clearly laid out objectives. The new company, Lau Gar Ltd, has now been registered at Companies House.</p> <p>Following this, an application was submitted to the Charity Commission. The approval process has taken longer than expected. However, it is pleasing to report that after prolonged negotiations the Charity Commission have finally approved our application in principle, providing that we 'adjust' the objectives and register the changes with Companies House. We are in the process of registering the changes and will then make a final submission to the Charity Commission to achieve our goal.</p> <p>We therefore hope to announce sometime in the near future that we have achieved charitable status. The Guardians will be embarking on plans to realise the benefits from this exciting opportunity. Keep an eye on the web-site for further news.</p>
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Comment from the
chair

BKFA Nationals 2011

By Morag Quirk, Pete
Hornby and Aimee
Hogan

Thanks go to Peter for his tireless and persistent efforts in our mission to achieve charity status.

This year's BKFA National Competition took place at Codsall Leisure Centre, Staffordshire. The Leisure Centre provided a more intimate and exciting venue than in previous years.

All agreed that there was a great atmosphere and good sportsmanship was the order of the day. The feeling was of a great gathering of the "Lau Gar Family". As with all family gatherings it had its share of healthy rivalry and drama which just added to the enjoyment of the day.

There were a wide variety of categories available this year to cater for all age groups, male and female and different skill levels.

The Guardians contributed two seminars. These were open to anyone regardless of age or experience. John Russell gave a seminar on "The Gings" in Lau Gar. John used the Key word and ging diagram to explain to students how to generate and apply the gings. He explained that the Lau techniques were like the bullets and the gings were the gun powder. Without the gings to power your kung fu it would be useless!

Rash Patel led a seminar on applying techniques from the Lau Gar sets. Students reported that this was an interesting, informative and enjoyable seminar.

Jason Crabtree and his Demo Team from Wales wowed the audience with their exciting and well-choreographed exhibition of Lau Gar. The demonstration has become a highlight of the nationals. This year's contribution did not disappoint. Well done Jason and team!

The standard in the set competition was high this year. Sets demonstrated include Lau, Chen, Yang and Wu Shu. Some of the Sets were learned on Master Yau's China Trip 2011. Weapons included sword, double sword and straight edged sword, spear and double fan. The competition was open to under 16s and adults of all grades, weapons and open hand. Congratulations to Guardian, David Eccles who won the Adult Advanced Grade. A special mention to Aimee Hogan who took photos all day and in her spare time managed to come second in Adult Weapons Category! A grand example of female multi-tasking.

In general the Sticking Hands event was judged as an improvement on last year's competition. Participants demonstrated an understanding of the rules and displayed skills to a high standard with good sportsmanship. This is a demanding event because competitors need to show control and skill in an unprotected, combat situation. This was a man only event even though it is open to women. Are there any women out there with the skill, fitness and good heart to have a go next year?

Thanks go to Pete Hornby and the Staffordshire team for all their hard work leading up to the day and their contribution to arrangements on the day.

Comment from the
chair

The Guardians will be working hard to build on the success of the Nationals this year and produce an even better one for 2012.



Jane Gratton



David Eccles & Barry Cain

2011 Members

Survey

By Alec Clark

General comments;

The survey produced 68 returns. 52 males and 16 females responded to the survey.

This sample is roughly three times the size of the pilot survey. The findings of this small sample will be discussed at the Annual General Meeting of Guardians and may provide a focus for further discussion at Instructor and club level.

Courses:

69% of respondents wanted more courses. Weapons was the course most requested (30 out of 68 respondents), followed by Chin Na (25), then knife defence (23) and self-defence (22).

Communication, Club and Teaching;

Members were asked to rate various aspects of their club out of 10.

Where a mean score of 7 or 8 is good and 9 or 10 is very good, members thought that their club was good in terms of facilities. Members thought that their club was very good in terms of Venue, the quality of instruction, health and safety, atmosphere and communication about courses and tournaments. There were no mean values less than 8.

BKFA website;

Members were asked to rate two aspects of the BKFA website out of 10.

78% of respondents had visited the website.

Where a mean score of 7 or 8 is good and 9 or 10 is very good, they rated both the information and user-friendliness of the site as good.

Retention of Students - why do students leave?;

Members were asked to rate out of 10, situations in which they would potentially leave their club. Where a mean score higher than 6 shows a significant chance of members leaving a club, members identified the following as the most significant **generalised** reasons why they would leave a club: poor instruction (mean 8.4), feeling that they were not learning anything (mean 7.3), being made to feel stupid (mean 6.7), bullying by the instructor (mean 7.6) and instructor showed favouritism towards other students (mean 6.5).

It can be noted that all these situations centre around the quality of the instructors at the club. Another significant situation identified was unsuitable training room (mean 6.7)

Wow, Wow and Wow

By Pete Hornby

What a great Summer Course, as usual led by Master Yau and ably assisted by Sifu John Russell and other Guardians. The 35th anniversary of the annual training course was a fantastic learning experience for the group of students who had gathered together in Llandudno, North Wales, from all parts of the UK and Ireland and even one student flying in all the way from Poland, Simon Camm.

The course had everything, lots of learning, great teaching and hard training inspired by the enthusiasm and drive of many dedicated students.

Each course seems to get better, with students coming back year after year. It was also pleasing to see that there was a very strong female representation of over 20%.

The daily 4 hour training sessions in the Sports Hall comprised of:

1. Warm up exercises
2. New form
3. Lau Gar syllabus

4. Kicking combinations
5. Walks
6. Traditional Shaolin stamping exercise
7. Meditation

The special theme of the week was the teaching of the new form which had been developed by John to assist students to understand the key techniques of Lau Gar and the bases for developing the powers. As students practised the techniques they were given insight into effective applications and encouraged to experiment in self-learning.

Students were given an option for the early morning 1 hour training session of either running up, down and around the Great Orme or practising Tai Chi. The Tai Chi students were taught the Chen Style 11 Form by Sifu Pete Hornby, supplemented by lots of stance training.

On top of all the training, students & friends from the Stafford club organised a very enjoyable barbeque that included a special 35th anniversary cake which Master Yau had great delight in cutting.

The event was held at the local Bodafon Farm, an ideal location where the staff were extremely friendly and helpful in feeding the 'flock'.

Pictured chief Chef, Ben Lewis (left) ably assisted by Paul Sabin (right)

After such a tough but satisfying week, students and instructors alike were eager to relax with a drink or two and talk about their experiences on the Friday evening in a local hotel. Many new friendships were made over the week and mobile numbers and e mail addresses were exchanged enthusiastically.



Summer Course Attendees

More about the Lau Gar Guardians

Purpose

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 marketing 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.

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 Guardians

Rash Patel	Carl Jones
Keith Thomas	Sean Viera
Clive Thomson	Alec Clark
Jason Crabtree	Stephen Jeffrey
Steven Burton	David Eccles
Kelvin Bartram	Stuart Agars
Tracy Edghill	Robert Francis
Steven Newby	Neville Wray
Rajko Dockic	Kord Manion
Bobby O'Neil	Mike Lavender
Alex Barowman	Andy Phillips