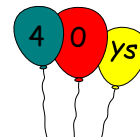


GUARDIAN REPORT 2012



Role of the Guardians

The role of a Lau Gar Guardian is a privilege and a responsibility.

We were founded by Master Yau, the current holder of the style in the UK to:

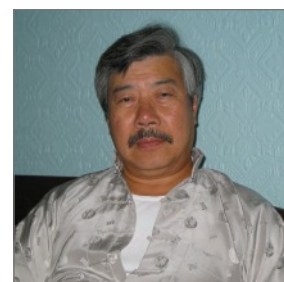
- Enable **PARTICIPATION** in Lau Gar and Achievement for All
- **PROTECT** Standards for Instructors and Students
- **PROMOTE** Lau Gar for the Health and Well-Being of Communities
- **PROVIDE** Services for Members

Message From the Chairperson

Thank you for taking time to read our report . We are happy and proud to report on our achievements and activities in 2012.

This has been a very exciting year for us, not least because we celebrated **40 years of Lau Gar** in the UK but this was also **Master Yau's 70th Birthday!** We celebrated these two events in clubs across the country through sweat and hard work, during Master Yau's fundraising event "**The Kung Fu Forty**".

Another high point has been our achievement of **Charity Status!!** Thanks to the persistence and hard work of Peter Hornby, Guardian Council Secretary and Stewart Hunt, Treasurer. **Charity Status** is a really exciting development and will be of great benefit to students of Lau Gar now and in years to come. It also allows us to develop a broader role in health and well-being of communities through promoting and providing access Chinese Martial Arts.



Master Jeremy Yau

If you want to know about what the Guardians are doing for Lau Gar and for you as a member, read this report. The report describes what we have done this year and explains our future direction. We meet every year as a group to determine our priorities and develop an action plan.

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

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The Officers of the Council

President	Master Jeremy Yau	Chair Person	Morag Quirk
Vice Chair	John Russell	Secretary	Peter Hornby
Treasurer	Stewart Hunt	Officer	Andrew Nation
Officer	Alan Neeld		

and the non-council Guardians

Rash Patel	Keith Thomas	Clive Thompson
Jason Crabtree	Steven Burton	Kelvin Bartrum
Tracy Edghill	Steve Newby	Rajko Dockic
Bobby O'Neil	Carl Jones	Sean Viera
Alec Clark	Steven Jeffrey	David Eccles
Stuart Agars	Robert Francis	Neville Wray
Kord Manion	Francis Cooper	Mike Lavender
Alex Barrowman	Nathan Beer	Robin Sunley

Enabling Participation in Lau Gar and Achievement for All

Lau Gar Trust - Charity Status

By Peter Hornby

It is great to be able to report that after a lot of hard work and perseverance from Stewart and Pete, the Lau Gar Trust has achieved charity status. The Lau Gar Trust was registered as a charity on 30 July 2012, registered number **1148347**. The objective (referred to as object) for the charity is

"The promotion of community participation in healthy recreation, in particular by the provision of facilities for playing and taking part in Chinese martial arts. To advance the education of the public in Chinese martial arts by the provision of training in such arts."

Our next step is to seek access to further funding in order to set up a new centre for training and deliver on this objective.



Stewart and Peter

40th Celebration

By John Russell



On October the 8th the British Kung Fu Association celebrated forty years of Lau Gar Kung Fu in the United Kingdom and Ireland. It was also Master Yau's 70th birthday.

To mark the occasion the Guardians presented Master Yau with a painting featuring Cranes which are symbolic of longevity. Gifts were also presented to Master Yau by clubs from the UK and Ireland.

The early part of the evening was enlivened by a presentation and demonstrations of Fei Lung Chi (hard and soft versions) and Bac Pye Jeurn by Peter Hornby, a Lion Dance by the Northern Dragons and a short dual person multiple weapon routine, inspired by the Hong Kong Kung Fu movie genre, by Morag Quirk and John Russell.

After a very pleasant meal, live entertainment was provided by an ABBA tribute band. We danced the night away.

Kung Fu Forty

By Morag Quirk

To mark 40 years of Lau Gar Kung Fu in the UK Master Yau issued a challenge that all clubs and students could participate in. It required no special equipment or premises.

The challenge was to continue for 40 minutes and include:

1. Brief warm up of major muscle groups
2. Running 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 stances

Repeat the sequence substituting a variety of kicks and hand shapes as practised in Lau Gar.

Here is a report on the event submitted by South West Wales

"The Challenge that Master Yau devised proved to be very popular with Jason Crabtree's students in South West Wales, in essence he was overwhelmed by the enthusiasm and sheer determination from them. A total of 38 students took part from two clubs, the ages ranged from 7 to 65!

Jason used the 'circuit training method' as this not only ensured everyone pulled together doing '40 seconds and or 40 reps of each exercise' but also helped to create a fantastic atmosphere of 'True Kung Fu Spirit!' and pushed along by the very popular tune of Wong Fei Hung! The 40 Challenge has proved to be so popular that his students have asked if a similar session can be done on a regular basis which of course he has obliged!"

Well done to all of his students who raised £850 for the Lau Gar Trust, lets look forward to the next Challenge.

Master Yau also wishes to thank Alec Clerk, Jason Crabtree, David Eccles, Tracy Edghill, Stewart Hunt, Andrew Nation, Henry Parker, Keith Thomas and Clive Thompson for their generous contributions and hard work. A grand total £2,471 was raised.



Disability and the Martial arts

By Alan Neeld

In line with the British Kung Fu Association and the Lau Gar guardian's policy of Martial Arts for all, and following the resounding success of the Paralympic Games in the UK, it is my pleasure to introduce to the association members David James one of my Brown sash students.

David, who has Down's syndrome has overcome his disability and passed all his grades up to and including Brown Sash.

Initially skeptical of David's potential to succeed and concerned about the effect the possibility of him failing a grade may have on his well being, my fears were soon allayed when I saw his dedication and willingness to learn.

David has become an integral member of the central England group training regularly at the Redditch club alongside everyone else in the class and on occasions helping to teach the lower grades when asked to do so.

It takes David longer than the average student to learn all the technical elements of the style but with patience and dedication from both him and myself, he has achieved great success and enjoyment.



Training as you get older

By John Russell

I have been asked to say a few words with respect to training in your sixties. Now each of us will be different, but I have some general comments that may be useful.

From my perspective there are two factors involved:

1. How we use our minds and,

	<p>2. Physical considerations.</p> <p>1 The mind is our greatest ally or, our worst enemy; we can choose which it is to be by training it appropriately.</p> <p>For example, if you have been kept awake by a mind that keeps cycling though the same dialogue, or if you find yourself habitually thinking about the past or fantasizing about the future, or continually commenting about the present in a way that is not helpful, or telling yourself negative stories that damage your self-esteem then you need to learn to 'control' it; in the sense of abandoning those mental activities as soon as you become aware of them.</p> <p>There is a very simple technique that can be used to accomplish that. It is called being mindful, being in the present, or practising the now. This does not mean that we cannot plan for the future, since that activity always take place in the present.</p> <p>We can also use our minds more skilfully by engaging in thoughts that lead to positive outcomes and attitudes. This is important in addressing the second factor mentioned above. We can focus on what we can do, for example, rather than lamenting on what is no longer possible for us.</p> <p>2 In my particular practice I am far more careful to prepare my body for the activity I am about to undertake, it seems much easier to pull a muscle than use to be the case. I avoid 'punching or kicking' thin air. When training my stances I work at my edge, meaning that, for example, in the horse stance I get as low as I can whilst keeping good posture. I no longer attempt to work beyond my edge as it often results in a physical injury that takes weeks to recover from. (Perhaps I would have benefitted from this attitude when I was younger!)</p> <p>So can I do everything I use to be able to do? Maybe, but not as much, nor perhaps as quickly, or with the same degree of agility. However, I am confident that if I continue my practice it will contribute to my future health and fitness.</p>
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Protecting Standards for Instructors and Students

Lau Gar' new Seventh Degrees

By John Russell

This year Rajko Dockic of Derby, Andrew Nation of Gloucester and Morag Quirk of Birmingham were awarded their 7th Degree Black Sashes by Master Jeremy Yau.

I am sure that we would all like to congratulate them on their achievement



National Demonstration Team

By Stewart Hunt

Our theme was very much to celebrate Lau Gar. What we did was to take Lau Gar and demonstrate that it can be used in multiple ways for multiple purposes. By extrapolating from the syllabus we are showing that Lau Gar is more than a finite number of techniques but is a complete system of self defence and martial skill. We also wanted to demonstrate that Lau Gar is workable for all - whether young or old, male or female, fit or frail - and the only thing required is practice and hard work. The oldest participant was 65 and a half years old and the youngest was 9 years old.

The demonstration was opened by two lions and a cub routine.



It was brought to an end with a demonstration of chi kung breaking skills.



Black Sash (weapons) Workshop

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 for a grading. This was accomplished by scheduling some time for each grade group. It is our intention that another 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

Black Sash and Instructors Masterclass

By John Russell



Students with Master Yau and the Guardians

Master Yau presented the second Black Sash and Instructors Master Class with support from the Guardians. This event was developed in order to maintain standards and thus 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 thus developing the teaching and observational skills needed by an instructor. The workshop concentrated on four of the Black Sash Syllabus Sets. Although the workshop was very practical and action packed, students were also reminded of the importance of CRB checks and of possessing indemnity insurance.



Master Yau With the Guardians



Master Yau Teaching

<p>Training at Lilleshall National Sports Centre By John Russell and Morag Quirk</p>	<p>The event proved very popular with over fifty students attending. A good day was had by all. This will be a regular event on the Calendar!</p> <p>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.</p> <p>Unfortunately the March session was cancelled this year due to the refurbishment of the Ford Hall, but on the plus side the training facility is now equipped with full audio visual capabilities.</p> <p>Last year we extended the attendance at this course to include senior instructors who wish to develop and share their skills and knowledge alongside the Guardians. We are pleased to say that 4 non-guardians attended this September's training weekend.</p> <p>During the weekend we continued with our quest to standardize criteria for the black sash grading by providing seminars on how to mark at 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 criteria are now sufficiently tested to make them available to all instructors in order that they may better prepare students for their grading.</p> <p>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.</p>
<p>Syllabus DVDs By John Russell</p>	<p>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.</p> <p>We are currently considering how best to cover the remainder of the syllabus.</p> 
<p>Meditation By John Russell and Morag Quirk</p>	<p>On July 8 we ran our 5th 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 and there is a growing body of research evidence that it is beneficial for a broader range of physical activities.</p> <p>Mindfulness based therapies have also been used for stress and pain management, so this approach could prove beneficial to the broader community.</p>
<p>Black Sash Grading By Alan Neeld</p>	<p>Over the past four years I have attended every First degree Black sash grading either as an observer or to actually sit on the panel in an attempt to assess and report upon the overall standard of students taking the Black sash grade.</p> <p>I am delighted to report that during that time period the standard of the average student taking their black sash has increased measurably,</p> <p>Master Yau and I have liaised on my findings and he agrees and is delighted with the results.</p>

My overall conclusion is that the measures that Master Yau and the Lau Gar Guardians have put into place, re better tuition for students, and the additional further development courses now being run are having a positive effect on standards within the association.

A more standardised format to the grading structure has also ensured that every student is graded in exactly the same way, with on-going training for Guardians sitting on the black sash panel also adding to the continuing improvement of standards.

Master Yau has asked me to thank all the guardians for their hard work and for all the time they give free of charge in the development of standards throughout the association.

I will continue to monitor the standards in the coming years and publish my findings on an annual basis for all to see.

Promoting Lau Gar for the Health and Well-Being of Communities

Full time Gym at Northampton

By Tracy Edghill

Northants Lau Gar now have their own full time gym called Pro Martial Arts Gym.

The gym is 5500 sq ft and has a fully equip personal training gym, a new 16 ft boxing ring, a large matted area, a large carpet area, a 10 bag frame, a reception and a waiting area.

The gym is now open. It will have a pre-opening period and an official opening in the New Year. Look out for more news.



Busy year for Lau Gar Wales

By Carl Jones and Frankie Cooper

Hot on the heels of the tremendous demonstrations at last years Nationals, Carl Jones carried the momentum forward with a series of courses, demonstrations and Lion Dance performances.

Carl is responsible for the Swansea area in South Wales and also the South of England.

Chinese New Year

Another busy Chinese New Year saw Carl lead the Lion Dance team for performances across South Wales and into Bristol. The team performed at a number of venues including Chinese restaurants, a rugby stadium for a firm of solicitors and their clients and for the Bristol Chinese Women's Association. This was particularly pleasing as the team were very well received and thanked for helping to preserve the Chinese traditions for the younger generations coming through.



Sticking Hands Course - Totton

March saw Carl travel to Robin Adam's club to deliver a course on close range fighting, which is known as "Sticking Hands" - Chi Sau in Chinese. The aim of Sticking Hands is to maintain contact when needed and trap and strike at the earliest opportunity by sensing your opponent's movements and openings. There is a clear distinction between "pushing hands", which is common in Tai Chi, and "Sticking



Hands" of the Southern Chinese Kung Fu styles, which is how Lau Gar Kung Fu is categorised.

Robin Adams, who is the senior instructor for the Southampton region, invited Carl down to pass on the skills he has honed after practicing Sticking Hands directly with Master Yau and also concepts learnt on his training trips to China.

This was a fantastic opportunity for students to experience the unique qualities that Lau Gar can offer to improve their skills. The techniques and strategies Carl taught will have a major, lasting impact on students' fighting abilities across the range of their fighting distances, as well as greatly improving self defence skills; especially against attackers who are bigger and more powerful.

Carl provided students with the tools to practice and drill sticky hands in the same manner as Master Yau, as passed down from his Grandfather, Yau Luk Sau. People really enjoyed themselves and it was also great fun. The course was attended by a wide range of ages and abilities and many people had travelled from around the country and even from as far away as Poland!

Short Stick Course

In April the courses returned to the Swansea area where Carl taught students the use of short sticks, which was a great success.

The course taught the use of the short stick in a variety of situations using many Lau Gar techniques. The short stick, which is approximately 65cm long, is a very adaptable weapon and its techniques can be easily modified to work with many everyday objects such as umbrellas, walking-sticks, plastic bottles, etc. which can be used to defend against attacks, especially from other weapons.

The techniques taught on the course included:-

- Efficient defensive moves
- The most effective striking angles
- Stick versus stick drills
- Defences against knife attacks
- Using the stick for locks and chokes
- Empty hand defence against attacks from a stick



The short stick is a very effective weapon as it can be applied quickly in everyday situations to defend yourself. The techniques used showed students that practicing traditional weapons, such as the Chinese Broad Sword, have a practical use in modern, real life situations. The course was a tremendous success and everyone put a great deal of effort in to the day with maximum concentration and application. It was also great fun with only a few sore knuckles!

Nunchaku 1 and 2

June saw Carl present two courses on the Nunchaku, which is the weapon that the legendary Bruce Lee made famous in the 70s in films such as Enter the Dragon and Game of Death. The weapon consists of two sticks joined together by a chain and is used to strike, block, lock and throw an opponent.

The first course was designed to pass on the basic skills of using the weapon and students were put through their paces building up from basic spins of the sticks in the hands, then spinning around the body and catching, moving on to striking and recovering the Nunchaku.

The second course concentrated on using the Nunchaku to block hand strikes and weapons, e.g. knives and other Nunchaku. They were also shown various locking and



takedown techniques all of which were practiced with great enthusiasm. This was rounded off with a set that Carl put together to help the students learn and remember the various actions.

The Nunchaku is very effective but you have to be careful as the chain in the middle of the sticks makes them unpredictable when students first start learning and you have to keep your concentration to avoid hitting yourself!

There is a lot of debate about the origins of the Nunchaku. It has been reported many times that the Nunchaku was originally a rice flail that was converted by Japanese farmers into a deadly weapon to fight against samurai. However, this has been disputed by historians on all four points who say the Nunchaku was not a Japanese weapon, it was never used as a rice flail, it was not developed by villagers and it was never used against samurai. It has been said that the Nunchaku, as we know it, comes from Okinawa, today a part of Japan, which lies between China and the Japanese "mainland" and was derived from a Chinese farming tool.

There is far more to the weapon than just spinning it around your body to create a blur! It is in fact a very practical and versatile weapon if students are taught the correct use.

Kung Fu and Lion Dance at the Pontardawe Festival

The Lau Gar Wales Kung Fu Demonstration Team and Lion Dance Team put on spectacular displays at this years' Pontardawe Festival in August.

The teams have been performing at the festival for a number of years and again put on an exciting show, which was greatly appreciated by the audience.

The Demonstration team kicked things off with a varied Kung Fu display starting with a synchronised team routine and moving on to performances using various weapons; nunchaku (two small sticks held together with a chain), Kwan Dao (a large, heavy knife on the end of a long pole), butterfly knives and three section staff. Two senior students also did a highly entertaining routine of a defence against a real knife, which had a number of the audience holding their breath!

There was also a great performance of a two man spear form by Carl and Frankie Cooper put together using various aspects of the Lau Gar weapons sets.

The demonstration was rounded off with a spectacular demonstration of Chi Kung and breathing power by Frankie. Two heavy breeze blocks were placed on his shins and two more on his stomach and they were smashed in half with sledge hammers. There were gasps from the audience as the breeze blocks exploded, mainly into his face!

The Lion dance team then sprang into action and were in the procession through the town. In front of the large crowd they performed a traditional Lion Dance routine which included the Offering of the Lettuce where the shredded lettuce is thrown into the crowd by the lion. Carl explained to the audience that the offering of the lettuce in Chinese culture brings good fortune to the people who receive it.

This was Carl's first performance in the Lions head after a gap of 10 years as he normally plays the drum.



Sticking Hands Course 2

The courses were rounded off back in South Wales with a second sticking hands course. This contained many of the elements of the course held in Totton but introduced some additional sticking hand dual person routines and drills. This is an area which Carl will be expanding on in the near future.

The Year Ahead - Gings to Get Things Going!

Carl is currently planning his course timetable for next year and is looking forward to the course in Totton on the 3rd March where he will be teaching various aspects of the Gings found in Lau Gar, both from a theoretical and practical viewpoint. The Gings are methods of generating power and are found in some form in all of the Lau Gar sets. They are common in many Southern Styles and in particular Hakka influenced systems.

Carl is looking forward to continuing to help students to expand their knowledge and skills in the year coming up.

Providing Services to Members

Summer Course

By John Russell

The Summer Course, held in Llandudno (North Wales) was led by Master Yau with assistance from the Guardians present, each of whom acted as mentor to group of students. Participants came from all parts of the UK and Ireland, with one student (Simon Canm) flying in from Poland.

As in previous years, the training was divided between an early morning session, one hour long, comprising running, taiji practice or power walking, selectable on a daily basis governed by physical capability or interest.

This was followed by the main training session from 10.00 am to 2.00 pm, split as follows:

1. Preparation exercises
2. Self-defence training with a twist (this year's theme)
3. Lau Gar Syllabus
4. Basic Hand training
5. Kicking combinations
6. Walking combinations
7. Shaolin Stamping exercise
8. Post session exercise based on yoga
9. Meditation

On the last day (Saturday) the programme was shortened with some components being replaced by gong training.

This year's theme concentrated on the advantage to be gained from drilling a few effective self-defence techniques that could be applied in a wide range of circumstances. They involved moving off the line/power of the attack quickly followed by a counter measure and further shift in position/technique to disadvantage any subsequent attacker. (The defender was within a ring of attackers.) Initially the attack and the order of attackers was defined, but as students gained confidence a more random nature for both was introduced along with a weapon.

It was hoped that this method would also underline the advantage of training to maintain an awareness of what is happening around us at all times.



As in previous years there was a barbeque (many thanks thanks to Glen Parry and the Leominster Club) held at Badafon Farm on the Wednesday afternoon and social evening at a local watering hole on the Friday night.

An alternative view follows, written Alex Silk. Alex trained alongside his six year old daughter on the Summer Course.

"We must be mad", was what I thought before going on the summer course. A family holiday with a 6 year old (Emilie) and a 5 month old (Ana) camping in North Wales. Emilie and myself training for 5 hours a day and my wife trying to squeeze in some training for a half marathon. We didn't even want to think about the chances of rain.

We arrived at the campsite and set up our tent to find our neighbours to be instructors we recognised from the Guardian dvds.

We kept a low profile just in case our baby decided she wanted to keep the whole campsite awake that night. Luckily, we all slept well and headed off to the sports centre feeling fresh but a little unsure what to expect from the week. The first couple of days were tough for me, I definitely caught myself thinking it'll be hard work getting through the week. I asked Emilie if she found it tough..."a little bit tough daddy". I kept quiet after that, my pride at stake.

Each morning we woke up for an early morning run or walk. My wife, Emilie and Ana with the power walkers around the Great Orme enjoying the scenery and each other's conversation. Myself, I ran up, down, round and over the Great Orme to varying degrees. There was less conversation amongst the runners (breathing being more important) but a great feeling of achievement each day as we all pushed ourselves to do more.

We enjoyed our well earned breakfast sitting in the car overlooking the sea before heading to the sports centre to start the real work.

At 2pm, after Kung Fu training, there was only one thought on Emilie's and my minds...Food. We'd pack my wife off for her training run and head to wherever a good sized meal could be bought.

Afternoons were spent doing normal family holiday type things, walks on the pier, amusements, visiting the ancient mines and making or meeting friends. The funny thing was, wherever you went you'd often bump into someone from the summer course. Small world.

We enjoyed the barbecue on the Wednesday at Bodafon Farm which was nice for the children and relaxing and social for us.

By the end of the week we'd settled into the training routine and had really enjoyed ourselves. We were sad to leave and we were already talking about next year. Hope to see you there.

Emilie, Ana, Hélène and Alex"



A Year in life of a Guardian

By Alec Clerk

- March Taught Anatomy and Physiology course in Birmingham
- April Attended Guardian Training in Derby
Mentored a black sash group at the Weapons Course
- July Mentored a group at the Summer Course
- September Attended Guardian Training at Lilleshall
Including Black-sash grading seminar
- October supported the National Championships, refereeing and judging the set competition;
- November supported the Black Sash Masterclass.



Alec with Stone Lau Gar Club

The National Championships

By Peter Hornby

The British Kung Fu Association National Championship is the main event in the style's calendar. Fighting began promptly and moved through the various categories of the competition smoothly and efficiently due to good organisation and support from volunteers on the day. Within the under 16 categories, the youngsters demonstrated great enthusiasm and spirit. There was plenty of support from family and friends, who cheered on the competitors. The men's light continuous was a heavily contested section, with R. Patel winning in the -69kg category and B. McInerney fighting off strong competition from G. Houlston in the -79kg category, as well as M. Nicklin triumphing in the +79kg category.



Additionally, the competitors in the sets categories showed great skill and finesse. S. Long won the junior set competition with a fine performance of a Chen style Tai Chi sword set. A. Roe secured first place in the adults weapons category with a dual fan set and A. Mainwaring succeeded in the advanced sets with a double broad sword set.



This year was the turn of students from the Northern Lau Gar clubs - Halifax, Harrogate, Barnsley and Accrington - to thrill the crowd with their fantastic demonstration of Lau Gar forms and applications.

They opened with two colourful and exciting Chinese Lions and their cub. The demonstration team consisted of a variety of ages, genders and grades, spearheaded by Guardian & Sifu Stewart Hunt. The oldest demonstrator was 65 years old and the youngest was 9.

David Eccles and Stuart Agars delighted the audience the very first showing of the Iron Needle against Tiger fork. Also Jim Chestnutt and Carl Syres wowed with the Lau Gar Darn Dough, one left handed and one right handed.



The finale featured the breaking of 3 concrete slabs on Davis Eccles' and Stuart Agars' bodies, whilst suspended on 2 chairs.

The team events also produced an exciting end to the day. Codsall D team won the juniors under 5ft and the Bristol team overcame a strong challenge from Scotland in the juniors over 5ft.

Another Scottish team beat off tough competition from Leicester in the men's teams.

The competitors from Leicester & Northants were delighted with their achievements on the day, with the picture below left showing their medals and trophies.



Master Yau expressed his appreciation to all the people who helped to organise and run the event, in particular: Paul Sabin, Matt Nicklin, Chris Jones, Bill Kallay, Rajko Dockic, Stewart Hunt, Pete Hornby, Tracy Edghill, Chris Collymore, Neville Palmer and Rash Patel.

Thanks to Aimee Seymour for the photographs.

Coach of the Year Award

At the end of 2011, one of Pete's students nominated him for the Coach of the Year Award organised by Stafford Borough Council. This was as result of a year of great successes, due to Pete's coaching of the '3 Ps' - Practice, Patience and Perseverance.

2011 was an exceptional year for many of his students with 5 gaining their 1st degree black sash, 2 students achieving their 2nd degree black, 1 student achieving their 3rd degree black, 2



achieving their 4th degree black sash and 3 achieving their 5th degree black sash. In addition, at the 2011 BKFA Nationals 7 of Pete's students emerged as National Champions, 8 won 2nd place and 3 won 3rd place in a range of categories, including fighting and sets competitions for both adults and kids. Consequently, Pete won the Coach of the Year Award for his local area, as shown in the photo above right

Safeguarding Children

By Morag Quirk

Recent events highlight the need for people in a position of trust with access to children to be worthy of this privilege. It is essential that Lau Gar Instructors, even those with casual or a short term responsibility, have up to date CRB certificates. These can be obtained by contacting Pete Hornby, Secretary or making your own arrangements,

We are also working to compile a data base of Senior Instructors and their Junior Instructors with their CRB details. It is the responsibility of Senior Instructors to check that their instructors have current CRB documents, We need to remember that this is not a paper exercise or bureaucracy. It is about keeping the children in our care safe.

Website Personnel

By John Russell

Constructing and maintaining a website requires significant time and energy and we are fortunate to have access to three professionals who between them provide both the technical and the design skills necessary.

They are, left to right; Nathan Beer, Rash Patel (both Guardians) and Carl Syres



More about the Guardians

History

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.

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.

It is great to be able to report that after a lot of hard work and perseverance from Stewart and Pete, the Lau Gar Trust has achieved charity status. The Lau Gar Trust was registered as a charity on 30 July 2102, registered number 1148347. The objective (referred to as object) for the charity is

"The promotion of community participation in healthy recreation, in particular by the provision of facilities for playing and taking part in Chinese martial arts. To advance the education of the public in Chinese martial arts by the provision of training in such arts."

We are now moving forward to seek access to further funding in order to set up a new centre for training and deliver on this objective.

Lau Gar Trust - Charity Status