



# Guardian Report 2014

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## The Story of the Guardians

### Who are the Guardians?

The Guardians were appointed by the Keeper of Lau Gar Kuen, Grandmaster Jeremy Yau.

### When did the Guardians commence their activities?

Grandmaster Yau discussed the idea of the Guardians during a meeting with Lau Gar's Senior Instructors in 1999. The first Guardian meeting took place in 2000. At that time there were only eight Instructors with the Guardian role. By 2004 we had set clear objectives for the group and in 2012 we achieved charitable status. There are now over twenty active Guardians.

### What do the Guardians do?

The Guardian mission is to protect standards, promote the style of Lau Gar Kuen and provide services to members of the British Kung Fu Association. These activities will be of benefit to current members and future generations of students.

### How have things changed over the years?

In 2004 the Guardians established clear aims and objectives. We began to raise funds and support initiatives within the BKFA.

Over the years we have gained new Guardians and sadly lost others but we have stayed true to our charitable objectives.

The Lau Gar Trust was registered as a Charity on 30<sup>th</sup> July 2012, registered number 1148347.

The Objective of the charity (referred to as the Object) 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,"

### What is next for the Guardians?

We are now moving forward to seek access to further funding in order to set up a new centre for training and delivery on this objective. It is intended that this will offer a National resource as well as providing services within the community.

Next year is a very exciting year for us as we hope to bring Coach Xia to the UK. Coach Xia has supported us through many trips to Fu Shan in China. He will now be able to share his breath-taking Wu Shu skills with BKFA members in the UK.

*M. Quirk, Chair of Guardian Council, November 2014*

## Tribute to Tracy

By Robert Francis



As we reflect on 2014, we have experienced a real tempestuous year of highs and lows. January marked the passing of a life-long friend, mentor and fellow guardian Tracy. It was simply shocking for us all to even contemplate, but it had happened.

The response from the Lau gar family was tremendous with Grandmaster Yau leading a chorus of fellow instructors, friends, and students offering support to those he had left behind.

His funeral was simply amazing and the strength of the Lau Gar family really hit home, with so many, travelling vast distances to show their respects.

He achieved so much in his life, he worked extremely hard and yet was so giving as a coach.

Tracy, World Champion, Lau Gar Guardian, Senior Instructor, Graduate has left a legacy: a great team of instructors, fellow guardian Rob Francis, instructors Chris Collymore and Neville Palmer heading up a family of loyal members who all understand the philosophy of honesty, respectfulness and being good natured/supportive to everyone we meet. We all have fond memories of his focused fighting training methods, his smile and jokes and we all miss him dearly.

## New Guardians

By John Russell

This year we were all delighted to welcome Riona Hornby. She has trained from a very young age with consistency and dedication. She has demonstrated that she can teach and perform Lau Gar Kuen with confidence and competence. Riona has supported the BKFA and Guardian events over the years with energy and resourcefulness.

Riona said



Riona centre left

*"It was an absolute honour to be asked to become a Lau Gar Guardian. I began Lau Gar at a young age and have now been training for almost 20 years! I have attended and supported many summer courses, BKFA National Championships, Guardian and Black Sash Workshops over the years. I have developed and improved my Kung Fu through the teachings and support from Master Yau, Master Russell and my Dad (now a fellow Guardian, Pete Hornby) - so a big thanks to them from me!"*

## Hot off the press

It is with great pleasure that I can confirm that we have another new Guardian. It is someone that is already well known to many of you. Sharon Gill also started at a young age.

Sharon said

*"Being nominated and accepted as a guardian meant the world to me. I have been doing Lau Gar since the age of six and it has always been my first love, whether it be traditional syllabus or sparring and competing, I absolutely love it all, so when you invited me to be a Guardian it was like a dream come true.*

*I helped Sean run a sparring workshop a little while ago which I enjoyed immensely so hope I can put all the knowledge and experience I have gained in tournament fighting to use and help where I can, when needed.*



## Thursday Night Black Sash Master Class

By Morag Quirk

With thanks to  
Frankie Cooper  
who found  
the venue.

*I run Team Bristol alongside Sean which is mainly a team of kids between the ages of 6-16. They learn and grade in traditional Lau Gar but also we travel all around Great Britain and the world in order for them to gain experience and win major titles."*



Current group minus Mark Cooper who took the photo

Every Thursday night black sashes from across the Midlands (and sometimes further afield) gather at St Annes Parish Centre in Birmingham to train with Master John Russell under the watchful eye of Grandmaster Jeremy Yau.

John puts us through our paces with some very unusual and at times surprising warm up exercises! At the moment we are working with the connective tissues. We continue with gung exercises, conditioning and guest sets before moving on to Lau Gar syllabus work.

The centre is bright and airy compared to our previous gym and has a good atmosphere. So if you are passing through Birmingham on a Thursday night why don't you drop in?

You are most welcome!

Recently several students have successfully passed their grading, including:

### 6<sup>th</sup> Degrees



Barry Chambers

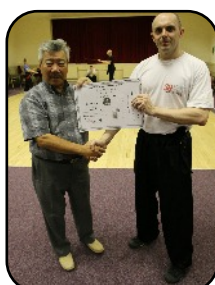


Ranjit Virk



Mark Cooper

### 3<sup>rd</sup> Degrees



Nick Edmonds



Rob Limburn

### 2<sup>nd</sup> Degree



Toby Merriman



## New Home for British Kung Fu Association Courses and Gradings

*By Pete Hornby*



Main Hall at the E-ACT Academy

Following changes to the BKFA training venue in Digbeth early in the year, Grandmaster Yau felt that the premises were no longer 'fit for purpose' and thus asked the Guardians to seek another venue for the provision of training of all BKFA courses and gradings. Having organised the 2013 Nationals at the West Walsall E-ACT Academy, I agreed a partnership with the Academy to provide training facilities for all the BKFA courses and gradings from May 2014 and also to be the chosen venue for this year's BKFA National Competition.

The students have really enjoyed the additional space and facilities at the Centre and shown that the facilities greatly enhance their experience when attending BKFA courses and gradings. The Derbyshire Demonstration is pictured below rehearsing for this year's BKFA Nationals in the main hall at the Academy.

The Guardians would like to express their thanks to the Academy's Manager, Stewart Hartshorne, for his support in helping to make this partnership a success.

## New BKFA Licence Process

*By Pete Hornby*



Out with the old, in with the new. In the autumn Grandmaster Yau asked the Lau Gar Trust Directors to take on the administration of the BKFA Licence process. Guardians Rash Patel, Stewart Hunt and Pete Hornby got together and have now revised the whole system. The old grading book has now been re-designed with a more colourful interior and as can be seen here, the front cover now shows the BKFA logo. Please use the new form which is on the BKFA web site and make sure students use the new address and destroy all old forms.

Students should now see a more efficient and quality process for new licences and renewals.

## Summer Course Sizzles as Masters teach

By Riona Hornby

Another year, another Lau Gar Kung Fu Summer course. For almost 40 years, Lau Gar students from across the country have gathered for a week of high quality training and this year was no exception. Students came from far and wide - travelling from all over the UK, Ireland and even Poland so that they didn't miss out on training with two Lau Gar masters in Llandudno, North Wales. Between them, Grandmaster Yau and Master Russell have over one hundred years of training under their belts, meaning their teachings over the course are rooted in vast experience and expertise. In addition, the course and teaching were supported by Lau Gar Guardians. Additionally the more senior students on the course supported the less experienced, with over half the group black sashes. There was a mix of students, male and female, of all ages, who all equally trained hard and relished the training opportunities across the week.

The early morning session involved a walk, run or Qigong practice across the Great Orme and seafront - an energising start to the day with wonderful views. Training in the gym was non-stop. The themes of the week were taught by three Lau Gar Guardians, Keith Thomas, Robin Sunley and Pete Hornby.



Keith demonstrating on Robin

Keith and Robin encouraged the exploration of "bridging the gap", which involved partner work to practice blocking and striking effectively using footwork tactics. This led to lively feet, finger locks and throat punches aplenty. Pete Hornby inspired through teaching stick exercises that support the generation of "ging" - generating power internally from the waist

and use of the breath. The training of "ging" was further expanded through a section of the course each day led by Grandmaster Yau, where he passed on his wisdom around training power and strength, internally and externally. The training during the week balanced the development of both internal and external strength. The external training in the gym culminated in dynamic and vigorous Shaolin stamping exercises and the internal with a yoga warm down and meditation to quieten the mind. All the training during the week linked together to provide rounded practice and development for students at all levels.



Alan training ging



Morag's group revising the sword

The summer course is a special week, particularly due to the comradery developed through shared passion and enthusiasm. Students come back to the course year after year meaning friendships build and experiences grow. This is further strengthened through the animated social element to the course, with a group of students from a different location nominated each year to organise a Wednesday BBQ for all on the course and their partners and families. Subsequently, the Friday night this year involved a get together at a local hotel with entertaining Karaoke, all organised by the group from Ireland.

	<p>All in all, the Lau Gar summer course is a week of fun, sweat and learning so don't miss out on next year's course.</p> <p><b>Testimonials</b></p>
<i>Ella Walls, aged 10</i>	<p>The summer course is a wonderful experience, especially to develop your Kung Fu skills. Each day we go out for a morning run, walk or Tai Chi with Pete. My favourite part was when we did the "hung ha" exercises with Master Yau, it was an incredible experience to train with him. It is so good having help from senior guardians, I especially appreciate the help with my brown sash from Master Russell. I enjoyed the summer course greatly, despite a sprained ankle!</p>
<i>Ethan Walls, aged 7</i>	<p>I like the Summer Course because you get to learn different self defence moves, which is fun. It was funny having a six foot pole because I am tiny but I enjoyed the challenge. The meditation is the hardest bit for me.</p> <p>Grandmaster Yau is very helpful and friendly.</p>
<i>Aimee Seymour</i>	<p>It is very difficult to condense the Lau Gar Summer Course into words on a page and accurately convey the magnitude of the whole experience and enormous sense of achievement attained through the sweat and perseverance of those who attend.</p> <p>The 2014 course was my ninth. As with many others, I turned up for my first Summer Course nervous, unsure if I would cope and harbouring an enormous hunger to learn more, train hard and improve.</p> <p>To my delight, not only was my hunger completely satisfied, I coped extremely well and was pushed more and more each day both towards and through barriers I had not caught sight of before.</p> <p>I learnt many new techniques that enhanced and expanded all areas of my practice, met students and instructors from all over the country and returned home fitter, stronger, with a deeper understanding of Lau Gar and a new found hunger for the Summer Course!</p> <p>Having just returned home from my ninth course, the sense of achievement, enhancement to my practice and physical transformation I have attained in just one week is no less intense than that of my first course.</p> <p>The main theme of the course is different each year, the overall content evolves and they seem to get better and better every year.</p> <p>The 2014 theme delivered by Keith Thomas and Robin Sunley of "Bridging the Gap" had us all concentrating on our footwork and maintaining the correct distance with our opponent so we could evade or divert an attack then move to, or retain a strong enough position to retaliate effectively. We learnt various techniques then moved on to experiment and create our own variations that worked best for us.</p> <p>We also found ourselves recognising the different stepping techniques being taught in our sets, blocks and other areas of the Lau Gar syllabus thus feeding back into and strengthening our understanding of these areas. Overall, "Bridging the Gap" was a brilliant and enjoyable theme, not only teaching us some new techniques but also leading to an enhancement of our existing techniques."</p>

## Guardian Courses

### Point Seeking Fan

By Morag Quirk

The overall structure of the 2014 Summer Course was slightly different to previous years, giving us more, slightly shorter, sections. This worked incredibly well as we had the benefit of training many aspects every day and seeing a big improvement in all of these areas. Most of the kicks and walks were based on the movements being taught within the theme.

We had a fantastic new daily Ging section with Pete Hornby using flexible poles and were treated to a brilliant short power Ging section led by Master Yau which caused my arms to feel like they were about to explode! I am convinced that I have returned home with larger shoulders mainly due to these two Ging sections!

As with every Summer Course, it is incredible to be able to learn from and train side by side with such an inspirational, hard working, friendly bunch of people. The vast improvement in both my own performance and in those around me in such a short space of time is incredible and certainly sees me return back to normal life with the knowledge that nothing is impossible and, of course, the need to go on the Summer Course again next year!"

This year we ran two courses. We will be running more next year.



Fan course attendees

LAST Summer I had the pleasure of teaching "Point Seeking Fan" (XUN XUE SHAN) at West Walsall E Act Academy. I was ably assisted by Riona Hornby. This was her first formal event as a Guardian. I put this set together as part of what was required for the sixth degree black sash. At that time we were required to produce an original fist

and weapon set. I decided to use the fan because I liked the opportunities presented by the way it changed shape. I wanted to develop a set that would be demanding in terms of footwork, stance and technique that I could teach to students regardless of their grade. The fan is a versatile weapon that can be used to strike vital points using either end when closed. It can be used to slice, press and redirect when open.

The set has changed over the years as I have learned from applying the techniques in a variety of situations and practicing with a range of students (since all the techniques are not available to all students). I now have an extensive collection of fans including a rather warlike one that was hand made by Steve Craddock who trains at the Birmingham Black sash class.

I was delighted that Riona could join me for this because in the early days of developing the set we used to play around with the fan on the summer course together. When I am teaching the fan these days I try to include applications and encourage students to explore the possibilities for themselves.

If you want to understand how to use the fan, you are welcome to attend the fan against sword dual man course that we will be running in Spring 2015.

*Meditation workshop on page 10 >>>*



## Introducing Coach Xia

By Morag Quirk

Grandaster Yau, Lineage holder of Lau Gar Kuen, and President of the BKFA introduces Coach Xia and offers a spectacular opportunity to all Martial Arts Fans and practitioners.

**Name:** Xia Guang Liang

**Age:** 30

**Birthplace:** Anhui Province, China

**Occupation:** Wushu instructor/performer

**Expertise:** Long Fist, Southern Fist, Drunken Fist, Hong Fist, Dragon Fist, Monkey Fist, Eagle Fist, Mantis Fist, Sword-play, Spear-play, Cudgel-play, Knife-play, Foshan 2004 Southern Fist champion.



The team show their breathtina moves in FuShan China

Master Yau told me that he first met Xia on our training trips to Fu Shan. For those of you who don't know, Fu Shan is the birth place of the legendary Wong Fei Hung. Xia and his team have been performing at the Memorial hall in Fu Shan for many years and they attract and amaze Chinese and foreign tourists alike, with their energetic Wushu performances.

For the past few years Grandmaster Yau has organised these training trips for his students and the relationship has grown from there. Master Yau described how Xia has mixed with the Lau Gar group and has become part of the Lau Gar family. Xia is now studying Lau Gar and has achieved 3<sup>rd</sup> degree black sash in this style, to add to his many other achievements. Thanks to Xia, Lau Gar students have studied Chen and Yang Taiji and Xing Yi as well as Wu Shu.

Now after many years of hard work they have opened a gym in Fu Shan and Lau Gar students can go there independently or in groups to train with Xia and his team or to meet other Masters

**Name of Gym** Feihong Wudao / 飞武

**Established:** June 2014

**Location:** Foshan, Guangdong Province, China



Inside the Gym



<b>Instructors:</b>	<p><b>Coach</b> Xia (Chief Instructor)</p> <p><b>Coach</b> Liu He Xi (General Wushu, Long Fist, Mantis Fist, Eagle Fist, Sword-play)</p> <p><b>Coach</b> Liu Bo Shi (General Wushu, Hong Fist, Monkey Fist, Knife-play)</p> <p><b>Coach</b> Zhao Zhan Shi (General Wushu, Long Fist, Spear-play)</p> <p><b>Coach</b> Zhao Bo Shi (General Wushu, Southern Fist, Cudgel-play)</p>
<b>Facilities:</b>	Padded Training Floor (c.100 square metres), Wall-to-Wall Mirror, Weapons, Punching Bags, Gloves & Focus Mitts, Weights/Weight-lifting Machine, Crash Mats, Trampoline, Air Conditioning
<b>Opening Hours:</b>	Tues-Sun, 09:00-22:00
<b>Lesson Times:</b>	Tues-Sun, 09:30-11:30, 14:30-17:00, 19:30-21:30
<b>Student Testimony:</b>	<p>I have been training regularly under Coach Xia ever since the first Lau Gar training trip to Foshan was organised in 2005. Seldom do you find an instructor with such a vast knowledge of Martial Arts; and his impressive ability is matched only by his desire to transfer these skills, and improve the quality of the martial artists under his care. Therefore, with Coach Xia having recently established a full-time gym in Foshan, I took the opportunity to spend the month of August 2014 training there as a student.</p> <p>The classes are dynamic, energetic and highly motivating. Coach Xia gives 100% and expects the same from all students. Despite this, requests are always made with a smile and he is very good at judging an individual's capability and how best to push pupils to achieve their potential. Further to his instruction, senior students are also on hand to provide guidance and encouragement. The atmosphere is inspiring and eternally upbeat. It is immediately apparent that the gym is run by individuals who are in love with Martial Arts, and a deep sense of camaraderie develops quickly as a result. Stretching, Basic Techniques, Gymnastics, Sets Practice and Conditioning form the basis for most classes, with occasional wild cards being thrown in to spice things up! The great variety was perhaps the most enjoyable aspect of the training schedule. In addition to significantly deepening your martial skills; daily running, stretching, balancing, leaping, twisting and tumbling ensure pupils quickly attain a level of general fitness that would easily rival that of the cross-fit enthusiast. Upon reaching an acceptable level, I was also encouraged to perform alongside Coach Xia and his senior students during public displays, in order to further improve my confidence and experience.</p> <p>All in all, I believe that Feihong Wudao offers an excellent environment in which to become a more accomplished martial artist, and I would recommend it to any and all students without reservation.</p> <p style="text-align: right;"><i>Jacob Sargeant 21/09/14</i></p> <p>In addition to the scheduled training times, Xia and his team of instructors are happy to accept private students (individuals and/or groups) and will, upon request, tailor these lessons to fit specific goals and aspirations.</p>
<b>Contact:</b>	<p>Coach Xia <a href="mailto:495666442@qq.com">495666442@qq.com</a></p> <p>Jacob Sargeant <a href="mailto:jsargeant720@googlemail.com">jsargeant720@googlemail.com</a></p>

**Grandmaster Yau invites you to join Coach Xia**

**Website:** [www.facebook.com/feihongwudao](http://www.facebook.com/feihongwudao)

Not only can students now go to Fu Shan to train but they will also be able to train with Xia in the UK. We are bringing Xia to the UK to return his hospitality and kindness and also to give him the opportunity to see how we do things here. While he is in the UK Xia will be doing a number of training events including community based activities.



If you want to know more keep an eye on the Lau Gar website:

Thanks to Pete Hornby, Alec Clark and Jane Gratton for their hard work in organising the tour.

**2014 China Training Trip**

*By John Russell*

This April saw us in china for the fifth time (2005, 06, 07, 11 and 14), we are in the above photo.

As before our group was split into two groups, the more athletic learning the Eagle Claw and Drunken Sword whilst the more 'mature' gained an insight into Hsing Yi.

I chose the latter group as my interest recent years lies less with learning more techniques/sets but more the methods which can be used to generate power.

Hsing Yi is classified as an internal style, though to the outside observer is does not appear to be so, and I believe that it is so classified due to its use of integrated, rather than sectional power. That is to say all parts of the body, weight shifting, and mental intent are combined in a relaxed delivery of trained force to one's opponent. The striking weapon is somewhat 'braced' to avoid injury, but only on contact.

Since that trip I have taken part in two other seminars on this style, and I have to say that I am impressed with the simplicity, effectiveness and ferocity of their method.

Would I swap styles, no, I find Lau a better fit to my temperament but I find their post training method to be useful and have added it to my personal training regime as well as introducing to the classes that I teach.

As for the others on the trip, well, you need to ask them.

**Meditation**  
*By John Russell*

On July the 5<sup>th</sup> we held our annual Meditation work shop under the leadership of David Harris.

As usual the emphasis was placed on being fully present in the moment. This is less easy than it might sound as most of us are easily distracted by thoughts of the past, the future or pointless mental commentaries on present perceptual experiences.

As martial artists, there is great value in any kind of method that will allow us to anchor our awareness firmly in the present moment. Seated meditation is one of these and is highly recommended.

Please join us next year, to find out for yourself

## National Championships

By Peter Hornby



As dawn rose, the organising team got to work on setting up the sports hall at West Walsall E-ACT Academy for the 2014 BKFA National Competition. Doors opened on time and as most people had remembered to put their clocks back, the crowd grew

and an air of expectation filled the hall. Some of the competitors took a peek at the spectacular array of trophies on display showing a strong desire to winning these and taking them home to get pride of place in the trophy cupboard or shelf.

This year saw the introduction of some new categories for Children's Light Continuous and a return of Sticky Hands. So there were plenty of opportunities for all levels of students and genders in the many categories on offer in fighting or forms.

Chief Referee, Rajko Dokic assembled all the referees and coaches and having briefed all on the rules, the competition got underway very much on schedule.

A warm welcome was extended to many old and new members of our Lau Gar family with people coming from far and wide including: Poland, Ireland, Scotland, Wales and many parts of England. It was also great to welcome some new clubs / associations: Stoke Freestyle Kickboxing, Ruyi Kickboxing, Dragon Fitness Academy and Temple Dragon Warriors.

The fighting kicked off with the Children's categories and immediately the noise level rose with family and friends voicing their support for their fighter and generating great excitement. The standard was impressive and the winners coming from Stoke Freestyle Kickboxing, Ruyi Kickboxing, Dragon Fitness Academy, Lau Gar clubs: Bristol, Stafford, Boyne Valley, Derby, Chester, Pro Martial Arts, Edinburgh.

As each category completed, the winners were presented their trophies by Grand Master Yau and photos taken by the official photographers Aimee Seymour and Steve Hogan so all the results and photos can be published on the British Kung Fu Association's website: [www.laugar.kkungfu.com](http://www.laugar.kkungfu.com).



Jane and daughter Holly

Next came the Robert and Son with Grand Master Children's forms section and competitors showed off their skills. The triumphant winner was Ella Walls from Stafford Lau Gar just pipping her team mate Sophie Powell by the narrowest of margins.

The support from families and friends encouraging the competitors was impressive and I must say is second to none. The event also enables many people to meet old friends and make new ones, exchanging news and gossip - who needs social media!



Guardian Seminar	<p>At midday, the Lau Gar Guardians continued with their tradition of holding a short seminar which was free for all to try out. This year's seminar was provided by Master John Russell assisted by Morag Quirk. He explained the maxim "the whole body is the fist" to summarise the intent of the seminar. This is a common expression used in Chinese Martial Arts and it points out that our power (jing) is more than muscle power and weight shifting (gross external signs).</p> <p>It was explained that the word jing, often translated as internal force or power, is better translated as trained force or power. It is split into two parts.</p> <ul style="list-style-type: none"> <li>• Storing (xu jing)</li> <li>• Releaseing (fa jing)</li> </ul>
Developing a quiet mind	<p>We then looked at the factors involved in achieving it (jing)</p> <p>In this context this means to avoid unnecessary thoughts. We do not try to block them, since most efforts along this line are more thoughts, but to just let them come then let the go. That is, not to engage with them.</p> <p>We also avoid deliberate thinking such as speculating about the future or reminiscing about the past.</p> <p>One way of achieving this is to simply cut the thought chain as soon as we become aware of it.</p> <p>However, occasionally it is useful to employ a support for this practise. Two were looked at.</p> <ul style="list-style-type: none"> <li>• <b>Jam Jong</b> - standing practice in we concentrated on maintain a properly aligned, body posture without tension.</li> <li>• <b>A more active</b> standing practice employing a variant of the stance/step used in Jig Ma Tarn Sau. This practise also emphasized body alignments whilst attempting to maintain an awareness in six directions with the aid of the torso and limbs and the feeling of being grounded.</li> </ul>
Internal Energy (Chi)	<p>Participants were encouraged to discover, for themselves, how standing in a properly aligned body posture made it harder for their partner to push them over because the pushing force is supported by the ground.</p> <p>Along similar lines many present were astonished with the ease with which they could resist their partner's attempt to bend their arm, especially since they were asked to relax the arm muscles, but instead merely exercise their intention that their arm should remain unbent. Some found pointing at a spot on the wall helped or just maintaining an awareness of their hand.</p> <p>It was demonstrated that, it was quite possible to hold a conversation, look away, or otherwise ignore ones partner and perform the same feat.</p> <p>Rather than trying to define internal energy it was suggested that if we all developed a quiet mind we would become aware of it. In Vajrayana Buddhism the mind is often likened to a lame rider and the energy to a blind horse. Thus intention (Yi) leads the energy, So we need only focus our mind on a point in the body, say the hand, for the energy to pool there</p>

**All parts of the body contribute to the applied force**

Here we mean that not only the muscles but also the connective tissues are involved in producing trained force in accordance with our intention. In point of fact overly tense muscles will reduce our power not increase.

A brief demonstration of how this could be achieved was included, but there was no time to follow up with a group activity on this occasion.

**Sticking/Pushing hands**

The primary purpose is to develop a sensitivity to the direction and magnitude of an opponents force as it is applied to our bodies and, develop methods of utilizing this force to our benefit.

The primary purpose is to develop a sensitivity to the direction and magnitude of an opponents force as it is applied to our bodies and, develop methods of utilizing this force to our benefit. To do this effectively requires a quiet mind, not one that occupied by thoughts of winning or losing. Attempting to dominate the opponent is not the main point here.

There was no separate question and answer session. They were dealt with as they arose out of the practice.

**Comment**

*This was another highlight for the many who participated and all had a fascinating insight and taster into the world of internal training. Yet another success from the work of the Lau Gar Guardians in promoting Lau Gar Kuen.*

Before the Team and Adult Forms categories commenced, the audience settled down to give a warm welcome to this year's demonstration from Derby Lau Gar club led by Rajko Dokic and Clive Thompson.



Derby Team

The audience responded with a rapturous applause for a brilliant and exhilarating demonstration. The Derby Lau Gar Club really raised the bar once again with a thrilling performance. So many thanks to Rajko, Clive and the Derby Lau Gar Team. (You can read more later in the report.)

The tournament was rounded off with the Adult forms and Team events. The Pro Martial Arts (PMA) Northants A & B team battled it out in the final with PMA A triumphing. There were many other individual successes for the fighters from PMA Northants. We were saddened by the loss of their Chief Instructor and Lau Gar Guardian, Tracy Edghill. Tracy was a fervent supporter of the BKFA Nationals over many years. Tracy was highly respected within the martial art world of Kung Fu and Kickboxing. He was a worthy world champion and was highly rated as a referee. It is therefore very pleasing to see his legacy living on with his students winning with great skill and sportsmanship which he himself was well renowned for. Credit also to Robert, Neville and Chris who have emerged as top class referees.



PMA Northants team

Bristol Team won out in the Ladies overcoming a gallant challenge from Edinburgh Team.

In the adult form categories, Shaun Hang, Cannock, enthralled everyone with his skill and gained double success in both the Open Hand and Weapons forms performing Chen 83 form and Spear respectively.

Every successful event relies on masses of support in its planning, organising and running so Grand Master

Yau and myself, Pete Hornby would like to thank the following whose contribution enabled the smooth, efficient and effective organisation for all competitors and spectators to enjoy, apologies if I have missed anyone:

Chief referee: *Rajko Dokic*



Team Bristol



The Officials

*Referees: Robert Francis, Chris Collymore, Neville Palmer, Brian Nelson, Sean Viera, Alec Clark, Steve Newby, Jim Cairns, Andrew Nation, Jason Crabtree, Carl Jones, James Riley, Alan Smewing*

*Timekeepers & Scorers: Jane Gratton, Holly Cook, Riona Hornby,*

*Keith Baptist, Garry Seghers, Dave Powell, Warwick Bowler and Simon Camm*

*Registration & Control Table: Dave Fletcher, Richard Jordan and Lee Jakeman*

*Reception Desk: Riona & Olwen Hornby*

*First Aid: Martin & Team*

*Accommodation & Facilities: Stewart Hartshorne & Luke, West Walsall E-Act Academy*

*Photography & Videoing: Aimee Seymour, Steve Hogan, Garry Seghers*

*Seminar: Master John Russell and Morag Quirk*

*Guardian Desk and DVD Sales: Morag Quirk and Andrew Nation*

*Promotion: Rash Patel*

*Chief Organiser: Pete Hornby*

Please put 4<sup>th</sup> October 2015 in your diary as we are already planning next year's event.

Look out for the results and photos appearing on the website [www.laugar-kungfu.com](http://www.laugar-kungfu.com).

Both Grand Master Yau and I truly hope this year's event has been enjoyed by all and continues to inspire further involvement and participation in future Championships.

We look forward to welcoming you all again next year.



## The 2014 National Championship Demonstration Report

By Clive Thompson

Rajko Dokic, owner and chief instructor of Derby Martial Arts Centre accepted the honour of delivering the demonstration this year. His students rose to the challenge with great enthusiasm, putting forward ideas for what they thought would be a great show which would promote both Lau Gar and the Derby club. Not all the suggestions were used as it was important to keep the demonstration to time, while still keeping it entertaining.

The Derby club's motto is 'confidence for life' and we wanted to show a variety of techniques to demonstrate this ethos, and to show there is no limit to the application and diversity of Lau Gar, by utilising the skills of students of different ages, sexes, shapes and sizes.

Man Hung organised the flag sequence to open the routine, with individual performances by Man, Rob Corden, Dan Junor and Ben Shaw. The basic walks and stamps were co-ordinated and choreographed by Rajko to show spirit by all members of the team.

Since Master Yau initiated the self-defence system of Gee Wai Shu, Derby has held a regular class each week and it was felt that it should be part of the demonstration. Headed by Simon Gratton, the first to be graded black belt in the system, the demonstration took the form of a multiple attack on a Derby football fan by 'hooligans'. Simon used a combination of throws and strikes to defend himself against 'hooligans' Dave Dunn and Clive Thompson. The 'chef' from the local takeaway was played by Man Hung.

Then students performed some of the Lau Gar sets. Bac Pye Jurn was performed by Steve Barker and Dan Junor (who performed left-handed). Fai Loong Gee was performed by Ben Shaw and Christine Mattison. Jorn Sau was performed by Mark Diggle from Beeston and Saoirshe Smethurst from Swadlincote, and Kay Boon Sau Fa by Dan Wheeler and Zoey Roberts from Swadlincote. Saoirshe also entered the set competition for the first time, and came second. The demonstration of sets was choreographed by Jean Shaw.

Rob Corden, one of Rajko's private students, performed a Kwan Do set he created himself, using movements from Lau Gar sets. Alec Clark of Stafford joined the group to perform a straight sword set to music and we'd also like to thank Alec for offering choreography for the demonstration.



If I had a hammer....

Earlier this year, Master Yau took students to China for a training trip. While enjoying lots of hard work and practise, they learned an eagle claw set and three of Derby's students took part in this stage of the demonstration: Man Hung, Aimee Seymour and Pete Seymour. They were very ably joined by guests Alan Smewing and Holly Cook from Stafford.

The butterfly knives versus empty hand dual man form, originally performed by John and Morag, was passed on, practised and performed by Rajko and Simon Gratton, with a few adaptations by Rajko to allow both parties a chance with the knives.

Another set learned on the China training trip was a drunken-style straight sword set, performed on the day with some entertaining moves by Pete and Aimee Seymour and Holly Cook. They seemed to do 'drunk' very well!

When ideas were being discussed for the demonstration, there was a very strong feeling that Derby's oldest members should take part, partly to show

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age is not a barrier to the study of Lau Gar. A demonstration of self-defence in a wheelchair was an idea which Jean took to immediately - she studied, practised and choreographed the wheelchair sequence with a little help from Clive, the 'carer'. Jean (of, ahem, indeterminate age) played the wheelchair-bound lady and Mick Libscombe who has trained at Derby since the early 1980s, played the 'thug'.

Having heard from Clive about a particular iron shirt demonstration Jean had, within a week, set out a programme of training and was trying the first stages of the hard chi kung demonstration herself, with Dan Junor practising dropping onto Jean's solar plexus, building up to a drop from a height of more than three feet. Then, just to make it more dynamic, Jean asked a few students to jump on her first.

Aimee has always been enthusiastic about doing demonstrations, and was particularly keen to demonstrate slab breaking. Having never done this before, she set about developing a training programme and built it up from there.

Clive also had a few ideas about what to do in this section, eventually deciding to do the 'hammer'. Aimee showed a lot of enthusiasm in performing the striking! All aspects of the iron shirt demonstration were designed to show the diversity and self-protection provided by the Lau Gar style.

The final sequence of walks was choreographed and co-ordinated by Jean, adapting moves from Lau Gar sets into the walking sequence performed by all the team. Jean deserves a special thank you for her choreography, encouragement, determination (and whip lashing) which she showered on everyone in the team.

Enthusiasm is still running very high about the demonstration at the Derby club and we hope to have an opportunity to deliver another one in due course. Many thanks to everyone who took part. We hope everyone was entertained.

## **The Guardian Challenge** *By Stewart Hunt*

The Challenge this year was to complete at least one, more if possible, Pyramid training sessions within an hour.

The pyramid consisted of nine body weight exercises followed by a 30 second Horse Riding stance. Each exercise had to be performed on a reducing scale starting with 10 repetitions, then 9 repetitions and so on until the last repetition was one of each exercise, followed of course by a final Horse Riding stance.

The exercises were; Squat Thrust, Twisting crunch with alternating leg raise, Press Ups (hands shoulder width apart), Squats (with arms extended forwards), Lower Section Crunch, Press Ups (with fingers and thumbs making a diamond shape), Squats (arms folded and performed very slowly), Upper Section Crunches, Press Ups (hands double shoulder width apart) and of course the Horse Riding Stance for 30 seconds.

The challenge was to be attempted within the normal training environment, IE on a normal training night as the warm up/body conditioning section of a class, within a span of two to three weeks around the end of May/beginning of June 2014.

A total of 68 students took part at the following clubs; Bambury, Barnsley, Derby, Edinburgh, Halifax, Stafford, Swansea and Birmingham.

The net proceeds, after purchase of the shirts and some postage, were £1411.50 which has been paid into your charity The Lau Gar Trust.

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I thank everyone who took part and raised money for the Trust and hope you are pleased with your T shirts. They certainly stand out. Please wear them with pride whenever you attend Guardian or BKFA courses so that everyone can recognise you and the work you have done to help protect and improve the future of Lau Gar Kung Fu for you and the students that are going to follow in your footsteps.

Thank you once again.



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**The Council and Guardians**

Protecting Standards  
Promoting Lau Gar  
Providing Services to the  
BKFA

Thanks to all the Guardians for giving their time, skills and experience without financial gain.

## **The Council**

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

## **The Guardians**

Rash Patel	Keith Thomas
Clive Thompson	Jason Crabtree
Kelvin Bartrum	Steve Newby
Rajko Dockic	Bobby O'Neil
Carl Jones	Sean Viera
Alec Clark	Steven Jeffery
Stuart Agars	Robert Francis
Andy Phillips	Francis Cooper
Mike Lavender	Nathan Beer
Jim Cairns	Robin Sunley
Alex Barrowman	Riona Hornby
Sharon Gill	