



Guardian Report 2015

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Introduction

In this year's Guardian Activity Report we will tell the story of what we have been doing over the last year to **promote participation, protect standards and provide services** to Lau Gar Students.

The Guardians are volunteers who donate their time and efforts to support the charitable object of the Lau Gar Trust (Registered Charity Number: 1148347).

Although it is a great honour to be offered this role, it is also a responsibility involving a lot of hard work.

As you read the report we hope you will join us in thanking the Guardians for their efforts and if you, as a member of the BKFA have any suggestions as to how we can do things even better, contact any Guardian or send your ideas to Morag Quirk, Chair Person of the Guardian Council, PO Box 2586, Stafford ST16 9AW

Before we begin our report we would like you to read more about Lau Gar.

Lau Gar Kung Fu

Who we are and what we do:

- Lau Gar is a family style with family values
- We are a genuine Martial Art with an ancient and authentic style that is relevant today
- Our style has a traditional Chinese lineage but at the same time it is ever-evolving as senior students are empowered to step outside the traditional circle of knowledge
- People of all ages are welcome and gain benefit from the training
- We provide effective training for the mind and body, for fitness, health and self-defence
- Our training method includes Qi Gung for Health and to build strength and power
- We offer the opportunity to take part in combat sports and are well known for our success on the tournament circuits
- Our training builds character and self-discipline
- We provide a professional structure for the ongoing development of students, clubs and instructors
- All of our registered instructors have DBS registration and are offered guidance through the provision of Standard Policies on such areas as Child Protection, Health and Safety, Anti-Bullying and Anti-Discrimination/Equality
- We communicate with our registered Instructors and offer opportunities for Continuous Professional Development

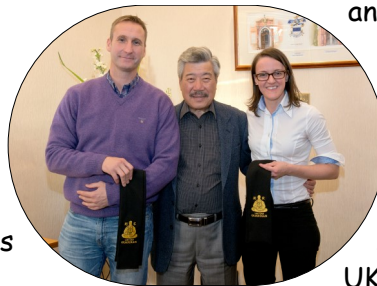
Please read on if you want to know more!

Guardian Council 2015

New Guardians

This year we welcome Derek Dawson and Aimee Seymour to our ranks.

Derek has been very important in the promotion and development of Lau Gar in Ireland. He hosts many Lau Gar events in Ireland and also supports the Summer Course and the Nationals as well as attending Lilleshall training.



Derek

Aimee

Aimee is an extremely dedicated and enthusiastic Lau Gar practitioner and instructor who is well known by any one who attends Lau Gar events. She has trained with Coach Xia both in China and the UK as well as leading "the stamps" on the Summer Course.

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Coach Xia's Tour

By Peter Hornby
Tour Organiser



The Lau Gar Trust agreed to support an invitation to Coach Xia to visit the UK and organise events across many regions around the UK. As the Lord Mayor of Stoke-on-Trent City Council had provided the formal invitation, the Trust agreed to fund

the Stoke-on-Trent City Council events on 23rd and 24th January. The event on the 23rd was split into a morning and afternoon session which involved a demonstration, workshops and a question and answer session solely to school children within Stoke-on-Trent from Coach Xia, several other Guardians and Lau Gar students. The morning session was focussed on primary school children and the afternoon session was for secondary school children. The event on the 24th followed the same format but was open to the general public.

The Lau Gar Trust agreed to sponsor the Stoke events as they would be a great opportunity for the Trust to fulfil its objectives in promoting Chinese Kung Fu and cultural activities to communities and enhance the Lau Gar Trust's reputation for delivery.

The whole tour schedule was planned and organised by Pete Hornby as shown in the table below.

Date	Event	Content	Lead Organiser(s)
17 Jan	West Midlands	Long Fist	Pete Hornby
18 Jan	West Midlands	Dragon Fist	Pete Hornby
22 Jan	London	Long Fist	Keith Baptiste & Cliff Thompson
23 Jan	Stoke - schools	Demo & Workshops	Pete Hornby
23 Jan	Stoke - schools	Demo & Workshops	Pete Hornby
24 Jan	Stoke – Public	Demo & Workshops	Pete Hornby
24 Jan	Stoke	Drunken Fist	Pete Hornby
25 Jan	Northants	Long Fist & Dragon Fist	Robert Francis
26 Jan	Halifax	Dragon Fist	Stewart Hunt
27 Jan	Edinburgh	Dragon Fist	Jim Cairns
28 Jan	Edinburgh	Dragon Fist	Gary McCaw
29 Jan	Gloucester	Dragon Fist	Andrew Nation, Rash Patel & Sean Viera
1 Feb	Narbeth	Long Fist	Jason Crabtree & Carl Jones
4 Feb	Stafford	Praying Mantis	Pete Hornby

Grandmaster Yau provided much support and attended all but one event. Jacob Sargeant provided translation services throughout the programme. The Stoke events were well supported by students from Staffordshire clubs: Alec Clark, Alan Smewing, Jane Gratton, Holly Cook and Ella Walls - as well as Aimee Seymour from Derby and Morag Quirk. Master John Russell also gave a masterful performance of his Yin Yang Boxing set at the Stoke events.

Coach Xia's Tour Success — Highlight Summary

- ◇ Enhanced the profile of the Lau Gar Trust, the Lau Gar Guardians and the BKFA to the communities and school children of Stoke, as well as to Lau Gar students from across all regions of the UK
- ◇ Grand Master Yau's leadership and presence at the events encouraged students to attend
- ◇ Lead organiser worked relentlessly to ensure tour success and was superbly supported by students from Staffordshire & Derby clubs
- ◇ Lau Gar Guardians worked together to deliver a regional based programme making it easier for students to access Coach Xia's teachings
- ◇ Tour received many favourable messages on social media and spread news quickly, stimulating interest from far and wide
- ◇ Over 500 students attended 14 events, which included over 150 pupils & teachers from Stoke-on-Trent schools
- ◇ Grandmaster Yau, Coach Xia and Stoke event organisers were welcomed by the Lord Mayor of Stoke-on Trent City Council at reception at the Potteries Museum & Art Gallery
- ◇ Following on from this event, Grandmaster Yau, Coach Xia, Jacob Sargeant, Jane Gratton and Pete Hornby were invited back by the Lord Mayor to visit Stoke City Council and the Lord Mayor's Chambers.
- ◇ Stoke event received a great deal of publicity with an article in the local Stoke paper, the Sentinel. BBC Radio Stoke also attended the event and did a live broadcast with the DJ interviewing Grandmaster Yau. The DJ uploaded a video clip of Coach Xia's sword form which had a very high number of views.
- ◇ Coach Xia passed on his knowledge of 4 Wu Shu forms: Dragon Fist, Drunken Fist, Long Fist and Praying Mantis
- ◇ Lau Gar students worked really hard on each seminar which has inspired Grandmaster Yau to lead another training trip to train with Coach Xia in Foshan in 2016.
- ◇ Nine regional events were organised making attendance more accessible for students

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Guardian Challenge 2015

By Peter Hornby

Every year the Lau Gar Guardians set a challenge for students to test their skills and determination and also to raise monies for the Lau Gar Trust charity which works to promote and improve the learning of Lau Gar.

This year's **Pump UP the Power** challenge, set by Pete Hornby, was to complete a series of 8 routines with a pre-set number of repetitions that made up a total of 5000 Kung Fu techniques all within 90 minutes. All the techniques were taken from the Lau Gar syllabus or previous summer courses. Completion of the challenge was aimed at enhancing students' power when performing their Lau Gar Kung Fu techniques.

Pete proposed that all instructors would try to include the challenge in regular classes in the week commencing 29 June 2015.

The Pump up the Power routines were set as follows:

Routine	Techniques	Reps	Number
Punches 1-10-1	100	10	1000
Set: Kay Boon Sau Fa	20	40	800
Shaolin Stamps – Gum Gong Tsarn Jong	5	100	500
Set: Jorn Sau (end section only)	15	40	600
Kicks	10	50	500
Blocks & Strikes	10	50	500
Walking Techniques	6	100	600
Ging Development Grab & Strikes	5	100	500
Total			5000

Wow! What a fantastic response from our ardent students. Thanks to some excellent promotion from Rash Patel through the BKFA website and social media, I can highlight the many successes of this year's challenge.

On completing the Challenge, students who raised more than £30 sponsorship earned the specially designed t-shirt. Other students could just pay for the t-shirt, the price covering the cost and the residual balance a contribution to the Charity. Many have been seen being proudly worn at the summer course and the BKFA Nationals.

The eight clubs below raised a brilliant net total of £2,723. It is very pleasing and rewarding to hear of many stories of students working extremely hard alongside each other to achieve the target laid down. When the going gets tough, the tough get going.

Club(s)	Lead	Amount(£)
Bristol	Sean Viera / Sharon Gill	1041
Edinburgh	Jim Cairns	1000
Staffordshire	Pete Hornby	870
Derby	Clive Thompson	290
Birmingham	Morag Quirk	232
Barnsley	Stewart Hunt	211
Banbury	Henry Parker	120
Northampton	Robert Francis	75
TOTAL RAISED		3839
Less cost of t-shirts		1116
NET TOTAL		2723

It is also a pleasure to recognise the following individual achievements in raising monies for our charity.

Club	Individual	Amount (£)
Bristol	Diana Johnson	320
Birmingham	Ryan Catton	182
Codsall	Krishan Leal	217
Bristol	Rob Mitchell	120
Stafford	Jane Gratton	100

Wow, what an awesome praiseworthy effort.

As the Staffordshire students prepared for the event by going through the routines during June, it enabled me to record an accumulator, i.e. weeks 1&2



performed $\frac{1}{4}$ of repetitions, then week 3, $\frac{1}{2}$, then week 4, $\frac{3}{4}$ then week 5 the full quota. 3 youngsters amassed individual total as follows, Jay Kallay, 26400, Sophie Powell, 21,400, Ethan Walls, 21,030. Two best adults were Ben Lewis, 24,470 and Jane Gratton, 16,920. Reporting on this remarkable achievement, also inspired Aimee Seymour from Derby to join in this accumulator and she achieved a grand total of

23,845. Wow, what an amazing effort.

All in all I am thrilled with the monies raised for our charity and even more satisfied that the quality and power of all participants who accomplished the challenge really made significant improvement in knowledge and skills. The t-shirt should be proudly worn and a lasting memory of a challenging event.

On behalf of the Lau Gar Guardians and the Lau Gar Trust Directors, we would like to congratulate all who achieved the challenging 5000 target and thank all who supported this year's event and we sincerely hope with even more support, next year's challenge surpasses and stretches all even more.

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Thursday Night Masterclass

By John Russell

Every Thursday evening Grand Master Yau, Master John Russell and Morag Quirk provide a training opportunity for all Black sashes, either as a regular class or on a drop in basis for anyone passing through Birmingham.

Training is provide on both syllabus and non syllabus routines as well as sticking hands, scenario based self defence, hand, arm and body conditioning.



Some of the Thursday Group JR behind Camera

In the upcoming months we will be also be working on Lau Gar Yum Yearng Kuen (Yin-Yang Boxing).

Anyone who turns up can rest assured that they will be welcome.

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Summer Course 2015

By John Russell

This years Summer course was held in Llandudno

The course was organised around the concept that the 'whole body is the fist', a way of saying that what ever we strike with, the whole body should be involved generating the necessary power. Emphasis was also placed on becoming consciously aware of our root, our connection with the earth, without which we would have no foundation on which to manifest our power. Likewise emphasis was placed on being aware of how our body moves so that we could accomplish actions in the most efficient way possible (for us as individuals) and with a good posture capable of supporting the forces experienced by our bodies as a result of our intentions.

A routine, subsequently named Lau Gar Yum Yearng Kuen, (Yin-Yang Boxing) was used to facilitate these understandings and was further developed through dual person practice (Andrew Nation), walking routines (Keith Thomas), kicking routines (Andrew Nation) and early morning exercises (Peter Hornby)

By Andrew Nation

This year John asked me to lead a section of the training that linked to the theme of 'whole body power' that he was teaching. I tried to apply this to practical applications in some self defence scenarios.

The students were given drills to practice that focused on the basic positioning and movements that could be used to respond to various angles and directions of attack that they may need to counter.

The emphasis of the drills were to apply a manoeuvre that could be performed with a variety of different defensive and counter attacking techniques to respond a variety of attacks.

The idea was that a particular body movement could deliver power in a number of specific techniques that could be selected by the student according to their preference, skill or target area. At the same time this movement could facilitate the blocking or avoidance of the incoming attack.

Students were encouraged to focus on the body movement and posture primarily in order to understand how the whole body from the feet up should be integrated to provide power to the techniques selected.

This concept was reinforced with students practicing their chosen strikes on pads in order to gain feedback on their ability to apply power.

In order to make the concept memorable I paraphrased Master Yau's concept of the 3 T's (I'm sure we are all familiar with these, Tactics, Timing and Technique) by using 3 P's. These were Positioning, Posture and Power.

As the week went on I added to these P's to make people think about the principles (another P). By the end of the week the students were coming up with their own. These are all the P's I can think of, I am sure there were probably more.



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	<ul style="list-style-type: none"> • Principles • Pace • Physiology • Perfection • Positioning • Penetration • Psychology • Posture • Practicality • Pain • Power • Physics • Perception <p>And of course most importantly PRACTICE.</p>
By Peter Hornby	The students who chose the early morning training session led by Guardian, Pete Hornby, were taken through some very specific exercises and techniques carefully chosen by Pete to further enhance their capability to generate greater power for more effective whole body striking or blocking. This knowledge and skill linked in extremely well with the main theme of the week.
By Morag Quirk	Keith Thomas delighted everyone with his low and high walking techniques. We were required to maintain full body and mind integration and perfect all of the 'P's, especially practice.
Student Feedback	<p>"This year has been the best Summer Course to date. I really enjoyed the theme of 'The Whole Body is the Fist' because students of all grades could grasp it, but it takes a lot of work to develop, which means more training! I also loved how the Guardians pushed this theme into every section of the course, even in the Tai Chi / Qigong morning session, and I can focus on it throughout all aspects of my own personal training."</p> <p>"I enjoyed all of it. It was the 6th Summer Course I have attended and probably the best to date. There was a great sense of fun about the event, with everyone working really hard but genuinely having a great time. I liked Master Russell's form and the fact that we will be building on this next year - it's extra motivation to work on it in my personal practice. "</p> <p>"The senior instructors seemed more relaxed this year and it was great to see them interacting with students and offering support. It was helpful to have a common theme throughout the week with every instructor reinforcing the learning from a different perspective. The highlight, as always, was the quality time we had to train with Master Yau. I'm glad we had the stance training towards the end of each session as my body was fully warmed up by then."</p>
Commercial back	The Summer Course 2016 will be the 40th Summer Course. Look out for more information on how we will be marking this special occasion with celebrations and hard work.
Lilleshall Training Opportunity is extended By John Russell	<p>As from next March the number of non-guardian training places will be raised from the current number of four to eight. This opportunity will be available to all members of the BKFA who are 4th degree Black sashes or higher.</p> <p>Since its introduction this opportunity has proved popular and has resulted in the establishment of a waiting list of enthusiastic applicants. Often participants have immediately put their name down for the next training event. Increasing the number of places will go some way to meet this demand.</p>
Jose Williams (4th Degree)	Currently, I have been lucky enough to attended two Guardian led weekend training courses at Lilleshall's fantastic National Sports Centre. On both occasions I have been very impressed with not only the content of these courses, but also the open passing of information, advice and encouragement from all in attendance.

Jose continued

Master Yau, Master Russell and the Guardians never fail to give me new insights into both my current 4th degree forms as well as the earlier syllabus and related training techniques. This makes the weekends an invaluable time to focus not only on my own improvement, but also on the upholding of the Lau Gar style and how we can continue to further it's development into the future through high quality tuition and the understanding of it's core values.

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I fully intend to apply for every future training weekend!

Guardian Courses

By John Russell

Each year the Guardians run courses/workshops aimed at enhancing and/or supplementing the training offered by the BKFA. The proceeds of these courses go to the Trust. There follows a brief report on each of the courses with which I have been involved.

Walking Dragon Sword (36)

This is a shortened form of a longer routine. It is physically challenging to perform, requiring agility and stamina to perform well. Involving many of the stances employed by the Lau syllabus and non-syllabus sets, it is an ideal enhancement to our training. Many of the movements are incorporated in the Point Seeking Fan against Sword dual person form. Thanks are due to Morag Quirk and Peter Hornby for supporting this course.



We will be teaching the full version of this set in the Spring of 2016.

Meditation

This workshop, led by David Harris, was comprised of both sitting and standing forms of meditation. In this context meditation is understood to mean remaining in a undistracted mental state. That



is to say, remaining fully focussed on the task at hand. Sometimes described as being fully present in whatever we do. Most of us are not able to sustain this mental state for any length of time.

Point Seeking Fan against Sword

This course is designed to bring about an understanding of the actual usage of movements contained in the two sets. It is perhaps, more physically challenging for the Fan user than the Sword wielder. Thanks are due to Morag Quirk (lead instructor) and Peter Hornby for Supporting this course.



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British Kung Fu Association's National Championships 2015

By Peter Hornby

Very early in the morning, the organising team set out to get the sports hall ready at West Walsall E-ACT Academy for the 2015 BKFA National Competition. The crowd grew and an air of expectation filled the hall. Being able to see the trophies in the room gave inspiration to the competitors as they waited and prepared for their categories to be announced.



There were many opportunities for all levels of students and genders to compete in categories for fighting or forms.

Chief Referee, Rajko Dokic, ensured all the referees and coaches had been briefed on the rules.

Competitors, coaches and spectators travelled from far and wide including: Ireland, Scotland, Wales and many parts of England.

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 Bristol, Longbridge, CSKC, Dorset, Oswestry, Stafford, Chester, PMA, Boyne Valley, Derby, Codsall, Edinburgh, Gloucester, Birmingham, Northants, Temple Dragon, Nuneaton and Milton Keynes.

As each category completed, the winners were presented with their trophies by Grand Master Yau and photos taken by the official photographer, Aimee Seymour, so all the results and photos could be published on the British Kung Fu Association's web-site:

www.laugar-kungfu.com.

In the Children's Forms section the competitors showed off their skills and the triumphant winner was Sophie Powell from Staffordshire Lau Gar.

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 and covered aspects of internal training and generating whole body power.

Both the Men's Individual Points and Continuous categories were keenly contested with Rao Kolbaba, Jordan Francis and Joe Watkins winning in each of the Points categories and Jordan Francis, Shane Blackburn and Kyle Gerrard winners in the Continuous categories.

Ishana Moores from Bristol fought brilliantly to win the Ladies Points category.

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**Staffordshire's
Youngsters Lau Gar
Team Demonstration**



Before the Team and Adult Forms categories commenced, the audience settled down to give a warm welcome to this year's demonstration from Staffordshire's Youngsters Lau Gar Team.

The Staffordshire Lau Gar Clubs answered the Lau Gar Guardians' call to showcase young under

16 talent within our clubs at this year's event. The demonstration team from Stafford, Codsall Cannock and Stone comprised: Ronan Quinn, Jay Kallay, Sophie Powell, Cara White, Ella Walls, Annabel Bird and James Snow. They swallowed their nerves and thrilled the appreciative crowd with an array of Lau Gar Weapons and hand forms and self-defence knife and stick two man routines. "The potential shown by the Team is immense," said Chief Instructor, Pete Hornby. "I feel the future of Lau Gar is safe in the hands of such dedicated students."

Every successful event relies on masses of support in its planning, organising and running so Grand Master Yau would like to thank the following whose contribution enabled the smooth, efficient and effective organisation for all competitors and spectators to enjoy, apologies if anyone has been missed:-

Credits

Referees: Rajko Dokic (Chief), Robert Francis, Chris Collymore, Neville Palmer, Brian Nelson, Sean Viera, Alec Clark, Jim Cairns, Keith Baptiste, Brian Roberts, Carl Jones, Clive Thompson

Timekeepers & Scorers: Jane Gratton, Holly Cook, Kay Clark, Rob Oldham, Amy Roe, Martina & Steve Walls, Dave Powell

Registration Table: Dave Fletcher, Richard Jordan and Lee Jakeman

Reception: Riona Grainger and Olwen Hornby **First Aid:** Martin & Team

Photography: Aimee Seymour

Seminar: Master John Russell

Audio: Alec Clark and Alan Smewing

DVD Sales: Morag Quirk

Organisers: Robert Francis and Pete Hornby **Promotion:** Rash Patel

Accommodation & Facilities: Helen Harris, West Walsall E-Act Academy

Please put **30th October 2016** in your diary as we are already planning next years' event.

Look out for the results and photos appearing on the web site

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.

Six Top Tips for Training Kids (Sets)

By Alec Clark



Know your kids – find out what motivates them and what de-motivates them

For instance, ration your negative comments about their performance on any given club night. Be aware that all negative aspects of their Sets-work can be addressed in the medium-to-long term. They do not all have to be addressed in one

go. Let them know that they are making steady progress. Acknowledge even the smallest steps.

Keep it fun – kids respond to a challenge much better if they are enjoying themselves

Children don't always find practising the sets the most stimulating or engaging part of training. So, work it in with more engaging activities that they find naturally enjoyable. For instance, children like to work with a partner and apply the techniques from the sets. Many enjoy any excuse to punch, kick and shout.

Be positive – giving positive feedback will promote improvement

Giving a smile and a 'thumbs up' is a simple, but effective start. Adding a comment about something that went well in the practice is even better. You can then go on to point out something that needs improvement. There is a rule that says you should make five positive comments for every negative comment. This might prove a little difficult, but certainly, one positive for every negative is the minimum to go for.

Have high expectations of the kids

Expect the children to perform the sets well. Take a long-term view on this. Don't expect quick results. Children are capable of performing as well as an adult, given the obvious limiting factors of smaller size and immature bone/muscle formation. Explain what each technique in the set is for. Encourage them to perform these effectively. Children like to know what they're doing and why they're doing it.

Address their worries – come up with solutions to their problems

Most children will feel more anxious than adults about performing in front of an audience (e.g. for a demo or set competition). Take steps to lower that anxiety by, for instance, pairing them up with a more experienced student for a demo, or performing their set in front of an audience/judges regularly on a club night. Coach them in what to do if they make a mistake or forget what comes next. On the day, let them know that they are ready for it.

No pressure – kids will not give their best if they feel under pressure to perform

Play down the importance of the children putting in a good performance. Avoid phrases such as "everyone will be watching" and "this is a big event". If you are stressed, they will be too. If you show the children that you have everything prepared, organised and under control, then that will help them to be relaxed and give their best performance on the day.



Ethan

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Edinburgh Lau goes Live on TV

By Jim Cairns



In January 2015 a new television channel went on air called STV Edinburgh. One of their programmes is called the Fountain Bridge Show. This show highlights activities in and around Edinburgh, giving its viewers an insight into what and where these activities are.

I was contacted by George Ward, their reporter, to interview me and to show him what Lau Gar kungfu is. This went out live on television with the students of Edinburgh Lau Gar doing various hand and kick blocks, knife and stick defence in the back ground. As it was live television we were nervous but had a great time.



This year again the instructors and students of Edinburgh Lau Gar took part in the Guardian Challenge. we all enjoyed the challenge, with two students Jane Gallagher and David Simpson also taking part in the Edinburgh marathon and raising sponsor money for the Lau Gar Trust. Our combined efforts raised a fantastic £1000. Well done



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LAU GAR in the USA

By Steve Newby

Some years ago, Scottish instructor, John Strangeway emigrated to the USA from his Border town of Hawick, Scotland. In his quest to continue his interest in Kung Fu, he searched far and wide for something that might help him continue his study. Ten years on and he had found no comparison to the style taught to him and in which he had dedicated his time to teach to his Scottish Borders enthusiasts.

Thank the Gods for the Internet, he had announced when eventually rediscovering his Scottish area Senior instructor, Steve Newby in 2011 and Steve had willingly agreed to make the journey to Missouri to meet up with John.

Four years on this year and Steve made the trip again to improve on what he had continued through regular video and email links to keep John's enthusiasm for Lau Gar growing. Despite the distance Steve Newby overcame the difficulties in providing tuition to a unique student who, not only continued his diligent training but grew, taking his first and second degree black sashes with the approval of Master Yau and now has evolved as an accomplished martial artist.



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Kung Fu Representation in World Grappling Championships

Introduction

Sifu Rash Patel's Facebook Post

Frankie Cooper's Facebook Post

Steve Newby will remain continually loyal to his student who has shown so much determination and stamina, learning the Whirlwind Broad sword, the Butterfly knife form and the tenth form Bac King Kung in Steve's recent eighteen day visit. John's stamina for personal practice serves as an example to all who often find difficulty in sustaining constant tuition.

2015 ADCC British Open Championships

Sunday 25th October 2015

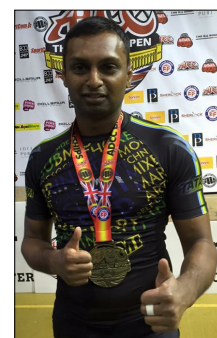
The George H Carnall Centre, Manchester, UK

The world's biggest name in Grappling returns to the UK for the first time since Nottingham hosted the World Championships in 2011. It's been 7 years since a British Open Championships took place.

The **ADCC** (Abu Dhabi Combat Club) Submission Wrestling World Championship is a competition involving professional athletes who have been successful at the highest levels of jiu-jitsu, wrestling, judo, sambo, shooto and mixed martial arts. The rules of the event disallow strikes while promoting grappling and submissions.

Sifu Rash Patel, who has specialised in grappling for several years, decided to test his ability by entering a world class grappling competition whilst representing our style 'Kung Fu'.

"So My first ever grappling tournament and I choose to enter the ADCC British Open (high level world tournament with min rules)! Gold in my division (masters) and bronze in absolute (open weight)! But really proud of my student Stéphanie Ohrel for winning bronze in her division after only 10 months grappling training with me! Great Result! Special thanks to Antanas Jazbutis for coaching me today and Marc 'Suplex' Allen, Pedro Bessa, Saeed Esmaeli, Paul Wood and all



team mates for sparring!
And special thanks to my kung fu team Andy Jones and Simon Copcutt for coming to support me!"

"This is a fine example of what dedication and hard work can achieve. Excellent results by Rash Sifu Patel and his student Stephanie in a national grappling competition.



Rash Stéphanie

Rash is an excellent grappler, from stand up grappling to ground work and he has the great ability to integrate smoothly with his Lau Gar Kung Fu.

Rash conducts grappling seminars and these are highly recommended and are one example of the broad range of skills available to us in the BKFA."

Sifu Rash Patel

I initially got into grappling and wrestling for use in real-life self-defence situations.

Grappling and wrestling is the next range that follows sticking hands, chin-na and close quarter fighting. It integrates very smoothly and naturally with Lau Gar Kung Fu.

You don't need to be an expert, however for anyone teaching or training self-defence I cannot state how important it is to have an awareness of this range of fighting. Statistically 70% or more fights end up in a grapple.

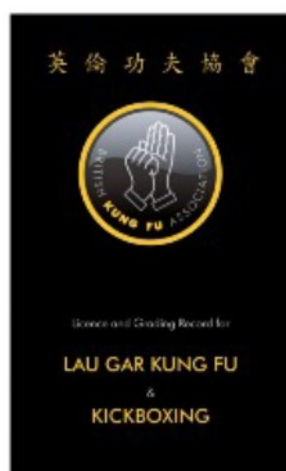
Learning Grappling skills will only add to your current Kung Fu skill set and extend your knowledge.

I am in the process of writing a 'Kung Fu Grappling' syllabus and look forward to teaching some more seminars in 2016. Thank you to all for supporting me.

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BKFA Licence Process

By Peter Hornby



The new BKFA Licence process has now been running successfully by Guardian, Pete Hornby, for one year.

The new Licence book has created much interest and demand from new and old students. The efficient quality process aims to deliver with a 10 day turnaround.

The BKFA is a member of the Government approved body, British Council for Chinese Martial Arts. The BCCMA was set up in accordance with the UK Sports Council's guidelines in 1973 and was granted Sports Council Recognised Governing Body status in 1980. The BKFA is responsible for ensuring all its members to have student membership through the Governing Body

The benefits to BKFA members of being affiliated to the BCCMA

BKFA accepted as being an authentic Chinese system.

1. Reassurance to the general public that the BKFA has been accepted as having fulfilled technical and safety requirements. People wishing to take up Chinese Martial Arts have the guarantee that member organisations meet all of the necessary health and safety standards and that their system, teaching and techniques are of genuine Chinese origin.
2. As a member of a Sports Council recognised Governing Body, BKFA clubs will have easier access to Local Authority Sports Centre facilities.
3. Member to member insurance cover.

It is very important that every BKFA member has a current licence so that they

- Can undertake training of BKFA syllabus
- Can undertake gradings
- Can get a discount for the annual BKFA Summer Course

The BKFA licence application form can be found on the BKFA web site www.laugar-kungfu.com.

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The Story of the Guardians

By Morag Quirk

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 30th 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 continue to explore 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 with the aid of Coach Xia we hope to establish Wu Shu Syllabus for BKFA members.

Further information will be available in the Guardian Plan 2016 which will be developed at our annual meeting.

M. Quirk, Chair of Guardian Council, November 2015

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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 BKFA Board (formerly Council)

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

The Guardians

Rash Patel	Keith Thomas
Clive Thompson	Jason Crabtree
Kelvin Bartrum	Steve Newby
Rajko Dokic	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
Riona Grainger	Sharon Gill
Aimee Seymour	Derek Dawson

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