



2 DAY WORKSHOP

INTERNAL TRAINING

WEST WALSALL E-ACT ACADEMY
PRIMLEY AVENUE, WALSALL. WS2 9UA

SAT 06 JUNE 2020 1 - 5PM
SUN 07 JUNE 2020 10AM - 4PM

OPEN TO
ALL BKFA
MEMBERS
YELLOW SASH
& ABOVE

Enhance your Speed & Power

**Discover the Benefits
of Internal Training**

with **Pete Hornby**
7th Degree Lau Gar Guardian

Attend the workshop to develop;

- Strength
- Effectiveness of techniques
- Looseness of movement

This will be achieved through exploring:

- Postures & alignment
- Cultivating Chi
- Releasing tension
- Transferring power from slow to explosive movement
- Applications
- Six Coordinations
- Dantian rotation

Course Fee

£25 Saturday 1-5pm

£45 Sunday 10am - 4pm

or £50 for both days

For further information & advice on accommodation please contact

Pete Hornby - 07971 034428

To secure your place;
Please download and complete an application form and send payment.

Payment Information & Application form can be found on the Calender section of the BKFA website.

Entries are also accepted on the day.



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