

26TH JUL – 1ST AUG 2026

LLANDUDNO



LAU GAR® SUMMER COURSE

**Discovering How to Use and Apply
the Techniques from the Sets**

Join us in Llandudno for a 7-day
intensive Lau Gar® Kung Fu
training week.

**EXPERT INSTRUCTION
STRUCTURED SESSIONS
DYNAMIC TRAINING
SOCIAL EVENTS**

Suitable for beginners through to
higher grades, develop your skills
and achieve your training goals
while enjoying the costal scenery.

**OPEN TO
ALL BKFA
MEMBERS**

**TRAINING
TIMES**

Sunday	10am - 2pm	Sports Hall
Monday -	7am - 8am	Outside
Friday	10am - 2pm	Sports Hall
Saturday	10am - 1pm	Sports Hall

**VENUE: JOHN BRIGHT SPORTS CENTRE,
MAESDU ROAD, LLANDUDNO LL30 1LF**

**Early Bird Discount Fee £130
available until 31st May**

After this Full Price of £160 will apply

For course bookings and more info
please contact Pete Hornby at
bkfa@hotmail.co.uk



FOR THE LATEST NEWS & INFORMATION PLEASE VISIT

WWW.LAUGAR-KUNGFU.COM

