



# LAU FAMILY TRAINING WEEKEND

OPEN TO  
ALL BKFA  
MEMBERS

## Lau Family Training Weekend Lau Gar – Learn more Lau Gar

Speed, power, efficiency and effectiveness are essential in the practice of Lau Gar.

Join us for this action-packed training weekend where you will review the 8 powers and the nineteen keywords of the principles of Lau Gar Kuen (Lau Family Fist).

Using a variety of focused drills and activities, you will gain a deeper insight, boost your skills and take your Lau Gar to the next level.

Throughout this intensive training weekend, you'll learn directly from Grandmaster Yau, Master Russell and the Lau Gar Guardians. Suitable for all skill levels, our new training programme explores a variety of Lau Gar open hand, stick and sword techniques, including internal training.

It will enhance your syllabus training and help you achieve your full potential.

From Friday evening through to Sunday afternoon, you'll combine stimulating group training sessions with relaxed social time to meet friends old and new.

Enjoy excellent facilities on this fully residential course at the Lilleshall National Sport Centre, which is set in 330 acres of English Heritage Grade II listed grounds.

It includes single room\* accommodation for 2 nights with breakfast, lunch and dinner on Saturday - and breakfast and lunch on Sunday. All dietary requirements are catered for.

**Fri, Sat & Sun 4 - 6th April 2025**

See programme for more info.

**LILLESBALL NATIONAL SPORTS CENTRE  
NEAR NEWPORT, SHROPSHIRE, TF10 9AT**

**BOOK NOW: Early Discounted Price £250**

If paid by 31st January 2025. Full price £270.

All payments must be received by 28th Feb 2025.

For booking and further information please contact: [pete\\_hornby@hotmail.com](mailto:pete_hornby@hotmail.com)

\*A few twin rooms are available.  
Early booking recommended.

The full programme will be published on the BKFA Website - Calendar Page  
<https://www.laugar-kungfu.com>

FOR THE LATEST NEWS & INFORMATION PLEASE VISIT  
**WWW.LAUGAR-KUNGFU.COM**

