

Lau Family Training 'Learn more Lau Gar'

Lilleshall Weekend Training Programme 19 – 21 April 2024

Friday Evening

7.00 - 7.05pm	Master Russell	Welcome greeting
7.05 - 8.00	Sifus: Carl, Pete	Warm up & Intro to 8 powers (Gings) - Part 1
8.00 - 9.00	Sifus: Jason, Gary, Rob	Sword / Stick Drills
9.00 - 10.00	Instructor Team	Syllabus Groups

Saturday

6.30 - 7.30am	Sifu Pete	Yi Jin Jing - Muscle Tendon Changing
7.30 - 8.30am	<i>Serving</i>	Breakfast
9.30 - 10.30	Sifus: Carl, Pete	Warm up & Intro to 8 powers (Gings) - Part 1 & Part 2
10.30 - 11.30	Sifus: Carl, Pete	Gings in Far Kuin - Drills
11.30 - 12.30	GM Yau	Directing Chi
12.30 - 1.30pm	<i>Serving</i>	Lunch
2.00 - 3.00	GM Yau	Drills
3.00 - 4.00	Sifu Pete	Internal Training – Standing, Rooting
4.00 - 5.00	Sifu: Carl, Pete	Gings in Fei Lung Gee - Drills
5.00 - 6.00	Instructor Team	Syllabus Groups
6.30 – 7.30pm	<i>Serving</i>	Dinner

Sunday

6.30 - 7.30am	Instructor Team	Optional: Lau Gar sets, Qigong
7.30 - 8.30am	<i>Serving</i>	Breakfast
9.30 - 10.30	Sifu Carl, Pete	Warm Up and Gings in Lau Gar Luk Hap Kuen - Drills
10.30 - 11.30	Sifus: Carl, Pete	Drills – Stepping / footwork / Stances
11.30 - 12.30	Instructor Team	Syllabus Groups
12.30 - 1.30pm	<i>Serving</i>	Lunch
2.00 - 3.00	Sifu Rash, Carl, Pete	Gings in Bac Pye Jurn - Drills
3.00 - 4.00	Instructor Team	Syllabus Groups
4.00 - 5.00	Sifus: Jason, Rob, Gary	Sword / Stick Drills

Instructor Team: Grandmaster Yau, Master Russell, Carl Jones, Rash Patel, Gary King, Robert Francis, Jason Crabtree, Pete Hornby