

# Kung Fu for All 2018



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## ***Statement from Grand Master Yau***



**'It is my wish to secure the future of Lau Gar Kuen and the BKFA for future generations.**

**In this report we have set out our vision, our values and how we will go about achieving this vision.'**

Grand Master Yau is the President of the British Kung Fu Association and of Lau Gar Ltd (Charity Number:1148347). This is an honorary title given to Grandmaster Yau as the founder of the British Kung Fu Association and Lineage Holder of Lau Gar Kuen.

## ***A Message from the Boards of Lau Gar Ltd and BKFA***

The Board of the BKFA and the Board of Lau Gar Ltd have met to review the structure and relationship between British Kung Fu Association and the Lau Gar Ltd Charity.

After lot a of discussion and careful consideration it has been agreed that it is in the best long-term interests of both the BKFA and the Charity, that they should function as separate entities.

This is reverting to the situation prior to the Lau Gar Ltd AGM in 2017.

This decision has been made in agreement with our President, Grandmaster Jeremy Yau. Whilst some of the BKFA's activities are consistent with the Charitable object of Lau Gar Ltd; others need to have a clear business focus. This will be effectively achieved with this new structure. It will allow the BKFA greater flexibility and enable the BKFA to respond more quickly to business demands.

Lau Gar Ltd will continue to work towards the charitable object.

Guardians may choose to be active in support of the Charity and/or the BKFA. We believe that the contribution of the Guardians is essential to secure the future of Lau Gar Kuen and the BKFA. Their contribution is vital, as positive examples of what can be achieved through dedicated practice, and in developing plans and activities that secure the future of Lau Gar Kuen.

The President, the Board of the BKFA and the Board of Lau Gar Ltd believe that this structure provides clarity and will support good governance and ensure success for the future.

As a direct result of this decision, the board of the BKFA will be looking, in future, to appoint new members to the Board and will be requesting expressions of interest from the Guardians in the first instance.

Going forward we will build on what has already been achieved: raising standards within Lau Gar Kuen through central and regional training and providing guidance and policies to members and Instructors about current legislation that impacts on them.

We have agreed that to secure Lau Gar Kuen for future generations, we need to be an active and thriving association. This requires a clear focus on marketing and communication. We have an effective and traditional style of Kung Fu that is relevant today. We need to increase participation by letting people know about it. We will do this by developing a national marketing strategy and by providing services to Instructors so that they can grow their clubs and ensure Lau Gar Kuen is available to students throughout the UK. We will also seek to maintain relationships with Lau Gar clubs and bodies internationally.

### **KUNG FU FOR ALL!**



John Russell  
Lau Gar Ltd Board  
BKFA Board

Morag Quirk  
Lau Gar Ltd Board  
BKFA Board

Andrew Nation  
Lau Gar Ltd Board  
BKFA Board

Pete Hornby  
Lau Gar Ltd Board  
BKFA Board

Stewart Hunt  
Lau Gar Ltd Board  
BKFA Board

Alan Neeld  
BKFA Board

# ***BKFA Vision, Mission, Values and Services***

## **BKFA Vision:**

Kung Fu For All

## **BKFA Mission:**

To enhance physical, mental and emotional well-being through the practice of Lau Gar Kung Fu.

To inspire even more members to practise Lau Gar Kung Fu.

To provide safe environments for the practice of Lau Gar Kung Fu across Britain.

## **Our Values:**

- *We treat everybody with **respect** and **dignity***
- *We apply the highest **standards** to teaching, learning and competition.*
- *We embrace **equality and diversity** in everything we do*
- *We **honour** the style of Lau Gar Kuen Kung Fu and the BKFA*
- *We **enable** members to grow and reach their full potential*

## **Key Services:**

- *List official clubs authorised to teach Lau Gar Kuen maintained on BKFA website  
<http://www.laugar-kungfu.com/>*
- *Process collection of club affiliation fees*
- *Provide BKFA Membership and licencing service for students and instructors*
- *Maintain an approved list of BKFA Instructors, ensuring that they have up to date qualifications*
- *Provide students with a graduated syllabus and grading criteria*
- *Provide training courses so that students can further enhance their skills*
- *Provide a safeguarding service that provides clear guidelines to members and Instructors of the BKFA. Further advice and support are available from a qualified Safeguarding Officer.*
- *Maintain guidance, policies and training, as appropriate in key areas of club management.*
- *Encourage and support Instructors through effective promotional materials and marketing campaigns*
- *Provide funding for our activities through income channels from sales of merchandise*

*(BKFA Board)*

# ***Benefits of Membership of the BKFA***

## **What do I get by having an up to date BKFA Licence?**

- *You will be a Member of the British Kung Fu Association*
- *You can learn an authentic style of Kung Fu that is effective for everybody*
- *You can take part in free courses*
- *You will learn a graduated syllabus with established grading criteria to black sash and beyond*
- *You can take part in National training courses that are designed to help you achieve your potential*
- *You can access registered clubs throughout the UK and Eire through the website*
- *You will train the body and the mind*
- *You will have opportunities to take part in competitive combat*
- *You can combine the methods taught into effective self-defence*
- *You can have confidence that your registered instructor has technical competence, insurance and DBS clearance*

**For more information see our website: <http://www.laugar-kungfu.com/>**

**Follow us on:**



## **What do I need to do now I have my Licence?**

- *Relax and enjoy. You are a member of a fantastic association*
- *Remember to keep your licence up to date to continue enjoying the benefits*
- *By joining the BKFA you promise:*
  - *To honour and uphold the style of 'Lau Gar Kuen' and not to bring the BKFA or the style into disrepute*
  - *To be respectful and courteous to everybody*
  - *Never to use your kung fu in any wrong doing*

## ***Highlights for 2018***

### **Congratulations to our New Seventh Degrees**

Congratulations to Peter Hornby, Clive Thompson, Carl Jones, Jason Crabtree, Keith Thomas and Stewart Hunt on being awarded their Seventh-degree black sashes. This award is made to our most experienced instructors in recognition of their hard work and loyalty over the years.



Pete received his 7<sup>th</sup> Degree Black Sash on the 12<sup>th</sup> of November 2017. He is the hard working secretary of British Kung Fu Association, runs clubs in Staffordshire and is a stalwart supporter of BKFA and Guardian Events.

The following received their 7<sup>th</sup> Degree Black Sashes on 11<sup>th</sup> of November 2018



Clive has been training Lau Gar Kuen for many years and is an instructor at the Derby club. He ran the first ever Guardian training course, teaching the three-section staff. He is a regular supporter of the Summer Course, the Brown Sash courses and other BKFA and Guardian events.



Carl has been running BKFA clubs in Wales for many years. Carl has run successful Guardian courses in sticking hands. He runs promotional events in Wales and has produced many black sash students over the years.



Jason also has clubs in Wales and has forty years with the BKFA. He celebrated this achievement last year and invited Grandmaster Yau and Master Russell to a great Kung Fu event in Wales. Older members will remember Jason as a force to be reckoned with during Sticking hands competition!



Keith has clubs in the North East of England and will be known to many of you from the Summer Course where he trains and instructs. He has run our on-line shop and contributed to the development and distribution of syllabus DVDs



Stewart has clubs in Yorkshire. He is a consistent supporter of the Summer Course and BKFA and Guardian events and works very hard as the treasurer of the BKFA and the Lau Gar Ltd Charity.

Congratulations to all of you!!!



## ***Highlights for 2018 continued***

**An Audience  
With  
Grandmaster Yau**

**Free  
Courses  
Delivered**

**Central Courses  
Positively evaluated**

**12 BKFA  
Central Courses  
Delivered**

**42<sup>nd</sup> Summer Course**

**First  
Free Course  
Delivered**

**Attendance at  
Nationals Increased**

**Membership  
continues  
to increase**



## **BKFA Events**

### **Back to Basics!**

The Instructors' Master Class was attended by Lau Gar Kuen instructors from Purple sash all the way through to seventh degree black sashes.



Attendees to the 2018 Master Class

We were led through the syllabus by Master Russell with added insights from Grandmaster Yau. We should have known what to expect when Master Russell told us that Grandmaster Yau wanted to see us work hard!

The pace and depth of training was physically and mentally demanding and thoroughly enjoyable.

Personally, I enjoyed being in a class, as a student, focusing on the foundations of our training. This is a rare opportunity these days when we spend so much time teaching others the basics. There is always something to be gained no matter how many years you have been training!

Thank you Grandmaster Yau and Master Russell for a great session. Thanks to the other instructors, it was inspiring to train with such a great group of people.

I can't wait for next year.

*(By Morag Quirk)*

### **Weapons Workshop**

The Black Sash Workshop is held once a year. It is an excellent opportunity for students to polish the sets required for their next grading.

By the end of the workshop it was intended that they

- 👍 Would be able to perform the set(s) worked on with accuracy, fluency and conviction - leading to an improved grading result.
- 👍 Have an increased understanding of the usage of the techniques comprising the set(s).

This was achieved by

- 👉 Drilling sequences of techniques extracted from the set(s) being worked on
- 👉 Learning applications of those techniques

These sessions were very well received.

*(By John Russell)*

## ***BKFA Events continued***

### **Brown Sash Courses 2018**

This year the Instructors on the Course commented that the standard was higher than ever. This is



Instructors present at the 09/08/2018 Course

all thanks to the hard work done back at the local clubs.

Master John Russell led the training by demonstration and showing possible applications. He was also able to answer any queries from students.

Brown sash courses are free to all black sashes if they want to refresh their techniques, network with other Instructors and see for themselves the standard being achieved by students and Instructors across the country.

This course is also open to purple sashes who want to get a head start in preparing for the black sash!

*(By Morag Quirk)*



Our 3<sup>rd</sup> year at the Rowley Campus and it's certainly proving to be a great venue for both spectators and competitors - feels like home. The objective has always been to increase participation and that is certainly

beginning to happen. The attendance this year was much better and there was a real buzz all day, and even after the event on social media.

A key ingredient of a good Tournament –whatever the size, is **great refereeing**. We are very fortunate to have a team of the very best inc Sean Veira, Brian Nelson, Sharon Gill, Chris Collymore, Nev Palmer, all who have experience of refereeing on the World Championship stage. Their experience is helping raise the bar for us all. They are recognised nationally to provide sharp and fair decisions under the watchful eye of Rajko. Not forgetting our all-important **time keepers** who keep the floor under control and “The Voice”, Stuart, who keeps, competitors and spectators alike informed of where we are in the program with timely updates. Big thanks to all of them.



Semi Contact

## ***BKFA Events continued***

**Down to business** – All attendees were again given a day to remember with many inspirational performances from the competitors both in the fighting and the forms. Competitors created a real, vibrant atmosphere, as everyone watched and supported intently. The skills displayed by the children were amazing. Only the CMA villains were able to break the dominance of the loaded Bristol and Epic squads. Great to watch them all perform. Fast hands and fast kicking and yet still very controlled - an inspiration for other youngsters to raise their game.

The adults, **Mens points and light con**, is a little more fiery as to be expected. Great to see the return of Andy C (Epic) who fought through the rounds to finally meet and beat current champion Jam B (PMA) in the senior men's Final to take the crown

**Ladies points and light Con** - More Ladies entered this year which is great to see, but we want to double the number and why not? They displayed such great skills and a real determination to win. More of that please!

The **pushing hand category** was much better supported this year. Great to see the ladies represented this year also. Again very competitive and at times executed a little too fast. On a positive note – more entries and something to train for and build on for next year. The Swansea and Wales teams displaying their traditional prowess. Lau Gar Wales did well in the **Weapons and open hand forms** too, again pushed hard by the Swansea massive. Competition for the top crown is a matter of pride. That was certainly the case with Holly's return from the Tai Chi worlds Championships, it was always going to be a tall order to top her, but Adam and Aimee certainly tried and got her to deliver her best.

**A great Seminar delivered by Master Russell** This seminar was open to everyone attending. The focus was on how to make your Kung Fu more effective! Starting from where you are. It was a balanced blend of information and practical experiences that worked for youngsters, high grades and beginners.

**The Guardians demo team 2018** - What a display -the highlight of the day. The demo opened with a guest appearance by Holly Cook, fresh from the Taiji World Championships.

She was followed by Alec Clark who is also from Stafford, who performed Yum Yeung Kuen. Frankie Cooper, Riona Grainger and Jim Cairns each performed Lau Gar sets that they have created as part of their preparation for sixth degree black sash.

Gary King showed the Lau Gar Kuen spear and Aimee Seymore showed us the broad sword set. Pete Hornby performed Fe Lung Chi emphasising yin and yang aspects. Jason Crabtree did a Xing Yi set that he learned on a trip to Fu Shan with Grandmaster Yau.

The spectacle was rounded off by a display of fighting skills from Sharon Gill and Sean Viera. I had the opportunity to join in at the end. Great Fun and a real crowd pleaser!



Pushing Hands



Light continuous



Forms



Trophies



## BKFA Events continued



**Adult team event** shouldn't be missed and a great way to end the day. Team PMA combining their experience and youth fought well to secure the title again in a close battle with the Team Epic



On the day we have discovered a **Great Young Photographer** Rhiannon Bater-She took over 800 on the day - definitely one to watch and a great fighter too.

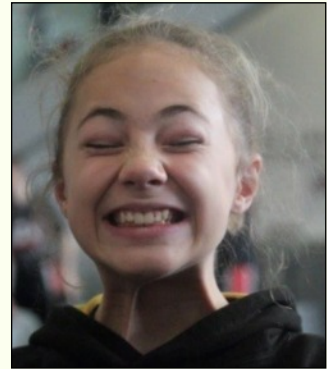
One initiative we took this year was trying to reach out to other styles, and we sent personal invites to 70+ clubs –Karate, Taekwondo and other Kung-Fu clubs. Although only a few attended – awareness is out there now and we'll build on that – it all takes time and persistence is the Key.

Next Year –we intend to offer/encourage pre-registration – allowing Fast track on arrival, less queuing and an earlier start to the day. Along with the equipment shop, we'll also aim to have a section with tournament Gloves/pads and head guards for the forgetful few. The BKFA merchandising team led by Gary King will be extending their BKFA lines in time for next year.

We are planning to develop the tournament to encourage more girls and ladies to enter. Possibly introduce girl only Categories, round robin events too, so all competitors get more fights, even possibly two matches rounds – Looking for feedback from the ladies – tell us what you want, we need to hear from you . EG Last year I was told Size matters – so this year we had the

## ***BKFA Events continued***

larger/heavier Ladies trophies with ladies models on top, but the official view is ladies want exactly the same as the men so we'll make that happen next year – we just want to increase the participation. No Doubt 2019 will again have a busy event calendar, but the Nationals will strive to be the 'Number One' event and focal point for the association providing that unique opportunity for Students, Instructors from across the UK, to come together, catch up and showcase their skills to fellow martial art practitioners, family and friends. This picture by **Rhiannon Bater** sums up the Day -



Evie Jones

You can't beat that **"National Open Tournament feeling!"**

So the Next Event is set to be **October 27<sup>th</sup> 2019 – Bigger? Better? no question!**

### **Get prepared – Get to your Club and Get training**

*(By Robert Francis)*

#### **Summer Course 2018 – Theme**

This year the summer course theme was sticking hands with a focus on the application of chin na and takedowns. I began the week by teaching simple single hand fixed drills to enable concentration on the basic principles of posture, integrated body movement and sensitivity. Over the course of the week I introduced simple china techniques and take downs from these fixed drills. I also showed how these fixed drills could be developed towards more variable and spontaneous practice, including two handed examples.

The course was attended by people with varying experience of sticking hands and chin na, ranging from those with little or no experience to more experienced practitioners with their own ideas and skills. Hopefully those with less experience gained an understanding of the basics to take away with them and some ideas to develop further.

My interest is in taking the principles of sticking and using them in varied applications that reflect more realistic combat type scenarios. This is something I have thought about and experimented with over the years (often practicing with Rash) so I hope even those with a lot of experience gained something from my approach.

During the week I was ably assisted in demonstrating by Jason and Frankie (the fall guy) Cooper and would like to thank them.

*(By Andrew Nation)*

#### **Summer Course 2018 – old favourites**

The summer course wouldn't be the same without all our old favourites; Master Russell and the guardians worked us hard with walks, kicks, and of course . . . stamping! Grand Master Yau gave invaluable advice and pointers to groups during the syllabus hour.

There was no barbeque this year. Instead we had a beach party, which was enjoyed by all who attended.

*(Anonymous)*

## BKFA Events continued

### Summer Course early morning practice with Sifu Pete Hornby



Students who joined this year's early morning practice were taught the Health Qigong Taiji Stick Health Preservation exercises, Tai Ji Yang Sheng Zhang, which is a new set of exercises created by the Chinese Health Qigong Association. These set of exercises combine breath control, body and limb movements, concentration of mind and massage with a short stick as an instrument. The stick guides coordination of body and spirit, the waist functions as a pivot to harmonize the body and the stick through twisting, turning, bending

and stretching. These also strengthen bones, clear meridian channels and activate internal organs thereby helping to cure diseases, improve health and prolong life.

On Saturday morning, the students demonstrated the whole routine that they had learnt which received much applause from all.

One month on, Holly Cook from Stafford Lau Gar went to perform this routine at the European Health Qigong Games in Hatfield and her hard work paid off as she won a silver medal. Well done Holly.



(By Pete Hornby)

### Bac Ging Gung

印  
吐  
沉  
驚  
拖  
吞  
震  
彈

This year we ran an event specifically dedicated to the practice of Bac Ging Gung. The course was open to any Black Sash who had learned the set.

Bac Ging Kung is unusual in the Lau Gar Kuen System in that it is a 'Training Set'. By this we mean that it is specifically designed to deepen our knowledge and experience of Lau Gar Kuen and of how your body is responding to it. As such it may considered to be an 'internal' practice.

Your experience of practising Bac Ging Kung will change and develop over the years and can have an impact on all aspects of your training.

The set is performed relatively slowly to help you to focus on what you are doing and how your body is responding, internally and externally. It is not a set to blast your way through although there are opportunities to emphasise the gings and change the pace. Again, this will vary depending on how your body is integrating the practice at that particular time.

Because the practice of Bac Ging Kung is constantly developing and having a knock-on effect on other aspects your kung fu, it does not grow stale and continues to offer insights to the practitioner over the years. It is a set that will grow with you and sustain your martial practice into old age.

The event was thoroughly enjoyed by the participants who have requested to meet again next year for another workshop. If you didn't make it to the event this year, then there will be another opportunity on 7<sup>th</sup> of July 2019. Why not also join us for meditation on the same day?

(By Morag Quirk)

(yan      toe      chum      gearn      tau      tun      chun      tarn)

## ***BKFA Events continued***

### **Referees' Course**



This course familiarises students with the rules governing BKFA Tournaments. Students then apply these rules through refereeing bouts, taking part in fights and acting as judges.

This year Master Russell was joined by Sifu Robert Francis who put the students through their paces. Students reported that the practical elements of the course enabled them to get a firm grasp of the rules. And it was fun!



This course is a requirement for second degree black sash but is open to any black sash who wishes to refresh their knowledge or as an aid to preparing students for tournament fighting.

### **An Audience with Grand Master Yau**



Our sincere thanks to Grand Master Yau for providing an opportunity to hear him speak about Lau Gar Kuen in June.

It was a true Master Class delivered with the fluency and skill we have come to expect. It was encouraging to see the next generation of Team Lau Gar in the audience to benefit from this!

The seminar covered a range of topics. He talked about his own training, about Philosophy and technique. He also answered any questions posed by the participants on the day.

We look forward to celebrating 50 years of the BKFA with Grand Master Yau in 2023

Onwards and upwards.

*(By Morag Quirk)*



## ***Guardian Activities***

### **Lau Gar Applications Workshop with 7<sup>th</sup> Degree Black Sash Andrew Nation**



In the summer the Trustees of the Lau Gar Ltd charity agreed to provide financial support for the commencement of a series of courses to spread further knowledge of Lau Gar Kuen. The Charity asked all the Guardians to assist in organising free workshops for registered BKFA members. In response to this initiative, one of the BKFA's most senior instructors, 7<sup>th</sup> Degree, Andrew Nation got together with fellow Guardians Sean Veira, Sharon Gill and Rash Patel to organise a workshop in September in Bristol.

Although the majority of students were from the Bristol area, it was also pleasing to welcome others who had travelled from Shaftsbury, Birmingham, London and Stafford.

There was such a buzz of excitement at the start of the seminar. It was to last through the whole three hours. Everyone was engrossed in learning about all kinds of applications that Andrew demonstrated, section by section, of each technique with our set Far Kuen, Flower Fist. Andrew clearly showed the benefits of all his training and understanding of techniques with this intriguing set. He showed how effective and dynamic Lau Gar techniques are in protecting oneself for self-defence. Everyone was inspired to practice these as well as being encouraged to discover any other new ways of utilising these techniques. It was so absorbing, the time flew by. The group were absolutely blitzed with ideas with so many effective variations of techniques within such a short set.

Andrew, along with the brilliant support from fellow Guardians: Sean, Sharon, Rash, Frankie and Pete, certainly inspired everyone. This was an excellent, awesome workshop which has generated a lot of interest. To keep this momentum going we have organised another one on 16 December 2018 at West Walsall E-ACT ACADEMY, Primley Avenue, Walsall, WS2 9UA which will once again be provided free to BKFA members as the Lau Gar Ltd charity will cover the costs. We hope as many of you as you can, take this opportunity to enhance your knowledge and understanding of applying techniques from the Lau Gar sets.



Rash Peter Frankie Sharon Andrew Sean

### **Fu Forest**

As part of Lau Gar Ltd's charitable objectives, it was agreed to support various initiatives to increase participation in the style. One example of this in the past year is the Staffordshire Lau Gar Kung Fu club's 'Fu Forest' session. The free open session took place in August 2018 on Cannock Chase, Staffordshire. We had different activities running simultaneously so those taking part could try a bit of everything. Activities included traditional Lau Gar Kung Fu, Tai Chi and Wu Shu. Many visitors joined us in a free Kung Fu taster session in the picturesque countryside. Thanks to Kay Clark and her colleagues from the Forestry Commission for supporting our 'Fu Forest' event.



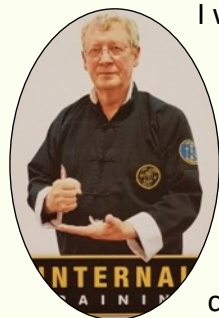
Kung Fu in the forest

## ***Guardian Activities continued***

We were also joined by a family from Hong Kong whose youngest son enjoyed learning some basic Kung Fu techniques from Holly. Not to be outdone, his elder brother then joined in and showed us a Wushu routine that he had been training for over 4 years back home in Hong Kong.

Thanks to all the great teachers, Alec Clark, Jane Gratton, Holly Cook, Brian Roberts, Alan Smewing and Chief Instructor Pete Hornby who all helped our guests. A wonderful experience which we will look to repeat again soon.

### **Internal Training Seminar 28-29 April 2018**



I was absolutely delighted that this small elite group of Lau Gar students made the effort to attend this Lau Gar Guardian course on Internal training.

We explored postures & alignment, six co-ordinations and ways of: cultivating chi, releasing tension, developing greater power and how to develop more effective applications. We delved into a very varied range of principles: Dan Tian rotation, One part of the body moves all parts move, Co-ordinating movement with breath, Utilisation and movement of Chi, Opening / closing joints, opening / closing torso appropriately, no more no less, different types breath and Pung – appropriate internal strength to support technique.

The group were shown how this knowledge and skill could be developed by practicing such techniques as Wang Yuen Gong, Ip Gung Ging, Bac Gings, Zhan Zhuang and Qigong.

Everyone agreed that their perceptions of Lau Gar had been challenged and with this knowledge, the quality of their future training will further enhance their: speed and explosive power, strength, effectiveness of techniques and applications, looseness of movement, postures and alignment, cultivation of Chi, release from tension and utilisation of Six co-ordinations.

This is a fantastic opportunity to go deeper into the technical aspects of generating short range effective power and gaining a new perspective and greater understanding about internal training within your Lau Gar training. I hope more students will attend next year's seminar, Date 8-9 June 2019, see BKFA web-site for details.

*(by Pete Hornby)*

### **Two Wings to Fly (Meditation Workshop)**

At the workshop this year Master John Russell used a variety of methods to help Kung Fu practitioners make the most of their physical skills. They can do this by developing open awareness and being present moment to moment; traditional skills, still relevant today for life and combat situations.

Master Russell used seated meditation, Jam Jong (standing practice) and mindful movement. The mindful movement section used Bac Ging Kung as a foundation from which to work.

In 2019 Master Russell will be running this course before the Bac Ging Kung Workshop on the 7<sup>th</sup> of July from 10 am to 12 am. Students can choose to do either one or both courses. If you want to attend the Bac Ging Kung you must be a black sash who already knows the set. The meditation workshop is open to all students.

*(by Morag Quirk)*

## ***Guardian Activities continued***

### **Effective Kung Fu**

Master John Russell led a free seminar at the National Championship 2018. Master Russell talked about Kung Fu for self-defence using the three to one law. Make sure that your opponent has to step to hit you and then hit him as he moves! He emphasised the importance of awareness so that you can respond with intention, speed and power.

He described what is happening in the moment of attack/defence:

- **Attention**
- **Recognition**
- **Intention**
- **Action**

Master Russell took us through some practical experiences so that we can respond more effectively and so improve our kung fu,

We thanked Master Russell for sharing his insights with us.

*(By Morag Quirk)*

### **Escrima Course - Northampton**

The course was well received by all participants, everyone was very enthusiastic to learn and train hard.

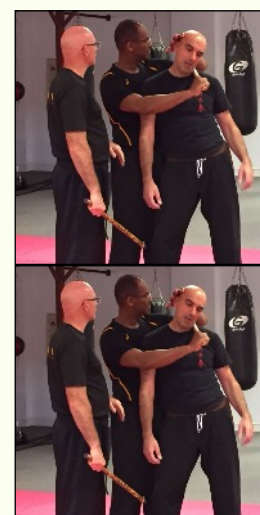
A mixture of abilities were taught the an array of techniques with the Escrima stick and all managed very well to grasp what was taught.

Techniques ranging from basic stick drills to get the feel and versatility of the weapon, stick versus stick, defensive techniques against a range of knife attacks, empty hand defence against the stick.

I don't think I've ever taught a more responsive, immersive and enthusiastic group of students, even in the rest time they were still practising.

I would like to say a very big thank you to my kung fu brother and fellow guardian Rob Francis and his family for their hospitality and for hosting the course at PMA Northampton and to Sue for all her help too.

If you haven't been to this fantastic facility yet then get down there it's amazing!



*(By Jason Crabree)*

### **40 Years of Lau Gar**

The journey of learning and teaching Lau Gar has been and still is amazing, not only the joy of practising but being part of such a big family.

Seeing fellow practitioners improve and maintains their skill is great to see and also to see students young and old still enthusiastic to learn and improve the skills they have learnt.

I have never lost the will to improve or practise Lau, I would like to say thank you to my Sifu Master Russell for all his guidance and teaching and of course for the constant push to train harder even





## ***Guardian Activities continued***

when your legs can't hold you up anymore. To Grand Master Yau for giving us Lau Gar and for giving me the opportunity to share my passion and live the dream 'A life of Kung fu'.

To my best friends Carl Jones and Frankie Cooper for all the hours of kung fu training and discussion.

Never forget why you started Lau Gar, I haven't and that's why I'm still plugging away to improve and maintain everything I've learnt, the focus is the same now as it's always been, I'm looking forward to the next 40 years already!



*(By Jason Crabtree)*

### **Alisdair**

Brother and sister, Alisdair and Cara White started training with us at Staffordshire Lau Gar clubs in 2013. In 2016 Alisdair was diagnosed with severe kyphosis (spinal deformity) and had to cease training in an activity he so dearly loved. After an operation in May 2018, Alisdair was left paralysed from the waist down. Following a period of rehab, he has since returned home and the members of Staffordshire Lau Gar club have continued to help and support Alisdair's family.



Alisdair's Kung Fu Family

Lau Gar Guardians Pete Hornby and Alec Clark then had the idea to carry out some fundraising for Alisdair's family through the Guardian Challenge. Staffordshire Lau Gar student, Alan Smewing, consequently volunteered to participate in the Guardian Challenge to help raise money for adaptations needed on Alisdair's house. An amazing £531 was raised from Staffordshire and Birmingham Lau Gar clubs which will make a real difference to the life of Alisdair and his family.

Additionally, Staffordshire Lau Gar club members recently supported a further fundraising quiz night organised by Alisdair's family, which raised a whopping £850. After a hard fought quiz, our club's team came out victorious!

Alisdair's family are extremely grateful for the support and his sister Cara commented, 'No matter how tough things get; the Lau Gar family are always there for us'. An inspirational message linked to the essence of Lau Gar family values.

*(By Pete Hornby)*

## ***Guardian Activities continued***

### **Guardian Challenge**

I was honoured to be asked to pull together this year's Guardian Challenge.

The main challenge was designed to increase stamina through running, full body workout through exercises, stretching through the leg swings and Lau Gar basics with the horse riding stances.

It was great to see students complete the challenge this year and obtain sponsorship to go towards our style's future. A big thank you to Lau Gar Scotland who raised the most this year.

Many thanks for everyone who supported this year's challenge.

*(By Gary King)*

### **Merchandising**



We have had another great year trying out new merchandising ideas. A big thanks to all who purchased items from us. We continue to have a great selection of DVD's, cloth badges, pin badges, hats, pens, beaters, finger weights and shoe bags. We will continue to develop the range and add new Lau Gar branded products for 2019. If you have any ideas for merchandising. Please let me know or tell a fellow Guardian/Instructor.

We could not do this without the support of Guardians Robin Sunley, Keith Thomas and Rash Patel, and a special thanks to Mora Quirk for helping me at the Nationals Championship.

Please can I ask you all to get behind the merchandising, as all proceeds go toward supporting to our style's future.

*(By Gary King)*

# ***Appendix***

## **The Roles of Board Members**

<b>President</b>	This is an honorary role currently held by Grandmaster Yau as the founder of the BKFA. The President provides and modifies the Lau Gar Kuen/BKFA syllabus and grading criteria, gives guidance on technical and physical training and retains the right to veto in respect to matters relating to Lau Gar Kuen that also impact on the BKFA.
<b>Chair Person</b>	The Chair Person is responsible for helping to maintain the agreed conventions of meetings. They need to ensure that people stick to the agenda within agreed timeframe whilst at the same time ensuring fairness and equality. Activities associated with the role include: drawing up agendas, reporting on performance and communicating the annual plan.
<b>Deputy Chairperson</b>	The Deputy Chairperson carries out the role of the Chairperson as necessary and supports the Chairperson in the delivery of the role.
<b>Treasurer</b>	<p>The treasurer is responsible for:</p> <ul style="list-style-type: none"><li>● Liasing with and reporting to the charity commission</li><li>● Administering the Gift Aid process</li><li>● Keeping Lau Gar Ltd accounts</li><li>● Advising Board members on financial matters</li><li>● Reporting on accounts for the Lau Gar Annual General Meeting</li><li>● Providing Annual Financial Forecasts to inform strategic planning</li></ul>
<b>Secretary</b>	<p>The Secretary is responsible for:</p> <ul style="list-style-type: none"><li>● The production and retention of minutes for Lau Gar Ltd</li><li>● Maintaining the charitable objective of Lau Gar Ltd</li><li>● Circulating papers for meetings</li></ul>
<b>Officers</b>	<p>There are currently two officers. Activities associated with the role:</p> <ul style="list-style-type: none"><li>● Draw the attention of the Board to any matters that they consider needs attention</li><li>● Canvass the opinions of Guardian members on matters of concern to them and present these to the Board</li></ul>

## ***Appendix continued***

Thanks to all the Guardians for sharing their time, skills and experience.

### **The Board**

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

### **The Guardians**

Rash Patel	Keith Thomas
Clive Thompson	Jason Crabtree
Kelvin Bartrum	Steve Newby
Rajko Dockic	Bobby O'Neil
Carl Jones	Sean Viera
Alec Clark	Steven Jeffery
Gary King	Robert Francis
Andy Phillips	Francis Cooper
Mike Lavender	Nathan Beer
Jim Cairns	Robin Sunley
Riona Grainger	Sharon Gill
Aimee Seymour	Derek Dawson