



BRITISH KUNG FU ASSOCIATION

LAU FAMILY TRAINING WEEKEND

LILLESHALL NATIONAL SPORTS CENTRE
NEAR NEWPORT, SHROPSHIRE, TF10 9AT

10TH -12TH MARCH 2023

Lau Family Training Weekend Lau Gar – Below The Surface

Take this exciting opportunity to explore what lies beneath the techniques of Lau Gar . You will gain a deeper insight and practise effective drills and applications to further develop your speed, power and efficiency. 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.

Early Discounted Price of £240

if paid by 31st December 2022.

Full price £255.

All payments must be received by 24th Feb 2023.

For bookings and more information contact pete_hornby@hotmail.com
*A few twin rooms are available.
Early booking recommended.
The full programme will be published in due course.



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WWW.LAUGAR-KUNGFU.COM