

# Lau Gar National Demonstration Team 2006



On Sunday the 1st October 2006, the Lau Gar National Demonstration Team met at Codsall Leisure Centre to prepare for their performance at the National Championships.

Students of Lau Gar from lower grades through to sixth degree black sash, trained under the guidance of Sifu John Russell. John was assisted by choreographer Lucy Evans.



## Lau Gar Guardians

Lau Gar Guardians are senior instructors whose mission is to develop and improve standards within the style. They were represented by Alec Clark, Andrew Nation, Stuart Agars, Yin Yang boxing; Keith Thomas, Chen 56 Competition Form and Rash Patel who performed the steel whip.



"This years' demonstration team promises to be the most exciting yet. We've got a wide range of people in terms of age, experience and knowledge. The team offers the opportunity for talented youngsters to train alongside seasoned performers with

twenty years plus experience. These young people represent the future of the style. It is our mission as Lau Gar Guardians to give them as much encouragement as possible."

- Morag Quirk, Chair of the Guardian Council



## Butterfly Knife against Empty Hand

John Russell and Morag Quirk Will be performing Butterfly Knife against Empty

Hand. This is the first time this dual form has been seen in the UK for over twenty years when it was first devised by Master Jeremy Yau. Thanks to Master Yau this set will now be passed on to future generations of students.





## Kung Fu Film Star

The team is pleased to welcome Nathan Lewis who provides excitement and drama with his performance of the Three Section Staff. Nathan is World and European Champion. He was a star of "Fight School" and also featured in "Batman Begins". Nathan has just

finished filming his latest starring role in "Underground", a film by Chee Cheong Chung". It is due for release early next year. You can check it out on [www.screendaily.com](http://www.screendaily.com)

## Shaolin Steel Whip

Rash Patel will be performing the steel whip. Rash learnt this form in Shaolin, China, in 1997. He will be offering a course on the steel whip in 2007 at Steve Burtons' Dragon Society School of Martial Arts in Accrington. Check out the Association website for details of all forthcoming Guardian courses at [www.laugar-kungfu.com](http://www.laugar-kungfu.com)



## Yin Yang Dancer

Ellie Drummond, purple sash from Middlesbrough, was selected to perform Yin Yang boxing with a team of eleven. Yin Yang boxing was created by Sifu John Russell for the 30th Summer Course in July 2006. "It's a good opportunity to train with a diverse group of people who share a common interest in Kung Fu. As a professional dancer, kung fu has given me strength and poise which have greatly benefited my performances." - Ellie Drummond, Purple Sash



## Kung Fu Family

Sister and brother, Riona (18 years old) and Jason Hornby (16 years old), will also perform Yin Yang boxing. They have trained under the guidance of their father, Pete Hornby, from a very young age. "They've won junior set competitions.

Public performances like this are very important as it builds confidence. They have worked hard and this confidence has enabled them to progress to second degree black sash at a very young age." - Pete Hornby, Lau Gar Guardian and proud father.



## Wu Shu comes to Birmingham

Every year, Master Jeremy Yau takes a group of Lau students to Foshan, the birth place of the legendary Wong Fei Hung and home of Southern style Kung fu. This

year Luke Morgan and Mike Fowler will be showing Southern Stick and Southern Sword Forms. They learnt these forms whilst at the training camp in Foshan last Easter.



## 35 Years of Lau Gar

The demonstration Team, go from strength to strength and as 2007 is the 35th Anniversary of the British Kung Fu Association watch out! Thanks to this years team for their hard work and dedication. Thanks also to Master Jeremy Yau for his guidance and support over thirty five years of Lau Gar in the UK. - *Morag Quirk*

## Hard Work and Commitment

For the last 35 years, a lot of students have passed through our Association and many have stayed loyal until today! The success of Lau Gar is due to the hard work and enthusiasm of all the Instructors. The Guardians have worked hard to put this demo team together. The team members have also given their time and trained very hard. I would personally like to thank them all. A special thank you to Lucy Evans for her time and contribution to the demo team. Let's continue to work for another 35 years! - *Master Jeremy Yau*



Article Credits to Morag Quirk and Rash Patel for further information visit [www.laugar-kungfu.com](http://www.laugar-kungfu.com)