



LONG FORM

# SHAOLIN DRAGON SWORD

WEST WALSALL E-ACT ACADEMY  
PRIMLEY AVENUE, WALSALL. WS2 9UA

SUN 01 DEC 2019  
11AM - 4PM

OPEN TO  
ALL BKFA  
MEMBERS

## Learn the Shaolin Dragon Sword Long Form

with **Master Russell**  
and **Morag Quirk** (7th Degree)

This Seminar will cover all of the  
movements comprising the  
Walking Dragon Sword Long Form.

In general, there are two types of straight  
double edged sword. The Scholar's sword  
(Wen Jian) and the military version (Wu Jian).  
The movements taught are suitable for either.

The set is swift and elegant, comprising -  
balanced natural body movement  
supported by mobile but firm steps.

Moreover many of the sword movements  
and stances have direct analogues in the  
Lau Gar Sets.

To attend this course all you need is the  
willingness to work hard to learn the form.

Some experience of straight sword play  
would be an advantage but is not essential.  
A knowledge of the other Lau Gar edged-  
weapons sets would also be beneficial.

## Course Fee

**£35** Seminar Only

**£45** Seminar + \*Practice Sword  
\*collapsible straight sword (yours to keep)

The Dragon Sword DVD will also be  
available to purchase on the day.

You will be required to bring your own sword  
if you pay the 'Seminar' only price.

Pre-Registration is required in order  
to order the swords  
PRE-REGISTRATION CLOSING A WEEK BEFORE

Please download and complete an application  
form the BKFA website to book your place.



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