



OPEN TO
ALL BKFA
MEMBERS

LAU GAR SUMMER COURSE

27TH JUL - 2ND AUG 2025 - LLANDUDNO

Celebrating the 50th Anniversary of the 1st Summer Course

We've selected some Summer Course highlights, favourites and advanced skills as the focus of our 50th anniversary training week.

We'll explore Chinna locks, whole body power generation and effective kicks in self-defence. There's another opportunity to experience the rich insights of the Yin Yang Boxing form and to apply the fascinating 5 animal characteristics to your Lau Gar techniques.

Develop more awareness of the martial root, and how the mind and body coordinate to generate power and effective technique. This course will turbo-charge your Lau Gar skills and understanding and take you to the next level.

Join us this year for an action-packed week of drills and exercises and get practical experience in using the Fist of Six Coordinations.

Suitable for Lau Gar students of all grades, you'll have expert instruction designed to improve technique, self-defence, health & fitness.

Experience a variety of new and traditional activities in a fun and stimulating training environment.

The course is suitable for beginners through to higher grades. Our experienced coaches will support you to develop your skills and achieve your training goals.

Intensive training ensures beginners through to orange sash will qualify for an automatic upgrade on completion.

Travelling as an individual, or with friends and family, you'll enjoy excellent facilities in Llandudno, the largest seaside resort in Wales, with its two beaches, panoramic views and nearby access to the Snowdonia - National Park.

You find your own accommodation to suit your requirements and budget.

Early Discounted Fee £130

if paid by 31st May.
After this date it will be £160

Full payment must be received by 3rd July.

All attendees must have a current BKFA Licence.

For course bookings and more information please contact Pete Hornby or email bkfa@hotmail.co.uk

Training Times:

Sunday 27 July 10AM - 2PM

Monday - Friday 28 July - 1 August:

7 - 8AM (outdoor Meet)

10AM - 2PM (Sports Hall)

Saturday 2 August 10 - 1PM

VENUE: JOHN BRIGHTS SPORTS CENTRE
MAESDU ROAD, LLANDUDNO LL30 1LF

FOR THE LATEST NEWS & INFORMATION PLEASE VISIT
WWW.LAUGAR-KUNGFU.COM

