

LLANDUDNO



BRITISH KUNG FU ASSOCIATION

# SUMMER COURSE

JOHN BRIGHTS SPORTS CENTRE  
MAESDU ROAD, LLANDUDNO LL30 1LF

30<sup>TH</sup> JUL - 5<sup>TH</sup> AUG 2023



Join us for 7 days of intensive Lau Gar training and relaxing social activities.

Enjoy the fun, challenge and motivation of our group training experience.

You will improve your Lau Gar skills and fitness, enhance your health and well-being, and meet friends old and new.

Throughout the week, you'll learn directly from Grandmaster Yau, Master Russell and the Lau Gar Guardians.

The Summer Course 2023 will focus on using Lau Gar Kung Fu for self-defence. We will deal with unarmed and armed attacks. More details will be distributed by Master Russell.

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.

Course fee without a BKFA Licence £160

Course Fee with a BKFA Licence £140

Course with a BKFA Licence and Paid by 31st May £130

Full payment must be received by 3rd July.

For course bookings and more information please contact Pete Hornby or email [bkfa@hotmail.co.uk](mailto:bkfa@hotmail.co.uk)

**Training Times:**

Sunday 30 July 10AM - 2PM

Monday – Friday 31 July - 4 August:

7 - 8AM (outdoor Meet)

10AM - 2PM (Sports Hall)

Saturday 5 August 10 - 1PM



FOR THE LATEST NEWS & INFORMATION PLEASE VISIT  
[WWW.LAUGAR-KUNGFU.COM](http://WWW.LAUGAR-KUNGFU.COM)

