

**CATEGORIES INCLUDE:**  
Kids, Women & Men Semi Contact  
Women & Men Light Continuous  
Kids, Women & Men Teams  
Forms Competition  
Pushing Hands



**GUARDIAN SEMINARS**

**TAI CHI & QI GONG**  
12pm with Pete Hornby

**INTRODUCTION TO THE  
KEY WORDS AND POWERS**  
2pm with John Russell & Morag Quirk  
Seminars are 1 hour duration and are open to all



**NEW  
Categories!**  
Over 10 NEW  
Categories

**LAU GAR**  
South West of England  
**DEMONSTRATION  
TEAM**

Master Yau Presents the  
**British Kung Fu Association**

# **NATIONAL CHAMPIONSHIPS 2010**

Doors Open 9am - Tournament Begins 10am

**Open to  
All Styles  
& Associations**

**SUNDAY 31st OCTOBER**  
**Cocksmoors Woods Leisure Centre**  
Alcester Road South, Kings Heath, Birmingham B14 6ER

[www.laugar-kungfu.com](http://www.laugar-kungfu.com)

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# NATIONAL CHAMPIONSHIPS 2010

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## KIDS POINT FIGHTING

- 1) **-4ft 4' Beginner** (1st 3 grades)
- 2) **-4ft 4' Int - Adv** (4th grade up)
- 3) **-4ft 8' Beginner** (1st 3 grades)
- 4) **-4ft 8' Int - Adv** (4th grade up)
- 5) **-5ft Beginner** (1st 3 grades)
- 6) **-5ft Int - Adv** (4th grade up)
- 7) **+5ft Beginner** (1st 3 grades)
- 8) **+5ft Int - Adv** (4th grade up)

## MENS POINT FIGHTING

- 9) **Mens Beginner** (1st 3 grades)
- 10) **Mens Intermediate**
- 11) **Mens Advanced** (Brown & Black)

## WOMENS POINT FIGHTING

- 12) **Ladies Beginner** (1st 3 grades)
- 13) **Ladies Int - Adv** (4th grade up)

## MENS CONTINUOUS FIGHTING

- 14) **Mens Light** (all grades) **-69kg**
- 15) **Mens Light** (all grades) **-79kg**
- 16) **Mens Light** (all grades) **+79kg**

## WOMENS CONTINUOUS FIGHTING

- 17) **Ladies Light** (all grades) **-60kg**
- 18) **Ladies Light** (all grades) **+60kg**

## SETS

- 19) **Kids Sets** (all grades)
- 20) **Adult Sets Advanced**

## PUSHING HANDS

- 21) **Adult Pushing Hands Advanced**  
(Black Sashes Only - to be entered by a senior instructor)

## TEAMS

- 22) **Junior Teams -5ft** (3 per team)
- 23) **Junior Teams +5ft** (3 per team)
- 24) **Ladies Team** (3 per team)
- 25) **Mens Team** (3 per team)

**Kids** - 16 Years and Under

**Beginner** - Novice up to and including 4th Grade

**Intermediate** - 5th Grade to below Brown

**Advanced** - Brown & Black Belt

## ENTRY FEES

|                                   |            |
|-----------------------------------|------------|
| <b>Kids First Category</b>        | <b>£12</b> |
| <b>Kids Additional Category</b>   | <b>£5</b>  |
| <b>Adults First Category</b>      | <b>£12</b> |
| <b>Adults Additional Category</b> | <b>£5</b>  |
| <b>Kids Team</b>                  | <b>£10</b> |
| <b>Adults Team</b>                | <b>£10</b> |
| <b>Spectators</b>                 | <b>£6</b>  |

(Children under 4yrs Free)

**Doors Open 9am - Tournament Begins 10am Prompt**