

# Lau Gar Squad Training

As you know Lau Gar is one of the most prestigious fighting styles in Britain we have won many tournaments at home and abroad and have produced many World, European and National champions.

Now we feel this is the time to regain our status of being the best by producing the best fighters at National and International levels.

So now we are bringing back **The Lau Gar Squad Training**

We need fighters like **you** to be a part of this new initiative and hopefully regain our No1 status. We are not your instructor, you have your own; we are building a new elite team which you will be part of the future of Lau Gar.

Dates: The training will be the last Sunday of each month 12noon till 3pm  
Venue: British Kung Fu Association Headquarters, Glover and Burley Building, Digbeth, Birmingham, B5 6BH.

So if you feel as though you want to be a part of the future fighters for Team Lau Gar then please forward your details to Brian Nelson:

Either Phone: 07784125614 or E-Mail: [briannelson@talktalk.net](mailto:briannelson@talktalk.net)

You will then be contacted and given a start date, hope to see you there.

**Please Note:** This is only open to current Lau Gar practioners under the BKFA.

## Lau Gar Squad Training Application Form

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NAME ..... DATE OF BIRTH.....

ADDRESS .....

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PHONE NUMBER .....

EMAIL ADDRESS .....

YOUR LAU GAR CLUB ..... CLUB INSTRUCTOR .....

SIGNITURE .....

PARENT OR GUARDIAN SIGNATURE IF UNDER 18