

Lau Gar Inter-Club Competition

At
**Codsall Leisure Centre, Elliots Lane, Codsall,
WV8 1PG**

on
Sunday 16th May 2010

From
10.00am to 4.30pm

Programme:

10.00am Registration

10.30am Competition

- Little Dragons
- Semi-Contact (Junior, Senior Men and Ladies)
- Light Continuous (Senior Men and Ladies Only)
- Sets (Junior and Senior)
- Teams (Junior, 3 in a team)

4.00pm Presentations

4.30pm Finish

Entry Fees:

Juniors (Under 16) - £5

Seniors - £10

Spectators £2

(All surplus money raised will go to equipping the Staffordshire Lau Gar Clubs)

Closing Date: 1st May

Please give completed entry form with entrance fee to your club instructor

Competition Entry Form

Categories Entering: _____ (PTO for category numbers)

Name: _____ **Age:** _____

Grade: _____ **Male/Female:** _____ **Club:** _____

Address: _____

Fee enclosed: _____ (Please make cheques payable to: Mr. P. Sabin)

Categories

Semi-Contact		
No.	Category	Level
1.	Little Dragons	Under 8 years
2.	Juniors	Under 16 yrs, under 5ft, Beginners to 3 rd Grade (mixed)
3.	Juniors	Under 16yrs, 5ft to 5ft 6in, Beginners to 3 rd Grade (mixed)
4.	Juniors	Under 16yrs, over 5ft 6in, Beginners to 3 rd Grade (mixed)
5.	Juniors	Under 16 yrs, under 5ft, Intermediate, 4 th Grade to Brown (mixed)
6.	Juniors	Under 16yrs, 5ft to 5ft 6in, Intermediate, 4 th Grade to Brown (mixed)
7.	Juniors	Under 16yrs, over 5ft 6in, Intermediate, 4 th Grade to Brown (mixed)
8.	Ladies	All Grades
9.	Men's	All Grades
Light Continuous		
10.	Ladies	All Grades
11.	Men's	All Grades
Sets		
12.	Juniors	Up to and including Green Sash
13.	Juniors	Open
14.	Seniors	Hand Forms up to Orange Sash
15.	Seniors	Hand Forms Green to Purple Sash
16.	Seniors	Hand Forms Open
17.	Seniors	Weapon Forms up to and including Brown Sash
18.	Seniors	Weapon Forms Open
Teams		
19.	Juniors	Under 5ft, 3 per team (can be mixed)
20.	Juniors	Over 5ft, 3 per team (can be mixed)