

## Gong Fu Intensive Training Summer Camp 2021

July 30, 2021– August 8th, 2021

### Day 1 (July 31st- Saturday) most of the training Outside

8:30 AM	Greeting/Creed/Rules/Leadership Brief? Intro Zen Tai Gong and Zen Tai Kong
10:00 AM	Zen Tai Gong -Zen Tai Kong Intro with consciousness/intelligence Bodhidharma Yoga
11:00 AM	Stretch Kicks/ Jump Kicks/Kung Fu & Sanda Drills
12:00 PM	Review/Demo for fun and evaluation/ scripts for the week/ filming brief
1:00 PM	Break for Lunch/Word of Day
2:00 PM	Stretching Warm Ups
2:30 PM	Zen Tai Gong Advanced Martial Arts/Animals
3:15 PM	Tiger Defense Decoding/Application in Defense Maneuver
4:00 PM	Curriculum Overview/Dinner
5:30 PM	Defense and Offense Drills in Groups/some may join classes
7:45 PM	Sanda drills with Sanda kickboxing and Sanda classes
8:30 PM	Each Individual Demonstration/Clean Up

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### Day 2 (August 1st. Sunday) outside

8:00 AM	Zen Tai Gong - Meditation/Breathing /Consciousness/Camp direction of humanity
8:30 AM	Character -Grit Reprogramming/empty the mind/ Sanda Stretching Kicks
9:30 AM	GBSC Special forms and accountabilities
11:00 AM	SWAT/ Forms and accountabilities
1:00 PM	Lunch Break
2:00 PM	Zen TaiGong-Gong Fu Application with Forms along with internal
3:00 PM	Tong Bei/Qi Xing Quan/7 Star Form & Ba Bu Lian Huan Quan/ Decoding/Defense Maneuvers
4:00 PM	Curriculum Training/Curriculum Decoding in Defense and Offense drills/Qin Na/ Dinner
5:30 PM	Weapons (outside) – of choice
6:30 PM	Dinner
7:30 PM	Pairing/Defense Reviewing/Drills
8:30 PM	Demos/Cleaning
9:30 PM	Bed Time

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### Day 3 (August 2nd/ Monday) Park

8:00 AM	Arrive at Park/short running  Chan Meditation/ ancient wisdom/future humanity
9:00 AM	Zen Tai Gong 2//Bodhidharma Yoga
9:30 AM	Shaolin Forms Decoding/with Sanda Combos
11:00 PM	7 Star /Chao Yang/Cannon P3 (advanced trial)/ Tong Bei
12:00 PM	Break for Lunch/Word of the Day
2:00 PM	Arrive back to SI. Unique weapon forms & accommodations for basic students.
3:00 PM	Wisdom of Dao and Chan/Zen Consciousness life intelligence
3:30 PM	Zen Tai Gong-Decoding/Defense Maneuvers/instructors,
4:00 PM	Curriculum Overview/ staff Spear basics
5:00 PM	Dinner
7:00 PM	Zen Tai Gong Defense Decoding and Offense Drills in Groups review/ weapons review brief
8:30 PM	Running 2 miles at the park – Nearby /Park
9:30 PM	Bed Time

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### Day 4 (August 3rd. Tuesday)

8:30 AM	Meditation/Filming story-board conscious direction
9:15 AM	Discipline Training/Distance/Dash/ Running/Drills
9:45 AM	Shaolin Morning Conditioning/Toughening with Sanda Drills
11:00 AM	Zen TaiGong Internal & External
12:00 PM	Lunch break
1:00 PM	Advanced weapons: Tong Huo Gun/Feng Mou Gun/basic GBSC
2:30 PM	Zen Tai Gong Curriculum/Pads/Situation Fights/Tai Chi Forms/Applications
3:30 PM	Curriculum: Escape drills/ dynamics
4:15 PM	Competition on reviewing day's activities/cleaning to end session
5:00 PM	Dinner
6:30 PM	Stretch with breathing to finish/ Join the class if wishing
8-9:00 PM	Review/ clean up
9:30 PM	Bed Time

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**Day 5 (August 4th. Wednesday)**

8:30 AM	Chan Meditation, Wisdom of Chan and Dao/Zen TaiGong
9:00 AM	Zen Tai Gong/ Bodhidharma Yoga
9:30 AM	Running 4 miles
11:00 PM	Review + continue Tong Huo Gun/Feng Mou Gun/Basic and GBSC for beginners
12:00 PM	Break for Lunch/Word of the Day
2:15 PM	Unique Weapon Application & Fan Form
3:30 PM	Zen Tai Gong Decoding with Defense Application
4:00 PM	Curriculum Overview/cleaning
5:00 PM	Dinner
6:00 PM	Leadership Class
8:30 PM	Each Individual Demonstration/Clean Up
9:30 PM	Bed Time

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### Day 6 (August 5<sup>th</sup> Thursday) Stone Mountain

6:00 AM	Arrive at Stone Mountain
6:06 AM	Hike – bear crawl, etc.
7:00 AM	Meditation
9:15 AM	Discipline Training/Distance/Dash/Running Drills
9:45 AM	Shaolin Morning Conditioning/Toughening with Sanda Drills
11:00 AM	Weapons such as staff/ Animal Forms (Advance students); Ba Bu + Accommodations (Basic Students)
12:00 PM	Zen Tai Gong Cardiovascular Endurance
1:00 PM	Lunch break
2:00 PM	Wisdom of Chinese Dao mind -Eastern Mind
3:00 PM	Leave back to SI
4:00 PM	Arrive at SI - Matching on reviewing day's activities/cleaning to end session/Stretch with breathing to finish
4:45 PM	Dinner
5:45 PM	Join the class if wishing
8-9:00 PM	forms and weapons Review/ clean up
9:30 PM	Bed Time

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**Day 7 (August 6<sup>th</sup> Friday)**

8:00 AM	Meditation/Breathing Student Creed, Rules and Word of the Day
8:30 AM	Neighborhood park Distance Running
9:30 AM	Zen Tai Gong External-Toughening and Conditioning
11:00 AM	Special Tai Chi Class/Zen Tai Gong Internal
12:00 PM	Lunch Break
1:00 PM	Zen Tai Gong with some tradition like Mi Zhong/Qi Xing/Chao Yang/Da Hong decoding
2:00 PM	Gong Fu Fun Energizer: Jump kicks, fish flip belly, five dragons...Defense Falls Rolls, Cart-wheels, Crawling, Frog Jumping, Crab Walk, other Fan Conditioning
3:00 PM	GBSC OR Weapons Training Outside /whips, Pu Dao and other weapons with limited decoding drills reviewing
3:45 PM	Zen Tai Gong in Flow with Mi Zong Quan II, 密踪拳/ Da Hong Quan and Decoding Drills reviewing
4:30 PM	Shaolin Weapons (outside) soft weapons and flexible weapons/Pu Dao/ Broad
5:15 PM	Dinner Break
6:00 PM	Shaolin Weapon and Weapon Duilian/Reviewing Testing; Situation Escape drills, Situation Defense
8:00 PM	Final Demo/ certification
9:30 PM	Bed Time

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**Day 8 (August 7<sup>th</sup> Saturday)**

8:00 AM	Zen Tai Gong -Future Humanity
8:30 AM	Light running
9:30 AM	Zen Tai Gong Internal and External
11:00 AM	Reprogramming -Grit
12:00 PM	Lunch Break
1:00 PM	Zen Tai Gong
2:00 PM	Zen Tai Gong - Gong Fu Fun
3:00 PM	Zen Tai Gong and Weapons
3:45 PM	Shaolin Weapons (outside) soft weapons and flexible weapons/Pu Dao/ Broad
4:30 PM	Zen Tai Gong in Flow with Mi Zong Quan II, 密踪拳/ Da Hong Quan and Decoding Drills reviewing with Final Demo
5:15 PM	Dinner Break
6:00 PM	Shaolin Weapon and Weapon Duilian/Reviewing Pre-Testing; Situation Escape drills, Situation Defense
8:00 PM	Final Demo/ certification
9:30 PM	Bed Time

**Day 8 (August 8<sup>th</sup> Sun)**

8:00 AM	Zen Tai Gong Meditation
8:30 AM	Testing
9:30 AM	Certification
12:00 Noon	Lunch/home