

Residence & Overnight Camp (LQC)

All schedules are subject to change without notice

Summer Day Camp (Week 1) June 2022

Registration on site	June 12th		
First Day in Training	Day 1 Monday June 13th		
8:00-9:00	Intro. Warm Up, Stretching, understanding Qi & Gong Fu Reprogramming		
9:00-10:00	Briefing: Who are we, where are we from and where are we going? Why? & What are we doing here? ... Homework for future presentation		
10:00-10:15	Break		
10:15-11:00	affirmation, Agenda, Kung Fu Basics & Body & Mind Reprogramming		
11:00-12:00	Brainstorm story ideas (Groups)		
12:00-1:00	Lunch		
1:00-2:00	Basic Chinese		
2:00-3:00	Kung Fu Basics Forms & Defense		
3:00-3:15	Snack Break		
3:15-4:00	Filming (Call to Action) production Watch a film on Empty Mind-Nothingness and Potential		
4:00-5:30	999 Medibreath & Zen Tai Gong Opening Basic Storytelling (Step 1: What is a call to action), Nothingness, Energy & Matter		
5:30	Dinner		
6:30 -8:30	Evening Training with class and more		
8:30 -9:00 PM	Cleaning & Rest		
June 14th Tue			
7:00-9:00	Warm Up /Jogging/Running/Team work		
9:00-10:00	Student Creed, Agenda Kung Fu Basics Body-Mind Cleansing/Reprogramming		
10:00-10:15	Break		
10:15-11:00	Homework exploration: what, why, where?		

	Basic Storytelling (Step 2: What is my character's motive?)		
11:00-12:00	Brainstorm story ideas/Storyboard: reprogram one's mind		
12:00-1:00	Lunch		
1:00-2:00	Chinese Calligraphy		
2:00-3:00	Zen Tai Gong Cleansing/Reprogramming Kung Fu		
3:00-3:15	Break		
3:15-4:00	Consciousness Kung Fu reprogramming to be free Film/Draw (Character Motivation) Everyone is an artist painting		
4:00-4:30	999 Medibreath Ecosystem & Tai Gong Flex, Empowerment		
4:30-5:30	Zen Tai Gong & Reviewing Basic Forms and Combos		
5:30	Dinner		
6:30 PM -8:30	Training with Qi group classes		
8:30 -9:00 PM	Cleaning & Rest		
June 15th, Wed.			
Day 3			
8:00-9:00	999 Medibreath/Stretching Games, Warm Up Stretching -Breathing		
9:00-10:00	Affirmation, Kung Fu Mind-Body Cleansing/reprogramming		
10:00-10:15	Break		
10:15-11:00	Eastern Philosophy: nothingness and energy frequency - empty mind Homework review who, why, what, where?		
11:00-12:00	Basic Storytelling (What is an obstacle / what is a plot?)		
12:00-1:00	Lunch		
1:00-2:00	Foreign languages: French or Chinese		
2:00-3:00	Kung Fu Sanda and Applications		
3:00-3:15	Break		
3:15-4:00	Consciousness - Humanity Kung Fu Film/Draw Production		
4:00-4:30	999 Medibreath - Tai Gong Flex		
4:30-5:30	Reviews and presentations		
5:30 PM	Dinner Time		
6:30 PM	Resume Evening Training forms and applications		
8:30 PM	Home world review, Clean and Rest		

June16			
Day 4 Thursday			
8:00-9:00	Review 999 Medibreath/Warm Up/Stretching,		
9:00-10:00	Body-Mind Cleansing/Reprogramming Kung Fu/ a word on “Jing”		
10:00-10:15	Snack Break		
10:15-11:00	Stories and right consciousness		
11:00-12:00	Brainstorm story ideas/Students’ Basic Storytelling (What is a climax?)		
12:00-1:00	Lunch		
1:00-2:00	Caligraphy		
2:00-3:00	Kung Fu Animal forms		
3:00-3:15	Break		
3:15-4:00	Film/Draw (Climax of story) Production		
4:00-4:30	999 medibreath & Zen Tai Gong Flex		
4:30-5:30	Wrap with consciousness of perceiving and conceiving, self-learning/creating		
5:30 PM	Dinner Time		
6:30 PM	Training with Shifu on Zen Tai Gong		
7:30 -8:30	Homework review		
June 17			
Day 5 Friday			
8:00-9:00	Kung Fu kicking Games, Breathing Stretching Warm Up		
9:00-10:00	Affirmation Body-Mind Cleansing/Reprogramming Kung Fu		
10:00-10:15	Break		
10:15-11:00	Zen & Kung Fu Action to Body-Mind Reprogramming		
11:00-12:00	Brainstorm story ideas:storytelling (What is a plot twist? What is a resolution?)		
12:00-1:00	Lunch		
1:00-2:00	Spanish (or a bit of Japanese)		
2:00-3:00	More Kung Fu action inner strength		
3:00-3:15	Snack Break		
3:15-4:00	Film (Resolution of story) Humanity -Consciousness, Storyboard, Production		
4:00-4:30	999 MediBreath consciousness direction and Zen Tai Gong		

4:30-5:30	Review and presentation
5:30 PM	Dinner Time
6:30 PM	All Forms and Application and reviews /partial homework submission
8:30 PM	Clean and Rest
June18	
Day 6 Sat.	
7:00 AM -9:30	Park Training Climbing and Running match
	Stretching and Kicks with reconditioning
10:30 -11:30	Body-Mind Cleansing/Reprogramming/Kungfu Kickboxing
11:30 -12:30	Forms and Applications
12:30 PM	Eat Out
2:30 -4:30	Consciousness quantum science
	999 Medibreath and Zen Tai Gong Kungfu
4:30 -5:30	Presentation and discussion
5:30 PM	Dinner Time
6:30 PM	Over all Review and Wrap up Final demo
8:30 PM	Cleaning and Rest /partial homework
June 19	
Day7 Sun.	
8:00 AM	999 Meidbreath Zen Tai Gong
9:00 AM	Shaolin 1 Tiger/Animals forms
10:00 -10:15	Break
10:15 -11:30	Arts and Musical /Eastern Philosophy
11:30 -12:30	Kungfu Combos
12:30 PM	Lunch
2:30 PM - 4:30	Weapons for fun
4:30 PM	Filming Presentation
5:30 PM	Dinner

7:30 PM	Review and Rest
June 20	
Day 8 Monday	Week 2
8:00 - 9:00	999 Medibreath Standing Pole
9:00 -10:15	Student Creed, Rules and agendas, Matching and Stretching Kicks
10:15	Snack Break
10:30-11:30	Forms and Decoding
11:30 -12:30	Individual Presentation
1:30 PM	Chinese
2:30	Calligraphy/Filming
3:30 PM	Creative and traditional Kung Fu Filming
4:30 PM	Presentation - Eastern Philosophy and my life
4:30 -5:30	Discussion on reprogramming and reconditioning
5:30 PM	Dinner
6:30 PM	Evening with Class and Reviews on Kung Fu or Tai Chi programming
7:30 - 8:30 PM	Eastern Philosophy
8:30	Clean and Rest
June 21	Week 2
Day 9 Tue	
8:00 AM	Running and Matching
9:00 -10:15	999 Medibreath and Stretch with Qi
10:15	Break
10:30-11:30	Applications and Wrestling
11:30 -12:30	Film & Eastern Philosophy-quantum science and our lives
12:30	Lunch
1:30 PM	Chinese and stories filming
2:30	Consciousness of the mind and body with Eastern Philosophy
3:30 PM -4:30	Forms and Decoding
4:30 -5:30	Presentations with individual and groups - in consciousness of Zen

5:30 PM	Dinner Time	
6:30 PM	Evening Qi Review and homework -who and what	
7:30 PM	Reviews	
8:30 PM	Clean and Rest	
June 22	Day 10	
Wednesday		
8:00 AM	Agendas briefing, Self-learning-Discipline Bruce Lee	
8:30 -9:30	Jagging and running , stretching kicks	
9:30 -10:30	Body-Mind Cleansing/Reprogramming/GRIT Character Training Stories	
	Break/Snack	
10:45 -12:00	Kungfu Basic Forms pairing/drills (Defense-Safety)	
12:00	Lunch	
1:30 PM	French/Japanese/Spanish	
2:30 PM	Kungfu Self Learning/Discipline Drills Training	
3:30 -4:30 PM	Film and Editing, going to Storyboard	
4:30 PM -5:30	Recap Teaching & Review Presentation	
5:30 PM	Dinner Time	
6:30 PM	Training with Summer Classes	
7:30 PM	Reviews and Presentations	
8:30 PM	Clean and Rest	
June 23		
Day 11 Thur		
8:00 AM	999 Medibreath and history of Science with Zen - Eastern Philosophy	
9:00 AM	Body-Mind Cleansing/Reconditioning and reprogramming	
10:00-11:00	Pair stretches, kickboxing stretches, stretch kicks	
11:00 -12:00	Jumps, jumping kicks	
12:00	Lunch	
1:00 -2:00	Forms in pairings, defense and escaping drills	
2:00 -3:00	Wushu combinations and defense drills	

3:00 -4:30	Recap Teaching & Review languages/submission of homework on Eastern Philosophy	
4:30 -5:30	Pair stretches, kickboxing stretches Sanda Basics	
5:30PM	Dinner Time	
June 24		
Day 12, Fri		
7:00	Park arrival climbing and jogging	
8:00 AM	About Human consciousness -Zen 999 Medibreath	
90:00	Grit of Gong Fu	
10: -11:30	History of Science/Cosmology-quantum world	
11:30 -12:30	Kung Fu reaction play	
12:30 PM	Lunch	
2:30 PM	Body-Mind Cleansing/Reprogramming/GRIT Character Training	
3:30	Jab-cross drills in circles and self-defense maneuvers	
4:30 -5:30	Kung Fu reaction shadow and light sparring play	
5:30 PM	Dinner Time	
6:30 PM	Join GBS class	
7:30 PM	Review and Presentation	
8:30 PM	Clean and Rest	
June 25th		
Day 13, Saturday		
8:00 AM	999 Mdibreath and LQC	
9:00	Body-Mind Cleansing/Reprogramming/Zen Tai Gong Flex p3 (Shen)	
10:15	Break for Snack	
10:30 -11:30	Basic Weapons and Intermediate Shaolin Forms	
1130 -12:30	Reviews	
12:30	Lunch	
2:00 PM -3:00	Eatern wisdom bridging western science	
3:15 -4:30	Zen Tai Gong/ filming production	
4:30 -5:30	Presentation	

5:30PM	Dinner	
6:30 PM -8:00 PM	Review and Present	
8:30 PM	Rest and Clean up	
June 26		
Day 14, SUN		
8:00 AM	GRIT Character Cosmic & Human Consciousness	
9:00 AM	999 medibreath and Combos	
10:15 AM	Break	
10:30 AM-11:30	Body-Mind Cleansing/Reprogramming Kungfu & decoding	
11:30 AM -12:30	Weapons	
12:30 PM	Lunch time	
1:30 PM	Foreign languages presentation	
3:30 PM	Consciousness Discussion: what is	
4:30 PM	Kungfu and Application Presentation	
5:30 PM	What is Body-Mind Cleansing/Reprogramming in Filming Presentation	
6:30 PM	Dinner	
7:30 -8:30 PM	Free Play /submission of Eastern Philosophy in what, who where, and why	
June 27, Mon		
Day 15		
8:00 AM	Who are we? presentations	
9:00 AM	999 medibreath and Combos	
10:15 AM	Break	
10:30 AM-11:30	Body-Mind Cleansing/Reprogramming Kungfu & decoding	
11:30 AM -12:30	Languages: Chinese, Spanish, French and/or other	
12:30 PM	Lunch time	
1:30 PM	Conversation - basic presentation	
3:30 PM	Intelligence -Wisdom	
4:30 PM	Kungfu & Application - practical defense maneuver	
5:30 PM	Individual and group presentation	

6:30 PM	Dinner	
7:30 PM	Join group class and leadership	
8:30 PM	Cleaning and Rest	
June 28th, Tue		
Day 16		
8:00 AM	Where are we from? Evolution - DNA presentations	
9:00 AM	999 medibreath - energy frequency/Body-Mind Cleansing/Reprogramming	
10:15 AM	Break	
10:30 AM-11:30	Kungfu Reprogramming & Cleansing	
11:30 AM -12:30	Weapons for fun	
12:30 PM	Lunch time	
1:30 PM	Chinese Calligraphy and Painting	
3:30 PM 5:30	Kungfu Qinna/ Grappling	
5:00 PM-6:00 PM	Body-Mind Cleansing/Reprogramming Presentation - Film	
6:00 PM	Dinner	
7:30 PM	Qi - Tai Chi play	
8:30 PM	Clean and Rest	
June 29, Wed.		
Day 17		
8:00 AM	Zen Consciousness, Tai Gong presentation group	
9:00 AM	999 medibreath and Combos - Silence and Recharge	
10:15 AM	Break	
10:30 AM-11:30	Tai Gong - Kung Fu Body-Mind Cleansing/Reprogramming	
11:30 AM -12:30	Presentation	
12:30 PM	Lunch time	
1:30 PM	Foreign languages French and Other	
3:30 PM	What is mind and what is intelligence	

4:30 PM	Two realities - Oneness	
5:30 PM	Discussion and Presentation	
5:30 PM	Dinner	
6:30 -8:30 PM	Self-Defense, Pads and drills, and Presentation	
8:30 PM	Clean and Rest	
June 30, Thur. .		
Day 18		
8:00 AM	Jing, Qi Shen, - LQC - Tai Gong	
9:00 AM	999 medibreath - Meditation - DNA blueprints rewriting	
10:15 AM	Break	
10:30 AM-11:30	Tai Gong Combos - Kung Fu Body-Mind Cleansing/Reprogramming	
11:30 AM -12:30	Free Tai Gong Combos creating and Presentation	
12:30 PM	Lunch time	
1:30 PM	Chinese	
3:30 PM	Science and Technologies - External smartness	
4:30 PM	Potentiality -consciousness -inner wisdom	
5:30 PM	Discussion and Presentation on consciousness, potentiality	
5:30 PM	Dinner	
6:30 -8:30 PM	Zen Tai Gong Freedom and application in Self-Defense,	
8:30 PM	Cleaning and Rest	
July 1st, Friday. .		
Day 19		
8:00 AM	LQC - Tai Gong Perceive and conceive with action	
9:00 AM	999 medibreath - Deep Meditation - Transcending images and status	
10:15 AM	Break	
10:30 AM-11:30	Tai Gong Combos - Kung Fu Awareness of the mind and body connection	
11:30 AM -12:30	Free Tai Gong Body-Mind Cleansing/Reprogramming Presentation	
12:30 PM	Lunch time	
1:30 PM	Foreign languages and universal commonality	

3:30 PM	Future Creation and New Era of humanity here nad now	
4:30 PM	Ripple effects of cosmic infinite potentiality - innermost consciousness	
5:30 PM	Future is here and now - Discussion and Presentation on consciousness, potentiality	
5:30 PM	Dinner Time	
6:30 PM	Group class	
7:30 PM	Review and presentation on LQC, Kung fu and Zen Tai Gong	
8:30 PM	Clean and Rest / chat on Eastern Philosophy	
July 2nd. Sat.		
Day 20		
8:00 AM	LQC - Why and What ?	
9:00 AM	What is 999 medibreath - Deep Meditation - and Zen infinite mind	
10:15 AM	Break	
10:30 AM-11:30	Tai Gong Combos - Kung Fu Body-Mind Cleansing/Reprogramming	
11:30 AM -12:30	Qinna and Shuaijiao - individual Presentation	
12:30 PM	Lunch time	
1:30 PM	Chinese -Western Minds	
3:30 PM	Why meditation, the observed and observer are into one and same	
4:30 PM	Inner connectedness of cosmic infinite innermost consciousness	
10:15 AM	Break	
10:30 AM -11:30	Self Defense in Shuai Jiao and Qinna interaction and games	
11:30 AM	Review and Presentation	
12:30 PM	Lunch Time	
2:30 PM 4:30 PM	Over all Review Zen Tai Gong and Kung Fu and practical street encounters	
4:30 PM -5:30	Individual Presentation	
5:30 PM	Dinner Time	
6:30 PM	Conversation and discussion	
8:00 PM	Free Play and Rehearsal /Submission of Who and Why with what	
9:00 PM	Clean and Rest	
July 3rd, Sun.		

Day 21st		
8:30 AM	Running	
	Stretching and presentation	
9:30 AM	Zen Tai Gong Empowering: Cleansing/Reprogramming	
10:30	Break	
10:45-11:30	discussion	
	What is Zen Tai Gong and 999 Medibreath to each of us	
11:30 AM -12:30	Cleansing/Reprogramming? Practical health, Detoxification body-mind	
12:30 PM	Lunch time	
1:30 PM	Chinese - and other languages simple dialogues	
3:30 PM	Observe the connectedness & recognize the differences in reality manifestation	
4:30 PM	Life and and Cosmic Consciousness -Big Bang and Beyond	
5:30 PM	Dinner	
6:30 PM	Demonstration/presentation	
8:00 PM	Clean and Rest	
July 4th Mon		
Day 22d		
9:00 AM	Running and Jogging	
10:00 -11:00	Body-Mind Cleansing/Reprogramming Kungfu Infinite Mind in Meditation	
11:00-12:30	Kung Fu application and Kickboxing	
12:30	Lunch	
2:30 PM	Review Kung Fu and Defense drills	
4:00 PM -5:30	Kung Fu Drills and kickboxing drills	
	Body-Mind Cleansing/Reprogramming	
5:30 PM	Dinner	
6:30 PM	Review an Play homework presentation	
July 5th, Tue.		
Day 23rd		

8:30 AM	Running	
9:30 AM	Zen Tai Gong Empowering: Cleansing/Reprogramming	
10:30	Break	
10:45-11:30	Stretching and discussion	
	What is Zen Tai Gong and 999 Medibreath to each of us	
11:30 AM -12:30	Cleansing Detoxification, body-mind reprogramming Kung Fu	
12:30 PM	Lunch time	
1:30 PM	Languages simple dialogues	
3:30 PM	Observe the connectedness & recognize the differences in reality manifestation 999 Medibreath Zen Tai Gong	
4:30 PM	Zen Tai Gong Empowering: Cleansing/Reprogramming Life Consciousness Beyond	
5:30 PM	Dinner	
6:30 PM	Demonstration/Presentation	
8:00 PM	Clean and Rest	
July 6th Wed.		
24th Day		
9:00 AM -10:00	999 Medibreath short/ Running and Jogging	
10:00 -11:00	Body-Mind Cleansing/Reprogramming Kungfu Infinite Mind - Meditation	
11:00 -11:15	Breath	
11:15-12:30	Zen Tai Gong Empowering: Cleansing/Reprogramming/Kickboxing	
12:30	Lunch	
2:00 PM -3:30	Review Kung Fu and Defense Drills /Wrestling (Shuijiao)	
3:30 -4:30 PM-	Kung Fu Drills and Kickboxing Drills	
4:30 -5:30	Review and Presentation Filming Production	
5:30 PM	Dinner	
6:30 PM	Class Group & Reviewing	
8:30 PM	Presentation Individual - Cleansing & Resting	

July 7th Thur.		
25th Day		
8:00 AM -9:00	999 Medibreath/ Zen Tai Gong Empowering: Cleansing/Reprogramming	
10:00 -11:00	Body-Mind Cleansing/Reprogramming Kungfu/ deep motion Meditation	
11:00 -11:15	Breath	
11:15-12:30	Zen Tai Gong: Cleansing/Reprogramming/Kickboxing Kung Fu	
12:30	Lunch	
2:00 PM -3:30	Animal Kung Fu and Defense drills /Qinna Wrestling (Shuijiao)	
3:30 -4:30 PM-	Kung Fu Drills/Weapons and kickboxing drills	
4:30 -5:30	Review and Presentation	
5:30 PM	Dinner	
6:30 PM	Qi Cleansing - Detoxification -Reprogramming	
8:30 PM	Cleansing and Resting	
Intensive camp	July 8th which is presented in another chart	

More intensive extension to be reviewed

Jul 17th to 30th starts Extended intensive and residence camp samples to be revised accordingly without notice

Extended Day 1	
	Briefing
5:00 PM	Early Register
7:00PM	Brief/Shifu
8:00 PM	Kungfu & Sanda Drills/Tai Chi push hands/Shifu/ Changing patterns
9:00 PM	Reviews/ Rest
Ex Day 2	July 18th Monday
8:30 AM	Student Creed, Rules & Word of the Day/ consciousness of reprogramming
9:00 AM	Meditation/Stretching/Running/Stretching Kicks/Basics/
10:00 AM	Sanda Drills:
11:30 AM	Beginner forms Lian Huan Quan Pairing -Da Pao Quan Advanced Ba Bu Pairing/Da Hong Quan
1:00 PM	Lunch
2:00 PM	Future Leadership/Instructors' Meeting
3:00 PM	Brief Weapons/Iron Whip/Broadsword/ 2 section/3 section staff Demo by leaders ...Light Shadow and Drills in Shuai Fa,Testing/Weapons Review and Demo/Sanda Warm Ups/leaders
4:00 PM/	Intro Weapons
5:00 PM	Light Sparring/Sanda Sparring/bag work/weight First day Party/everyone is involved
6:00 PM	Break for Dinner
7:00	Sanda, Shuaijiao, QinNA
9:00 PM	Rest

Ex Day 3

8:00 AM	999 Medibreath Cosmic Ecosystem - Meditation/Creed/Shifu
9:30 AM	Stretching Kicks Forms and Application listed below on separate chart
11:00 AM	Sanda Drills/ light and Sanda/Fighting /Tai Chi Sanda/Shifu
	After fight physical conditioning/

11:300 AM	Sanshou Drills/conditioning/Sacrifice attack drills Over head drills, Sanshou drills,
12:00 PM	Selected Weapons/B Dao, Gun, A. Qian or Pudao, Guan Dao, Bian Basics Tai Chi Fans
1:00 PM	Break for Lunch Traditions,
2:30 PM	Curriculum Training /Shaolin inspiration anecdotes and hard training with indomitable spirit/Shifu
3:30 PM	Curriculum/Pads/Situation Fights/Tai Chi Forms/Applications/Shifu
	Push –Hands/Ba Gua Walk Xing Yi Steps
5:30 PM Here a	Curriculum/Body Conditioning/Reviews
6:00 PM	Dinner
7:00 PM	Partial consciousness of humanity Homework presentation

8:00 PM Evening Reviews and Cleaning

Ex Day/4

8:30 AM-9:30	Eastern Philosophy-quantum science along with character of grit word of the Day
9:30 AM-10:30	Meditation Stretching/ Zen Tai Gong/Running/Drills
10:30 AM	Luo Han Pairing, Lian Huan Pairing, Ba Bu Pairing, Tong Bei Pairing, Xiao Hong Pairing Tai Chi and Push Hands
11:30 AM	Weapon Drills and Reviews: Shaolin Basic Dao Dao, Jian, Qiang Shaolin Staff and Basic Staff for advanced beginners Whip chain and three section for more advanced
12:30 AM	Curriculum with /Shifu
	Special Kungfu Form/Tai Chi Forms vs Xingyi and Bagua
1:00 PM	Lunch
2:30 PM	Kungfu Weapons: Basic Spears, Shaolin Fei Dao (Broadsword), Shaolin Basic Dao Basic Dao, Jian, Qiang, Shaolin Staff and Basic Staff Shaolin Pu Dao, Shaolin Whip Chain Basics, Shaolin Double Hook basics Shaolin Basic Three Section Staff Basics Wind Devil Staff /Tai Chi Fans (Whip, Broadsword, Pu Dao and three section)
3:30 PM	Curriculum Kungfu
5:00 PM	Weapon & Forms Reviews continue what have been learned

6:30 PM	Light Eating
7:00 PM	Forms/ Sanda Drills/ Self-Defense Drills/Pads/ Shifu
8:30 PM	Competition Simulation/Bags/Push Hands/Bags/leaders/ Shaolin & Basic Three weapons and Section Staff Basics dr Wind Devil Staff drills /Competition prep
9:30 PM	Homework and Resting

Ex Day 5.

8:00 AM	Student Creed/Word of the Day/Stretching meditating/Shifu
	Discipline Training/Running/Drilling/Shifu/leaders
9:30 AM	Pair stretches, kickboxing stretching Kicks
10:30 AM	Jumps, jumping kicks/Tai Chi Drills
	Short break
11:30 AM	Curriculum forms/ pairings, defense maneuver and situation defense Qin Nan and Ground Qin Na drills
	Lunch Break
2:30 PM	Curriculum/Sanda Drills/Bully situations/Shifu
3:30 PM	Safety and discipline/ Self-Defense Maneuvers/ and form pairing continue
4:30 PM	Forms/Weapons/advancement and review continue
6:00 PM	Stretch and Dinner Break
7: 00 PM	Kickboxing/Light Sanda/Pads/
8:30 PM	Light and Sanda Sparring/Situation Fights/Tai Chi Simulation/Bags

Competition and weapons review including Tai Chi fans

Ex Day 6.

9:00 AM	Student Creed, Rules, and Word of the Day/Leadership
9:15 AM	Discipline Training, Marching Drills, Running Drills Curriculum/ Shifu
9:30 AM	Stretch kick drills/leadership/ teaching synchronization
10:00 AM	Simple drills with defense light touching sparring/forms pairing continue
10:30 AM	Drinking break
10:45 AM	Curriculum-Forms in defense drills and safety awareness
11:30 AM	Pad drills/light sparring/Shifu,

12:00 PM	Lunch break
1:30 PM	Eastern Philosophy -Quantum science -consciousness -life of humanity
2:30 PM	Situation escape drills, situation defense games/Shifu
3:30 PM	Chinese/GBSC Curriculum in forms and pairing
4:00 PM	Hurdles (jumping over pads), jump-roping/funs
4:30 PM	Review Forms and Weapons as well as Ba Gua and Xing Yi Safety Drills
	Demonstration and testing
7:00 PM	Tai Chi Push Hands/ light Sparring/Bags
9:00 PM	Bed Time
Ex Day 7	
8:00 AM	Running/Discipline Training, Running Drills
8:30 AM	Stretch kick drills/with morning class by the water
10:00 AM	Defense light touching sparring/Kungfu forms pairing
10:30 AM	Break
10:45 AM	Forms in Defense and offense maneuvers
11:00 AM	GBSC Curriculum/SWAT Leadership Curriculum Training Procedures
11:30 AM	Pad Drills/Situation Fights/ defense pairing
1:00 PM	Lunch Break
2:30 PM	Demo Forms & Individual Work on what they have devoted and dedicated last few days work
4:30 PM	Weapons to finish and to demo
6:00 PM	Dinner
7:00 PM	Kickboxing and Kungfu Defense /Light Fight and Sanda Shadowing/Bags
8:00 PM	Homework presentation
9:00	Clean & reest

Following list will be itemized into the program

999 Medibreath Cosmic Ecosystem 1-5

Zen Tai Gong flex

Zen Tai Gong Balance -Strength

Zen Tai Gong Mind-Body Freedom

Chinese language in Gong Fu

Sanda, Shuaijiao, QinNA

Sanshou Basic Drills: Jab Cross vs slip and slip (slip block with cross low), and slip-slip into l hook and plus: jab-cross d into overhead backhand, side step into hook, and hook up hand, & hook-hook with up hand; slip –slip hook & hook , slip-slip hook with back hand into chin; and upper cut into the chin ;jab-cross hook vs slip-slip block-catch into press a throw; or into a over hip throw;
 Tai Chi Combat/ Brush Knee and Yang and Chen style combined
 (catch-neck or under arm throw)

Forms: B: Chang Quan, Pao Quan, Tong Bei, A Da Hong ,Xiao Pao or Chao Yang

Prep Talk and Cardio Testing/Sanshou vs MMA fighting analysis Shifu

That throw, that move lateral calm motion, that control, that side kick block

That back turn kick, that space, that rest, that distance control/ ground vs standing, Advanced Mi Zhong 2

Major Forms to work on at this training camp

Here is a Summer Intensive list to be trained on:

To be selected from

Da Hong Quan

Shaolin Foundations such as jump Kicks

Chang Quan

Mi Zhong Quan 2

Basic Shaolin and Tai Chi Curriculum

Shaolin Xiao Hong Quan Pairing

Xiao Pao Quan and Da Pao Quan

Chao Yang Quan/Chang Quan

Bai Bu Pairing

Lian Huan Pairing

Chang Quan Pairing

Basic Spears

Shaolin Fei Dao (Broadsword)

Shaolin Basic Dao

Basic Forms Chang Quan, Dao, Jian, Qiang

Shaolin Staff and Basic Staff

Shaolin Pu Dao

Saolin Whip Chain Basics

Shaolin Double Hook basics

Shaolin Basic Three Section Staff Basics

Wind Devil Staff

Shaolin Defense Maneuver

Shaolin Situation Defense

Ba Gua Walk

Xing Yi Steps
Tai Chi Pairing
Tai Chi Push Hands
Shuaijiao
Qin Na Basics
Ground Qin Na Basics
Tai Chi Fans

Sanda Combo/
Pao Quan/Shifu Review

New Curriculum
Golden Black Sash Testing Curriculum Shifu
Curriculum Training

We shall choose from the above to fill up all the time slot do the best we can to accomplish as much as we can during the week long intensive. All class will be taught by Shifu and assisted by assistants. .