

## Shaolin Intensive Training Summer Camp 2022

July 8, 2022 – July 30 (July 8-18 First phase of the camp, 19-30 2nd extended 2nd phase warriors camp)

### Day 1 (July 9th Saturday)

9:00 AM	Greeting /Creed/Rules/Leadership Brief
10:00 AM	Zen Tai Gong/ 999 Medibreath
11:00 AM	Stretch Kicks/ Jump Kicks/Kung Fu & Sanda Drills
12:00 PM	Review/Demo for fun and evaluation
1:00 PM	Break for Lunch/Word of Day
2:00 PM	Stretching Warm Ups
2:30 PM	Shaolin Tiger Form, Shaolin 1
3:15 PM	Tiger Defense Decoding/Application in Defense Maneuver
4:00 PM	Curriculum Overview/Dinner
6:30 PM	Defense and Offense Drills in Groups/some may join classes
7:30 PM	Sanda drills with Sanda kickboxing and Sanda classes
8:30 PM	Each Individual Demonstration/Clean Up
9:30 PM	Bed Time

### Day 2 (July 10, Sunday)

8:00 AM	Meditation/Breathing Student Creed, Rules and Word of the Day
8:30 AM	Stretching Kicks, Spring & Other Shaolin Toughening and Conditioning
9:30 AM	GBSC Curriculum
11:00 AM	SWAT Curriculum
12:00 PM	Lunch Break
2:00 PM	Special Traditional Forms & Tai Chi for internal
3:00 PM	Filming/media production
4:00 PM	Curriculum Training in forms & Decoding in Defense and Offense drills/Qin Na/ Dinner
5:30 PM	Shaolin Weapons (outside) – 9 Whip
6:30 PM	Dinner
7:30 PM	Ba Bu Lian Huan Quan/ Decoding/Defense Maneuvers
8:30 PM	Demos/Cleaning

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9:30 PM	Bed Time
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### Day 3 (July 11<sup>h</sup> Monday) Parks Creative training

8:00 AM	Arrive at Park  999 Medibreath Eco technologies with Chan Meditation, Wisdom of Chan and Dao stories
9:00 AM	Zen Tai Gong Meditative Stretch/Traditional Bodhidharma Yoga
9:30 AM	Running / Forms decoding
<b>11:00 PM</b>	<b>7 Star /Chao Yang/p1-2 (advanced trial)</b>
12:00 PM	Break for Lunch/Word of the Day
2:00 PM	Back to SI. Unique weapon forms & accommodations for basic students.
3:00 PM	Zen Tai Gong with Wisdom of Dao and Chan/Chinese Language
<b>3:30 PM</b>	<b>Decoding/Defense Maneuvers/instructors training (3 main persons), Ba Bu Lian Huan Defense maneuvers Cleaning in forms</b>
<b>4:00 PM</b>	<b>Curriculum Overview/ staff Spear basics</b>
5:00 PM	Dinner
7:00 PM	Defense Decoding and Offense Drills in Groups review/ weapons review brief
8:30 PM	Running 2 miles at the park – Pinckneyville Park
9:30 PM	Bed Time

### Day 4 (25<sup>th</sup> Tuesday)

8:30 AM	Meditation
9:15 AM	Discipline Training/Distance/Dash/ Running/Drills
9:45 AM	Shaolin Morning Conditioning/Toughening with Sanda Drills
11:00 AM	Tai Chi with other internal/Zen TaiGong
12:00 PM	Lunch break
<b>1:00 PM</b>	<b>Tong Huo Gun/Feng Mou Gun/basic GBSC for beginners</b>
2:30 PM	Curriculum/Pads/Situation Fights/Tai Chi Forms/Applications
3:30 PM	Curriculum: Escape drills/ dynamics

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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

### Day 5 (26<sup>th</sup> Wednesday)

8:30 AM	Chan Meditation, Wisdom of Chan and Dao/Zen TaiGong
9:00 AM	Zen Tai Gong/Traditional Bodhidharma Yoga
9:30 AM	Running 4 miles
11:00 AM	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	Forms 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

### Day 6 (27<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	Secret Animal Forms (Advance students); Lian Han Quan/Ba Bu + Accommodations (Basic Students)
12:00 PM	Cardiovascular Endurance
1:00 PM	Lunch break

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2:00 PM	Wisdom of Chinese Dao mind and Chinese Mind-Body Medicine Curriculum Standardization
3:00 PM	Leave back to SI
4:00 PM	Arrive at SI - Competition 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

### Day 7 (28<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	Stretching Kicks, & Other Shaolin Toughening and Conditioning
11:00 AM	Special Tai Chi Class/internal Qi/Zen Tai Gong
12:00 PM	Lunch Break
1:00 PM	Mi Zhong/Qi Xing/Chao Yang Traditional Forms with Animals for youth and 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 with Sebastian
3:45 PM	Mi Zong Quan II, 密踪拳/ Da Hong Quan and Decoding Drills reviewing with Sebastian/Final Demo
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