

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/

11:30 AM	Sanshou Drills/conditioning/Sacrifice attack drills Over head drills, Sanshou drills,
12:00 PM	Selected Weapons/B Dao, Gun, A. Qian or Pudaο, 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	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