

Shaolin Warrior 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)

## Shaolin Warrior Summer Training Camp 2022

**Day 0: ( July 8th) Pre training briefing on curriculum and training ground set ups**

### **Day 1 (July 9th, Sat.)**

9:00 AM	Chan Meditation:Zen Tai Gong/ 999 Medibreath
10:15 AM	Tai Gong Meditative Stretch/ Traditional Bodhidharma Yoga
11:00 AM	Stretch Kicks/ Jump Kicks
12:00 PM	Break for Lunch/Word of the Day
1:00 PM	Stretching Warm ups
1:15 PM	Shaolin Tiger Form
2:30 PM	Tiger Defense Decoding/Application in Defense Maneuver
3:00 PM	Forms Reviewing &
3:30 PM	Reviewing form/Defense Application
4:00 PM	Curriculum Overview:Curriculum overview/cleaning
5:30 PM	Defense and Offense Drills in Groups
6:00 PM	Dinner
7:00 PM	Sanda drills with Sanda kickboxing and Sanda classes
8:30 PM	Each Individual Demonstration/Clean Up
<b>9:30 PM</b>	<b>Bed Time</b>

### **Day 2 (July 10<sup>th</sup>-Sun)**

8:00 AM	Meditation/999 Medibreath Ecosystem Student Creed, Word of the Day
8:30 AM	Track/ Around School Running
9:30 AM	Stretching Kicks, & Other Shaolin Toughening and Conditioning
11:00 AM	GBSC Curriculum/SWAT Curriculum
12:00 PM	Lunch break
1:30 PM	Special Traditional Forms & Tai Chi for internal
2:30 PM	Traditional Qi Xing Quan/7 Star Form & Ba Bu Lian Huan Quan/ Decoding/Defense Maneuvers
3:30 PM	Curriculum - Training Xiao Luo Han/Mi Zhong (p1) Forms

4:00 PM	Curriculum Decoding in Defense and Offense drills/Qin Na/ Cleaning
5:30 PM	Shaolin Weapons (outside)
6:00 PM	Dinner
7:00 PM	Special Tai Chi Weapons/Other weapons review
8:00 PM	Pairing/Defense Reviewing
9:30 PM	Bed Time

### **Day 3 (11<sup>th</sup> M) Arrival at the Park**

8:30 AM	Meditation: 999 medibreath / word of the day /affirmation
9:15 AM	Discipline Training/Distance/Dash/ Slope/Stairs Running Drills
9:45 AM	Shaolin Morning Conditioning/Toughening with Sanda Drills /other internal
11:00 AM	Traditional Bodhidharma Yoga/internal decoding
11:30 AM	Zen Tai Gong/7 Star /Chao Yang/p1-2 (advanced trial)
12:00 PM	Lunch break
1:30 PM	Traditional Cannons (small or big depending on experience)
2:00 PM	Decoding/Defense Maneuvers/instructors training (3 main persons), Ba Bu Lian Huan Defense maneuvers Cleaning up forms
2:30 PM	Curriculum: Escape drills/ dynamics
3:30 PM	Curriculum Overview/ staff Spear basics
4:00 PM	Shaolin Weapons of the week/ Broadsword and Pu Dao
5:30 PM	Competition on reviewing day's activities
6:00 PM	Dinner
8-9:00 PM	Cannon and other forms decoding in Defense Reviewing
9:30 PM	Bed Time

### **Day-4 (12th, Tue)**

8:30 AM	Chan Meditation: 999 Medibreath, Wisdom of Chan and Dao
9:00 AM	Tai Gong Meditative Stretch/Traditional <a href="#">Bodhidharma</a> Yoga
9:30 AM	Tong Huo Gun/Feng Mou Gun/basic GBSC for beginners

11:00 PM	7 Star /MI Zhong/Xiao Luo Han/
12:00 PM	Break for Lunch/Word of the Day
2:15 PM	continue Tong Huo Gun/Feng Mou Gun/Basic and GBSC for beginners
	Application Defense Maneuver
3:00 PM	Wisdom of Dao and Chan/Chinese Language
3:30 PM	Forms Decoding with Defense Application
4:00 PM	Conditioning/Toughening with Sanda Drills
4:30 PM	Curriculum overview/cleaning
5:30 PM	Dinner
7:00 PM	Zen Tai Gong/Tai Chi Ba Gua
8:30 PM	Defense Decoding & Defense Drills/Each Individual Demonstration
9:30 PM	Bed Time

#### **Day 5 (13/ Wed)**

8:00 AM	Meditation/999 Medibreath Student Creed/ Word of the Day
8:30 AM	Running and conditioning Distance
9:30 AM	Stretching Kicks, & Other Shaolin Toughening and Conditioning
11:00 AM	Tong Huo Gun/Feng Mou Gun/Basic and GBSC
12:00 PM	Lunch Break
2:30 PM	Mi Zhong/Qi Xing/Chao Yang Traditional Forms with Animals for youth and decoding
2:30 PM	Traditional Qi Xing/Luo Han Decoding /Defense Maneuvers
3:30 PM	Wisdom of Chan / Curriculum Training
4:00 PM	Curriculum Defense and Offense drills/Qin Na/Cleaning
5:00 PM	Shaolin Weapons (outside) soft weapons and flexible weapons
6:00 PM	Dinner
7:00 PM	Special Tai Chi Class/internal Qi/Decoding Pairing/Defense Reviewing
9:30 PM	Bed Time

#### **Day 6 (14/ Thur.) Stone Mountain Training**

6:30 Am	Arrival at the stone mountain foot hill
7:00 AM	Running/Walking to the Top Meditation in Chan and Dao:
9:15 AM	999 Medibreath Zen Tai Gong
9:45 AM	Shaolin Morning Conditioning/Toughening with Sanda Drills

11:00 AM	Traditional forms and Weapons
11:30 AM	Cardiovascular Endurance/Form Decoding drills and other Defense Drills
12:00 PM	Lunch break
2:30 PM	Wisdom of the East, Review Forms/Chinese
3:00 PM	Secret Animal Forms (Advance students); Lian Han Quan/Ba Bu + Decoding Basic Decoding Defense Reviewing
3:30 PM	Curriculum: Escape drills/dynamics with forms decoding
4:00 PM	Reviewing
5:15 PM	Shaolin Weapons of the week/ demonstration with weapons decoding
6:00 PM	Dinner
7-9:00 PM	Reviewing in Forms Decoding Defense presentation/meditation to close/clean up
9:30 PM	Bed Time

### **Day 7 (15/ Fri)**

8:00 AM	999 Medibreath - Meditation/Word of the Day/Chinese
9:00 AM	Mi Zhong/Qi Xing/Chao Yang Traditional Forms with Animals for youth and decoding
10:00 AM	Gong Fu Fun Energizer: Jump kicks, fish flip belly, five dragons...Defense Falls Rolls, Cart-wheels, Crawling, Frog Jumping, Crab Walk, other Fan Conditioning
11:00 AM	GBSC OR Weapons Training Outside /whips, Pu Dao and other weapons with limited decoding drills reviewing with Sebastian
12:00 PM	Lunch
2:00 PM	Mi Zong Quan II, 密踪拳/ Da Hong Quan
3:00 PM	Decoding Drills reviewing
4:00 PM	Shaolin Weapons (outside) soft weapons and flexible weapons/Pu
5:00 PM	Weapons Training Outside /whips, Pu Dao and other weapons with limited decoding drills
5:30 PM	Zen Tai Gong 999 Medibreath
6:30	Dinner
7:30 PM	Tai Chi Weapons/forms decoding
8:30 PM	Mi Zong Quan II, 密踪拳/ Da Hong Quan and Decoding Drills
9:30 PM	Bed Time

**Day 8 (16/ SATURDAY)**

8:00 AM	Meditation 999 MEDIBREATH
8:30 AM	Tai Gong/Tong Zi Gong/Chinese Damo Yoga
9:30 AM	Discipline Training, Running/Dashing Competition/Sanshou Defense Drills
11:00 AM	Qi Xing/little Luo Han and/Cannon Traditional Forms Decoding and Weapon Reviews
12:00 AM	Mi Zong Quan II, 密踪拳/ Da Hong Quan and Decoding Drills/ reviewing in Chinese
12:30 PM	Lunch Break
2:00 PM	Wisdom of Shaolin Institute/Chinese/ GRIT
3:00 PM	Situation Escape Drills, Situation Defense Games from Forms decoding
4:00 PM	Curriculum Over Viewing Standardization/Cleaning to Finish
5:30 PM	Weapon and Forms reviewing outside/Pu Dao and Guan Dao with Flexible weapons
6:30 PM	Dinner Break
8:00 PM	Situation Sparring/ Ground QinNa from Forms decoding drills in Lian Huan, Ba Bu, Chao Yang/ Luo Han/Tong Bei
9:30 PM	Cleaning and Bed Time

**Day 9 (17, SUNDAY)**

8:00 AM	Meditation: 999 MEDIBREATH
8:30 AM	Tai Gong/Tong Zi Gong II
9:30 AM	Short Distance running with Sanshou Defense Drills/Toughening
11:00 AM	ZEN TAI GONG ADVANCED Mi Zong Quan II, 密踪拳/ Da Hong Quan and Duilian
12:30 PM	Lunch Break/Chinese Chat
2:00 PM	Zen Tai Gong Advanced : Shaolin QinNa/Qinna/Forms Pairing (Dui Lian)
3:00 PM	Situation Escape Drills, Situation Defense Games Drill Reviewing
4:30 PM	Curriculum Over Viewing Standardization/Demo/Certification Closing
6:30 PM	Dinner Break