

Kung Fu Warrior Intensive Training Summer Camp 2025 July 5th-13th 2025

Kung Fu Warrior Summer Training Camp 2025

Day 0: (July 5th) Pre training briefing on curriculum and training ground set ups

On site registration: Each gets a participation badge

6:30 PM -8:30 PM Briefing and Short training with the camp team

Day 1 (July 5th, Sat.)

7:30 AM final onsite registration obtaining a Intensive summer camp badge with all papers done

8:00 AM	999 Medibreath 3-6-9 initiation, and Light Stretch before running with brief
9:00 AM	Chan Meditation:Zen Tai Gong/ 999 Medibreath model 1 and 2 3-6, 4,-8 model, standing and sitting meditation
10:15 AM	Tai Gong Meditative Stretch/ Traditional Bodhidharma Yoga
11:00 AM	Stretch Kicks/ Jump Kicks (Qi Gong & Tai Gong/Silk Reeling reviews)
12:00 PM	Break for Lunch/Word of the Day
1:00 PM	On Site Registration to obtain a badge with all papers for late arrivals
2:00 PM	Stretching Warm ups
2:15 PM	Teaching: Tai Chi & Shaolin Curriculum review with decoding for 1 Simple Tai Chi, Silk reeling, Ba Bu Lian Huan & Lian Huan with review Shaolin Tai gong 1 ex-2ex - 3
3:00 PM	Teaching: Tai Chi Defense Decoding/Application in Defense Maneuver presentation mainly based on the above
3:30 PM	5 Animals with tiger form reviewing & relearning
4:30 PM	Reviewing segments of form/Defense Applications in the above works /Internal Xing yi/BaGua
5:00 PM	Curriculum Overview:Curriculum overview/cleaning/ Chang Quan - Tai Chi Basics
	Defense and Offense Drills in Groups with forms and combos from above
6:00 PM	Dinner

7:00 PM	TAI CHI Sanda drills with Sanda kickboxing and Kung Fu decoding applications learning and based on the previous decoding and self defense training
8:30 PM	Each Individual Demonstration on what to be performed in Orlando and what one has been practiced /Clean Up
9:30 PM	<u>Bed Time</u>

Day 2 (July 6th Sun)

8:00 AM	999 Medibreath Cosmic Ecosystem 3rd model 6-12 review 1st and 2nd New Student Creed, Word of the Day
8:30 AM	Track/ Around School Running
9:30 AM	Stretching Kicks, & Other Shaolin Toughening and Conditioning Tai Gong and Tai Chi Medibreatha and Pole with Qi delivery
11:00 AM	Teaching: GBS Curriculum TAI Chi - Kung Fu forms Decoding in application...segments of forms refining and deep understanding Tai Gong basic forms 1-3 Tai Gong Flex ...
12:00 PM	Lunch break
2:30 PM	Teaching: Traditional Forms Qi & Tai Chi for internal Ba Bu Lian Huan/Lian Huan Quan/ Shaolin 1-2 Decoding/Defense Maneuvers
3:30 PM	Curriculum - Kung Fu decoding in Chang Quan and Ba Bu/ Ba Gu/ Shaolin 1-2 demo in defense pairing forms Training Pao Quan/Ba gua, (Mi Zhong (p1) Forms/Xiao Luo Han as option)
4:30 PM	Cleaning
5:30 PM	Shaolin - Tai Chi Weapons (outside)/Long/Short based on previous training/Orlando tournament forms and events
6:30 PM	Dinner
7:00 PM	Special Tai Chi Weapons/Other weapons review/Tai Chi/Xin Yi
8:00 PM	Kung fu forms decoding demo with Pairing/Defense demo & Reviewing/tournament events in segments/forms
9:30 PM	Bed Time

Day 3 (7th M) Arrival at the Park

8:30 AM	Meditation: 999 Medibreath / word of the day /affirmation Creed
9:15 AM	Discipline Training/Distance/Dash/ Slope/Stairs Running Drills
9:45 AM	Teaching: Shaolin Morning Conditioning/Toughening with Sanda Drills /other internal Zen Tai Gong and Tai Chi
11:00 AM	Traditional Bodhidharma Yoga/internal decoding
11:30 AM	Zen Tai Gong Flex and Connectedness in one Qi Pole/Xing Yi Chao Yang and Chao Yang Decoding
12:00 PM	Lunch break
2:30 PM	Teaching: Decoding/Defense Maneuvers/instructors training (3 main persons), Curriculum: Tai Chi, Tai Gong, Ba Bu Lian Huan/ Traditional Xiao Hong Quan Decoding Chang Quan/ Tong Bei & Shaolin 1-2 Defense maneuvers Cleaning up forms
3:00 PM	Teaching: Curriculum: Qin Na-Escape/Wrestling Kung Fu drills with Kung Fu forms decoding
3:30 PM	Curriculum Overview: staff basics and Advanced Staff
4:30 PM	Shaolin Weapons of the week/ Sword/ Broad/ /PuDao/tournament events
5:30 PM	Dinner
6:30 PM	Forms in segments (or short segments refinement for Orlanda) and decoding along with weapons trained Tai Chi weapons/Bagua
8-9:00 PM	Competition on reviewing day's activities presentation & Orlando competitions
9:30 PM	Bed Time

Day-4 (8th, Tue)

8:30 AM	999 Medibreath, Wisdom of Chan and Dao freedom of expression Chan Meditation light to oneself
9:00 AM	Tai Gong Meditative Stretch/Traditional Bodhidharma Yoga
9:30 AM	Teaching: Tong Huo Gun/Feng Mou Gun/basic GBS for beginners weapons decoding Tai Chi Power
11:00 PM	Tai Gong Xiao Pao Quan - Xiao Luo Han /MI Zhong 1-2/forms in segments

12:00 PM	Break for Lunch/Word of the Day
2:15 PM	continue Tong Huo Gun/Feng Mou Gun/Basic and GBS for beginners
	decoding tradition
3:00 PM	Wisdom of Dao and Chan/Chinese Language with Kung Fu explained Application Defense Maneuver
3:30 PM	Ba Gua Basics, Chang Quan Ba Bu and Tong Bei Xiao Hong Forms Decoding with Defense Application along with Shaolin 1-2
	each demonstrates
4:30 PM	Teaching: Curriculum forms overview/cleaning /Conditioning/ Decoding with Tai Chi - Kung fu in Sanda Drills/wrestling
5:30 PM	Dinner
6:30 PM	Zen Tai Gong/Tai Chi Ba Gua basics
8:30 PM	Defense Decoding & Defense Drills/Each Individual Demonstration/Orlando events
9:30 PM	Bed Time

Day 5 (9/ Wed)

8:00 AM	999 Medibreath Cosmic Echo system with Deeper meditation Student Creed/ Word of the Day
8:30 AM	Going to the park running and exploring
9:30 AM	Stretching Kicks, & Other Shaolin Toughening and Conditioning Zen Tai Gong Stretching and Shaolin Yoga
11:00 AM	Free fighting and decoding reviews/ each demonstrated
12:00 PM	Lunch Break
2:30 PM	Teaching: Mi Zhong/Qi Xing/Chao Yang Traditional Forms such as Cha Quan clean ups Five Animals and Tigers and decoding Traditional Tai Chi /Weapons /BaGua elementary five elements
	Traditional Xing Yi/ Qi Xing/Luo Han/Xiao Hong Chang Quan Decoding /Defense Maneuvers
3:30 PM	Decoding and drills demonstrating by each
	Curriculum Defense and Offense decoding and drills/Qin Na/ demo & final Cleaning
5:00 PM	Tong Huo Gun/Feng Mou Gun/Basic and GBS Shaolin Weapons (outside) soft weapons and starting flexible weapons basics
6:00 PM	Dinner
7:00 PM	Zen Tai Gong and Tai Chi Class/internal Qi in Xin Yi/Decoding Pairing/Defense Reviewing
8:00 PM	Demo of the day drills/decoding and segments of forms and weapons
9:30 PM	Bed Time

Day 6 (10th / 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 decoding match Zen Tai Gong forms/8 Pieces of silk brocade
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 language in Tai Chi-Tai Gong Kung Fu
3:00 PM	Teaching: Animal Forms (Advance students); five animals/Lian Huan Quan Duilian & Ba Bu Dui Lian Xiao Hong Dui Lian in Curriculum Pao Quan Decoding Teaching: /Ba Bu + Decoding Basic Decoding Defense Reviewing along with Cha Quan/Cannon Qi Animals in Zen Tai Gong /Ba Gua/Xing Yi
	Curriculum: Chang Quang/Tong Bei forms decoding
4:30 PM	Reviewing DuiLian with demo from each
5:35 PM	Shaolin Weapons of the week/ demonstration with weapons decoding
6:30 PM	999 Medibreath Internal Qi
7:00 PM	Light dinner
7:30 PM	Reviewing in Forms Decoding Defense presentation/meditation
8:30 PM	Clean Up
9:30 PM	Bed Time

Day 7 (11st Fri)

8:00 AM	999 Medibreath cosmic model 1-6 review and presenting - Meditation/ Word of the Day
9:00 AM	Sweeps and Falls/Basic competition Teaching: Gong Fu Fun Energizer: Jump kicks, fish flip belly, five dragons...Defense Falls Rolls, Cart-wheels, Crawling, Frog Jumping, Crab Walk, other Fan Conditioning match Tai Chi Cannon and Fa Jin/ Xing Yi matching
11:00 AM	Teaching: GBS Curriculum Weapons Basic Sword 9 and Broadsword 9 Training Outside /whips, Pu Dao and other weapons

12:00 PM	Lunch
2:00 PM	Pao Quan, 密踪拳/ Da Hong Quan Decoding
3:00 PM	Teaching: Decoding Drills reviewing
4:00 PM	Shaolin Weapons (outside) soft weapons and flexible weapons/Pu Dao
5:00 PM	Weapons Training Outside /whips, Pu Dao and other weapons
5:30 PM	Dinner
6:30	Teaching: Zen Tai Gong 999 Medibreath
7:30 PM	Tai Chi Weapons/forms decoding/Bagua
8:30 PM	Teaching: Mi Zong Quan II, 密踪拳/ Da Hong Quan/Pao Quan/Cha Quan and Decoding Drills
9:30 PM	Bed Time

Day 8 (12/ SATURDAY)

8:00 AM	Meditation 999 MEDIBREATH/Zen Tai Gong
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	Xing Yi & Bagua combos, Qi Xing/XiaoLuo Han/ Pao /Cannon Traditional Forms segments Decoding Ba Gua/Xin yi Decoding
12:00 AM	Teaching Notes: Da Hong Quan and Xiao Luo Han Decoding Drills/ reviewing in Chinese
12:30 PM	Lunch Break
2:00 PM	Teaching Wisdom of Shaolin Chinese/ GRIT
3:00 PM	Mi Zong Quan II, 密踪拳/ Performance ?Pao Quan/Cannon/Cha Quan Situation Escape Drills, Situation Defense Games from Forms decoding Ba Gua Decoding/XingYi
4:00 PM	Teaching: Curriculum Decoding and Forms 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 (13, SUNDAY)

8:00 AM	999 MEDIBREATH 1-9 models
8:30 AM	Tai Gong/Tong Zi Gong II-V/Xin Yi/XingYi/ Ba Gua , Xin Yi five elements
9:30 AM	Short Distance running with Sanshou Defense Drills/Toughening
11:00 AM	ZEN TAI GONG ADVANCED /Ba Gua Forms Presentation and Duilian presentation with decoding presentation
12:30 PM	Lunch Break/Chinese Chat
2:00 PM	Zen Tai Gong Advanced :presentation Presentation in Shaolin Decoding along with limited QinNa/Qinna/Forms Pairing (Dui Lian)
3:00 PM	Situation Fighting and Drills, Situation Defense Games Drill Reviewing Testing
4:30 PM	Curriculum Presentation / tournament presentation for competing events Curriculum Standardization/Demo
6:30 PM	Certification Ceremony
7:00 PM	Dinner