

# Shaolin Kung-Fu Year Round Training Sessions Programme

## **Weekly Programme**

### Monday, Tuesday, Thursday, Friday

5:00-6:20 Running and Basic Exercises

6:50 Breakfast

9:00-11:30 Shaolin Kung Fu (Fist form, Sanda, Weapon)

11:40-15:00 Lunch, Nap, Rest

15:30-18:00 Shaolin Kung Fu (Fist form, Sanda, Weapon)

18:30 Diner

19:30-20:30 Shaolin Kung Fu (Taolu, Sanda, Weapon)  
\*\* optional for foreign students

### Wednesday, Saturday

Morning Running or Stairs Climbing

Afternoon Free Time

Sunday Free time

*\*\*\* Time and contents could vary according to the season. All training takes place in the outdoors. It may be cancelled in case of bad weather.*

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Shaolin Secular Disciples' Union

少林寺俗家弟子武术学校  
Shaolin Temple Secular Disciples' Martial Arts School



# Shaolin Kung-Fu Year Round Training Sessions Cost

1. Due to limited number of beds, in summer high season (July & August), foreign students are placed in school dormitory in town. Cost in ( ) is summer price for July-August. this includes daily transfer between the dormitory and the temple.

1 week	2000 RMB (2200 RMB)	
2 weeks	3000 RMB (3500 RMB)	
3 weeks	4500 RMB (5200 RMB)	9 weeks 13000 RMB
4 weeks	6000 RMB (6800 RMB)	10 weeks 14000 RMB
5 weeks	7500 RMB (8500 RMB)	11 weeks 15000 RMB
6 weeks	9000 RMB (10200 RMB)	12 weeks 16000 RMB
7 weeks	10500 RMB (12000 RMB)	
8 weeks	12000 RMB (13600 RMB)	

\*\*\*RMB (Chinese currency)

220 RMB/day (260 RMB/day in July/August) for additional stay

Exchange rate : refer to arrival date's rate with a bank comission.

No additional handling/service charge required

This includes ---

training fee, 3 meals, bed (shared room), a kung-fu outfit\*, a pair of Feiyue shoes\*, a wash basin, a pair of chopsticks, and a bowl.

(\*outfit/shoes : not included for one week application).

2. Following costs are NOT INCLUDED in above fees .

- Visa application 签证
- Airticket 机票
- Transfer to/from temple from/to airport/bus station 接送
- Travel insurance (mandatory for visa application) 保险
- Sightseeing and personal expenses 旅游/其他个人支出

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网站 Website : <https://www.kungfuchina-fawang-temple.com>



# Shaolin Kung-Fu Year Round Training Sessions Conditions 1 ~ Application

1. **Time:** March to November

2. **Duration :** from 2 weeks to 12 weeks (one week is also possible)

3. **Location :** Song shan Da Fawang Temple, Dengfeng, Henan, CHINA

## 4. **Application process :**

A- please see our website :

[www.kungfuchina-fawang-temple.com](http://www.kungfuchina-fawang-temple.com)

B- fill and return **Application form (first 8 lines to be filled mandatory)**+ a copy of your visa (the page with your picture and personal information) by e-mail.

C- Then we will send you by return mail an invitation letter which is needed for Chinese entry visa application.

D- After obtaining Chinese entry visa, please fill all remaining lines of **Application form** and return it by e-mail, together with --

-- a medical certificate issued within 6 months (Chinese translation not necessary).

*\*\*\*the notice of your home doctor mentioning that you have no serious health problem and are apt to practice kung fu.*

-- a copy of your passport (the page with Chinese visa only).

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Please check Chinese entry visa condition on your own responsibility, with your country/town's Chinese embassy/consulate/visa centre (The conditions may vary according to your passport/ID).

Please check, among others, visa validation (entry timing and authorised duration of your stay in China).

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# Shaolin Kung-Fu Year Round Training Sesiions

## Conditions 2

### 5. Payment :

Total basic amount to be paid in cash directly at Fawang temple on the arrival date.

Currency : Euro, US Dollar, or RMB (Chinese currency)

Exchange rate : refer to arrival date's rate with a bank comission.

\*\* No additional handling/service charge required

\*\*\* Optional expences (payment in cash)

-- Additional stay

-- Arranged transfer : to be paid directly to drivers.

-- Transfer for sightseeing : to be paid directly to drivers.

### 6. Sightseeing :

Transfer for sightseeing can be arranged for weekend upon your request.

<example> Shaolin Temple 少林寺, Songshan eight scenic points 嵩山大八景, Dengfeng city (temples, night market, martial arts shops) 登封市内旅游, 夜市, 武术具店), Luoyang 洛阳(Longmen Cave 龙门石窟 etc...),etc...

### 7. Transfer airport/bus terminal from/to Fawang temple:

--- by taxi from/to nearest Zhengzhou Xinzheng airport (CGO) to/from Fawang temple >>> approx 300 yuan one way

--- You also can take bus from CGO airport to Dengfeng city bus terminal (approx 50 yuan one way -- to be confirmed), then take taxi from bus terminal to Fawang temple (approx 20 yuan).

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# Shaolin Kung-Fu Year Round Training Sessions

## Conditions 3

### **8. Training instructors :**

Master Shi Heng Jun and instructors.

### **9. Training :**

Early morning - Morning - Afternoon sessions.

Time and contents could vary according to the season.

All training takes place in the outdoors. It may be cancelled in case of bad weather.

### **10. Minor participant :**

Minors from age 8 to 18 are accepted only in condition that they are escorted by adult(s) --- family or teacher (in group)

Qi Gong / Internal Kung Fu (Shaolin Tai Chi) lessons can be provided to accompanying adults upon request in advance.

### **11. Life in the temple :**

During your stay, participants live in the same condition ----- a kung fu trainee's life in the temple.

All shares rooms, showers. Eating and training in the outdoors.

This may be not easy to fit into for some foreign students, but this also is an authentic experience.

In case you need more comfort, we can arrange a room in hotel in Dengfeng town with additional costs. Or, you also can bring an air-mattress with you to put on your wooden bed.

### **12. [IMPORTANT] About Visa :**

It is mandatory to obtain valid visa which covers whole period of your stay, before entering Chinese territory. We do not host any students without valid visa, nor proceed visa extension.

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