

# 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 or Qi Gong

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

15:30-18:00 Shaolin Kung Fu or Qi Gong

18:30 Diner

19:30-20:30 Shaolin Kung Fu or Meditation  
\*\* optional for foreign students

### Wednesday, Saturday

Morning Exercises

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.*

少林俗家弟子联合会  
Shaolin Secular Disciples' Union



# Shaolin Kung-Fu Year Round Training Sessions Cost

## 1. Basic Cost :

1 week	3000 RMB		
2 weeks	4000 RMB		
3 weeks	5500 RMB	9 weeks	14000 RMB
4 weeks	7000 RMB	10 weeks	15000 RMB
5 weeks	8500 RMB	11 weeks	16000 RMB
6 weeks	10000 RMB	12 weeks	17000 RMB
7 weeks	11500 RMB		
8 weeks	13000 RMB		

\*\*\*RMB (Chinese currency)

260 RMB/day 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 kung-fu shoes\*.

(\*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 school from/to airport/train station 接送
- Travel insurance (mandatory for visa application) 保险
- Sightseeing and personal expenses 旅游/其他个人支出

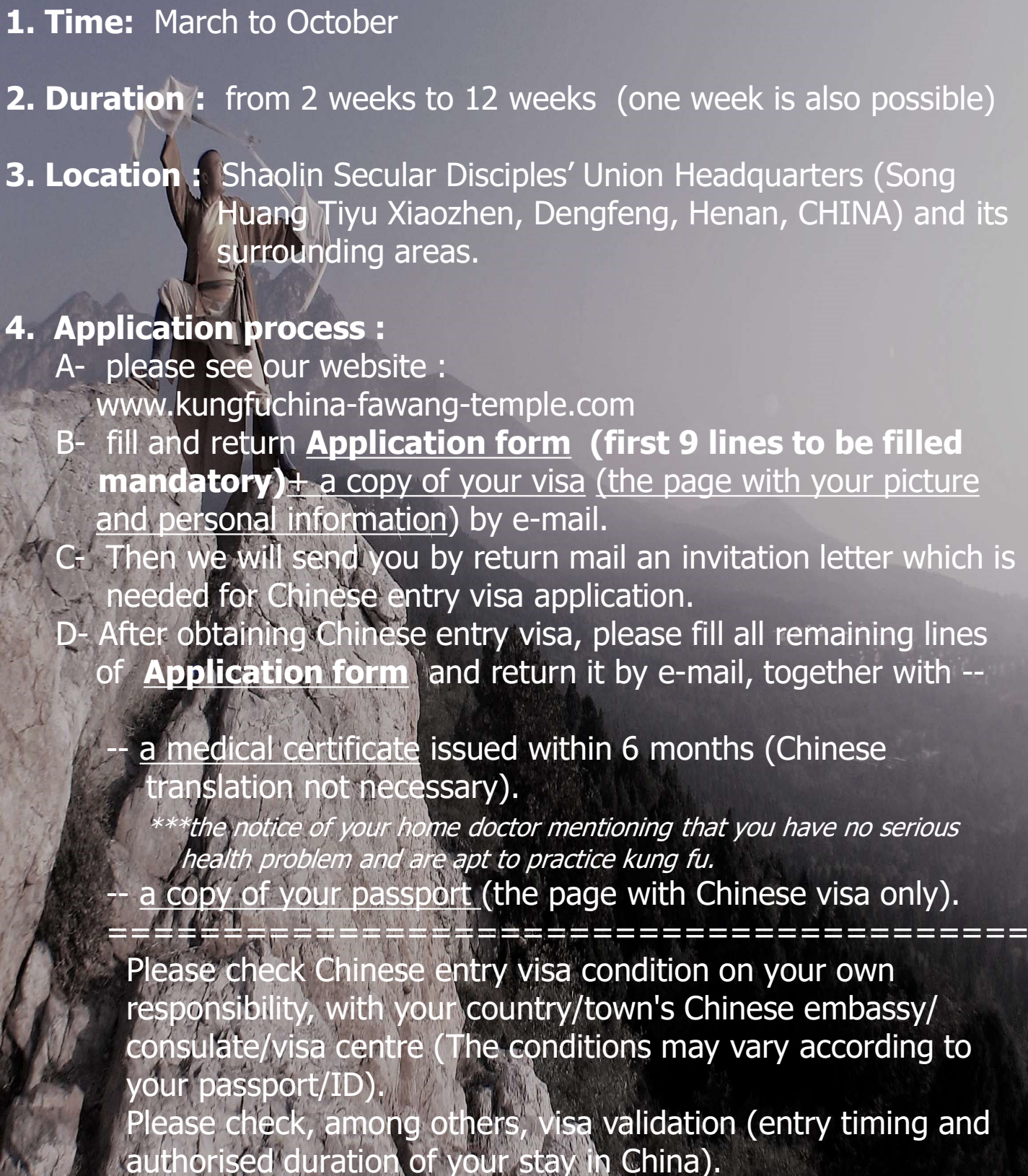
少林俗家弟子联合会  
Shaolin Secular Disciples' Union

地址 Address : 河南省登封市嵩皇体育小镇 Song Huang Tiyu Xiaozhen, DengFeng, Henan, CHINA

电子信箱 E-mail : [shihengjun2@gmail.com](mailto:shihengjun2@gmail.com) 网站 Website : <https://www.kungfuchina-fawang-temple.com>



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

- 
1. **Time:** March to October
  2. **Duration :** from 2 weeks to 12 weeks (one week is also possible)
  3. **Location :** Shaolin Secular Disciples' Union Headquarters (Song Huang Tiyu Xiaozhen, Dengfeng, Henan, CHINA) and its surrounding areas.
  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 9 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).
- =====
- 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).

少林俗家弟子联合会  
Shaolin Secular Disciples' Union



# Shaolin Kung-Fu Year Round Training Sessions Conditions 2

## **5. Payment :**

Total basic amount to be paid in cash directly at our school on the arrival date.

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

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

\*\* No additional handling/service charge required

\*\*\* Optional expenses (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/train station from/to school :**

--- by taxi from/to nearest Zhengzhou Xinzheng airport (CGO)/ Zhengzhou train station to/from School >>> approx 300 yuan one way

少林俗家弟子联合会  
Shaolin Secular Disciples' Union



# Shaolin Kung-Fu Year Round Training Sessions Conditions 3

## **8. Training instructors :**

Master Shi Heng Jun and instructors.

\*\* please contact us in advance if you wish to join us during Master Shi Heng Jun's presence in the school.

## **9. Training :**

Early morning - Morning - Afternoon sessions.

Time and contents could vary according to the season.

All training takes place in the outdoors/indoors.

## **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. Accommodation :**

A bed in a share room in a dormitory or a twin room in our school.

## **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.

少林俗家弟子联合会  
Shaolin Secular Disciples' Union