

# 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 Kung-Fu Year Round Training Sessions Cost

## 1. Basic Cost :

1 week	2500 RMB		
2 weeks	3500 RMB		
3 weeks	5000 RMB	9 weeks	13500 RMB
4 weeks	6500 RMB	10 weeks	14500 RMB
5 weeks	8000 RMB	11 weeks	15500 RMB
6 weeks	9500 RMB	12 weeks	16500 RMB
7 weeks	11000 RMB		
8 weeks	12500 RMB		

\*\*\*RMB (Chinese currency)

220 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\*, 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 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

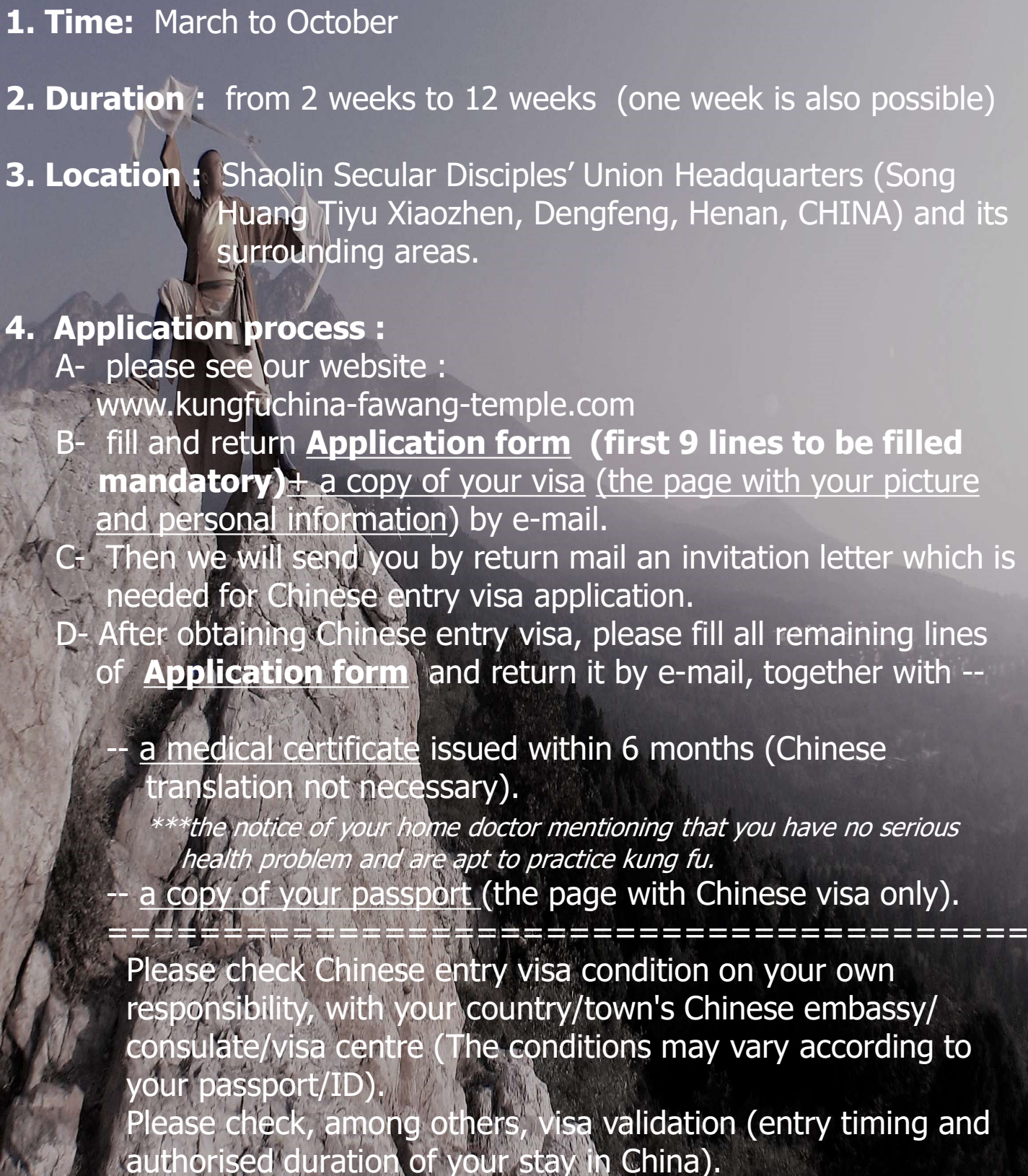
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# Shaolin Kung-Fu Year Round Training Sessions Conditions 1 ~ Application

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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).

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# 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

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# 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. 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. Accommodation :**

A bed in a double room or in a dormitory of 6 persons in our school's headquarters or in a hotel in town. There are western style toilet and shower in each room.

## **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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