

Shaolin Kung-Fu Summer Camp 2020 Programme Week 1

Week 1 : Monday 03.08 to Sunday 09.08.2020

Monday 03.08 to Friday 07.08:

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- 5:00-6:30 少林气功、软功、桩功
Qi gong, warming up, and basic exercises.
- 6:50 早餐 Breakfast
- 9:00-11:30 少林功夫拳术~ 拳法、掌法、腿法、手法、身法
Shaolin kung fu technical exercises ***
--- fist, palm, leg, arm, body
- 11:40 午餐 Lunch
- 15:00-18:00 少林功夫兵器棍法、刀法、剑法、枪法
Shaolin kung fu weapons technical exercises***
--- (option) staff, broadsword, sword, spear or others
- 18:30 晚餐 Diner
- 19:30 坐禅、自修 Meditation, self-training
- 20:30 休息 Rest

Saturday 08.08 & Sunday 09.08: 休息, 旅游 Rest, Sightseeing

*** level of participants is taken into consideration.

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

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

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Shaolin Kung-Fu Summer Camp 2020 Programme Week 2

Week 2 : Monday 10.08 to Saturday 15.08.2020

Monday 10.08 to Thursday 13.08:

- 5:00-6:30 少林气功、软功、桩功
Qi gong, warming up, and basic exercises.
- 6:50 早餐 Breakfast
- 9:00-11:30 少林功夫拳术
Shaolin kung fu fist form (taolu) ***
- 11:40 午餐 Lunch
- 15:00-18:00 少林功夫兵器
Shaolin kungfu weapon form (taolu) ***
-- (option) baton, broadsword, sword, spear or others
- 18:30 晚餐 Diner
- 19:30 坐禅、自修 Meditation, self-training
- 20:30 休息 Rest

Friday 14.08 : 考试, 证书 Test, Certificate

Saturday 15.08: 解散 End of summer camp

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