

# Shaolin Kung-Fu Summer Camp 2024 Programme Week 1

**Week 1 : Monday 05.08 to Sunday 11.08.2024**

## **Monday 05.08 to Friday 09.08:**

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~ 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 10.08 & Sunday 11.08:** 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

# Shaolin Kung-Fu Summer Camp 2024 Programme Week 2

**Week 2 : Monday 12.08 to Saturday 17.08.2024**

## **Monday 12.08 to Thursday 15.08:**

- 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 16.08 :** 考试, 证书 Test, Certificate
- Saturday 17.08:** 解散 End of summer camp

\*\*\* level of participants is taken into consideration.

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