

## Summer Camp (Revised for Week 1) June 2023

<b>Day 1 Monday</b>	
8:30-9:00	Arrival
	Student Creed, Rules and agendas,
	Discipline Training, Marching Drills, Line up
9:00-10:00	Basic breathing and Zen Tai Gong Flex ( flexibility)
10:00-10:15	Break/Snack
10:15-11:00	Drawing - Creative Drawing
11:00-12:00	Present and explain their drawing
12:00-1:00	Lunch
1:00-2:00	Music - Learn Eastern Music 1
2:00-3:00	Kung Fu Reaction Play
3:00-4:00	Short film making and editing
4:00- 4:30 PM	Review & Present
<b>Day 2 Tuesday</b>	
8:30-9:00	Arrival
	Student Creed, Rules and agendas,
	Discipline Training, Marching Drills, Line up
9:00-10:00	Shaolin 1 Tiger form
10:00-10:15	Break/Snack
10:15-12:00	Drawing - Creative Drawing
	Hand Craft (Assemble pieces together into form)
	Present to the class
12:00-1:00	Lunch
1:00-2:00	Kickboxing
3:00-4:00	Defense - Safety Basics
4:00-4:30 PM	Review & Present

<b>Day 3 Wednesday</b>				
8:30-9:00	Arrival			
	Student Creed			
	Discipline Training, jogging			
9:00-10:00	Shaolin 1 Tiger p1 review & p2			
10:00-10:15	Break/Snack			
10:15-12:00	Painting - Coloring			
	Present to Class			
12:00-1:00	Learn Basic Chinese 1			
1:00-2:00	Music-Learn to Sing a Song in Chinese			
2:00-3:00	Eastern Philosophy			
3:00-4:00	Zen Ta Gong -Qi Gong -Tai Chi			
	Review & Present			
<b>Day 4 Thuesday</b>				
8:30-9:00	Arrival			
	Student Creed			
	Discipline Training, Marching and running, Line up			
9:00-10:00	Kungfu Basics Tiger Shaolin 1 -2			
10:00-10:15	Break/Snack			
10:15-12:15	Basic Daily Chinese			
	Learn Chinese Calligraphy			
12:15-1:15	Lunch			
1:00-2:00	Kung Fu reaction play			
2:00-4:00	Movie			
4:00 -4:30	Say a few words in French			
	Review & Present			

<b>Day 5 Friday</b>	
8:30-9:00	Arrival
	Student Creed
	Discipline Training, Basic Zen Tai Gong Flex (flexibility)
9:00-10:00	Shaolin 1 & Shaolin P2 Tiger Style Review & Present
10:00-10:15	Break/Snack
10:15-12:00	Music-Review the song learned
12:00-1:00	Lunch
1:00-2:00	Lion Dance Review & Present
2:00-4:00	Movie
	Eastern Philosophy & Film Presentation