

Kung Fu Warrior Intensive Training Summer Camp 2024 June 15-23 2024

## **Kung Fu Warrior Summer Training Camp 2024**

**Day 0: ( June 14th ) Pre training briefing on curriculum and training ground set ups**

**On site registration: Each get a participation badge**

**6:30 PM -8:30 PM Briefing and Short training with the camp team**

### **Day 1 (June 15th, Sat.)**

**7:30 AM On site registration obtaining a Intensive summer camp badge with all papers done**

|          |  |
|----------|--|
| 8:00 AM  | 999 Medibreath 3-6-9 initiation, and Light Stretch before running with brief   |
| 9:00 AM  | Chan Meditation:Zen Tai Gong/ 999 Medibreath model 1 and 2 3-6, 4,-8 model, standing and sitting meditation                                |
| 10:15 AM | Tai Gong Meditative Stretch/ Traditional Bodhidharma Yoga  |
| 11:00 AM | Stretch Kicks/ Jump Kicks ( Qi Gong & Tai Gong reviews)  |
| 12:00 PM | Break for Lunch/Word of the Day  |
| 1:00 PM  | On Site Registration to obtain a badge with all papers   |
| 2:00 PM  | Stretching Warm ups  |
| 2:15 PM  | Teaching: Shaolin Curriculum review with decoding for 1 Ba Bu Lian Huan and Lian Huan with review Shaolin 1-2                              |
| 3:00 PM  | Teaching: Defense Decoding/Application in Defense Maneuver presentation mainly based on the above  |
| 3:30 PM  | 5 Animals with tiger form reviewing & relearning   |
| 4:30 PM  | Reviewing segments of form/Defense Applications in the above works   |
| 5:00 PM  | Curriculum Overview:Curriculum overview/cleaning/ Chang Quan   |
|          | Defense and Offense Drills in Groups with forms and combos from above  |
| 6:00 PM  | Dinner   |
| 7:00 PM  | Sanda drills with Sanda kickboxing and Kung Fu decoding applications learning and based on the previous decoding and self defense training |

|                |  |
|----------------|--|
| 8:30 PM        | Each Individual Demonstration on what to be performed in Orlando and what one has been practiced /Clean Up |
| <b>9:30 PM</b> | <b><u>Bed Time</u></b>   |

### **Day 2 (June 16<sup>th</sup>-Sun)**

|          |  |
|----------|--|
| 8:00 AM  | 999 Medibreath Cosmic Ecosystem 3rd model 6-12 review 1st and 2nd<br><br>New Student Creed, Word of the Day  |
| 8:30 AM  | Track/ Around School Running   |
| 9:30 AM  | Stretching Kicks, & Other Shaolin Toughening and Conditioning<br>Tai Gong and Tai Chi Medibreatha and Pole with Qi delivery                                      |
| 11:00 AM | Teaching: GBS Curriculum Kung Fu forms Decoding in application...segments of forms refining and deep understanding<br>Tai Gong basic forms 1-3 Tai Gong Flex ... |
| 12:00 PM | Lunch break  |
| 2:30 PM  | Teaching: Traditional Forms Qi & Tai Chi for internal<br><br>Ba Bu Lian Huan/Lian Huan Quan/ Shaolin 1-2<br>Decoding/Defense Maneuvers                           |
| 3:30 PM  | Curriculum - Kung Fu decoding in Chang Quan and Ba Bu/<br>Shaolin 1-2 demo in defense pairing forms<br><br>Training Mi Zhong (p1) Forms/Xiao Luo Han. Pao Quan   |
| 4:30 PM  | Curriculum Decoding in Defense and Offense drills/Qin Na/<br>Cleaning  |
| 5:30 PM  | Shaolin Weapons (outside)/Long/Short based on previous training/Orlando tournament forms and events  |
| 6:30 PM  | Dinner   |
| 7:00 PM  | Special Tai Chi Weapons/Other weapons review   |
| 8:00 PM  | Kung fu forms decoding demo with Pairing/Defense demo &<br>Reviewing/tournament events in segments/forms   |
| 9:30 PM  | Bed Time   |

### **Day 3 (17<sup>th</sup> M) Arrival at the Park**

|         |   |
|---------|---|
| 8:30 AM | Meditation: 999 Medibreath / word of the day /affirmation Creed   |
| 9:15 AM | Discipline Training/Distance/Dash/ Slope/Stairs<br>Running Drills |

|           |   |
|-----------|---|
| 9:45 AM   | Teaching: Shaolin Morning Conditioning/Toughening with Sanda Drills<br>/other internal Zen Tai Gong and Tai Chi   |
| 11:00 AM  | Traditional Bodhidharma Yoga/internal decoding  |
| 11:30 AM  | Zen Tai Gong Flex and Connectedness in one Qi Pole<br>Chao Yang and Chao Yang Decoding  |
| 12:00 PM  | Lunch break   |
| 2:30 PM   | Teaching: Decoding/Defense Maneuvers/instructors training (3 main persons), Curriculum Ba Bu Lian Huan/Xiao Hong Quan & Shaolin 1-2 Defense maneuvers Cleaning up forms |
| 3:00 PM   | Teaching: Curriculum: Escape/wrestling Kung Fu drills with Kung Fu forms decoding   |
|           |   |
| 3:30 PM   | Curriculum Overview: staff basics and Advanced Staff  |
| 4:30 PM   | Shaolin Weapons of the week/ Sword/ Broad/<br>/PuDao/tournament events  |
| 5:30 PM   | Dinner  |
| 6:30 PM   | Forms in segments ( or short segments refinement for Orlanda) and decoding along with weapons trained   |
| 8-9:00 PM | Competition on reviewing day's activities presentation & Orlando competitions   |
| 9:30 PM   | Bed Time  |

#### Day-4 (18th, Tue)

|          |  |
|----------|--|
| 8:30 AM  | 999 Medibreath, Wisdom of Chan and Dao freedom of expression Chan Meditation light to oneself  |
| 9:00 AM  | Tai Gong Meditative Stretch/Traditional <a href="#">Bodhidharma</a> Yoga                       |
| 9:30 AM  | Teaching: Tong Huo Gun/Feng Mou Gun/basic GBS for beginners weapons decoding                   |
| 11:00 PM | Xiao Luo Han /MI Zhong 1-2/forms in segments   |
| 12:00 PM | Break for Lunch/Word of the Day  |
| 2:15 PM  | continue Tong Huo Gun/Feng Mou Gun/Basic and GBS for beginners                                 |
|          | decoding tradition   |
| 3:00 PM  | Wisdom of Dao and Chan/Chinese Language with Kung Fu explained<br>Application Defense Maneuver |

|         |   |
|---------|---|
| 3:30 PM | Chang Quan Ba Bu and Tong Bei Xiao Hong Forms Decoding with Defense Application along with Shaolin 1-2      |
|         | each demonstrates   |
| 4:30 PM | Teaching: Curriculum forms overview/cleaning /Conditioning/ Decoding with Kung fu in Sanda Drills/wrestling |
| 5:30 PM | Dinner  |
| 6:30 PM | Zen Tai Gong/Tai Chi Ba Gua   |
| 8:30 PM | Defense Decoding & Defense Drills/Each Individual Demonstration/Orlando events                              |
| 9:30 PM | Bed Time  |

### **Day 5 (19/ Wed)**

|          |   |
|----------|---|
| 8:00 AM  | 999 Medibreath Cosmic Echo system with Deeper meditation<br>Student Creed/ Word of the Day  |
| 8:30 AM  | Going to the park running and exploring   |
| 9:30 AM  | Stretching Kicks, & Other Shaolin Toughening and Conditioning<br>Zen Tai Gong Stretching and Shaolin Yoga   |
| 11:00 AM | Free fighting and decoding reviews/ each demonstrated   |
| 12:00 PM | Lunch Break   |
| 2:30 PM  | Teaching: Mi Zhong/Qi Xing/Chao Yang Traditional Forms such as Cha Quan clean ups<br>Five Animals and Tigers and decoding<br>Traditional Tai Chi /Weapons |
|          | Traditional Qi Xing/Luo Han/Xiao Hong Chang Quan Decoding /Defense Maneuvers  |
| 3:30 PM  | Decoding and drills demonstrating by each   |
|          | Curriculum Defense and Offense decoding and drills/Qin Na/ demo & final Cleaning  |
| 5:00 PM  | Tong Huo Gun/Feng Mou Gun/Basic and GBS<br>Shaolin Weapons (outside) soft weapons and starting flexible weapons basics                                    |
| 6:00 PM  | Dinner  |
| 7:00 PM  | Zen Tai Gong and Tai Chi Class/internal Qi/Decoding Pairing/Defense Reviewing   |
| 8:00 PM  | Demo of the day drills/decoding and segments of forms and weapons   |
| 9:30 PM  | Bed Time  |

### **Day 6 (20th / Thur.) Stone Mountain Training**

|         |   |
|---------|---|
| 6:30 Am | Arrival at the stone mountain foot hill                   |
| 7:00 AM | Running/Walking to the Top<br>Meditation in Chan and Dao: |
| 9:15 AM | 999 Medibreath Zen Tai Gong                               |

|          |   |
|----------|---|
| 9:45 AM  | Shaolin Morning Conditioning/Toughening with Sanda Drills   |
| 11:00 AM | Traditional forms decoding match<br>Zen Tai Gong forms/8 Pieces of silk brocade   |
| 11:30 AM | Cardiovascular Endurance/Form Decoding drills and other Defense Drills  |
| 12:00 PM | Lunch break   |
| 2:30 PM  | Wisdom of the East, Review Forms/Chinese language in Kung Fu  |
| 3:00 PM  | Teaching: Animal Forms (Advance students); five animals/Lian Huan Quan Duilian & Ba Bu Dui Lian Xiao Hong Dui Lian in Curriculum<br>Teaching: /Ba Bu + Decoding Basic Decoding Defense Reviewing along with Cha Quan/Cannon<br>Qi Animals in Zen Tai Gong |
| 3:30 PM  | Curriculum: Chang Quang/Tong Bei forms decoding   |
| 4:00 PM  | Reviewing DuiLian with demo from each   |
| 5:15 PM  | Shaolin Weapons of the week/ demonstration with weapons decoding  |
| 6:30 PM  | 999 Medibreath Internal Qi  |
| 7:00 PM  | Light dinner  |
| 7:30 PM  | Reviewing in Forms Decoding Defense presentation/meditation   |
| 8:30 PM  | Clean Up  |
| 9:30 PM  | Bed Time  |

**Day 7 (21st Fri)**

|          |  |
|----------|--|
| 8:00 AM  | 999 Medibreath cosmic model 1-6 review and presenting - Meditation/ Word of the Day  |
| 9:00 AM  | Sweeps and Falls/Basic competition<br><br>Teaching: Gong Fu Fun Energizer: Jump kicks, fish flip belly, five dragons... Defense Falls Rolls, Cart-wheels, Crawling, Frog Jumping, Crab Walk, other Fan Conditioning match<br><br>Tai Chi Cannon and Fa Jin |
| 11:00 AM | Teaching: GBS Curriculum Weapons Basic Sword 9 and Broadsword 9 Training Outside /whips, Pu Dao and other weapons  |
| 12:00 PM | Lunch  |
| 2:00 PM  | Mi Zong Quan 1 and II, 密踪拳/ Da Hong Quan Decoding  |
| 3:00 PM  | Teaching: Decoding Drills reviewing  |
| 4:00 PM  | Shaolin Weapons (outside) soft weapons and flexible weapons/Pu Dao   |
| 5:00 PM  | Weapons Training Outside /whips, Pu Dao and other weapons  |
| 5:30 PM  | Dinner   |
| 6:30     | Teaching: Zen Tai Gong 999 Medibreath  |

|         |  |
|---------|--|
| 7:30 PM | Tai Chi Weapons/forms decoding   |
| 8:30 PM | Teaching: Mi Zong Quan II, 密踪拳/ Da Hong Quan/Pao Quan/Cha Quan and Decoding Drills |
| 9:30 PM | Bed Time   |

### **Day 8 ( 22/ SATURDAY)**

|          |  |
|----------|--|
| 8:00 AM  | Meditation 999 MEDIBREATH/Zen Tai Gong   |
| 8:30 AM  | Tai Gong/Tong Zi Gong/Chinese Damo Yoga  |
| 9:30 AM  | Discipline Training, Running/Dashing Competition/Sanshou Defense Drills  |
| 11:00 AM | Qi Xing/XiaoLuo Han/ Pao /Cannon Traditional Forms segments Decoding   |
| 12:00 AM | Teaching Notes: Da Hong Quan and Xiao Luo Han Decoding Drills/ reviewing in Chinese  |
| 12:30 PM | Lunch Break  |
| 2:00 PM  | Teaching Wisdom of Shaolin Chinese/ GRIT   |
| 3:00 PM  | Mi Zong Quan II, 密踪拳/ Performance ?Pao Quan/Cannon/Cha Quan Situation Escape Drills, Situation Defense Games from Forms decoding |
| 4:00 PM  | Teaching: Curriculum Decoding and Forms Over Viewing Standardization/Cleaning to Finish  |
| 5:30 PM  | Weapon and Forms reviewing outside/Pu Dao and Guan Dao with Flexible weapons   |
| 6:30 PM  | Dinner Break   |
| 8:00 PM  | Situation Sparring/ Ground QinNa from Forms decoding drills in Lian Huan, Ba Bu, Chao Yang/ Luo Han/Tong Bei                     |
| 9:30 PM  | Cleaning and Bed Time  |

### **Day 9 (23, SUNDAY)**

|          |   |
|----------|---|
| 8:00 AM  | 999 MEDIBREATH 1-9 models   |
| 8:30 AM  | Tai Gong/Tong Zi Gong II-V  |
| 9:30 AM  | Short Distance running with Sanshou Defense Drills/Toughening   |
| 11:00 AM | ZEN TAI GONG ADVANCED<br>Forms Presentation and Duilian presentation with decoding presentation                                 |
| 12:30 PM | Lunch Break/Chinese Chat  |
| 2:00 PM  | Zen Tai Gong Advanced :presentation<br>Presentation in Shaolin Decoding along with limited QinNa/Qinna/Forms Pairing (Dui Lian) |
| 3:00 PM  | Situation Fighting and Drills, Situation Defense Games Drill Reviewing  |
| 4:30 PM  | Curriculum Presentation / tournament presentation for competing events  |

|         |   |
|---------|---|
|         | Curriculum Standardization/Demo/Certification Closing |
| 6:30 PM | Dinner Break  |
|         |   |
|         |   |