



# Kung Fu Zen International Summer Camp

1<sup>st</sup> – 14<sup>th</sup> August 2016



Want to become a Kung Fu legend? Or a Kung Fu Panda?

Learn traditional Chinese Kung Fu in Chinese and English, study Chinese philosophy, meet Kung Fu movie masters and visit one of the most amazing, cultural cities on the planet with like-minded Chinese students.

Strike a Kung Fu pose on the Great Wall, walk among the Chinese Emperors and Zen out in meditation.

If you are aged between 15 and 25, come along to Kung Fu Zen Garden Retreat to escape from the world for two weeks and return home wiser, stronger and completely relaxed.



## Traditional Kung Fu classes

Kung Fu masters will take you step-by-step through learning the skills, application and techniques of Traditional Chinese Kung Fu. Start with basic steps and stances and work your way up into full Kung Fu forms.

## Chinese & English classes

Ditch the classroom and learn with your friends. Work, play, train and chat together to learn each other's language and forget about textbooks and writing.

## Zen Meditation

The Guided meditation is like an adventure to discover the source of inner peace. Our specially trained masters will lead you through traditional meditation styles to show you into a meditative Zen state of mind.

## Vacation days

Explore the vibrant, bustling city of Beijing. We have specially arranged tours to famous sites in Beijing including the Great Wall, Forbidden City and the Hutongs. As well as this, you will have free time to go shopping, try local cuisine and see Beijing for yourself.

## Movie Masters

Visit our Kung Fu brothers on the movie set. They will show you how the skills you are learning can be put into modern Chinese film and used to create the amazing performances you see in film today.

## Cultural lessons

The national drink of China is world famous. But do you know why? Try specialty teas and understand the ritual and social aspect of making tea in China.

Calligraphy is an internal focus of Kung Fu Zen. Create beautiful Chinese artworks to display proudly. Look at how the Chinese characters have developed over the

centuries and how the process of writing reflects the state of body, breathing and mind, with the arising of enlightenment on art and yourself!



For more information on our Kung Fu Zen retreat, or to see our detailed schedule please contact us on:

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### Schedule Overview

Week 1		Week 2	
<b>01/Aug</b> (Mon)	<b>Day of arrival</b> Orientation Introductions Meditation	<b>08/Aug</b> (Mon)	Kung Fu class 8&9 Chinese/English Tea ceremony Zen meditation
<b>02/Aug</b> (Tue)	Kung Fu class 1&2 Chinese/English class Tea ceremony Zen meditation	<b>09/Aug</b> (Tue)	Kung Fu 10&11 Chinese/English class Calligraphy Zen meditation
<b>03/Aug</b> (Wed)	Kung Fu class 3&4 Chinese/English class Zen meditation	<b>10/Aug</b> (Wed)	<b>Tourist Day</b> Great Wall Ching Hua University Yoga meditation
<b>04/Aug</b> (Thu)	<b>Tourist Day</b> Forbidden City Tiananmen Square Confucius Temple Hou hai & Yan Dai Xie Jie	<b>11/Aug</b> (Thu)	Kung Fu 12&13 Chinese/English class Calligraphy Zen meditation
<b>05/Aug</b> (Fri)	Kung Fu class 5&6 Chinese/English class Calligraphy Zen meditation	<b>12/Aug</b> (Fri)	Kung Fu 14&15 Chinese/English class Free time
<b>06/Aug</b> (Sat)	<b>Tourist Day</b> Temple of Heaven Olympic Stadiums Science & Technology Park	<b>13/Aug</b> (Sat)	Morning exercises Free time Kung Fu Performances Farewell Party
<b>07/Aug</b> (Sun)	Kung Fu class 7 Chinese/English class Movie Masters visit Zen meditation	<b>14/Aug</b> (Sun)	Closing ceremony  <b>Departures</b>

