

Shaolin Temple, the internationally recognized foundation of all martial arts forms, with links back over 1500 years to the foundation of the temple.

In recent years, New Zealand audiences have enjoyed the performances by the monks from this school.

Now, an opportunity to train at one of the famous schools there; the Songshan Shaolin Temple Warrior Monks' Training Base is offered.

One Week course

Day one: Arrive at the School, summer camp opening ceremony, visit the master, issue the school uniforms, arrangements for accommodation, visit the shaolin temple, towers, etc.

Day two: Learning shaolin basic skills and shaolin Five Stance Form

Day three: Learning shaolin basic skills and shaolin Great Straight-Line Form

Day four: Learning shaolin basic skills and Shaolin eight step linked boxing

Day five: Learning shaolin basic skills and shaolin Cudgel

Day six: Review and consolidate the shaolin Five Stance Form、shaolin Great Straight-Line Form、Shaolin eight step linked boxing、shaolin Cudgel

Day seven: Assessment of learning, issue the certificate, Watch kung fu performance of shaolin monks, take a group photo

Note: Training time for four hours a day:

 In the morning: 9:00am----11:00am

 In the afternoon: 15:00pm----17:00pm

Two week course

Day 1: Team arrived in Dengfeng City, Henan Songshan Shaolin Monks Group Training Base, Arrangements for accommodation, Issue the school uniforms, Visit the Master, Watch Shaolin monks performances, visit the school campus.

Day 2: learn Shaolin Kung Fu (basic skills, leg, footwork; learn five steps fist)

Day 3: learn Shaolin Kung Fu (skip basic skills; learn Babu chain fist):

Day 4: learn Shaolin Kung Fu(leg, footwork; learn chain fist)

Day 5: learn Shaolin Kung Fu (skip basic skills; learning chain fist)

Day 6: learn Shaolin Kung Fu (Review what you have learned this week)

Days 1-6, morning two hours, afternoon two ours, evening one hour review.

Day 7: Visit the Shaolin Temple scenic (Shaolin Temple, Buddhist pagoda, Dharma Cave and other attractions)

Day 8: learn Shaolin Kung Fu :(coaches adjust content based on students learning) Morning two hours in the afternoon two hours; at night free.

Day 9: learn Shaolin Kung Fu :(Learn Shaolin stick work, stick variety)

Day 10 :learn Shaolin Kung Fu :(Learn Shaolin primary stick)

Day 11: learn Shaolin Kung Fu :(review Shaolin stick and Taolu)

Day 12: learn Shaolin Kung Fu :(Continue to learn Shaolin stick)

Days 9-12, morning two hours, afternoon two hours, evening one hour review.

Day 13: learn Shaolin Kung Fu :(Practice basic skills, jump)

Morning two hours in the afternoon two hours; at night watch

Zen Shaolin Music performance

Day 14: Morning review and consolidate what they learn; in the afternoon assessment, issued a certificate of completion, posed for pictures with the master

Day 15: After breakfast for leave, farewell team

Three week course

Day 1: Summer camp opening ceremony, visit the master, issue the school uniforms, arrangements for accommodation. Visit the shaolin temple, towers, etc.

Days 2 - 4: Learning shaolin basic skills and shaolin Five Stance Form

Day 5: Review the shaolin Five Stance Form; learning shaolin basic skills , shaolin Great Straight-Line Form

Day 6: Learning shaolin basic skills and shaolin Great Straight-Line Form

Day 7: Visit Songshan Scenic spot, Climb Mt Songshan

Day 8: Review the shaolin Great Straight-Line Form、Learning shaolin basic skills、Shaolin eight-step linked boxing

Days 9 -10: Learning shaolin basic skills、Shaolin eight-step linked boxing

Day 11: Review Shaolin eight-step linked boxing、Learning shaolin basic skills、shaolin Cudgel

Days 12-13: Learning shaolin basic skills、shaolin Cudgel

Day 14: Morning visit to Zhongyue Temple Scenic spot, Review the contents of study in the afternoon

Days 15 - 16: Learning shaolin basic skills、shaolin Xiaohong's Form

Day 17: Review shaolin Xiaohong's Form 、Learning shaolin basic skills、The plum flower knife

Days 18-19: Learning shaolin basic skills、The plum flower knife

Day 20: Review consolidate the shaolin Five Stance Form、shaolin Great Straight-Line Form、Shaolin eight-step linked boxing、shaolin Cudgel、shaolin Xiaohong's Form、The plum flower knife.

Day 21: The content of the assessment of learning, Issue the certificates, Watch kung fu performance of shaolin monks, take a picture, Watch the Zen Shaolin Music ceremony in the evening.

Note: Training time:

In the morning: 9:00am----11:00am

In the afternoon: 15:00pm----18:00pm

All learn to use the instruments issued by the school, Have to pay yourself.

Costs

Airfare Auckland to Zhengzhou NZ\$1100 to \$1600, (estimated, depending on specials available)

Visa cost \$155

Insurance (estimate \$70 - \$180, depending on time)

All inclusive costs at Shaolin, including pick upo from Zhengzhou airport

1 week 2810rmb = NZ\$ 625

2 weeks 5100rmb= NZ\$ 1135

3 weeks 7250 rmb= NZ\$ 1620

(estimated, depending on exchange rate)