

Summer Camp 2024 Schedule:

SUNDAY 21st. JULY:

- 10am Welcome!
- 10:15 11 :30 Chi Kung, Stretch, fundamental exercises.
- 11:45-1pm Min Loy Jam 'Needle in Cotton'
- 1:15-2:15 Tai Chi Group- Tai Chi Paired exercises.
- 2:30-3:30 Kung Fu group- Street Defence

MONDAY 22nd-FRIDAY 26th:

7am-8:30 Everyone:

Chi Kung and Stretch:

- Hap Ga Qigong
- Bac Duen Gum (8 Brocade exercises)
- Leg Press exercises.
- Floor stretches
- Stretch kicks X5.
- 5 step fist

Then split into 2 groups for:

Fundamental training.

Tai Chi group:

- 5 steps,
- 8 gates,
- 8 tai chi kicks.
- 8 posture tai chi form,

Kung Fu Group:

- Stance set
- 14 punches
- 8 kicks,
- 12 bridges.

Breakfast/ Break

10:00am -11:00am (Tai Chi Group only):

Tai Chi Paired exercises-

- Single push hands,
- double push hands,
- moving step push hands,

- 4 corner exercises,
- freestyle pushing.

11:15-12:30pm Both Groups Together:

Min Loy Jam

‘Needle in Cotton’ Form:

36 Movements with applications.

We will learn the complete sequence over the course of the week. This exercise can be practised in a slow, tai chi form, or more vigorously.

1pm-2pm: Both Groups together:

Self practise

Please work on a specific set (Can be what you are learning in class or online, it can be a basic or advanced set, no problem, but this time is for refining a set you already know, not learning new material.

Every student will get individual correction and feedback.

Tai Chi Group Finish at 2pm.

2:30pm-3:30pm (Kung fu group only):

Street Defence:

- Long range defence.
- Clinch fighting/grab escapes
- Ground escapes and defences
- Knife defence

Friday Evening: Group Dinner.

SATURDAY 27th:

- 10am - 11 :30 Qigong, stretch, fundamentals.
- 11:45-1pm Min Loy Jam.
- 1:15-2:15 Tai Chi group- Paired Exercises.
- 1:30-2:30 Kung Fu group- Street Defence.
- 2:30-3:30 Q&A, group photos, certificates, farewell.