

## **Rising Crane Summer Camp 2026- Prague**

Workshop 1: 'Needle in Cotton' 8 Changes Palm  
Monday 13th -Thursday 16th July

8am-10am:

Mobility training, Chi Kung, Fundamentals. (Hap Ga and Tai Chi in 2 groups)

Breakfast/ Break

11:00am -3:00pm

In the gym:

1) 'Needle in Cotton' Bac Bin Jeung Second form - Empty hand and Stick.

2) In the park nearby (weather permitting): Open training/self practise. Please work on a specific set, hand or weapon. (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.

3) Back in the gym: Review, then Applications of the Bac Bin Jeung movements with a partner.

3:00pm Finish.

Workshop 2: Strength and Conditioning. Free fighting and weapons sparring.

(Note: This is not 'full contact' fighting- the sparring and training is scalable, so that everybody learns and has fun. Open to all.)

Friday 17th July 9am- Sunday 19th July 12pm.

Strength Training.

Empty Hand: 'Mo Ying Gerk' paired routine as shadowboxing, paired routing and 'san sau'- free movement training.

Weapon Sparring: Progressive sparring protocol using padded sticks (Long and short sticks)

**SCHEDULE:**

Friday/Saturday

9am-12pm: Skills Learning

2pm-5pm: Practise and challenge!

Sunday: 9am-12pm: Putting it together.

12pm: Finish.

**PLUS:**

Tour of the beautiful city of Prague.

Group Meal.

Extra lessons/lecture on Chinese culture and history. (More details and Times to be announced)