



Liu Institute International

Shaolin • Taiji • Qigong • Health & Wellnes

Shaolin External and Internal Training Camp

(All topics and time schedules are subject to change without notice)

Saturday	9:00 AM	Registration
	10:00 AM	Shaolin Qi Intro Briefing/Qi Stretching
	12:00 AM	Shaolin Basics
	2:00 PM	Shaolin Traditional Forms Basics
	4:00 PM	Shaolin Basics /Conditioning
	7:00 PM	Welcome meeting with demos Weapon Basics
Sunday	9:00 AM	Chan Meditation/Meditative Stretching/Qigong Overview
	10:00 AM	Shaolin basics and body & mind toughening & conditioning both internal and external
		8 Pieces of Brocade Xiao Pao Quan #1/Chao Yang Quan
	11:00 AM	Shaolin staff /other weapons
	11:00 AM	Authentic Chen Tai Chi/Silk reeling energy
	1:00 AM	Lunch
	3:00-5:00 PM	Tai Chi Yang and Chen#1/Tai Chi Fans and Other weapons Shaolin body toughening and Conditioning
	6:30 PM	Dinner
	7:30 PM	Body Toughening/ShaoLin Falls/Shuaijiao Basics
Monday	8:30 AM	Chan Meditation/Taigong Intro. Morning Conditioning/ USA Essence Of Tai Gong/Tai Ji
	2:00 PM	Weapons/Hongquan/Lian Huan Quan Tong Bei/Chang Quan
	7:00 PM	Qin Na/forms/weapons reviewing
Tuesday	8:00 AM	Meditation/Qi
	9:00 AM	Morning Conditioning Basics
	11:00 AM	Shaolin Chaquan/Tong Bei, Lian Huna/Hongquan Pao Quan/Liu He/Mi Zhong Quan
	12:00 PM	Lunch
	2:30 PM	Shaolin Weapons



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	5:30 PM	Shaolin Sanda Basics
	6:00 PM	Dinner
	7:30 PM	Shaolin Qin Na and Qin Na Conditioning
Wednesday	8:00 AM	Chan Meditation/Yi Jin Jing/Animal Reviewing Conditioning USA
	11:00AM	Essence of internal sword/TaiGong
	12:00 PM	Lunch
	2:30 PM	Shaolin Weapons/Duilian sparring/Weapons Sparring
	6:00 PM	Dinner
	8:00 PM	Qin Na/Shuaijiao Weapons/Sanda and form Reviewing
Thursday	8:30 AM	Chan Meditation/ Tai Gong
	10:00 AM	Shaolin Chaquan/Tong Bei, Lian Huna/ Hongquan Pao Quan/Liu He/Mi Zhong Quan continue
	2:30 PM	Cha Quan
	6:00 PM	Weapons Sparring Sets
Friday	8:00 AM	Chan Meditation/General Qigong Standing Pole, and Tai Gong
	10:00 AM	Cha Quan/Tang Tui/Pao Quan/Hong Quan/Mi Zhong Quan
	2:30 PM	Weapons Sparring/Weapon Forms
Saturday	8:00 AM	Florida Beach Training
	TO	Beach Front Meditation
	1:00 PM	Tai Gong Healing Qin Na and Shuaijiao Shaolin Basics
Sunday		Meditation and complete all forms if possible/reviewing