

# 2025 SHAOLIN TEMPLE & HANGZHOU NORMAL UNIVERSITY WUSHU COMPETITION SUMMER CAMP

## Shaolin Temple (June 9 - June 21)

This immersive camp will take place at the Shaolin Temple and various surrounding training locations, including Shaolin Temple Gate, Pagoda Forest, Shaolin Wushu Hall, and mountain forest training areas.

### Training Content

- ✓ Chan (Zen) Meditation – Experience Shaolin Zen culture and cultivate inner peace
- ✓ Traditional Forms – Learn fundamental Shaolin fist techniques and combat applications
- ✓ Traditional Weapons – Train in classic weapons such as staff, broadsword, and spear
- ✓ Shaolin Qigong – Discover the power of internal energy training
- ✓ Combat & Massage Therapy – Enhance combat skills and learn traditional Chinese therapeutic techniques

## Hangzhou Normal University (June 22 - July 1)

After completing the Shaolin Temple Summer Camp, participants will travel to Hangzhou Normal University, where they will train with professional Wushu team members and experience the intensity of competitive Wushu. This program is organized by the International Education Institute and the School of Physical Education and includes:

- ✓ Competitive Wushu training
- ✓ Chinese language lessons
- ✓ Cultural sightseeing in Hangzhou and surrounding areas



*Join us for the 2025 Shaolin Temple Summer Camp and Hangzhou Normal University Wushu Competition Summer Camp! Experience the essence of traditional Shaolin Kung Fu and competitive Wushu!*

*Additionally, participants will have the honor of attending the Shaolin Temple Merit Monument Inauguration Ceremony, witnessing this historic moment*

### Registration Information

- ◆ *Shaolin Temple Summer Camp (June 9 - June 21)*  
\$1300 (Includes all courses, accommodation, meals, and transportation)  
(Not include round-trip flights from the United States to China)
- ◆ *Hangzhou Normal University Summer Camp (June 22 - July 01)*  
\$300 (Includes all courses, transportation, and all related expenses)
- ◆ *Hangzhou Normal University Summer Camp is limited to participants aged 12-18, and they must complete the Shaolin Temple Summer Camp to join*
- ◆ *Only 10 spots available for Hangzhou Normal University Summer Camp – Register early to secure your place!*



Application deadline: April 06, 2025