

1st International Martial Arts Training *1st International Martial Arts Training* *Camp Belgium 2008* *Camp Belgium 2008*

We bring the best of China to Belgium!



Dear Martial Arts Enthusiasts,

We hope this message finds you all in vivid health and joyful spirits. In August 2007, the 1st International Martial Arts Training Camp was held in Beijing. This has been a great success in all it's aspects as you can see in this short clip of the 1st Camp!

<http://www.youtube.com/watch?v=vb7F20BZYU0>

With all the knowledge and experience of the first camp we invite you to another unique training possibility in Beijing that will be held in July 2008.

But not only that...due to the success, are we confident in making a camp for the people who can't attend the Beijing camp. So, without any further ado, we hereby we would like to invite you to join us in **October 2008** for:

THE 1st ANNUAL BELGIUM INTERNATIONAL MARTIAL ARTS CAMP

To pave the way from China to Belgium, in October 2008 we will engage a nine day camp with eight days of intense training (8 hours a day), which includes:

- Qigong, Yiquan, Taiji, Bagua, Tongbei, Tanglang
- Sanda, Shuaijiao, Qinna
- Pushing Hands
- Weapons Training
- Specialized Training
- Great Times

and one day of sight seeing.

Below you will find information concerning prices, training schedule, sightseeing program etc. Do not miss this great training opportunity, KEEP your schedule open for OCTOBER 2008, and JOIN US for better training!

Best regards,

Mike Martello, Director of Wutang Belgium

Chief Instructor & Technical Advisor of Beijing People's Martial Arts Association

Zhang Xinbin, Vice - Chairman of Beijing People's Martial Arts Association

Rene M.F. Ho, Vice-Secretary of Beijing People's Martial Arts Association

Wim Stultiens, Director of Moving as One – Belgium

Co-organizer of the Belgium international Martial Arts

Our Vision

By providing this Belgium training camp we wish to support all the people who would love to join us in Beijing but can't make it. So we bring the best of China to Belgium! Now we can encourage more people to experience the quality of good Chinese martial arts on the best prices.

Our Mission

China has a long and rich tradition of martial arts and health cultivating methods. Born in the training halls, hardened on the battlefields, and nurtured in monasteries, the arts of warriors and priests have been preserved throughout centuries. We would like to help people from around the world to become part of this wonderful tradition.

Our goal for organizing this training camp is to promote traditional Chinese martial arts and enhance the friendly relations between the martial arts organizations from around the world. During the camp, we will aim at cultural exchange and friendly interaction between East and West. Let us make kungfu our universal language and open ourselves to communication and mutual respect, and contribute to the reestablishing of traditional martial arts and culture.

Note: Included in the program are hotel accommodations, class fees, training program group meals, entrance fees and transport for sightseeing. All costs are covered within the program price. Not included are food and beverages during sightseeing program, personal expenses such as buying souvenirs, individual travel etc. Apart from training and sightseeing, participants are also given the opportunities to explore Belgium on their own.

Hotel Accommodations & Training Locations

Bloso-centre *Netepark*

For the duration of our camp, we will be staying and training at the Bloso-centrum *Netepark*. Situated in the most beautiful area of Flanders; in a healthy surroundings in the centre of the Antwerp province.

For detailed information please go to their official website:
<http://www.bloso.be/public/centra/Herentals.asp>

With its 120 acres, the Bloso-centre is very well known as the ideal location to organize workshops and trainings for top athletes and young talent.

You will find numerous possibilities for sports in- and outdoor (ice-skating, squash,..) as well as excellent lodging facilities in a beautiful surrounding.

You cannot wish for a better location than the Bloso-centre.





Recreation park *Het Netepark*

At only a five minute walk you will find the recreation park *Het Netepark*, including a minigolf in an enchanting garden park and several swimming pools. (swimming: € 2,50)

For a refreshing or energising wellness experience, take a step into the aromatized bath or steamcabine. (€ 2 for 15 min.)



Training Schedule

- Training A * (October 4th – 12th) 8 days training * 1 day sightseeing
- Training B * (October 4-5 & 11-12) Two weekends * 4 days training

6:00 - 7:00 am	Qigong & Yiquan (All groups)
7:00 - 8:00 am	Breakfast
8:00 - 11:30 am	Morning Training will include sub separations of groups and styles
12:00 – 13:30 pm	Lunch
14:00 – 16:30 pm	Afternoon Training will include sub separations of groups and styles
16:30 – 17:30 pm	Pushing Hands Hour (All groups)
18:30 – 20:00 pm	Group Dinner (elective)
20:30 - 21:30 pm	Special cultural activities are planned. More detailed information will follow
22:00 pm	End of training day

- 🚩 Training schedule is due to change depending upon the needs of the groups.
- 🚩 Minimum Age of Applicants: 16 years. All levels and styles are welcome.
- 🚩 All meals outside the group belong to the category of personal expenses.
- 🚩 For practical reasons, the maximum is limited to 60 participants for Training A and 80 for Training B.

Styles Overview

The following styles of Chinese martial arts will be offered:

Qigong –

China has a long and rich tradition of breathing exercises and internal cultivation. Qigong practice can greatly contribute to health and longevity. At our autumn camp, we will start each training day with Qigong, to refresh everyone and as a preparation for more physical intense training later during the day.

Yiquan –

Yiquan (Intention Boxing) or Dachengquan (Great Achievement Boxing) is the synthesis of the internal arts of Taiji, Bagua and Xingyi, emphasizing standing meditation for martial power development and health purposes. Each training day we will have a group session of Yiquan to let everyone get familiar with this unique and interesting style of internal martial arts.



Taiji –

Arguably the most famous internal art to hail from China, Taiji is centered on the principles of overcoming hardness with softness. At our training camp, each participant will engage in a morning session of Taiji form practice and pushing hands. Participants can choose to further explore the art of Taiji during the afternoon training sessions, in which Taiji relaxation techniques, empty-handed forms, pushing hands and weapon routines of the Chen, Yang and Wu styles will be offered.*

* Offered styles is due to change depending upon the needs of the groups.



Tui shou | *Pushing hands* –

Pushing hands is said to be the gateway for students to understand experientially the martial aspects of the Internal martial arts; leverage, reflex, sensitivity, timing, coordination and positioning.

Pushing hands works to undo a person's natural instinct to resist force with force, teaching the body to yield to force and redirect it.

Bagua –

One of the Three Great Internal Styles of Chinese martial arts, Bagua emphasizes circular and evasive methods. The contents of the Bagua system will be covered, including empty-hand sequences, internal training and fighting applications.

Xingyi –

Together with Taiji, the systems of Xingyi and Bagua are known as the Three Great Internal Styles of Chinese martial arts. Xingyi features linear attacks and direct footwork. The contents of the system will be covered, including empty-hand sequences, internal training and fighting applications.

Tongbei –

Tongbei means "Connecting Back", the practitioner generates power from the legs and brings this power to his arms by connecting the back. Tongbeiquan is a style which emphasizes long arm techniques and body structure to develop connected power.

At our camp, we offer the Beijing Muslim style of White Gibbon Tongbei, an extremely fierce martial art, relying on fast movements, explosive techniques and crisp power.

Tanglang –

Fast, agile and aggressive, the style of Tanglangquan (Praying Mantis Boxing) enjoys a reputation of being a very subtle yet effective fighting system. At our training camp we will concentrate on the forms and combat techniques of Northern Style Praying Mantis.

Sanda –

A great opportunity to upgrade one's all-round combat abilities, the advanced skills of Sanda will be taught covering all areas of punching, trapping, locking, kicking and throwing. Training will be suited for both amateur as well as professional Sanda fighters.

Shuaijiao –

The unique training methods and techniques of authentic Shuaijiao (Chinese-Mongolian wrestling) as handed by Qing dynasty warriors will be offered. Physically demanding and absolutely brutal, Shuaijiao is nonetheless a beautiful sport as well as art form.

Qinna –

Qinna is the Chinese art of "seize and control." It is used to restrain opponents through techniques for locking joints or muscles and tendons by applying leverage and using pressure points. The techniques require very little force making them especially effective against larger and stronger opponents. In addition, the pressure of many techniques can be adjusted so that they can be used merely to control an opponent or to injure or disable them when necessary.



Sightseeing Program

Apart from intensive training, we will also visit various historical and cultural sights in Antwerp.

- Grote Markt | Cathedral | Brabo
- Het steen
- ...



Program Outline

Included in the price are hotel accommodations, class fees, entrance fees, weapon set and transport for sightseeing, and group meals during training program. Everyone will also receive a free T-shirt of the Belgium training camp.

Meals and beverages during sightseeing program and personal expenses outside the program are not included.

IMPORTANT NOTES *:

- Early subscribers (written registration validated by payment before may 1st) will receive a 10% discount.
- All people who join us to Beijing 2008 will get a discount of 25% on our Belgium Training camp.
- All club owners who participate with minimal 5 of their students will receive a discount of 50% on the Belgium Training camp.
- All couples (man-wife) who attend the BTC together will be given a discount of 10%.
- All people who will not make use of the sleeping accommodation presented by us, will be given a 10% discount.
- Extra weapon set is available separately at € 35.

* *Discounts cannot be accumulated*

Training A: € 825

Date	Items	Descriptions
Arrival Day:	Food	Welcoming Dinner (evening)
October 4 th	Accommodations	
Training Program		
9 Days: Oct 4th – 12th	Food	Breakfast, Lunch, Dinner
	Accommodations	
	Training Facility	
	Class Fees Included	Daily kungfu and a cultural lecture* <i>(content of the lecture will be presented in a next phase)</i>
	Weapon set including a good quality Taiji sword, bag and fan	
	Free T-shirt of the Belgium training camp	
Tourist Program		
1 Days:		
October 9 th	Meals NOT INCLUDED	
Sightseeing		
<i>(sightseeing program contents are subject to change due to weather and other circumstances)</i>	**Entrance Fees Included**	Free day for shopping or leisure
Total = € 825	<i>**Airplane tickets not included**</i>	

Training B: € 425

Arrival + Departure Day	Items	Descriptions
Arrival Day:	Food	Welcoming Dinner (evening)
October 4 th	Accommodations	
Training Program		
2 weekends = 4 Days:	Food	Breakfast, Lunch, Dinner
October 4 – 5 & 11 – 12	Accommodations	
	Training Facility	
	Class Fees Included	<i>Qigong - Taiji – Yiquan – Pushing hands Bagua – Xingyi – Tongbei – Tanglang- Sanda – Qinna – Shuaijiao – Tanglang</i>
	Weapon set including a good quality Taiji sword, bag and fan	
	Free T-shirt of the Belgium training camp	
Total = € 425	<i>**Airplane tickets not included**</i>	

For inquiry and/or application, please contact:

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<mailto:beijingcamp@gmail.com>
www.wutang.be

NOTE:

More detailed information will follow

Next phase - biography about the teachers, the weapons, financial aspects, etc.

Final phase - reminders