

# Shaolin Kung Fu Training Tour

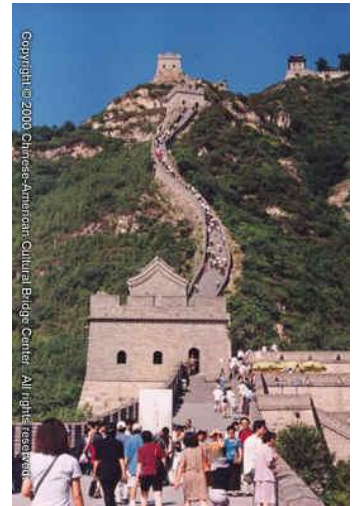
14 days to: *Beijing, Luo Yang, Shaolin Temple*  
Travel Dates: June 25- July 8<sup>th</sup> 2010

This is a special trip designed for Kung Fu practitioners and fans. This expedition will allow you to visit many culturally and historically rich places in China, giving you the opportunity to gain understanding of the atmosphere and background from which Kung Fu was born. The journey will lead you to some incredible sites before you move on to the Shaolin Temple for your martial arts courses. There you'll spend a full week receiving training from the grandmasters and monks in both martial arts and the Chinese language. This itinerary is ideal for martial arts students and groups of professionals.

**Day 1:** International flight from U.S. to Beijing.

**Day 2:** Arrive in Beijing. Check-in at hotel, and enjoy the Welcome Banquet (Beijing Duck Dinner) hosted by CACBC China Office, Cultural Exchange Bureau, and the China Travel Service.

**Day 3:** A full-day excursion: explore the Great Wall of China - one of the seven wonders of the ancient world. In the afternoon, visit the magnificent Temple of Heaven, the largest temple and altar complex in China, where the Emperors of the Ming and Qing Dynasty worshipped Heaven and prayed for good harvests. In the evening, attend an exciting Chinese Acrobatic show.



**Day 4:** A city tours of Beijing to the center of the city -Tianan-Men Square - the largest open plaza in the world - accommodating half a million people at one time. Explore the Forbidden City (Palace Museum), the former Imperial Palace for the 24 Emperors of the Ming and Qing Dynasties. In the afternoon visit *Beijing Olympic Village, the Bird nest*. Take photos and have fun. (Night Sleeper Train to Luoyang).





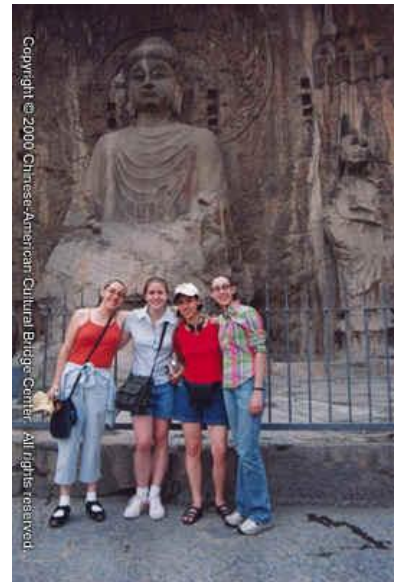
**Day 5:** Historic Luoyang was the capital of thirteen dynasties. Here, you will visit the Longmen Grotto, built 1,500 years ago where 2,345 caves and more than 100,000 statues of Buddha were carved from a solid rock mountain. The statues range in size from miniature (1inch high) to giant-size (57 feet).

In the afternoon bus to Shaolin Temple, relax and get a good night sleep for the training that is to take place for the next few days.

**Days 6-12:** Shaolin Temple. At last, your journey takes you to the 1,500 year-old Shaolin Temple, the birthplace of Kung Fu, the mother of all martial arts. Here you will be stunned by an amazing live Kung Fu demonstration, performed by the grandmasters and monks.



In the Thousand Buddhas Hall, you can still see the footprints of the monks stamped into the floor, a reminder of the intensity of their training and practice.



As classes begin, you'll receive four hours of intensive Kung Fu training daily. There are courses available in Shaolin pugilistic sequences, Wu Shu philosophy, and the free style pugilism forms including Tanglan Quan, Tiger Quan, Da Hong Quang, Eagle Quan, Meihua Quan and much more! Your training will be matched to your skill level and a certificate will be issued after each level of training is completed. An English interpreter will be available for your courses.



In addition to the martial arts training you receive you will also participate in Chinese



language courses to improve your conversation, comprehension and reading skills.

During your stay in Dengfeng you will visit the Song Yue Temple Pagoda, the oldest pagoda in the land. Journey into the surrounding Pagoda Forest, the largest forest of its type in China. Here, 220 Shaolin monks are buried. The forest is a favorite location for filming Kung Fu movies and it is also the resting-place for many eminent Shaolin monks.

**Day 12:** In the afternoon bus back to Luoyang and overnight train back to Beijing

**Day 13:** Visit the 800 year-old Summer Palace with the largest garden in China. Here, the royal family of the Qing dynasty came to spend relaxing summers and handle government affairs. In the afternoon shopping on the famous Wang Fu Jing, outside shopping street where you will see varieties of items, from Chinese medicine to fashionable clothing.



**Day 14:** Say goodbye to friends in China, and board the International flight back home.

**Price: \$3,590 per person/ Double occupancy**

Dates may have slight changes in order to adjust to airline changes. Prices are based upon a total participation of 10 or more Individuals. Prices will increase varyingly for total participation of less than ten individuals.

**Included in Tour Price:**

1. Airfare to China.
2. English speaking escorts and local guides.
3. Three star hotel accommodations.
4. Ground transportation within China.
5. All meals in China: American or Chinese breakfast, Chinese lunch and dinner.
6. Chinese Acrobatic Show as indicated.
7. All entrance fees for museums, parks and historical sites (does not include admission fees to any privately-owned rides or attractions within these locations).

8. Special dinners as indicated.
9. KungFu Training translations and fees.

**Not Included in Tour Price:-**

Visa fee, departure taxes, airline fuel charges, tips, excess baggage fees, and personal spending money.