



Summer Training Camp 11th to 18th Sept 2011

“ *Once again, the legendary summer training camp on the Isle of Wight approaches!*

This year we have a number of special features: ”

What is special for 2011

Master Tan:

Master Tan will once again be visiting to England. Whilst he is at the Summer Camp he will be available full time to teach, answer questions and discuss Nam Yang, kung fu etc. This is a perfect opportunity to meet the man who personifies Nam Yang and to benefit from his teaching.

Nam Yang Summer Training Camp 2011

Isle of Wight September 11th to 18th

Our most popular training and social event is once again booked at Fairway Holiday Park, Isle of Wight. Places are limited so please book early!

Special Training: This year we will cover the traditional Shaolin **ground fighting**. This involves fighting from a prone position (lying on your back) and is a very useful form of emergency defence. We will also cover **sensing intention** (great for avoiding being taken by surprise), **projecting chi** and **healing with chi**, and **key strikes matched to targets** – for instance palm heel strikes to the collar bone and kicks to the nerve points just above the knee.

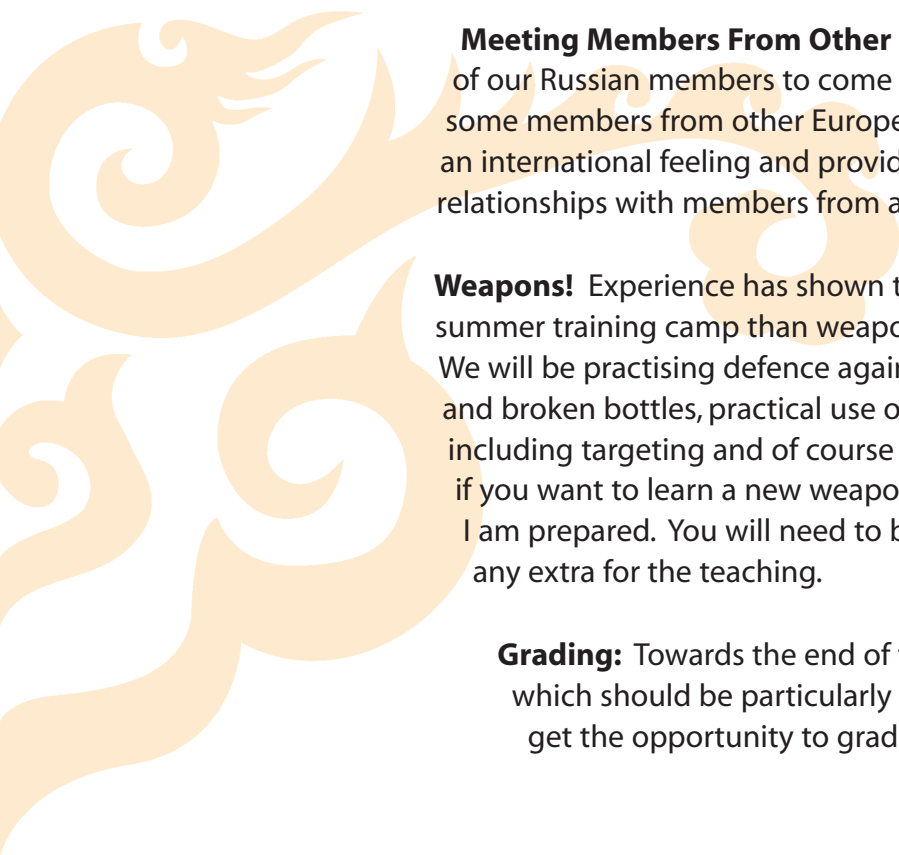
Learning To Make Special Medicinal Meals To Help You With Hard Training: When you are training hard – and those of you who have been to previous summer training camps know that you will be – it is incredibly useful to eat meals which help you recover and boost your energy. We have been working hard on this at the mountain training camp in Thailand and have some great recipes for soups and porridges which really boost you up yet are easy to make. Master Tan and I will be teaching how to make these so that you not only get to benefit from them during the camp but are able to make them your selves when you get home!

Meeting Members From Other Countries: We are expecting a group of our Russian members to come for the camp this year and perhaps some members from other European countries. This should give the camp an international feeling and provide plenty chances for you to build relationships with members from around the world!

Weapons! Experience has shown that there is nothing more popular at the summer training camp than weapons! Bring weapons. Bring lots of them! We will be practising defence against common weapons such as knives, sticks and broken bottles, practical use of weapons – classical and improvised – including targeting and of course Shaolin weapon routines. *Please note:* if you want to learn a new weapon routine, please let me know first so that I am prepared. You will need to buy the weapon but will not have to pay any extra for the teaching.

Grading: Towards the end of the week, there will be a grading which should be particularly useful for those who seldom get the opportunity to grade.

南洋國術體育會



As usual we will be putting in regular practise of:

- **Morning Chi Kung and Shuang Yang**
- **Tiger Crane routines and drills:**
- **Pushing / sticking hands:** (plenty of opportunities to try new partners, this year introducing sticky hands with (rubber) knives).
- **Conditioning:** regular, hard core conditioning circuits.
- **Partner routines:** basic to advanced.
- **Meditations:** a series of meditations to end the days' training.

Social! The social side of the summer training camps is very important and does a lot to strengthen the bonds within our association. As well as general socialising in the camp's night club and between caravans, we will be organising a kung fu **demonstration**, a **trip out** on Wednesday afternoon and a **barbecue / party** on the last night. I am open to other ideas – within reason.

Format: Each day will be broken into seven sessions: chi kung; practical application; physical training; routines (freehand and weapon); pushing / sticking hands; conditioning; meditation – for a total of nearly eight hours training.



Nam Yang Booking Form / Terms & Conditions

Please read carefully through this page. To book detach the whole page and return it, having completed the slip at the bottom, and enclose a cheque.

Course: Summer Training Camp

Venue: Fairway Holiday Park
The Fairway, Sandown
Isle of Wight

Date/Time(s): 11th to 18th September 2011

Payment: Cost per Head:
£199.00 if paid by June 1st 2011,
£219.00 if paid by August 31st; otherwise £239.00.

Family deals available: Please telephone.

Cost covers training and accommodation (sharing 6 berth caravan). Cost **does not** cover food, grading (optional) or transport to/from the Isle of Wight.

Behaviour Bonds. Fairway Holiday Park requires a behavior bond from each caravan. This entails payment of a cash deposit returnable on departure, provided that no damages or unacceptable behavior occurs. It is incumbent upon the occupants of each caravan to pay up for the behavior bond; it is a near certainty that the money will be returned..

Payment. A non – returnable deposit of £99.00 secures a place. Payment of remaining balance by 1st June please. Non payment of balance may result in the loss of your place! !

Booking Form / Personal Details / Proclamation:

Name:

Address:

Telephone: **Mobile:**

Email:

Please ensure that you include your email so that we can send you further information without inflicting further damage to the rainforests!

Reservation/Fee: I wish to reserve a place on the Nam Yang Summer training course (11-18 September 2011) and enclose payment of : £

I agree to abide by Nam Yang Pugilistic Association's code of conduct, to train diligently, to co-operate fully with the instructors and to represent the association in the best possible light.

Signature: **Date:**

If student is under 18 years of age, we require:

Parents/guardians signature:

Summer Training Camp, Isle of Wight 2011

Address:

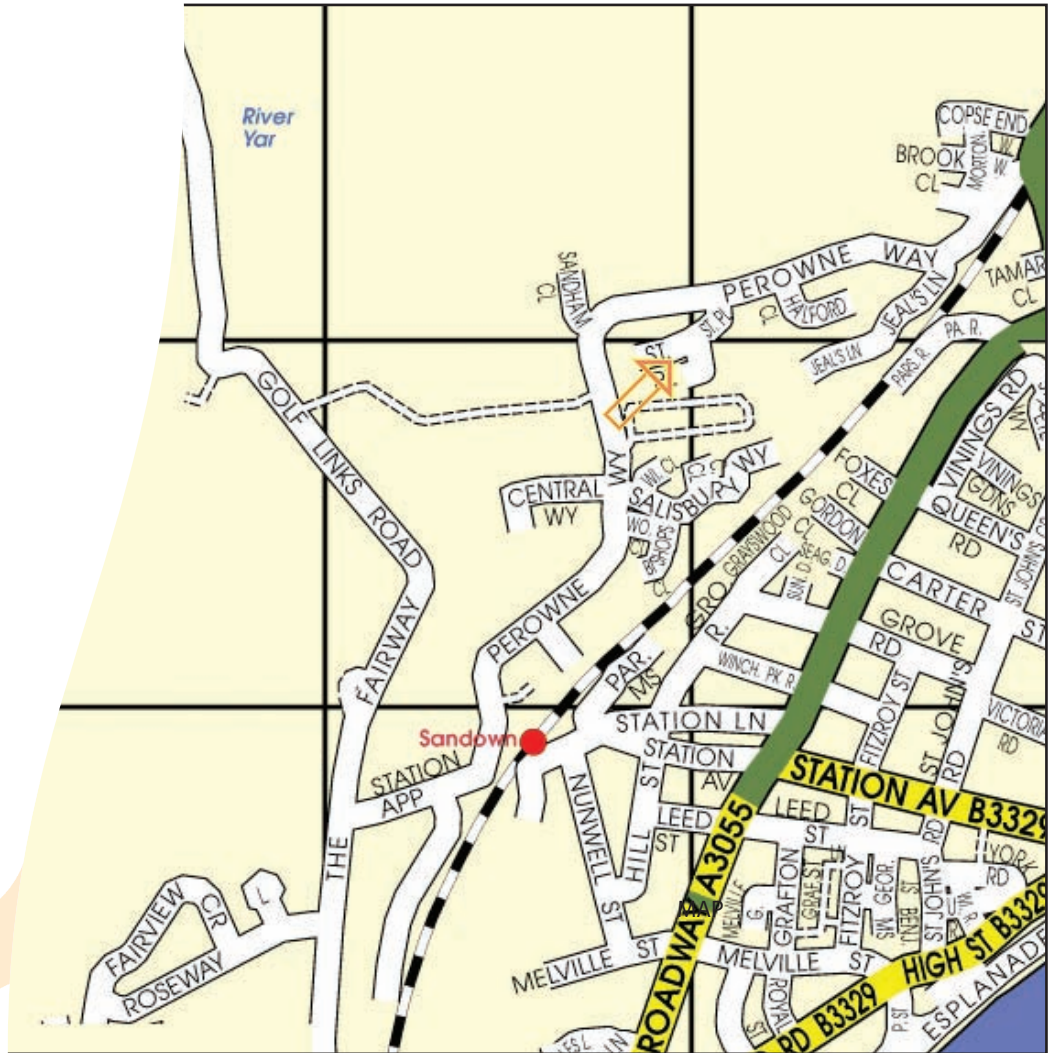
Fairway Holiday Park, The Fairway, Sandown, Isle of Wight.

Please arrive after 3.00pm. Please note that some of the group will arrive late as we will be coming direct from the national sparring championships!

Transport:

By rail: A ticket from London (Waterloo / Victoria) or Guildford will take you direct to Sandown and includes the ferry. From Sandown either walk or call a cab.

By Car: Drive to Portsmouth, take a ferry to the Isle of Wight, follow the signs to Sandown then refer to the map. Don't forget to book a ferry: Wightlink car ferries 0870 582 7744.



Accommodation:

6 berth self catering caravans with shower, fridge and cooker.

Food:

Suggest you bring some with you - this usually works out cheaper!

南洋國術體育會