



## 2<sup>nd</sup> Summer Camp 2018- Austrian Wushu Federation

Bagua, Chang Quan, Taiji, Xing Yi, Daoshu

We gladly announce that we are able to invite two well-respected Wushu Teachers for our 2<sup>nd</sup> Summer Camp.

Professor Dr. Meng Tao from the Capital University of Physical Education and Sport in Beijing and polish national Coach Xi Jing He.

We look forward seeing you at an intense but also diverting training week at the very beautiful Lungau in Salzburg.

### Teachers:

- **Prof Meng Tao:** Taiji, Xing Yi, Ba Gua
- **HE Xi Jing:** Chang Quan: 2<sup>nd</sup> set, Dao Shu: 1<sup>st</sup> set (Please bring your own Dao)

**Organiser:** Austrian Wushu Federation

**Location:** Jugend- und Familiengästehaus Mauser-Mühltaler Markt 86, 5570 Mauterndorf, Austria

**Application:** via e-mail: [office@wushu-awf.at](mailto:office@wushu-awf.at) .

Payments before the **24<sup>th</sup> of March 2018** get a price reduction of 20€ for the course.

**Pricing:** (not obligatory to stay in our suggested accommodation)

### Packages

all courses, accommodation+fees, lungaucard, bus travel (Vienna-Mauterndorf-Vienna)

- Adult+ above 15Y: 510€ | 490€\*
- Kids 6+ all courses: 470€ | 450€\*
- Kids 6+ Kids Program: 400€ | 380€\* (all entrance fees included)
  
- Double Room: + 5€ per day and person
- Single Room: +10€ per day

### Courses

- 170€ | 150€\* - 1 Wushu program per day (for non IWUF Members 180€)
- 210€ | 190€\* - all Wushu programs a day (for non IWUF Members 250€)
- 95€ | 75€\* - Kids Wushu Program 6+Years - +55€ | +35€\* per additional sibling

\* For applications and payments before the 24<sup>th</sup> of March 2018

### Duan Examination

- 1<sup>st</sup> Duan: 60€
- 2<sup>nd</sup> Duan: 90€
- 3<sup>rd</sup> Duan: 130€
- For non Austrians: Please send us a confirmation of your local association

### Travel from Vienna: (included in the packag price)

- 06<sup>th</sup> of August 2018 9:30am: Pickup at Vienna Schwedenplatz, Nightbus Station
- 12<sup>th</sup> of August 2018 3:30pm: Arrival to Vienna Schwedenplatz, Nightbus Station

### Bank Details:

**IBAN:** AT25 32906 00000716589 **BIC-Code:** RLNWATWWWHY

**Bank Name:** Raiffeisenbank Ybbstal reg.Gen.m.b.H.

## Professor Resume - Dr. Meng Tao



Dr. Tao MENG, professor of Capital University of Physical Education and Sports, is a Tutor of postgraduates as well as a National referee. She also holds a certificate of Level 7 of Chinese Martial Arts and is one of the top talented teachers in Beijing. Dr. Meng was a visiting scholar at the University of the Pacific, California USA. She is also a senior advisor of US Wushu Academy.



Being a referee, Dr. Meng is deeply involved in the competitions and events at all levels hosted by the Chinese Wushu Association. She was invited to be the referee for American Youth Wushu Selection Competition and other US Martial Art competitions in US in 2012. Ever since 2001, Dr. Meng repeatedly gave lectures and participated in cultural exchange activities in Germany, Italy, India, United States and etc. She was sent to Austria and Switzerland by Chinese Wushu Association in 2015 to teach Chinese Martial Arts and evaluate the work of promoting Levels of Chinese Martial Arts.

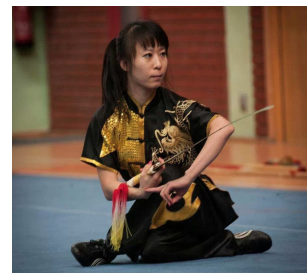
## Coach Resume - Xijing HE



Coach Xijing He started training Chinese Martial Arts from the age of 6. Teacher Gao Ji Wu is the 6th generation of Bagua Zhang and good at many other Neijia style. With the extremely educating training programs, she has become 6-Duan level and one of the leading female Chinese Wushu athletes in the areas of Changquan, Straight sword, Broad sword, Spear, Staff, Fighting-set form, Traditional form, Shaolin, Taichi, and etc.

Xijing He is a second level Wushu coach in Poland and a second level Wushu Jude in China, she received four gold medals in International Wushu Festival from 2012 to 2015, three gold medals in Chinese Martial Arts Tournament during 2007 and 2008. and two times participated in International Coach Courses which organized by International Wushu Federation

She was teaching in Japan in 2009, after she graduated start from 2010 she was invited to be a National Wushu Team Coach in Poland and a teacher at Confucius Classroom in Warsaw Vistula University. With her great experience and well-known reputation she got invited by Slovak wushu association in 2016



## Application form - Summercamp 2018

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Birthdate \_\_\_\_\_ (YYYY/MM/DD) Phone \_\_\_\_\_

e-mail \_\_\_\_\_ Street \_\_\_\_\_

ZIP \_\_\_\_\_ Place \_\_\_\_\_

Course:     all styles                       Taiji             Xing Yi + Ba Gua  
               Chang Quan                       Dao Shu

Exam:         1<sup>st</sup> Duan     2<sup>nd</sup> Duan     3<sup>rd</sup> Duan

Style \_\_\_\_\_

### Accommodation

- |   |   |  |
|---|---|--|
| 1) <input type="checkbox"/> Package     | 2) <input type="checkbox"/> multi bedroom | 3) <input type="checkbox"/> vegan              |
| <input type="checkbox"/> custom         | <input type="checkbox"/> double room      | <input type="checkbox"/> Kids Wushu Program    |
| <input type="checkbox"/> self organised | <input type="checkbox"/> single room      | <input type="checkbox"/> travel self organised |

Comments

Date, Signature \_\_\_\_\_

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Birthdate \_\_\_\_\_ (YYYY/MM/DD) Phone \_\_\_\_\_

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|---|---|--|
| 1) <input type="checkbox"/> Package     | 2) <input type="checkbox"/> multi bedroom | 3) <input type="checkbox"/> vegan              |
| <input type="checkbox"/> custom         | <input type="checkbox"/> double room      | <input type="checkbox"/> Kids Wushu Program    |
| <input type="checkbox"/> self organised | <input type="checkbox"/> single room      | <input type="checkbox"/> travel self organised |

Comments

Date, Signature \_\_\_\_\_

## Wushu Program all courses\*\*

Mon 06.08.18	Tue 07.08.2018	Wed 08.08.2018	Thu 09.08.2018	Fri 10.08.2018	Sat 11.08.2018	Sun 12.08.2018	
	<b>07:30</b> Breakfast	<b>07:30</b> Breakfast	<b>07:30</b> Breakfast	<b>07:30</b> Breakfast	<b>07:30</b> Breakfast	<b>07:30</b> Breakfast	
<b>09:30 departure from Vienna by Bus</b> Schwedenplatz at Nachtbus Station  <b>~14:00</b> Arrival + Check in  <b>16:30 – 18:15</b> 1 <sup>st</sup> Dao Shu <u>Xi Jing He</u>  <b>18:45</b> Dinner	<b>08:30 – 10:15</b> Taiji <u>Prof Meng Tao</u>	<b>08:30 – 10:15</b> Taiji <u>Prof Meng Tao</u>	<b>08:30 – 10:15</b> Taiji <u>Prof Meng Tao</u>	<b>08:30 – 10:15</b> Taiji <u>Prof Meng Tao</u>	<b>08:30 – 10:15</b> Taiji <u>Prof Meng Tao</u>	Checkout  <b>11:00 departure from Mauterndorf</b>	
	<b>10:30 – 12:15</b> 2 <sup>nd</sup> Chang Quan <u>Xi Jing He</u>	<b>10:30 – 12:15</b> 2 <sup>nd</sup> Chang Quan <u>Xi Jing He</u>	<b>10:30 – 12:15</b> 2 <sup>nd</sup> Chang Quan <u>Xi Jing He</u>	<b>10:30 – 12:15</b> 2 <sup>nd</sup> Chang Quan <u>Xi Jing He</u>	<b>10:30 – 12:15</b> 2 <sup>nd</sup> Chang Quan <u>Xi Jing He</u>		
	<b>12:45 – 14:30</b> Lunch Break	<b>12:45 – 14:30</b> Lunch Break	<b>12:45 – 14:30</b> Lunch Break	<b>12:45 – 14:30</b> Lunch Break	<b>12:45 – 14:30</b> Lunch Break	<b>12:00</b> Hiking - Fun Program at Lungau	
	<b>14:30 – 16:15</b> 1 <sup>st</sup> Dao Shu <u>Xi Jing He</u>	<b>14:30 – 16:15</b> 1 <sup>st</sup> Dao Shu <u>Xi Jing He</u>	<b>14:30 – 16:15</b> 1 <sup>st</sup> Dao Shu <u>Xi Jing He</u>	<b>14:30 – 16:15</b> 1 <sup>st</sup> Dao Shu <u>Xi Jing He</u>	<b>14:30 – 16:15</b> 1 <sup>st</sup> Dao Shu <u>Xi Jing He</u>		<b>~15:30 arrival in Vienna</b> Schwedenplatz Nachtbus Station
	<b>16:30 – 18:15</b> Ba Gua+XingYi <u>Prof Meng Tao</u>	<b>16:30 – 18:15</b> Ba Gua+XingYi <u>Prof Meng Tao</u>	<b>16:30 – 18:15</b> Ba Gua+XingYi <u>Prof Meng Tao</u>	<b>16:30 – 18:15</b> Ba Gua+XingYi <u>Prof Meng Tao</u>	<b>16:45 – 18:45</b> Duan Examination		
	<b>18:45</b> Dinner	<b>18:45</b> Dinner	<b>18:45</b> Dinner	<b>18:45</b> Dinner  <b>20:00</b> Get-Together Drink			

\*\* subject to modifications  
**Kids Wushu Programm\*\***

Mon 06.08.18	Tue 07.08.2018	Wed 08.08.2018	Thu 09.08.2018	Fri 10.08.2018	Sat 11.08.2018	Sun 12.08.2018
<b>09:30 departure from Vienna by Bus</b> Schwedenplatz <b>at Nachtbus Station</b>  <b>~14:00</b> Arrival <b>+ Check in</b>  <b>16:30</b> Wushu Kids  <b>18:45</b> Dinner	<b>07:30</b> Breakfast  <b>08:30</b> Wushu Kids  <b>12:45</b> Lunch  <b>14:30</b> Erlebnisbad Mauterndorf -swimming	<b>07:30</b> Breakfast  <b>08:30</b> Wushu Kids  <b>12:45</b> Lunch  <b>14:30</b> Games  <b>16:30</b> Outdoorparc Lungau, Flying Fox or Hiking to the Alps with barbecue and overstay	<b>07:30</b> Breakfast at the Alps and return  <b>12:45</b> Lunch  <b>14:30</b> Wushu Kids  <b>16:30</b> Afternoon-Snack Erlebnisbad Mauterndorf - swimming  <b>18:45</b> Dinner	<b>07:30</b> Breakfast  <b>08:30</b> Wushu Kids  <b>12:45</b> Lunch  <b>14:30</b> Games (Ballgames, Trampolin, ...)  <b>16:30</b> Burger Adventure Mauterndorf  <b>18:45</b> Dinner	<b>07:30</b> Breakfast  <b>11:00</b> Hiking with packed lunch  Trip to the mountain Großeck Speiereck or Taurachbahn (train through Lungau)  <b>18:45</b> Dinner	<b>07:30</b> Breakfast  Checkout  <b>11:00</b> <b>Departure from Mauterndorf to Vienna</b>  <b>~15:30 Arrival in Vienna</b> Schwedenplatz Nachtbus Station

\*\* subject to modifications