

# 3<sup>rd</sup> Summer Camp 2019- Austrian Wushu Federation

Sanda, Bagua, Chang Quan, Taiji, Xing Yi, Gunshu



We gladly announce that we are able to invite well-respected Wushu Teachers for our 3<sup>rd</sup> Summer Camp.

Professor Dr. Meng Tao from the Capital University of Physical Education and Sport in Beijing, polish national Coach Xi Jing He and Shi Meng Long, former sanda athlete and chinese national champion - lector at the An Hui University in Hefei.

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: 3<sup>rd</sup> set, Gun Shu: 1<sup>st</sup> set (Please bring your own Gun – we can organise one if you're unable to get one)
- **SHI Meng Long:** Sanda

**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 **3<sup>rd</sup> of June 2019** 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

- 190 € | 170 €\* - 1 Wushu program per day (except Sanda, for non IWUF Members 220€)
- 250€ | 220 €\* - all Wushu programs a day (for non IWUF Members 270€)
- 95€ | 75€\* - Kids Wushu Program 6+Years - +55€ | +35€\* per additional sibling

\* For applications and payments before the 3<sup>rd</sup> of June 2019

## 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)

- 17<sup>th</sup> of August 2019 9:30am: Pickup at Vienna Schwedenplatz, Nightbus Station
- 23<sup>rd</sup> of August 2019 2:30pm: Arrival to Vienna Schwedenplatz, Nightbus Station

## 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.

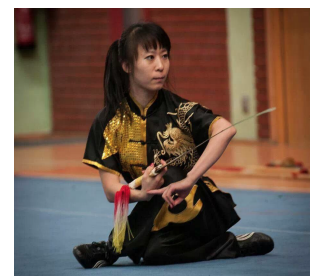
## Coach Resume - Xijing HE



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



## University Lecturer – Shi Meng Long

Former professional Sanda athlete and Chinese national Sanda Champion  
University Lecturer in Sanda of the An Hui University in He Fei.

## Application form - Summercamp 2019

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

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

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

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

Course: ☐ Package | all styles ☐ Taiji ☐ Xing Yi + Ba Gua  
☐ Chang Quan ☐ Gun Shu ☐ Sanda (includes all styles)

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 \_\_\_\_\_

## Application Form – Summer Camp 2019

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

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

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

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

Course: ☐ Package | all styles ☐ Taiji ☐ Xing Yi + Ba Gua  
☐ Chang Quan ☐ Gun Shu ☐ Sanda (includes all styles)

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 \_\_\_\_\_

## Wushu Program all courses\*\*

Saturday 17.08.19	Sunday 18.08.2019	Monday 19.08.2019	Tuesday 20.08.2019	Wednesday 21.08.2019	Thursday 22.08.2019	Friday 23.08.2019
<b>09:00 meet at</b> Schwedenplatz at Nachtbus Station	<b>07:30 Breakfast</b>	<b>07:30 Breakfast</b>	<b>07:30 Breakfast</b>	<b>07:30 Breakfast</b>	<b>07:30 Breakfast</b>	<b>07:30 Breakfast</b>
<b>09:30 departure</b> <b>from Vienna by</b> <b>Bus</b> Schwedenplatz at Nachtbus Station	<b>08:30 – 10:15</b> <b>Taiji</b> <u>Prof Meng Tao</u>	<b>08:30 – 10:15</b> <b>Taiji</b> <u>Prof Meng Tao</u>	<b>08:30 – 10:15</b> <b>Taiji</b> <u>Prof Meng Tao</u>	<b>08:30 – 10:15</b> <b>Taiji</b> <u>Prof Meng Tao</u>	<b>08:30 – 10:15</b> <b>Taiji</b> <u>Prof Meng Tao</u>	Checkout  <b>10:00 departure</b> <b>from</b> <b>Mauterndorf</b>
	<b>10:30 – 12:15</b> <b>3<sup>rd</sup> Chang Quan</b> <u>Xi Jing He</u> <b>Sanda</b> <u>Shi Meng Long</u>	<b>10:30 – 12:15</b> <b>3<sup>rd</sup> Chang Quan</b> <u>Xi Jing He</u> <b>Sanda</b> <u>Shi Meng Long</u>	<b>10:30 – 12:15</b> <b>3<sup>rd</sup> Chang Quan</b> <u>Xi Jing He</u> <b>Sanda</b> <u>Shi Meng Long</u>	<b>10:30 – 12:15</b> <b>3<sup>rd</sup> Chang Quan</b> <u>Xi Jing He</u> <b>Sanda</b> <u>Shi Meng Long</u>		
<b>~14:00</b> Arrival + Check in	<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> <b>1<sup>st</sup> Gun Shu</b> <u>Xi Jing He</u> <b>Sanda</b> <u>Shi Meng Long</u>	<b>14:30 – 16:15</b> <b>1<sup>st</sup> Gun Shu</b> <u>Xi Jing He</u> <b>Sanda</b> <u>Shi Meng Long</u>	<b>14:30 – 16:15</b> <b>1<sup>st</sup> Gun Shu</b> <u>Xi Jing He</u> <b>Sanda</b> <u>Shi Meng Long</u>	<b>14:30 – 16:15</b> <b>1<sup>st</sup> Gun Shu</b> <u>Xi Jing He</u> <b>Sanda</b> <u>Shi Meng Long</u>		<b>~14:30 arrival</b> <b>in Vienna</b> Schwedenplatz Nachtbus Station
<b>16:30 – 18:15</b> <b>1<sup>st</sup> Gun Shu</b> <u>Xi Jing He</u> <b>Sanda</b> <u>Shi Meng Long</u>	<b>16:30 – 18:15</b> <b>Ba Gua+XingYi</b> <u>Prof Meng Tao</u>	<b>16:30 – 18:15</b> <b>Ba Gua+XingYi</b> <u>Prof Meng Tao</u>	<b>16:30 – 18:15</b> <b>Ba Gua+XingYi</b> <u>Prof Meng Tao</u>	<b>16:45 – 18:45</b> Duan Exam		
<b>18:45</b> Dinner	<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		

\*\* subject to modifications

## Kids Wushu Programm\*\*

Saturday 17.08.2019	Sunday 18.08.2019	Monday 19.08.2019	Tuesday 20.08.2018	Wednesday 21.08.2019	Thursday 22.08.2019	Friday 23.08.2019
<b>09:00 meet at</b> Schwedenplatz at Nachtbus Station	<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</b> <b>from Vienna by</b> <b>Bus</b> Schwedenplatz <b>at Nachtbus</b> <b>Station</b>	<b>08:30</b> Freetime, Games, Table Tennis, Acrobatics	<b>08:30</b> Freetime, Games, Table Tennis, Acrobatics	<b>08:30</b> Freetime, Games, Table Tennis, Acrobatics	<b>08:30</b> Freetime, Games, Table Tennis, Acrobatics		Checkout
	<b>10:30</b> Wushu Training	<b>10:30</b> Wushu Training	<b>10:30</b> Wushu Training	<b>10:30</b> Wushu Training	<b>11:00</b> Hiking with packed lunch	<b>10:00</b> <b>Departure from</b> <b>Mauterndorf to</b> <b>Vienna</b>
	<b>12:45</b> Lunch	<b>12:45</b> Lunch	<b>12:45</b> Lunch	<b>12:45</b> Lunch	Trip to the mountain Großeck Speiereck or Taurachbahn (train through Lungau) or to the Mauser Almhut	<b>~14:30 Arrival</b> <b>in Vienna</b> Schwedenplatz Nachtbus Station
<b>~14:00</b> Arrival <b>+ Check in</b>	<b>14:30</b> Wushu Training	<b>14:30</b> Wushu Training	<b>14:30</b> Wushu Training	<b>14:30</b> Wushu Training		
<b>16:30</b> Wushu Training	<b>16:30</b> Freetime	<b>16:30</b> Freetime	<b>16:30</b> Freetime	<b>16:30</b> Freetime		
<b>18:45</b> Dinner	<b>18:45</b> Dinner	<b>18:45</b> Dinner	<b>18:45</b> Dinner	<b>18:45</b> Dinner	<b>18:45</b> Dinner	

\*\* subject to modifications