

welcome to  
summer camp 2024



**Wing Chun Chuan - Taiji - Qigong – Weapons – Xinxin Ming Chuan - Sanda**

# AGENDA



# FRIDAY



10h00	Bienvenue - warm up
10h15 - 12h30	Wing Chun Chuan (WCC)
12h30 - 13h30	Repas
13h30 - 14h30	Interception 1 (WCC/XMC)
	Pause
14h45 - 15h30	Cardio/HIT
15h30 - 16h45	Interception 2 (WCC)
	Pause
17h00 - 17h45	Flow of defense / chi sao
	Répétition/Pause
18h00 - 18h30	Taolu (formes)
18h30 - 19h15	Weapons (armes)
19h45 - 20h45	Repas/meal
20h45 - 07h00	Temps libre / free time

# SATURDAY



08h30 - 09h30	Taiji / Qi Gong
	Déjeuner
10h30 - 11h15	WCC
11h15 - 12h15	Interception 1 (WCC/XMC)
12h15 - 12h30	Flow of defense / Chi Sao
12h30-13h30	Repas/meal
13h30 - 14h00	Taolu (formes)
14h00 - 14h45	Weapons (armes)
	Répétition/Pause/FAQ
15h15 - 16h00	Interception 1 (WCC/XMC)
16h00 - 16h45	Flow of defense
16h45 - 17h15	FAQ
18h00 – 19h00	Repas/meal
19h30 – 21h00	Specific training «en demande» (*extra costs)
21h00 – 08h30	Temps libre



# SUNDAY



08h30 - 09h30	Taiji / Qi Gong
09h30-10h30	Déjeuner/breakfast
10h30 - 11h15	WCC
11h15 - 12h15	Interception 1 (WCC/XMC)
12h15 - 13h15	Flow of defense/Chi Sao
13h15– 13h45	Rangement - Nettoyage
13h45 - 14h15	feedback
14h45	End of summer camp 2024
→ Changes might occure	

