

welcome to

summer camp 2025



Wing Chun Chuan - Taiji - Qigong – trad. Weapons – Xinxin Ming Chuan - Sanda

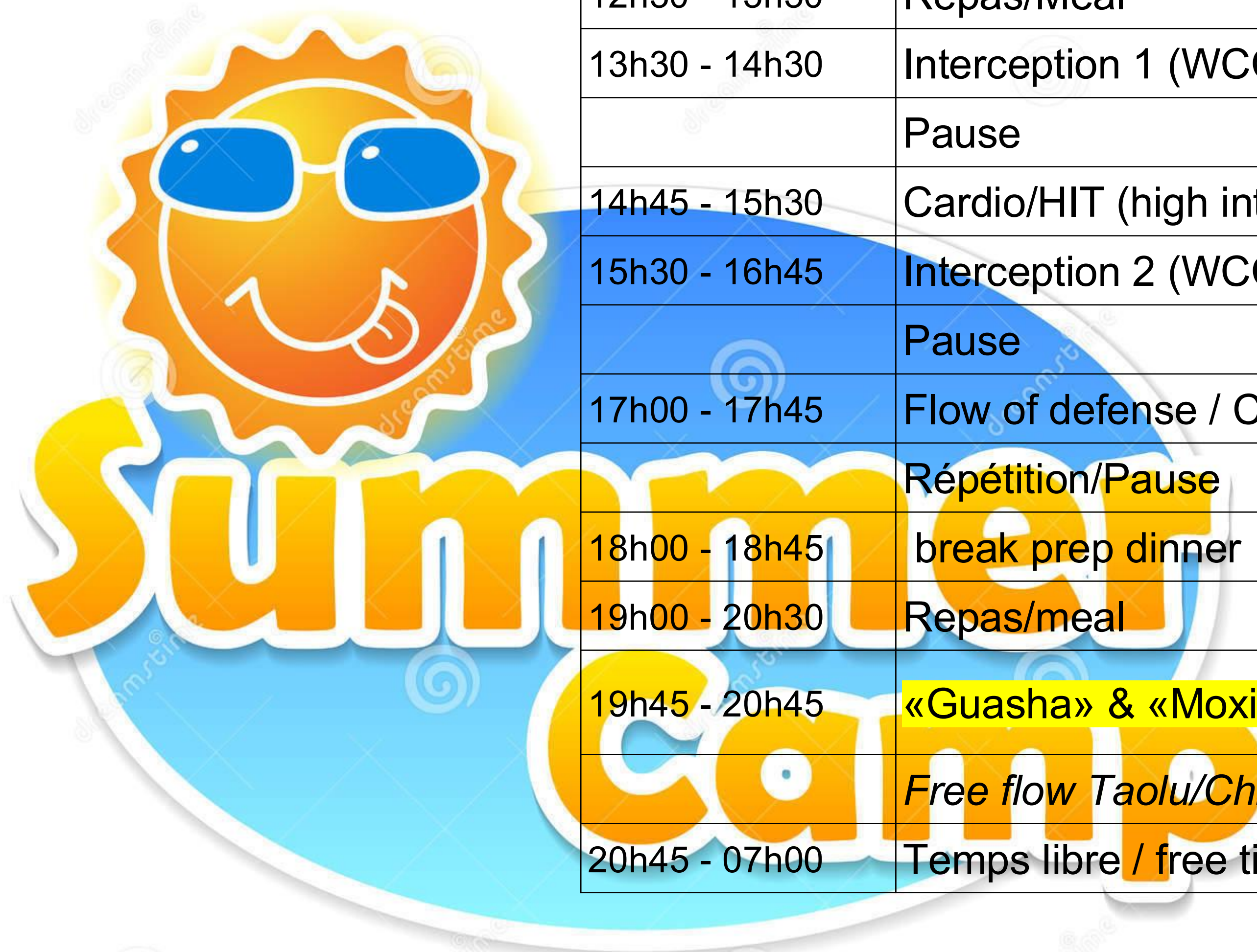
AGENDA



FRIDAY



10h00	Bienvenue - warm up
10h15 - 12h30	Wing Chun Chuan (WCC)
12h30 - 13h30	Repas/Meal
13h30 - 14h30	Interception 1 (WCC/XMC)
	Pause
14h45 - 15h30	Cardio/HIT (high intensity training; interval pulse 150+)
15h30 - 16h45	Interception 2 (WCC)
	Pause
17h00 - 17h45	Flow of defense / Chi Sao
	Répétition/Pause
18h00 - 18h45	break prep dinner
19h00 - 20h30	Repas/meal
19h45 - 20h45	«Guasha» & «Moxibustion Basics» I , <i>alternative:</i>
	<i>Free flow Taolu/Chi Sao</i>
20h45 - 07h00	Temps libre / free time



SATURDAY

08h30 - 09h15	Taiji / Qi Gong/ <i>cleaning prep.: Tea brewing (»Sud«)</i>
9h30-10h15	Déjeuner/breakfast
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) / »Guasha» & «Moxo» II
21h00 – 08h30	Temps libre / free time



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 2025
	Please mind, that timely/content changes might occure!





Costs & sign in; disclaimer

<https://new.tian-long-guan.com/unsere-events/erwachsene-sommercamp/>

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