



Liu Institute International

Shaolin ♦ Taiji ♦ Qigong ♦ Health & Wellnes

Shaolin External and Internal Training Camp

(All topics and time schedules are subject to change without notice)

June 7-June 15

Saturday	9:00 AM	Registration
	10:00 AM	Shaolin Qi Intro Briefing/Qi Stretching Basic concept of Qi and how it works
	11:00 AM	Shaolin Basics
	2:00 PM	Reviews
	4:00 PM	Shaolin Traditional Basics (both internal & External)
	7:00 PM	Welcome meeting with demos Weapon Basics
Sunday	9:00 AM	Chan Meditation/Meditative Stretching/Qigong Overview
	10:00 AM	Shaolin basics and body & mind toughening & conditioning both internal and external Mind-Body and Body –Mind Medicine 8 Pieces of Brocade/Da Pao Quan #1/Chao Yang Quan
	11:00 AM	Shaolin Basics /Conditioning/Weapons/ Shaolin Tong Bei Quan
	11:00 AM	Authentic Chen Tai Chi/Silk reeling energy
	1:00 AM	Lunch
	3:00-4:30 PM	such as Sun-Moon Spade (Monk Spade)/Shepard Whip Shaolin body toughening and Conditioning
	4:30-5:30 PM	Chinese Medicine and it methodology-holistic health care Herbs, Acupressure/Acupuncture/nutrition, healthy thinking Qi work
	6:30 PM	Dinner
8:00 PM	Body Toughening/ShaoLin Falls/Shuaijiao Basics	
Monday	8:30 AM	Chan Meditation/Taigong Intro. Morning Conditioning/ USA/Duilian Essence Of Tai Gong/Tai Ji
	11:00 AM	Tai Chi Yang and Chen#1/Tai Chi Fans/ShaoLin staff /other weapons/internal weapons



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	2:30 PM	Essence of Weapons/Hongquan/Xian Tian Luo Han 18 Tong Bei II
	4:00 PM	Acupuncture/ Pressure Points for healing
	7:00 PM	Qin Na/forms/weapons reviewing
Tuesday	8:00 AM	Meditation/Qi
	9:00 AM	Morning Conditioning Basics/power of resilience
	11:00 AM	Shaolin Chaquan/Tong Bei, Lian Huan/Hongquan Pao Quan/ Chang Quan//Mi Zhong Quan (based on experience and choice)
	12:00 PM	Lunch
	2:30 PM	Shaolin Weapons/double swords/three section staff
	5:30 PM	Shaolin Sanda Basics
	6:00 PM	Dinner
	7:30 PM	Shaolin Qin Na and Qin Na Conditioning Duilian
Wednesday	8:00 AM	Chan Meditation/Yi Jin Jing/Animal Reviewing Conditioning USA
	11:00AM	Essence of internal sword/TaiGong
	12:00 PM	Lunch
	2:30 PM	Shaolin Weapons/Duilian Sparring/Weapons Sparring
	6:00 PM	Dinner Qin Na/Shuaijiao/Groun Qin NA
	8:00 PM	Weapons/Sanda and form Reviewing
Thursday	8:30 AM	Chan Meditation/ Tai Gong
	10:00 AM	Shaolin C haquan/Tong Bei, Lian Huna/ Hongquan Pao Quan/Mi Zhong Quan continue
	2:30 PM	Cha Quan/Bagua Zhang Old Frame
	6:00 PM	Weapons Sparring Sets/Duilian
Friday	8:00 AM	Chan Meditation/General Qigong Standing Pole, and Tai Gong
	10:00 AM	Cha Quan/Tang Tui/Pao Quan/Hong Quan/Mi Zhong Quan
	2:30 PM	Weapons Sparring/Weapon Forms
Saturday	9:00 AM	Florida Beach Training/Chan Meditation & Qi



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6:00 PM

**Qi-Natural Medicine Beach Front Meditation
Qin Na and Shuaijiao
Brief Chan/Tai Gong Healing
Shaolin Basics/review tai Chi Duilian**

Sunday

**Meditation and complete all forms if possible/
Clinic understanding and practice of basic acupressure
Spirit and Power of forms and combat/reviewing**

TAIGONG:

Tai Gong includes Qi (energy) empowerment and body/mind cleansing, as well as Qi redirecting. It is based on Tao, Taiji and Chan theory, as well as Chinese Medicine. Tai Gong redirects, unblocks and balances Qi on the right path in the meridian channels and within the organs for wellness and healing. It helps to improve the Qi flow, re-channel the Qi, mobilize Qi and increase energy levels and strengthen organs, ligaments, and muscles. The circulation of Qi from the circulating motions of the body, limbs, joints, and organs, and improves the transportation of Oxygen, energy and nutrients for healing and the bodily function

Tai Gong is a type of Qi Gong and Tai Chi Combined. The word Qigong breaks into Qi and Gong: Qi = vitality, energy, life force, Gong = practice, cultivate, refine; Qigong = to cultivate and refine through practice one's vitality or life force. The Chinese believe that the primary mechanism that is triggered by the practice of Qigong is a spontaneous balancing and enhancing of the natural healing resources in the human system. Over thousands of years millions of people have benefited from these practices believing that improving the function of the Qi maintains health and heals disease.

In the paradigm of mechanistic Western science, the practice of Qigong triggers a wide array of physiological mechanisms which have profound healing benefits. It increases the delivery of oxygen to the tissues. It enhances the elimination of waste products as well as the transportation of immune cells through the lymph system. And it shifts the chemistry of the brain and the nervous system. You can find a summary of the many physiological mechanisms that are initiated by the practice of Qigong in the Information Center.

Chan Meditation

If one engages in self-cultivation with the desire to sever the roots of defilement and erroneous thinking, it is not only to attain the tranquil realm of true emptiness, that is none thought, non idea, none mind, none self . . . , you are in pursuit of the wonderful wisdom you are experienced in and grows from a way of life that is different from the ordinary.

In that realm, the whole world is seen from one perspective (true perspective of genuine reality not an illusion), and there are no dichotomies; it is the true world where the self and others, the good and evil, are all transcended. In confusion, the three realms exist; after enlightenment, the ten directions are empty. However how do we attain the realm of nothingness and emptiness?

6th Patriarch Hui Neng stated:

Chan is to detach from external distractions and illusions. In Chan, you are in total calmness and tranquility, (calmly abiding mind without chaos and disturbance internally). If you are in attachment with external means, you will be disturbed and involved internally; If you look into the world without being attempted or attached to it, if you step into the worldly seeing, you are not involved. Look at it as it is with calm and genuinely analytical eye with no color, you are in experience of Chan. You are truly free. Chan is the true freedom of all world troubles. In Chan, you are truly happy.



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Shaolin & Taoist Qigong for energy rejuvenation and healing (1 hr),

This introductory Qigong is to help you with the basic regulated breathing, mind's eye focusing and Qi sensitivity. This includes the basic sitting and standing still Qigong position and basic techniques of breathing, relaxation, visualization and Qi cultivation. You will also learn the steps of Qi Traveling in Meridians into Small Heavenly Cycle (1 hr).

Qi Empowerment, Body and Mind Cleansing, II

You will learn how to circulate your Qi (energy), direct the Qi and empower your cells with the Qi. Learn how to cleanse the toxicants and poisonous wastes secreted by your own body cells in the blood and lymph systems. Learn how to direct the Qi through the body systems and meridian channels to enhance the flow, balance the Qi and regulate the Qi for healing and well-being. You will learn how to unblock the meridian channels and harmonizing Qi within your body systems for better function of your organs and immune system. You will also learn how to mobilize Qi and cultivate the Qi within the body and utilize Qi to achieve your best potential both mentally and physically.

Ancient Shaolin Eight Silk of Brocade Qigong (2 hrs) review

This ancient Shaolin Qigong form has been practiced by not only Shaolin Monks but the general public in China for health benefits for over 1000 years. It is one of the oldest Qigong form for energy rejuvenation and energy balance for good health. All the movements were designed for the better function of specific organs with human body.

Ancient Shaolin YiJinJing Qigong (4 hrs), IV

This ancient Bodhidharma Shaolin YiJinJing (Bone marrow cleansing and ligament strengthen Qigong) was earliest Kungfu practiced by Shaolin Monks. Practice YiJinJing is to direct Qi and use one's internal strength, cleansing inner Qi and limber the joints externally. This Qigong is famed for strengthen vital energy, stimulate circulation channels of the human body, balance Yin and Yang to improve physiological function of the body.