**Martial Arts (Shaolin Kung Fu) for 10 Days**

In the ancient East, there existed a mysterious temple in the northern region of China known as the "Shaolin Temple," where the legendary art of Chinese martial arts, known as "Shaolin Kung Fu," was born. For millennia, this sacred site has served as the cradle of martial arts legends, with the legacy of Kung Fu being passed down from generation to generation, producing countless masters of the art. Now, let's embark on a mysterious and exhilarating journey into the world of Chinese Kung Fu, delving deep into the secrets of "Shaolin Kung Fu" and immersing ourselves in the captivating allure of China's rich history and culture.

**Highlights:**

*- Explore the renowned "Shaolin Temple," hailed as the world's foremost temple.*

*- Get hands-on experience learning two sets of "Eight Trigrams Kung Fu."*

*- Engage in visual studies at the majestic "Longmen Grottoes," a UNESCO World Cultural Heritage site.*

*- Indulge in delicious tastings of local Chinese cuisine.*

**Fee:**

$1900 including 3 meals a day and 1 or 2 persons per room, transportation in China. For group booking and agent, please call +12144024137

**Itinerary:**

***DAY 1: First Stopover in Shanghai, China***

*- Arrive in Shanghai, the vibrant "city that never sleeps".*

*- Airport pickup and check-in provided.*

*- Stay in ★★★★ or higher-rated hotel.*

***Day 2: High-Speed Train to Zhengzhou City, Henan Province***

*- Experience the high-speed train journey, reaching speeds of approximately 190 miles per hour.*

*- The train ride lasts about 5 hours, allowing you to adjust and balance your jet lag.*

*- Accommodation provided in a ★★★★ hotel in Zhengzhou city.*

***DAY 3: Dive into the World of Shaolin Kung Fu - Introduction to "Eight Trigrams Kung Fu"***

*- Morning visit to the iconic "Shaolin Temple"*

*- Witness a captivating "Martial Arts Performance" by skilled Kung Fu monks*

*- After a lunch break, Shaolin monks will impart the first set of "Eight Trigrams Kung Fu," known as "八段锦" (Ba Duan Jin) in Chinese characters. This ancient form, passed down through generations, features eight trigrams with simple yet elegant postures and movements suitable for practitioners of all ages. Regular practice promotes good health and well-being.*

*- In the late afternoon, enroll in the prestigious "Tagou Martial Arts School," the region's largest martial arts institution adjacent to the Shaolin Temple.*

*- The evening will commence with a welcome ceremony and banquet, where esteemed martial arts instructors will deliver lectures on the fundamental etiquette of Chinese martial arts.*

*- Accommodation provided in the school's dormitory (standard room).*

***DAY 4: Introduction to "Shaolin Daily Chain Fist" - Another Aspect of Shaolin Kung Fu***

*- Rise before 6:30 am for morning activities.*

*- Participate in a 40-60 minute morning jog and run within the grounds of the Shaolin Temple.*

*- Following breakfast, delve into the historical development of Chinese martial arts.*

*- Observe the daily training regimen of students at the martial arts school.*

*- Engage with professional actors from the school's performance troupe.*

*- In the afternoon, commence learning the techniques of "Shaolin Daily Chain Fist."*

*- Receive guidance on organizing personal and internal affairs as a novice in Kung Fu.*

*- Enjoy free time to connect with family in the evening.*

*- Accommodation provided in the school's dormitory (standard room).*

***DAY 5: Practice Sessions for "Eight Trigrams Kung Fu" and "Shaolin Daily Chain Fist"***

*- Rise before 5:30 am for the morning routine.*

*- Engage in a 40-60 minute morning jog and run at the Shaolin Temple.*

*- Following breakfast, dedicate time to practice and review the techniques of "Shaolin Daily - Chain Fist."*

*- After a lunch break, focus on practicing and reviewing the techniques of "Eight Trigrams - Kung Fu."*

*- Attend to personal and internal matters.*

*- Enjoy free time to connect with family in the evening.*

*- Accommodation provided in the school's dormitory (standard room).*

***DAY 6: Review Sessions for "Eight Trigrams Kung Fu" and "Shaolin Daily Chain Fist"***

*- Rise before 5:30 am for the morning routine.*

*- Engage in a 40-60 minute morning jog and run at the Shaolin Temple.*

*- After breakfast, the martial arts teacher will assess the progress of "Shaolin Daily Chain Fist."*

*- Following a lunch break, dedicate time to review both "Eight Trigrams Kungfu" and "Shaolin Daily Chain Fist."*

*- Attend to personal and internal matters.*

*- Enjoy free time to connect with family in the evening.*

*- Accommodation provided in the school's dormitory (standard room).*

***DAY 7: Hiking Excursion to Longmen Grottoes***

*- After breakfast, embark on a hiking excursion to Longmen Grottoes, a UNESCO World Cultural Heritage Park. It stands as one of China's three major grottoes and the world's largest collection of royal stone carvings. Excavated during the reign of Emperor Xiaowen of the Northern Wei dynasty, this site has undergone continuous construction for over 400 years across numerous dynasties, including Eastern Wei, Western Wei, Northern Qi, Sui, Tang, Five Dynasties, Song, and others. Stretching about one kilometer from north to south, it boasts 2,345 cave niches, over 100,000 statues, and 2,800 inscriptions. The Longmen Grottoes offer a window into ancient Chinese politics, economy, religion, culture, and more, through a wealth of physical images and written materials. These grottoes have made significant contributions to the innovation and development of Chinese grotto art.*

*- Return to the school for rest in the afternoon.*

*- Accommodation provided in the school's dormitory (standard room).*

***DAY 8: Farewell Celebration and Spectacular Kung Fu Showcase***

*- Rise at 5:30 am for the morning routine.*

*- Engage in a 40-60 minute morning jog and run at Shaolin Temple.*

*- After breakfast, the martial arts teacher will conduct a group rehearsal for "Eight Trigrams Kung Fu" and "Shaolin Daily Chain Fist" with all students. - Following a lunch break, enjoy a grand performance by the students.*

*- In the late afternoon, Martial Arts Kung Fu certificates will be awarded.*

*- Attend to personal and internal matters.*

*- Enjoy free time to chat with family in the evening.*

*- Accommodation provided in the school's dormitory (standard room).*

***DAY 9: Return to Shanghai***

*- Depart from the city for Shanghai via high-speed train.*

*- Enjoy night sightseeing along the "Bund" area.*

*- Stay in ★★★★ or plus hotel in Shanghai*

***DAY 10: Farewell and Safe Journey Home!***

*- Enjoy your day sightseeing if time permits.*

*- Depart from Shanghai for your journey back home.*

**Note:**

Customized meals are available for international students throughout the entire program. WeChat setup with foreign credit card support provided. Additional life survival assistance also available upon request.