

San Diego Summer Seminar, June 22nd-24th:

法椿 *Jong Fa* (Wooden Dummy), Kung Fu and Qi Gong

Learning and Training Content

Friday, 6/22	
9am-10am (9:00-10:00)	<p>Stretching, Warm Ups.</p> <p>Comprehensive understanding of traditional conditioning methods for hands, arms, shins, feet, and body.</p> <p>Conditioning methods include: sand bag training, bone conditioning, hardening using sticks and rolling pins, two-partner conditioning drills and body conditioning drills.</p> <p>Healing Methods: therapeutic massage techniques; preparation/use of <i>dit da jao</i>.</p>
10am-11am (10:00-11:00)	<p>沙包椿 <i>Sar Bao Jong</i> (Sand Bag Dummy)</p> <p>With the focus of the four <i>ba gwa sarn da</i> fighting principles:</p> <ol style="list-style-type: none">1) <i>Tun Toa Bei Sim</i> (Retreat, Attack, Cover, Evade)2) <i>Wan Jun Hun Saart</i> (Balance, Accuracy, Will, Conviction)3) <i>Sarm Dim Yut Sing</i> (Three Point Positioning for Attack and Defense)4) <i>Oi Sarm Gwaan</i> (External Three Gates)
11am-12pm (11:00-12:00)	<p>称椿 <i>Ching Jong</i> (Weighted Balance Dummy)</p> <p>Static dummy training with directional shifts and how to apply to combat</p>
12pm-2pm (12:00-14:00)	Lunch
2pm-3pm (14:00-15:00)	<p>Stretching and Warm Ups.</p> <p>穿龙椿 <i>Chun Lung Jong</i> (Penetrating Dragon Dummy)</p> <p>Having a comprehensive understanding of <i>fu ging</i> and <i>chum ging</i>, and training of the <i>oi gwaan</i> (external gates) of the wrists and elbows.</p>

3pm-5pm (15:00-17:00)	蝴蝶双刀对金剛棒 <i>Wu Dip Seong Dou Deu Gum Gong Pang</i> (Double Butterfly Swords vs. Buddha Warrior Attendant's Cudgel)
5pm-5:30pm (17:00-17:30)	Lohan Training: Qi Gong Warm Ups and Breathing One-Finger 十八罗汉功 <i>Sup Baat Lohan Kung</i>
6pm (18:00)	Dinner
Saturday, 6/23	
9am-12pm (9:00-12:00)	Stretching, Warm Ups. 碎手椿 <i>Seu Seo Jong</i> (Hand Breaking Dummy) Extensive understanding and training of the <i>oi sarm gwaan</i> (External Three Gates), <i>bow jar ging</i> , <i>lao jar ging</i> (Twisting Energy) and <i>darn ging</i> (Springing Energy)
12pm-2pm (12:00-14:00)	Lunch
2pm-3pm (14:00-15:00)	Stretching and Warm Ups. 马椿 <i>Ma Jong</i> (Horse Dummy) Having and understanding of timing and the principles of <i>chut ging</i> , <i>chum ging</i> , and <i>darn ging</i>
3pm-5pm (15:00-17:00)	蝴蝶双刀对金剛棒 <i>Wu Dip Seong Dou Deu Gum Gong Pang</i> (Double Butterfly Swords vs. Buddha Warrior Attendant's Cudgel) Finishing the set.
5pm-5:30pm (17:00-17:30)	Lohan Training: Qi Gong Warm Ups and Breathing One-Finger 十八罗汉功 <i>Sup Baat Lohan Kung</i>
6pm (18:00)	Dinner

Sunday, 6/24	
9am-12pm (9:00-12:00)	Stretching and Warm Ups. Review: 沙包椿 <i>Sar Bao Jong</i> (Sand Bag Dummy) 称椿 <i>Ching Jong</i> (Weighted Balance Dummy) 穿龙椿 <i>Chun Lung Jong</i> (Penetrating Dragon Dummy) 碎手椿 <i>Seu Seo Jong</i> (Hand Breaking Dummy) 马椿 <i>Ma Jong</i> (Horse Dummy).
12pm-2pm (12:00-14:00)	Lunch
2pm-3pm (14:00-15:00)	Stretching and Warm Ups. 三星沙包椿 <i>Sam Sing Sar Bao Jong</i> (Three Stars Sand Bag Dummy)
3pm-4pm (15:00-16:00)	铜八穴位点穴 <i>Tung Yan Yuek Wai Dim Yuek Jong</i> (Copper Man Acupressure Points Dummy) Having an understanding of the <i>Sup Yi Noi Lim Sau Faart</i> (Twelve Internal Gates and Hand Theories) and an understanding of the yang and yin of this theory
4pm-5pm (16:00-17:00)	Review 蝴蝶双刀对金剛棒 <i>Wu Dip Seong Dou Deu Gum Gong Pang</i> (Double Butterfly Swords vs. Buddha Warrior Attendant's Cudgel)
5pm-5:30pm (17:00-17:30)	Lohan Training: Qi Gong Warm Ups and Breathing One-Finger 十八罗汉功 <i>Sup Baat Lohan Kung</i>
5:30pm-6pm (17:30-18:00)	Discussion: Dummy History Chan Heung's Thirty Points from the <i>Kuen Sat</i>
6pm (18:00)	Dinner

Forms

<p>法椿 沙包椿 称椿 碎手椿 马椿 穿龙椿 三星沙包椿 铜八穴位点穴</p>	<p><u>Jong Fa (Wooden Dummy Forms):</u> <i>Sar Bao Jong</i> (Sand Bag Dummy) <i>Ching Jong</i> (Weighted Dummy) <i>Seu Seo Jong</i> (Hand Breaking Dummy) <i>Ma Jong</i> (Horse Dummy) <i>Chun Lung Jong</i> (Penetrating Dragon Dummy) <i>Sam Sing Sar Bao Jong</i> (Three Stars Sand Bag Dummy) <i>Tung Yan Yuek Wai Dim Yuek Jong</i> (Copper Man Acupressure Points Dummy)</p>
<p>蝴蝶双刀对金剛棒</p>	<p><u>Deu Chag Two-Person Form with Weapons:</u> <i>Wu Dip Seong Dou Deu Gum Gong Pang</i> (Double Butterfly Swords vs. Buddha Warrior Attendant's Cudgel)</p>
<p>十八罗汉功</p>	<p><u>Lohan Qi Gong</u> <i>Sup Baat Lohan Kung</i> (Eighteen Hands of the Enlightened Ones)</p>