

## **China Kungfu Tour 2025**

### **Shaolin Kung Fu Immersion Experience in Henan, China**

Unlock the Spirit of Shaolin – A Journey into the Heart of Kung Fu

Looking to immerse yourself in authentic Shaolin Kung Fu without committing to years of rigorous training? Our China Kungfu Tour 2025 offers a flexible, culturally rich, and beginner-friendly martial arts experience in the homeland of Chinese Kung Fu—Mount Song, Henan Province.

Perfect for individuals, friends, or family groups, this tour provides a meaningful introduction to Shaolin Zen and martial arts in a peaceful setting—away from the noise of large tour groups. Whether you're just curious about Kung Fu or looking for an inspiring journey in China, this is the ideal experience.

### **Why Choose Our Kung Fu Tour?**

- Tailor-made for Adults: No prior Kung Fu experience needed.
- Flexible Duration: 7, 10, 14, or 21 days available from March 1 to December 31, 2025.
- Cultural + Physical Balance: Learn Kung Fu, explore temples, experience Chinese history.
- Affordable & All-Inclusive: Starting from \$1,600 USD for 10–12 days.
- Peaceful Experience: Avoid noisy large groups and enjoy personalized travel.

### **China Kungfu Tour Highlights**

#### **Shaolin Temple (UNESCO World Heritage Site)**

- Built in 495 AD on Mount Song.
- Sacred site where martial arts and Buddhism intertwine.
- Explore ancient halls, courtyards, and the Pagoda Forest—with over 200 Buddhist tomb pagodas.
- Witness live Kung Fu performances by trained monks.

#### **Shaolin Tagou Martial Arts School**

- Licensed and world-famous.
- 550,000 sqm campus (equivalent to 39 football fields).

- 19 gymnasiums, 400 classrooms, and large outdoor training grounds.
- Visit, observe, and choose your preferred training program.

#### Luoyang City Day Tour

- Start your journey in Luoyang, gateway to Henan.
- Discover Longmen Grottoes, a riverside treasure of Buddhist carvings.
- Visit White Horse Temple, China's first Buddhist temple.

#### Nearby Attractions in Dengfeng (Shaolin Area)

- Mount Song Scenic Area
- Zhong Yue Temple
- Songyang Academy (ancient Confucian school)

### **Sample Itinerary (12 Days)**

Day 1: Arrival & meet in Luoyang City

Day 2: Explore Longmen Grottoes and White Horse Temple

Day 3: Transfer to Dengfeng, Shaolin Temple Tour & Kung Fu show

Day 4: Visit Mount Song and local sites

Day 5: Visit 2–3 Martial Arts Schools (select your favorite program)

Day 6–11: Participate in Shaolin Kung Fu beginner course

Day 12: Return or onward travel via Zhengzhou Airport/Train Station

### **Kung Fu Practice Options**

- Program Options:
  - \* 7-day Beginner Intro
  - \* 10–12 Day Zen & Martial Arts
  - \* 21-Day Extended Training
- Program Schedule: Open from March 1 to December 31, 2025
- Visa-Free Travelers: We tailor your training schedule to fit within 15–30 day visa-free policies (if applicable).

### **Age Restrictions**

Participants of all ages are welcome to join our Kung Fu Tour.

- Under 18: Participants below 18 years old must provide parental consent.
- Under 13: Children younger than 13 must be accompanied by a parent or adult

guardian.

- Travel Assistance: Any participant who cannot travel independently must be accompanied by an escort.
- No Maximum Age: There is no upper age limit—as long as you are in good health and can participate in basic activities.

## **Pricing & Costs**

Tour Package Estimate

- 10–12 Day Tour: From \$1,600 USD/person
- Includes:
  - \* Luoyang pickup
  - \* All site admissions
  - \* Shaolin Temple visit and Kung Fu show
  - \* Accommodation and meals
  - \* Local transport
  - \* School visit and basic training course

## **Kung Fu Training (If Staying Longer)**

- \* Monthly Training: Around \$1,300 USD
- \* Covers lodging, meals, tuition, facilities, and basic Shaolin weapon use.

## **How to Register**

1. Apply Online
  - Fill in our short form with your name, age, travel time, and preferences.
2. Visa Support
  - We issue an official invitation letter for your Chinese Tourist Visa (L Type).
  - Apply for your visa at least one month before travel.
3. Book Your Flights
  - Fly into Luoyang or Zhengzhou and share your arrival info with us.
4. Arrival Pickup
  - Free pickup from Luoyang city upon arrival.

## **Shao Lin Kungfu Summer Camp**

For students aged 13 and up, we offer an immersive summer martial arts program, combining physical training, Buddhist culture, and scenic travel. It's ideal for youth with interest in Chinese traditions, martial arts, and cultural exchange.

### **Refund & Reschedule Policy**

- Reservation fees are non-refundable.
- Can't arrive on time? No problem—reschedule within 1 year (notify 30 days in advance to ensure room availability).

### **Continue Your China Journey**

After your Shaolin experience, extend your adventure:

- Beijing: Great Wall, Forbidden City
- Chengdu: Panda sanctuaries
- Xi'an: Terracotta Warriors
- Jingdezhen: Porcelain capital of China



### **Contact & Booking**

Visit: <https://ChineseSources.org>

Email: [assistline@outlook.com](mailto:assistline@outlook.com)

We can help arrange add-on tours upon request.

Come Explore. Train. Reflect.

Let your Kung Fu journey begin—not just in body, but in spirit.

### **Shaolin Kung Fu Training Program**

Train Your Mind, Body, and Spirit – at the Birthplace of Kung Fu

### **Daily Training Schedule**

Your training days are structured yet flexible. We adjust schedules seasonally and tailor the experience based on your body condition, learning goals, and interests.

Typical Daily Routine (Sample Only):

- Morning: Warm-up, stance and hand technique, Qi Gong
- Afternoon: Forms training, flexibility and strength, Tai Chi or Sanda
- Evening: Self-practice, theory review, optional classes

### **Training Length & Content Breakdown**

#### 1–4 Weeks (Introductory Course)

Ideal for beginners or travelers with a short stay.

- Learn foundations: punches, kicks, stances, forms
- Shaolin customs and etiquette
- One complete beginner form such as Da Hong Fist
- Introduction to 13-Step Tai Chi or 5-Step Tai Chi

#### 3 Months (Intermediate Training)

- Learn 2–3 traditional Shaolin fist forms
- 2 traditional weapon forms (e.g., staff, sword)
- Basics of Sanda (Chinese boxing) and sparring
- Practice Qi Gong and body conditioning

Example Forms: Di Tang Fist, Tiger Fist, Tai Zu Fist, Damour Straight sword, Qi Mei Staff, 24-Step Tai Chi

#### 6 Months (Progressive Skill Building)

- 5–6 intermediate fist forms, 3–4 traditional weapons
- Qi Gong including Iron Shirt and breath control
- Advanced routines: Arhat Fist, Eagle Claw, Shaolin Spear, Drunken Sword
- Hard Qi Gong: wood breaking, throat spear resistance

#### 1 Year or Longer (Advanced Level)

- High level flexibility, endurance, discipline
- Advanced Shaolin forms, 18 weapons, 72 secret skills
- Master-level Qi Gong: stone breaking, spear pushing
- Performance preparation and cultural integration

Example Forms: Xiao Hong Fist, Jin Gang Fist, Pao Fist, Monkey Fist, Double Hooks, Shepherd Whip

## **Certification**

At the end of your training, you will receive an official certificate issued by Shaolin Tagou Martial Arts School, recognizing your participation and progress.

## **What You Will Train In**

### Basic Techniques

- Stance work, leg training, shoulder strength
- Footwork and movement drills
- Palm strikes, punches, blocking
- Stretching and flexibility training

### Empty-Hand Forms

Forms such as Da Hong Fist, Xiao Hong Fist, Tai Zu Long Fist, Tiger Fist, Liu He Fist, Drunken Fist, Eagle Claw

### Weapons Training

Includes staff, sword, broadsword, spear, whip, and unusual weapons like Rope Dart, Damour Rod, Double Hooks

### Qi Gong & Health Practices

Iron Shirt, Iron Palm, Ba Duan Jin, Yi Jin Jing, breathing control exercises, Shaolin meditation

### Internal Styles

Tai Chi: 13, 24, and 42-step forms. Ba Gua Zhang and Xing Yi Fist for internal cultivation and balance.

### Combat & Self-Defense

Sanda (Chinese boxing), self-defense drills, weapon sparring, and wrestling

### Optional Courses

Chinese Language, Cultural Tours, Kung Fu Performance Training

## **Final Note**

“Shaolin Kung Fu is like a vast ocean—there is no limit to how much you can learn. Whether you’ re 16 or 60, it’ s never too late to start your journey.”

## **Shaolin Kung Fu Academy – Frequently Asked Questions (FAQ)**

Here you'll find answers to our most frequently asked questions. If your question isn't listed, or if you need further details, feel free to contact us directly.

### **What is the admission procedure of the Academy?**

1. Submit an online application form via our website.
2. Transfer 100% of the tuition fee to reserve your place (bank details provided on request).
3. Apply for a Chinese tourist visa (L-type) or student visa (X2-type) using the invitation letter we send you.

### **Do I need to speak Chinese?**

No, all training and instructions are available in English. No Chinese language knowledge is required.

### **Do I need martial arts experience to attend?**

Not at all. We welcome both beginners and experienced martial artists.

### **What is the weather like and what should I bring?**

Summers are hot, spring and fall are mild, and winters range from 2–10°C.

Bring light, breathable clothes for summer and warm, flexible layers for winter.

Running shoes are recommended for outdoor and fitness training.

### **Should I train physically before arrival?**

It's not required, but physical preparation helps. Try running (2km/day), swimming, cycling, push-ups, sit-ups, or general endurance sports.

### **How do I get a Chinese visa?**

Apply for a Tourist (L) or Student (X2) visa at your nearest Chinese embassy. We will send you the official invitation after receiving your reservation fee.

### **I'm vegetarian. Can the Academy accommodate my diet?**

Yes. Please let us know in advance so we can arrange suitable meals.

**Can I come with my spouse? Are there couple rooms?**

Yes. We offer hotel-style rooms with either a king-sized bed or two twin beds, all with private bathrooms and air conditioning.

**Can I book a private single room?**

Yes, all standard packages include a private room unless you choose a shared option.

**What are the tuition and additional costs?**

The tuition fee decreases for longer stays. No administration fee is charged. Optional airport/train station pickup costs \$65 USD.

**Are there work opportunities to help cover fees?**

Currently, we do not offer paid work opportunities at the Academy.

**When do courses start?**

We offer flexible start dates. You can begin training any time of the year.

**Is internet available?**

Yes. Free Wi-Fi is available and internet setup is possible for personal laptops.

**How do I handle money and currency exchange in China?**

Use ATM cards from your home bank. Avoid traveler' s checks. You can also open a local account. Carrying large amounts of cash is discouraged.

**How much pocket money do I need?**

About \$100–200/month for long-term students, and \$200–300/month for short-term students should be enough for personal needs.

**Will I get a certificate?**

Yes, a certificate with your achievements and your master' s evaluation will be provided at the end of your training.



**Can I take time off during long-term training?**

Yes, you can take breaks to travel or return home. Please inform us in advance.

**How old do I need to be to attend?**

Students under 18 need parental consent. Children under 13 must be accompanied by an adult. There is no upper age limit.

**Do I need insurance?**

Yes, we strongly recommend you purchase major medical insurance that covers training-related injuries and illness during your stay.

**What personal items should I bring?**

Passport photos, books, training clothes (seasonal), running shoes, basic medicines, and a power adapter. Training shoes can be purchased locally. Most daily items are available near the Academy.

**How do I travel to the Academy?**

You can fly to Zhengzhou Airport (pickup \$65 USD) or take a bullet train from Beijing/Shanghai to Zhengzhou East. We provide pickup from both airport and train station.

**Do I need to book my own flights?**

Yes. We recommend flights arriving via Beijing or Shanghai. For language assistance, we can provide printable Chinese phrases for travel use.