

## 2016 Wudang Mountain Taiji International Summer Camp - 6 Days

Having a new experience in historical and beautiful Wudang Mountain! This summer camp is suitable for child who is 6-16 years old, owning mysterious and joyful Kungfu dream. Children can learn how to practice Taiji from masters here with fun, how to make a cup of tea, and how to play Chinese traditional Guqin. This special summer camp will definitely give children a deep impression and lasting memories!

Date	Destinations	Attractions, Meals & Transport
1	12th Wudang Mountain Taiji International Summer Camp	<p><b>Spotlights</b></p> <p>Wudang Mountain, as the birthplace of Chinese Kungfu, is a good place for Kungfu fans to learn Taiji and experience traditional Chinese culture.</p> <p>Children from all over the world would like to get together, learning through Taiji and Chinese traditional arts to acquire the balance between nature and human, and playing interesting games to explore Eastern world. It is not only a don't-miss chance for children to improve the capacity to interact with the world but also a stage to broaden their horizon as international citizen!</p> <p><b>Time:</b>            First session: July 11th to July 16th, 2016            Second session: August 8th to August 13th, 2016</p> <p><b>Place:</b>            Wudang Mountain Scenic Area</p> <p><b>Number of participants:</b>            Maximum 60 each session            60 participants will be divided into 2 groups. Each group is accompanied by a Chinese teacher, a foreign teacher, an assistant, and a doctor.</p> <div style="display: flex; justify-content: space-around;">   </div>
2	Day 1 Check-in & opening ceremony	<p><b>08:30 - 09:00</b> Summer camp check in  <b>09:00-10:30</b> Opening ceremony  <b>13:00-18:00</b> After lunch, take a bus ride to the Prince Slope scenic area, where used to be the place Prince Zhenwu taught Daoism. After hearing the story of Prince Zhenwu, campers will set up their own goals and write down their plan during summer camp.  <b>18:00-19:00</b> Hotel check-in after dinner.</p>

		<p>19:30-20:30 Meet with the teachers, self-introduction and team-building.</p> <p><b>Meals:</b> lunch and dinner</p> <p><b>Accommodation:</b> hotel in the Wudang Mountain Scenic Area</p>
3	Day 2 Become a learner of Taiji	<p> 07:30-08:00 Breakfast</p> <p>08:30-10:30 Take part in the ceremony and become a Taiji learner. Practice Taiji Cloud Hands.</p> <p>10:30-11:00 Have fun with games and songs.</p> <p>11:30-12:30 Lunch</p> <p>12:40-14:00 Rest</p> <p>14:30-15:30 Do housework and laundry</p> <p>16:00-17:30 Listen to the tutor explaining classical stories of Daoism and Confucianism and learn to play Guqin in the Cloud and Water Hall.</p> <p>Then, visit the Prince Rock to interview the 'immortal grandfather' Jia, and learn how to keep harmony between nature and human.</p> <p>18:00-19:00 Dinner</p> <p>19:30-20:30 Have leisure time with foreign teacher.</p> <p><b>Meals:</b> breakfast, lunch, dinner</p> <p><b>Accommodation:</b> hotel in the Wudang Mountain Scenic Area</p>
4	Day 3 Explore the mystery of the South Cliff	<p> 07:30-08:00 Breakfast</p> <p>08:30-10:00 Practice Taiji Nine Postures</p> <p>10:00-12:00 Play puzzle games under the guidance of the foreign teacher</p> <p>12:00-12:30 Lunch</p> <p>12:40-14:00 Rest</p> <p>14:30-15:30 Do housework and laundry</p> <p>16:00-17:30 Visit the amazing South Cliff Palace, and walk through the beautiful South Cliff corridor to admire the presence of the old buildings and the magnificent work of nature.</p> <p>18:00-19:00 Dinner.</p> <p>19:30-20:30 Review Taiji lessons</p> <p><b>Meals:</b> breakfast, lunch, dinner</p> <p><b>Accommodation:</b> hotel in the Wudang Mountain Scenic Area</p>
5	Day 4 Climb up to the Golden Summit	<p> 06:30-07:00 Breakfast</p> <p>07:30-11:00 Climb up to the Golden Summit. Visit the Plum Memorial Temple, the Little Wudang, the Yellow Dragon's cave, and the Looking Skyward Palace along the way.</p> <p>11:30-12:30 Enjoy a vegetarian diet on the Golden Summit.</p> <p>13:00-14:30 Explore the scenic area around the Golden Summit.</p> <p>14:50-15:30 take a cable car down from the mountain and visit the Eight Immortals Temple and tea plantations.</p> <p>17:10-18:00 Rest</p> <p>18:30-19:30 Dinner</p> <p><b>Meals:</b> breakfast, lunch, dinner</p> <p><b>Accommodation:</b> hotel in the Wudang Mountain Scenic Area</p>
6	Day 5 Visit the Care Free Valley and Learn Chinese poems	<p> 06:30-07:00 check out</p> <p>07:10-07:30 Breakfast</p> <p>08:00-09:00 Visit the Care Free Valley, one of the most beautiful attractions in Wudang Mountain.</p> <p>09:10-10:40 Practice Taiji Nine Postures in the Care Free valley</p> <p>11:00-12:00 Learn songs with foreign teacher</p> <p>12:10-13:30 Have lunch at the farm house</p> <p>14:00-17:00 Take a bus ride to the Mill's Needle Well, appreciate famous painting and learn Chinese poems.</p> <p>17:30-18:00 Take bus down the mountain</p> <p>18:30-19:30 Dinner</p> <p>20:00-21:00 rehearse the performances for the closing ceremony.</p> <p><b>Meals:</b> breakfast, lunch, dinner</p>

		<b>Accommodation:</b> hotel at the foot of Wudang Mountain
7	Day 6 Closing ceremony	 <p>07:30-08:00 Breakfast.  08:30-10:00 Practice the Taiji Eighteen Postures at the Pure Jade Palace.  10:00-11:30 Prepare for the closing ceremony.  11:50-12:30 Lunch.  13:20-15:20 Participate the closing ceremony, watch group performances, and take group photos.  <b>Meals:</b> breakfast, lunch</p>
8	Price upon request	 <p>Fee Includes:  1. Hotel: 5 nights' accommodation on twin-room sharing basis  2. Meals: breakfast, lunch and dinner as listed (10 people each table, 8 dishes and 1 soup)  3. Entrance ticket: the entrance tickets for the scenic area and a one-way cable car ticket.  4. One Taiji outfit, one traditional shirt, and one souvenir CD with camp photos.</p>

### About Shopping or No-shopping Tours

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