



Wushu Summer Camp 2016 in Bergen, Norway.

The Wushu Summer Camp 2016 in Bergen is arranged by the Confucius Institute in Bergen in cooperation with Bergen Wushu Club. The 2016 event will be the ninth annual wushu summer camp held in Bergen.

Location: In the centre of the City of Bergen, at the sport centre of Amalie Skram vgs (AdO Arena), Lungegårdskaien 40, Bergen, Norway.

<https://www.google.no/maps/place/Lungeg%C3%A5rdskaien+30,+5015+Bergen/@60.3866207,5.3384216,17z/data=!3m1!4b1!4m2!3m1!1s0x463cfead8d22380f:0x5f5ae8db2fd69abc>

Time: From Saturday August 6th to August 10th 2016 (It will be possible to attend only the weekend of August 6th to August 7th, see below for more information)

Information on hotel & accommodation, send email to: konfutse@gmail.com

Both experienced and inexperienced practitioners, of all ages, are invited to join the camp.

The camp offers you the opportunity to test for Chinese Duan Wei ranking with certification from the Chinese Wushu Association. Please let us know which form of wushu you would like to test in.

The teaching will be done by some of the best wushu teachers in the world, directly from Beijing, from Beijing Sports University and Henan Sport University. In all 8 teachers will participate:

Wu Dong, 8th Duan, Professor from Beijing Sport University,
Tang Shouyan, 7th Duan, Assistant professor from Henan Sport University
Zhang Chenxi, 5th Duan, from Beijing Sport University
Mu Weiping, 5th Duan, from Beijing Sport University
Zhang Yuanyuan, 4th Duan, from Beijing Sport University
Lu Shengnan, 4th Duan, from Beijing Sport University
Chen Xi, 4th Duan, from Beijing Sport University
Li Shaoyue, 4th Duan, from Beijing Sport University
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What classes will be offered?

Taolu: Classes for in Changquan, Shaolinquan and selected weapons will be offered.

Taijiquan: Classes for both experienced and inexperienced practitioners in Yang and Chen style plus Tuishou will be offered.

Sanshou: Classes in competition sanshou will be offered.

Qigong: There will be daily classes in qigong, Wu Qin Xi (Five animal play).

Additional courses: In addition to the above, there will be opportunity to learn basic Dongbeiquan. Special classes for kids and beginners will also be offered.

Training schedule: The participants should choose one of the following classes: taiji (Yang or Chen), taolu, or sanshou. Each group will have their own expert instructor and train at their own pace.

Saturday August 6th: 10.00 – 10.45 Registration and introductions
10.45 – 11.00 Warm up and jibengong (wushu basics)
11.00 – 12.30 Practice in groups
Lunch break
13:30 – 15:00 Practice in optional groups or qigong
15.00 – 16.00 Practice in groups
19.00 Dinner at restaurant

Sunday August 7th: 10.10 – 10:30 Warm up and jibengong
10.30 – 12.00 Practice in groups
Lunch break
13:00 – 14.30 Practice in optional groups or qigong
14.30 – 15:00 Lecture (topic to be announced)
15.00 – 16.00 Practice in groups

Monday August 8th and Tuesday August 9th:

10:00 – 10:30 Warm up and jibengong
10:30 – 12:00 Practice in groups
12:00 – 13:30 Lunch Break
13:30 – 15:00 Practice in optional groups or qigong
15:00 – 16:00 Practice in groups

Wednesday August 10th: 10:00 – 10:30 Warm up and jibengong
10:30 – 12:00 Practice in groups
12:00 – 13:30 Lunch Break
13:30 – 16:00 Duan Wei Test
16:00 – 16:15 Group photo and end of camp

Training fee: For the full 5 days the training fee is NOK 900/100 Euro, for **only** the weekend the training fee is NOK 650/80 Euro. For children below age 14, 5 days NOK 450/50 Euro or NOK 250/30 Euro for the weekend only.

Registration:

Please register online at [Påmelding Sommerleir 2016](#) or send a message to konfutse@gmail.com and we will send you a registration form by return email.

Camp fee must be paid to:

Name of account; Confucius Institute in Bergen
Electronic IBAN number; NO0436242451214
Name of bank; Sparebanken Vest
Swift code; BIC/SWIFT SPAVNOBB
Please bring your payment recite the first day of the camp.

Registration and payment deadline: July 15th 2016.

If you have questions or suggestions for curriculum to be covered at the camp, please feel free to send them to: konfutse@gmail.com

We hope to see you in Bergen!

Bergen, Norway
March 16th 2016
Confucius Institute in Bergen
www.konfutse.no