



2nd TO 10th AUGUST 2008
GRAND-MASTER WONG KIEW KIT
1st SHAOLIN WAH NAM SUMMER CAMP IN PORTUGAL
CASA DE RETIROS DE S.INÁCIO - PRAIA GRANDE - COLARES

This is the 1st Shaolin Wahnam Summer Camp in Portugal. We are expecting the presence of many members of our School from different countries around the world.

It will be a good time for everybody to meet new people and friends, and share wonderful experiences.

You can stay at the Casa de Retiros de S. Inácio with full board. You can attend one or more courses, as well as go on wonderful tours of the beautiful surroundings and enjoy the nearby beaches.

Chose the options you want and contact us for any further information.

Riccardo Salvatore

GENERAL PROGRAM

Shaolin Cosmos Chi Kung - Generating Energy Flow

Saturday 2nd 9:00 to 12:00 - 15:00 to 18:00

18 Shaolin Wahnam Exercises (Part A)

Sunday 3rd August 9:00 to 2:00 - 16:00 to 19:00

18 Shaolin Wahnam Exercises (Part B)

Monday 4th August 9:00 to 12:00 - 16:00 to 19:00

Course A: Cosmic Shower

Tuesday 5th August 9:00 to 13:00

Course B: Merging with the Cosmos

Tuesday 5th August 15:00 to 19:00

Wahnam Taijiquan 9:00 to 13:00

Wednesday 6th, Thursday 7th, Friday 8th, Saturday 9th, Sunday 10th August

Kungfu Shaolin Wahnam 16:00 to 20:00

Wednesday 6th, Thursday 7th, Friday 8th, Saturday 9th, Sunday 10th August

"General information in English about courses program is kindly drawn from Sifu's Marcus

Santer Website : <http://www.shaolinchikung.co>

Chief Instructor, Shaolin Wahnam UK "



Grand-Master Wong Kiew Kit

Grandmaster Wong is the Fourth Generation Successor of the Venerable Jiang Nan and Sixth Generation Successor of the Venerable Chee Seen of the Southern Shaolin Monastery.

He has spent his life time studying Kung Fu and Chi Kung, has been teaching for more than 3 decades and has over 2000 students worldwide. He spends much of his time teaching intensive courses close to his home in Malaysia, he also travels and regularly teaches in Europe, North America, South America and Canada, Japan .

Author of 10 books to date on subjects ranging from Kung Fu and Chi Kung to Zen and Chinese Medicine, he also received the "Qigong Master of the Year" award at the Second World Congress on Qigong held in San Francisco in November, 1997. He also holds an honors' degree in humanities, and is one of the very few masters who speaks excellent English.

Grandmaster Wong, born in 1944, started his life-long training of the Shaolin arts in 1954 when he began learning Shaolin Kung Fu from the famous Shaolin master, Sifu Lai Chin Wah, who was popularly known as Uncle Righteousness. Grandmaster Wong became his best disciple.

To further his Kung Fu training, Sifu Wong later learnt from Sifu Ho Fatt Nam, the third generation successor directly descended from the southern Shaolin Monastery when it was burned by the Manchurian army in China.

Sifu Wong also learned Wuzu Kung Fu from Sifu Chee Kim Thong, and Wing Choon Kung Fu from Sifu Choe Hoong Choy, who were patriarchs of their respective Kung Fu styles.

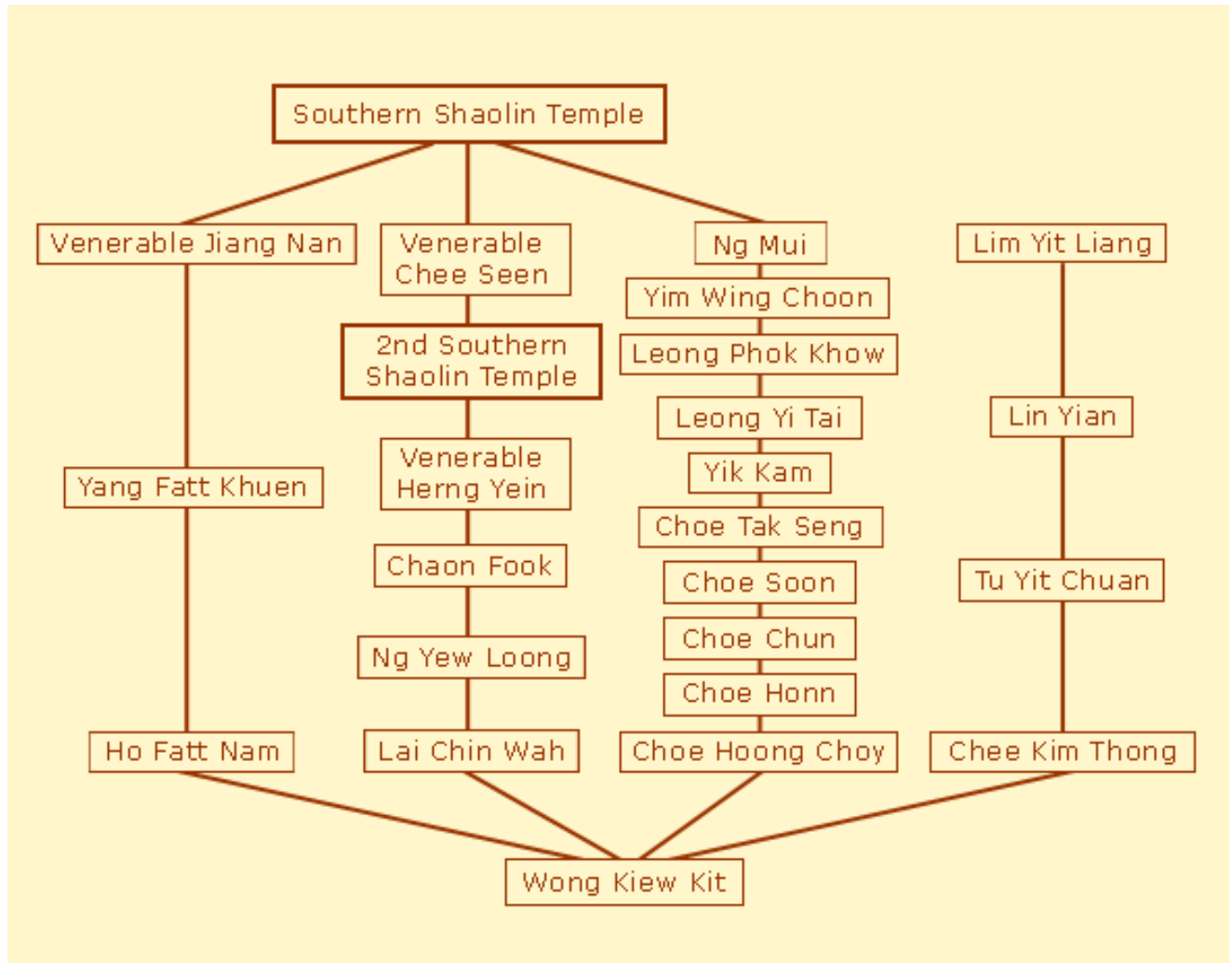
Sifu Wong has taught Kung Fu and Chi Kung for more than twenty five years, to more than twenty organizations. Regretting that many masters were withholding "secrets" of Kung Fu and Chi Kung with the result that these arts might lose their essence, in 1982 he founded the Shaolin Wahnam School of Kung Fu and Chi Kung, naming the school after the two teachers who had influenced him most, Sifu Lai Chin Wah and Sifu Ho Fatt Nam, with the aim of transmitting genuine Shaolin Kung Fu, Shaolin Chi Kung and Shaolin philosophy.

Having won championships himself, Sifu Wong has trained champions in Kung Fu (demonstrations as well as all styles sparring) and lion dance competitions. But he has always insisted that while Shaolin Kung Fu is an exceedingly effective martial art, its greatness lies in enriching our daily life and in spiritual development.

Since 1987 Sifu Wong has spent more time teaching Chi Kung than Kung Fu, because he believes that while Kung Fu serves as a fascinating hobby, chi kung serves an urgent public need, particularly in overcoming degenerative and chronic illness. Sifu Wong is one of the few masters who have generously introduced the once secretive Shaolin Chi Kung to the public, and has helped literally hundreds of people to be relieved of their so-called "incurable" diseases like hypertension, asthma, rheumatism, arthritis, diabetics, migraine, gastritis, gall stones, kidney failure, depression, anxiety and even cancer.

Now he has devoted more time on writing and teaching overseas, having successfully taught in Europe, the United States, Canada and Australia. He stresses the Shaolin philosophy of sharing goodness with all humanity, and is now dedicated to spreading the wonders and benefits of the Shaolin arts to more people irrespective of race, culture and religion.

Lineage:



Grandmaster Wong trained under 4 masters, and is successor to his 2 Shaolin masters:

He is 6th Generation Shaolin successor through his 1st Master's line, Sitaigung Lai Chin Wah.

He is 4th Generation Shaolin successor through his 3rd Master's line, Sitaigung Ho Fatt Nam.

He was also a senior student of his 2nd Master, the recently deceased Chinese National treasure and Patriarch of Wuzu Kung Fu (Five Ancestors Kung Fu) Sitaigung Chee Kim Thong.

He was treated as a 'Kung Fu brother' of his 4th Master the Patriarch of Wing Choon Kung Fu Sitaigung Choe Hoong Choy.



**GRAND-MASTER WONG KIEW KIT
SHAOLIN COSMOS CHI KUNG
GENERATING ENERGY FLOW**

Saturday 2nd 9:00 to 12:00 - 15:00 to 18:00

On this course you will learn the 3 core skills that make Shaolin Chi Kung stand head and shoulders above 97% of all other Chi Kung taught today. Mastery of these skills will improve your health, increase your vitality, promote mental clarity and give you glimpses of cosmic reality. In short the practice of Shaolin Cosmos Chi Kung will make you better at everything you do.

Here are the 3 core skills:

Generating an internal energy flow - inside your body, which sometimes manifests outwardly as chi flow movement, is the most fundamental skill in chi kung. You will learn this skill within the 6 hours of the course. You will also learn how to open your heart.

How to enter a Chi Kung state of mind - You will learn how to attain this vital state of mind, which is one of the hallmarks of high level Chi Kung. This skill alone will enable you to relax physically, emotionally and mentally like never before.

Standing meditation - Many people in the West today mistakenly believe that the only way to meditate effectively is in the seated Lotus position. For beginners, the physical discomfort commonly experienced in this position makes it difficult to achieve mental stillness. This approach allows you to access the benefits of meditation quickly and effectively.

This is the foundation course for all of the other Shaolin Cosmos Chi Kung courses taught during Summer Camp 2008. It teaches you the fundamental (i.e. the most important) skills you need to achieve the benefits of high level Chi Kung.



**GRAND-MASTER WONG KIEW KIT
18 SHAOLIN WAHNAM EXERCISES**

Sunday 3rd August 9:00 to 2:00 - 16:00 to 19:00

Monday 4th August 9:00 to 12:00 - 16:00 to 19:00

This 2 days course is an amazing set composed of Chi Kung, Wahnam Taijiquan and Shaolin Kungfu exercises that can cater for different people at various developmental levels with different needs.

You can practice them all together or combined as different sets at your pleasure such as:

- Relaxing and physical recreation and energy flow
- Overcoming health problems and enhancing vitality and longevity

- Exercises for martial arts as well as combat application
- Meditation exercises, mind cultivation and spiritual expansion

In other words, a beginner and an advanced practitioner may practice the same set of exercises, yet derive different benefits according to their different needs and levels.



GRAND-MASTER WONG KIEW KIT COSMIC SHOWER

Tuesday 5th August 9:00 to 13:00

This is a powerful Chi Kung skill in Shaolin Wahnam for cleansing or purification.

On this course you will learn how to tap a shower of cosmic energy down through your meridians (the routes through which the energy of your body travels) thoroughly cleansing and nourishing you, you will also learn how to connect heaven and earth. You will feel peaceful, powerful and spiritually nourished.

When your energy flows harmoniously (i.e. without any blockages) through your meridians you will have:

- great health
 - incredible vitality to enjoy your work and play
 - mental clarity, increased states of mental consciousness and improved creativity
- This is just a few of the benefits that regular practice of Cosmic Shower gives.

Requirements: to qualify for this course you must:

- Be taking the Generating Energy Flow course at this years Summer Camp
- Have taken the GEF course with Sifu in the past
- Have taken regular classes with a Shaolin Wahnam Instructor
- Have taken an intensive Chi Kung course with Sifu in Malaysia



GRAND-MASTER WONG KIEW KIT MERGING WITH THE COSMOS (SINEW METAMORPHOSIS)

Tuesday 5th August 15:00 to 19:00

Sinew Metamorphosis (Yi Jin Jing) was practiced in the past by the Shaolin monks as training for martial arts, this technique works on the whole nervous system and during this course you will discover why so many students refer to it as the "WOW!" course.

You will discover how by "flicking fingers" only 3 times you can generate a tremendous amount of energy you can use to cleanse blockages or to build internal force.

Sinew Metamorphosis is also of great benefit to those developing Scholar Warrior qualities such as quick thinking, mental freshness, and peace of mind, courage, ability to think under pressure, good memory and spiritual cultivation.

In Sinew Metamorphosis training is mainly internal; the practitioner stands stationary and by means of subtle movements generates internal energy.

The Sinews Metamorphosis exercises promotes your vitality, increases your internal force, improves your physical and mental flexibility, and provides spiritual joy.

Requirements: To qualify for this course you must:

- Be taking the Generating Energy Flow course at this years Summer Camp
- Have taken the GEF course with Sifu in the past
- Have taken regular classes with a Shaolin Wahnam Instructor
- Have taken an intensive Chi Kung course with Sifu in Malaysia



GRAND-MASTER WONG KIEW KIT
SHAOLIN WAHNAM TAIJIQUAN
('Yellow bee sucks pollen')

Wed. 6th, 7th, 8th, 9th, 10th August

9:00 to 13:00

This form created by Sifu Wong for health, vitality combat efficiency and spiritual cultivation, is incredibly concise and compact, containing all the four main categories of attack, namely striking, kicking, felling and gripping.

It also incorporates many fantastic tactics for combat (and life) associated with traditional Taijiquan like 'retreat to advance' and 'using softness to overcome hardness' and 'continuous canon's'. These skills will be covered in Combat sequences which are derived from the form.

The course will cover entering the Tao, Stance training, moving in stances, pushing and striking hands, the 'Yellow bee sucks pollen' form and combat sequences.

Participants of the course can expect to achieve a 'Chi-kung' state of mind, to perform a Taijiquan set with force, grace, and fluidity, and to deepen their skills of Taijiquan combat considerably.

Previous training in Taijiquan is a must, as the training will be fairly intense. But the great news is that you can find the form and combat sequences on Sifu's website, so you can be well prepared for the course.

Duration: 20 hours over five days

Date: August 6th to 10th 9:00 to 13:00

Requirements: for practicing martial artists of any school. Beginners may attend but will have to work extra hard in order to keep up.

Please read [The Ten Shaolin Laws](#) carefully before you consider applying



GRAND-MASTER WONG KIEW KIT KUNGFU SHAOLIN WAH NAM

Wednesday 6th, 7th, 8th, 9th, 10th August
16:00 to 20:00

Introduction to Kung Fu Internal Force and Combat Application

Grandmaster Wong will teach you the best skills to develop your internal force, skills that you can use to improve your physical, emotional, mental and spiritual activities. Success on this course will improve your work, play, sports, relationships, mental clarity and spiritual cultivation. In short it will make you better at whatever you do, quite a claim, but generations of Shaolin practitioners have proven it.

Internal force allows you to spar for hours without getting out of breathe, it allows you to improve your health and increase your energy. Traditionally internal force was developed by marital artists to develop incredible striking force and mental clarity under combat conditions.

Discover how to use Shaolin Kungfu patterns for sparring. The combat side of the patterns is rarely taught. Mainly because instructors do not know 2 things: 1) The combat applications of the patterns and 2) Correct sparring methodology.

Experience why stances are vital for internal force and combat efficiency, you will experience for yourself why the past masters placed such importance on Zhan Zhuang (stance practice). You will be shown the skills and techniques necessary so that you can get the maximum benefits from this art in the shortest time. The simplicity, yet profound nature of this practice will astound you.

Learn the secrets of footwork and how you can be more combat efficient.

Footwork is an essential aspect of Kung Fu training but is often neglected. As a result many students and instructors sustain long term knee injuries. You will learn how to move smoothly and quickly in all directions and experience for yourself why moving in stances with correct footwork gives technical advantages when sparring.

Benefit from the experience of generations of past and present Shaolin Kung Fu masters, regardless of which style you currently practice - Shaolin Kung Fu is the result of many of China's greatest martial artists, generals and warriors systematically testing and improving their arts in an environment that nurtured such evolution. Many people today mistakenly think that Shaolin was the birth place of martial arts. This simply isn't true. People had been using fighting systems for 1000's of years before Shaolin Kung Fu. What Shaolin Kung Fu represented was the first time that martial arts were institutionalised. All the hard work has been done for you. Through actual combat experience and testing these past masters discovered the very best techniques for dealing with punches, kicks, throws and locks. Take this course and you will have direct access to their discoveries.

Duration: 20 hours over five days

Date: August 6th to 10th 16:00 to 20:00

Requirements: for practicing martial artists of any school. Beginners may attend but will have to work extra hard in order to keep up.

Please read [The Ten Shaolin Laws](#) carefully before you consider applying

THE TEN SHAOLIN LAWS

1. Required to respect the master, honor the Moral Way and love fellow disciples as brothers and sisters.
2. Required to train the Shaolin arts diligently, and as a pre-requisite, to be physically and mentally healthy.
3. Required to be filial to parents, be respectful to the elderly, and protective of the young.
4. Required to uphold righteousness, and to be both wise and courageous.
5. Forbidden to be ungrateful and unscrupulous, ignoring the Laws of man and heaven.
6. Forbidden to rape, molest, do evil, steal, rob, abduct or cheat.
7. Forbidden to associate with wicked people; forbidden to do any sorts of wickedness.
8. Forbidden to abuse power, be it official or physical; forbidden to oppress the good and bully the kind.
9. Obligated to be humane, compassionate and spread love, and to realize everlasting peace and happiness for all people.
10. Obligated to be chivalrous and generous, to nurture talents and pass on the Shaolin arts to deserving disciples.

WHERE:**Casa de Retiros de S. Inácio****Estrada do Rodízio, 124 - Praia Grande - 2705-335 - Colares**

Casa de Retiros S.Inácio is a Jesuit retreat where you can stay for full board and enjoy the seminars, and have a few days of relaxing holidays in marvellous surroundings. This is one of the most beautiful parts of Portugal, with Praia Grande beach within walking distance, and Sintra, Cabo da Roca, Estoril and Cascais a short bus or train ride away.

You can stay at the retreat even if you don't participate in the seminars. The number of rooms available is limited.

The Casa de Retiros S.Inácio is 500 metres from Praia Grande, 300 metres from Hotel Arribas pool, and 1,500 metres from Praia das Maças.

You can get a bus close by (150 metres) to: Sintra, Praia das Maças, Cascais, Ericeira, Mafra, Trains run from Sintra to Lisbon.

Prices

Double room with WC full board 45€

Double room with WC with breakfast 30€

Vegetarian meals are available: please inform us in advance if you require this.

Meals for those not staying at the retreat cost 13€

- Saturday 2nd August barbeque lunch or vegetarian. Everybody is welcome. You can participate even if you don't do the seminars.
- Saturday 9th August barbeque lunch or vegetarian. Everybody is welcome. You can participate even if you don't do the seminars.

Secretary for information and inscriptions: Sónia Gingado

Praça Afrânio Peixoto, 2, 1ºDtº 1000-009 Lisboa Tel +351 218 478 713 Fax: +351 218 421 173

Mobile: +351 919 721 111

<http://www.shaolin-wahnam-portugal.com><http://www.shaolin.org>**Some other places to stay nearby (within walking distance of the retreat):**

Hotel Arribas tel. (00351) 219 289 050 fax. (00351) 219 292 420 url: http://www.hotelarribas.pt/hotelarribas.php	Hotel Miramonte tel. (00351) 219288200 fax. (00351) 219291480 url : http://www.miramontesintrahotel.com/Hotel_Miramonte_Vip_Inn_Home.html
Quinta da Vigia tel. (00351) 219282877 url: http://www.quintadavigia.com/	Quinta do Rio Touro tel. (00351) 219292862 fax. (00351) 219292360 url: http://www.quinta-riotouro.com/
Casal Santa Virginia tel. / fax. (00351) 219283198 url: http://www.casalstvirginia.com/	Quinta Dos Junqueiros telemovel (00351) 96 656 97 02 tel. (00351) 21 928 02 56 url: http://www.quintajunqueiros.com/



Costs Chi Kung & Intensive Kungfu Shaolin Wahnam and Taijiquan Courses

Summer Camp	Pay before 8/7	Pay before 28/7	Pay before 2/8
Generating energy flow	175€	185€	200 €
18 Exercises SW	300€	325€	350 €
Cosmic shower	175€	185€	200 €
Merging with the Cosmos	175€	185€	200 €

Chi Kung Shaolin Wahnam	Pay before 8/7	Pay before 28/7	Pay before 2/8
Participation in 2 seminars	300€	325€	350€
Participation in 3 seminars	400€	425€	450€
Participation in 4 seminars	475€	500€	525€
Participation in 5 seminars	500€	575€	600€

Taijiquan or Kungfu	Pay before 8/7	Pay before 28/7	Pay before 2/8
Wahnam Taijiquan	450€	475€	500€
Kungfu Shaolin Wahnam	450€	475€	500€
Kungfu or Taiji + 1 Chi kung seminar	575€	600€	650€
Kungfu or Taiji + 2 Chi kung seminars	700€	750€	800€
Kungfu or Taiji + 18 exec. SW.	700€	750€	800€
Kungfu or Taiji + 3 Chi kung seminars	775€	825€	875€
Kungfu or Taiji + 4 Chi kung seminars	900€	950€	1000
Kungfu or Taiji + 5 Chi kung seminars	1000€	1050€	1100

Kungfu + Taijiquan	Pay before 8/7	Pay before 28/7	Pay before 2/8
Kungfu + Taijiquan	700€	725€	750 €
Kungfu + Taijiquan+ 1 Chi kung Sem.	800€	825€	850€
Kungfu + Taijiquan+ 2 Chi kung Sem.	975€	1000€	1025€
Kungfu + Taijiquan+ 18 Exc Sha. Wan	975€	1000€	1025€
Kungfu + Taijiquan+ 3 Chi kung Sem.	1075€	1100€	1125€
Kungfu + Taijiquan+ 4 Chi kung Sem.	1150€	1175€	1200€
Kungfu + Taijiquan+ 5 Chi kung Sem.	1225€	1250€	1275€

- In order to benefit for the reduction please make a deposit of 50% and pay the rest by Friday 25th July .
- NIB: 0033 0000 00018877619 19
- IBAN: PT50 0033 0000 0001 8877 6191 9
- BIC/SWIFT: BCOMPTPL

From Marques de Pombal (centre of Lisbon)



From Lisbon Airport

