



Summer Training Camp 2010

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The legendary Nam Yang Summer Training Camp on the Isle of Wight has been resurrected for 2010. If you have heard of the summer training camps, now is your chance to experience one! If you are a veteran summer training camp goer, now is your chance to catch up with old friends and do it all over again!"

What is special for 2010

Master Tan:

Master Tan will be flying to England specially! Whilst he is at the Summer Camp he will be available full time to teach, answer questions and discuss Nam Yang, kung fu etc. This is a perfect opportunity to meet the man who personifies Nam Yang and to benefit from his teaching. He will be concentrating particularly on side stepping and practical application of the art but will be happy to respond to requests.

Due to Master Tan's advancing age, it is not clear when or if he will be able to fly to the UK again so please consider taking this chance to meet and train with him.

Nam Yang Summer Training Camp 2010 Isle of Wight July 3rd - July 10th

Our most popular training and social event is once again booked at Fairway Holiday Park, Isle of Wight. Places are limited so please book early!

Programme:

Training from 8:00am - 7:00pm with a 2 hour lunch break.
Wednesday half day (finish 1:45pm). Demonstration Friday evening following by Nam Yang Party!!!

Training to include:

Side Stepping: Master Tan will be leading training on side stepping and footwork generally and explaining their importance in our art. Side stepping breaks the line of an opponent's attack and exposes vulnerable targets such as the side ribs.

Locks, Restraints and Walkouts: Techniques which overcome an opponent without injuring them: highly useful in our compensation culture! Plenty of techniques and plenty practise time.

Takedowns: Quick and easy ways to drop an opponent to the floor without injury. We will concentrate on six techniques, most of which have several variations.

Weapons! Experience has shown that there is nothing more popular at the summer training camp than weapons! We will be practising defence against common weapons such as knives, sticks and broken bottles, practical use of weapons – classical and improvised – including targeting and of course Shaolin weapon routines.

Grading: Towards the end of the week, there will be a grading which should be particularly useful for those who seldom get the opportunity to grade.



As usual we will be putting in regular practise of:

- **Morning Chi Kung and Shuang Yang**
- **Tiger Crane routines and drills:**
 - **Pushing / sticking hands:** (plenty of opportunities to try new partners, this year introducing sticky hands with (rubber) knives).
 - **Conditioning:** regular, hard core conditioning circuits.
 - **Partner routines:** basic to advanced.
 - **Meditations:** a series of meditations to end the days' training, including: melting the ice; scanning the body; balancing the chi and circulating the microcosmic orbit.

Social! The social side of the summer training camps is very important and does a lot to strengthen the bonds within our association. As well as general socialising in the camp's night club (yes, most of what you have heard about it is true!) and between caravans, we will be organising a kung fu demonstration on Friday night followed by a rare and not to be missed Nam Yang party!

Format: Each day will be broken into seven sessions: chi kung; practical application; physical training; routines (freehand and weapon); pushing / sticking hands; conditioning; meditation – for a total of nearly eight hours training.



Nam Yang Booking Form:

Please read carefully through this page. To book detach the whole page and return it, having completed the slip at the bottom, and enclose a cheque.

Course: Summer Training Camp

Venue: Fairway Holiday Park
The Fairway, Sandown
Isle of Wight

Date/Time(s): 3rd July - 10th July 2010

Payment: Cost per Head:
£199.00 if paid by March 1st 2010,
£219.00 if paid by May 17th; otherwise £239.00.

Family deals available: Please telephone.

Cost covers training and accommodation (sharing 6 berth caravan). Cost **does not** cover food, grading (optional) or transport to/from the Isle of Wight.

Behaviour Bonds. Fairway Holiday Park require a behaviour bond from each caravan. This entails payment of a cash deposit returnable on departure, provided that no damages or unacceptable behaviour occurs. It is incumbent upon the occupants of each caravan to pay up for the behaviour bond; it is a near certainty that the money will be returned.

Payment. A non – returnable deposit of £99.00 secures a place. Payment of remaining balance by 17th May please. Non payment of balance may result in the loss of your place!

Personal Details / Proclamation:

Name:

Address:

Telephone: **Mobile:**

Email:

Please ensure that you include your email so that we can send you further information without inflicting further damage to the rainforests!

Reservation/Fee: I wish to reserve a place on the Nam Yang Course as listed above, on the date/s mentioned, and enclose a cheque / payment of: £

I agree to abide by Nam Yang Pugilistic Association's code of conduct, to train diligently, to co-operate fully with the instructors and to represent the association in the best possible light.

Signature: **Date:**

If student is under 18 years of age, we require:

Parents/guardians signature: