



Wushu Summer Camp 2017 in Bergen, Norway.

The Wushu Summer Camp 2017 in Bergen is arranged by the Confucius Institute in Bergen in cooperation with Bergen Wushu Club. The 2017 event will be the tenth 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.

[MAP](#)

Time: From Saturday August 5th to August 9th 2017 (It will be possible to attend only the weekend of August 5th and August 6th, 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 2017 will be a special 10 year anniversary camp offering a holistic perspective on wushu as traditional Chinese culture.

On the first day, August 5th, there will a competition thats optional for the participants. For registration and program, please go to wushu.no or send a message to Bwk.leder@gmail.com

The teaching will be done by some of the best wushu teachers in the world, from Beijing Sports University and Guangzhou. In all 9 teachers will participate:

Ruan Jizheng, Master of taijiquan from Guangzhou *

Wu Dong, 8th Duan, Professor from Beijing Sport University

Bai Zhenmin, Doctor of TCM from Beijing Sport University †

Zhang Chenxi, 5th Duan, from Beijing Sport University

Chen Xi, 4th Duan, from Beijing Sport University

Li Shaoyue, 4th Duan, from Beijing Sport University

Wang Lu, 4th Duan, from Beijing Sport

Li Wenbo, 4th Duan, from Beijing Sport

Dai Anyin, 4th Duan, from Beijing Sport

What classes will be offered?

Taolu: Classes for in Changquan, Shaolinqan 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: There will be no special sanshou classes at this event.

Qigong: There will be daily classes in qigong, Baduanjin (Eight Pieces of Brocade) and Wu Qin Xi (Five-Animal Play) and others. Further there will be special classes Tuina (massage) for wushu students by Dr Bai.

Additional courses: In addition to the above, there will be special classes for kids and beginners.

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

Saturday August 5th: 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 – 18.00 Wushu competition
19.00 Dinner at restaurant

Sunday August 6th: 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 7th and Tuesday August 8th:
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 9th: 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 Performance by participants and coaches
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 2017](#)
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 2017.

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 19th 2017
Confucius Institute in Bergen
www.konfutse.no

* **Ruan Jizheng**, born in Guangdong in 1944, graduated from Beijing University in 1968, majoring in philosophy.

Having been practicing Taiji for 58 years, he still mocked that he was just a Taiji amateur without being received any official education about it.

He became one member of the wushu team of Beijing University in 1964. In 1980s, he was nominated to make one research team of Taiji Tuishou of Guangzhou. The first Tuishou competition of Guangzhou was initiated by the team in late 1980s. In 1990s, he became a member of Guangzhou Wushu Association, the main Taiji coach of Guangzhou Jingwu Sports Association.

Currently he is a researcher of Guangdong Academy of Social Sciences (GASS). He started the work as researcher on social science in 1984 after taking various jobs as farmer and school teacher in rural areas of Hunan Province for 16 years. His research focuses on society science and culture comparison in the perspective of applied philosophy. At present he still takes dozens of positions in various institutions and government organizations. He was employed as professor by Guangzhou Sports University, South China Normal University and as counselor by a few social organizations.

In addition to more than 100 publications in scholarly journals and edited collections, He has published ten social science works, which include “Exploring scientifically and Dialectical method”, “Comparative Philosophy”. Furthermore, he published more than 70 essays and two monographs on Wushu. The two monographs, “Wushu rooted in Chinese culture and society” and “Boxing ” explain in detail about how Wushu formed and how it demonstrated Chinese philosophy.

† **Bai Zhenmin**, born in 1973, has a PhD in Traditional Chinese Medicine from the Department of Acupuncture and Massage, Heilongjiang University of Traditional Chinese Medicine, Harbin, China where he majored in Acupuncture and Massage.

Currently he works as an associate professor in Exercise rehabilitation in Sport Physical Therapy and Training School at Beijing Sport University, Beijing, China where teaches, research and practice Traditional Chinese Medicine.