

# YMAA Annual International Summer Camp FRANCE 2007



## Schedule, August 16 to 26

Hours	Thursday 16	Friday 17	Saturday 18	Sunday 19	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
6:30 to 7:30		Meditation	Meditation	Meditation		Meditation	Meditation		Meditation	Meditation	
7:30 to 8:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 to 12:00	<b>Arrival Registration</b>	A Taiji Ball	Taiji Saber	Taiji Ball	<b>Sightseeing</b>	Taiji Saber	Taiji Ball	<b>Sightseeing</b>	Taiji Ball	Taiji appl.	<b>Departure</b>
12:30 to 14:00		B Shaolin	Qin Na	Shaolin		White C Ygu	White C Ygu		Qin Na	Shaolin	
15:30 to 18:30		C Fighting set	Fighting set	Taiji Saber		Lunch	Lunch		Fighting set	Fighting set	
		D White C Basic	White C Ygu	White C Basic		Fighting set	Taiji Saber		White C Ygu	Qin Na	
						Shaolin	Shaolin				
19:30 to 21:00	Dinner Orientation information	Dinner <b>Welcome party</b>	Dinner	Dinner Questions and answers	Dinner	Dinner <b>Taiji grading</b>	Dinner <b>Shaolin grading</b>	Dinner	Dinner <b>DEMO</b>	Dinner <b>Goodbye party</b>	

### Internal classes (A & C)

	Instructors	Classes	Total Hours
Meditation (free classes)	Dr. Yang Jwing-Ming	7	7 hours
Taiji Ball Qigong	Dr. Yang Jwing-Ming, Aaron Damus	4	12 hours
Taiji Fighting set	Pascal Plée, Julien Petitfour, Charles Yotte	5	15 hours
Taiji applications	Dr. Yang Jwing-Ming	1	3 hours
Taiji Saber (solo sequence)	Dr. Yang Jwing-Ming, Erik Elsemans	4	12 hours

### External classes (B & D)

	Instructors	Classes	Total Hours
Shaolin	M <sup>o</sup> Li Mao-Ching, Robert Was, Pedro Rodrigues	5	15 hours
Qin Na	Various instructors	3	9 hours
White Crane (basic)	Aaron Damus, Ben Warner	2	6 hours
White Crane (Yao-Gu sequence)	Dr. Yang Jwing-Ming	4	12 hours

### Cost for classes (per hour)

Non YMAA students.....	15,00 €
YMAA students.....	10,00 €
Red stripe YMAA students.....	8,00 €
YMAA schools directors.....	5,50 €

### Discount Structure

12 hours and under.....	no discount
13 to 21 hours.....	10 %
22 to 30 hours.....	15 %
31 to 42 hours.....	20 %

### Accommodation

9 days, including room & meals....	560,00 €
(minus 45€ for any day you can not be in the camp)	
One day visitor pass including one meal but no room.....	30,00 €

### Sightseeing

PARIS, monuments & museum.....	65,00 €
VERSAILLES, Louis XIV Castle.....	65,00 €

### Free for everyone

Meditation classes  
Swimming pool, Tennis, Mini-golf

**Please, register before May 15. Late registration will be charged 35 €.**

A minimum of half the total amount should be transferred to the camp's bank account. Second half should be transferred before June 30 or paid in cash, in euros, on the first day of arrival at the camp.

### Guest Grand Master

- **Master Li Mao-Ching**, Dr. Yang Jwing Ming's Long Fist Gong-Fu Master from Taiwan. Master Li will supervise the Shaolin Classes.

### Camp Instructors

- **Dr. Yang Jwing-Ming**, President of YMAA international, worldwide expert in external martial arts (White Crane & Long Fist Gong-Fu), internal martial arts (Yang style Taijiquan) and in Qigong. Autor of more than 30 books and videos.
- **Robert Was**, qualified Shaolin Instructor and President of YMAA Poland.
- **Pedro Rodrigues**, qualified Shaolin Instructor and President of YMAA Portugal.
- **Aaron Damus & Ben Warner**, specialised in White Crane Gong-Fu from YMAA Headquarters (Boston).
- **Pascal Plée**, qualified Taijiquan Assistant Instructor, President of YMAA France.
- **Charles Yotte & Julien Petitfour**, qualified Taijiquan Assistant Instructors from French YMAA Headquarters.
- **Erik Elsemans**, Taijiquan, President of YMAA Belgium.

### General information

**Camp Supervisor :** Dr. Yang Jwing Ming

**Camp Director :** Pascal Plée

**Contact :** Web site : [www.ymaa-france.fr](http://www.ymaa-france.fr)

E-mail : [summercamp2007@free.fr](mailto:summercamp2007@free.fr)

Tel. : +33 1 43 25 57 42 Fax : +33 1 44 41 63 38

**VVF vacances Dourdan :**

Tel. : +33 1 60 81 66 66 Fax : +33 1 64 59 39 47



## Subject

**Taiji Ball Qigong** : There will be 4 classes to learn the practice of the Taiji Ball. This practice is important to develop the body and spine movements. This practice is essential for expressing the Jin in Taiji movements. This Qigong is also a very good practice for maintaining good health by reinforcing your back and Chi circulation.

**Taiji Fighting Set** : There will be 5 classes to learn this sequence to practice with a partner. Each role consists of 44 movements (total 88) which will give you an understanding of Taiji fighting essence. There will be 2 groups, one for beginners and one for those who have already learned part of this sequence. For those who began this set at last year's summer camp, we will finish the sequence.

**Taiji Applications** : There will be 1 class on Taiji fighting applications. This practice is open to every style of Taiji. This class, under Dr. Yang's supervision, will give you very good idea of how to research applications in your form.

**Taiji Saber sequence** : There will be 4 classes to learn the Taiji Saber traditional sequence. Taiji practice with a weapon allows the practitioner to focus more on each movement. Chi circulates stronger and the saber has a lot of sliding movement with a very interesting feeling. The learning of this sequence is open to everyone.

**Shaolin** : There will be 5 classes of Shaolin training. During these classes, consisting mostly of the practice of Long-Fist Gong-Fu, Grand Master Li will supervise and correct the forms and fundamental training. This is a great opportunity to be corrected by Dr. Yang's Long Fist Master who is now 80 years old.

**Qin Na** : There will be 3 classes on this subject. Qin Na allow to avoid any kind of grabbing without using force. Some of the techniques can be used against punching or kicking. The practice of Qin Na are a good means of self-defense. Also, the practice of the Qin Na techniques is good for health by stretching our joints, muscles and tendons. The breathing and concentration during practice is like internal Qigong practice. Qin Na should be included in every martial art practice in order to be complete.

**White Crane Basics & Yao Gu sequence** : There will be 2 classes of basic training on White Crane stances, intercepting and following techniques. YAO GU is a sequence which was created based on the Tiger Claw and White Crane styles. The entire sequence emphasizes short Jin training. This sequence corresponds the ninth period qualification in the YMAA Shaolin training manual. Master Yang demonstrated this sequence during summer camp's demo last few years. There will be 4 classes to learn this sequence and they are open to everyone.

**Note** : The YMAA Summer Camp is a excellent opportunity to learn new sets or sequences in Taijiquan and Gong-Fu that we don't normally get to see in our regular classes.



### Sightseeing programme

**PARIS** : Departure by bus from the camp, discovery of the great monuments of Paris (Opéra, Madeleine, Concorde, Champs Elysées, Arc de Triomphe, Eiffel Tower & more...). Lunch in a restaurant. Visite of Montmartre, Sacré-Coeur. Stop to see the portrait artistes. Visit of Grévin Museum with the famous celebres peoples wax figurines. Dinner at the camp.

**VERSAILLES** - one day at Louis XIV Castle : visit of the castle and the famous hall of mirrors, the King's appartements & more... Visite of the wonderful gardens designed by Le Nôtre, also the bassin Apollon and the Grand Canal. Lunch at a restaurant in Versailles. Visit of the Grand and Small Trianon, walk in the parc... Dinner at the camp.

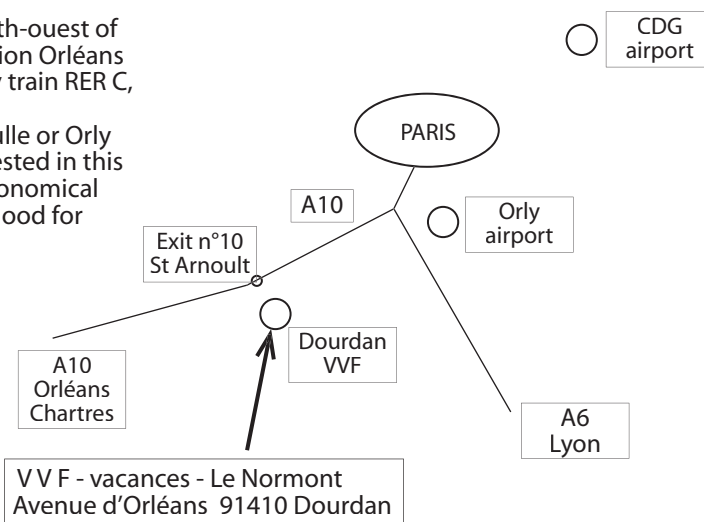
### Where the camp is located

The camp is located in DOURDAN, a small medieval town, south-ouest of Paris (50 kms). Easy to reach by highway A10 from Paris, direction Orléans /Chartres, exit n°10 (St Arnoult en Yvelines). You can also go by train RER C, station Dourdan.

A bus will be organised to get people from the Charles de Gaulle or Orly airport to the camp. Please reserve in advance if you are interested in this service. We highly recommend the bus service, as the most economical and efficient way to get there. The camp is along a forest and good for hikes.



**Villagium**  
"Le Normont"



Double room 1 bed + TV



Double room 2 beds + TV





## Please, register and pay half before May 15.

Late registration will be charged 35 €. Last bank transfer should be done by June 30.

Please write the code (A, B, C or D) of the classes you would like to attend												
Classes	Friday 17	Saturday 18	Sunday 19	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Number of classes	3 hours per class	Amount of hours
Meditation (FREE)												
Morning A or B											X 3	
Afternoon C or D											X 3	
Each class last 3 hours, please calculate the amount of hours											<b>TOTAL</b>	

### Cost

Classes Number of hours ..... X Price/hour ..... = ..... €

Discount ..... % = ..... €

Total for classes ..... €

Accommodation 9 days ..... 560 € - ..... = ..... €

or visitor pass ..... 30 € x ..... = ..... €

Sightseeing Paris ..... 65 € ..... €

Sightseeing Versailles ..... 65 € ..... €

Bus service to airport (round trip) ..... 20 € ..... €

Shaolin or (and) Taiji test ..... 10 € ..... €

Late registration, after May 15 ..... 35 € ..... €

**TOTAL** ..... €

#### Cost for classes (per hour)

Non YMAA students ..... 15,00 €

YMAA students ..... 10,00 €

Red stripe YMAA students ..... 8,00 €

YMAA schools directors ..... 5,50 €

#### Discount Structure

12 hours and under ..... no discount

13 to 21 hours ..... 10 %

22 to 30 hours ..... 15 %

31 to 42 hours ..... 20 %

### Camp's Bank Account

Please transfer to the following account :

#### Bank's French Identification - RIB

Banque	Guichet	Account Number	Clé	Dev
30066	10870	00010096616	26	EUR

#### Bank's International identification

IBAN (International Bank Account Number)	BIC (Bank Identifier Code)
FR76 3006 6108 7000 0100 9661 626	CMCIFRPP

#### Name of banque

CIC PARIS PANTHEON  
9 RUE SOUFFLOT  
75005 PARIS

#### Name of account

PASCAL PLEE  
34 rue de la Montagne Sainte Geneviève  
75005 PARIS

#### About transfer

Do not transfer the total amount before confirmation of correct calculation. A fax, e-mail ou letter will be send to you for confirmation by YMAA-FRANCE.

A minimum of half the total amount should be transferred to the camp's bank account. Second half should be transferred before June 30 or paid in cash, in euros, on the first day of arrival at the camp.  
**NO DELAY FOR PAYMENT WILL BE ACCEPTED DURING THE CAMP.**

### Registration form to be send to :

YMAA-FRANCE 34 rue de la Montagne Sainte Geneviève 75005 Paris - FRANCE

Fax : +33 1 44 41 63 38

E-mail : summercamp2007@free.fr

Web site : www.ymaa-france.fr