

IV YMAA Portugal National Summer Camp 2008

YMAA Portugal IV Summer Camp will be held in Costa da Caparica from 29th of July to 3 of August. Seminar Contents will be Taijiquan (9 Hours), Tuishou (9 Hours), Qigong (6 Hours), Shaolin (9 Hours), Sparring (9 Hours) and Weapons (6 Hours). Accommodation will be in Centro de Lazer (Youth hotel) as well as the training (out door).

Instructors: Robert Was (PL), Pedro Rodrigues (PT), Vitor Casqueiro (PT) and Vitor Marques (FR).

General Information: ymaap@clix.pt

Lodging and Food: reservas@centrolazercaparica.com

NAME _____

COUNTRY _____ EMAIL _____

Schedule

Days Hours	Tuesday 29/7	Wednesday 30/7	Thursday 31/7	Friday 1/8	Saturday 2/8	Sunday 3/8
8.00h 9.00h	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.00h 12.00h	Taijiquan Shaolin	Qigong Weapons	Taijiquan Sanshou	Qigong Weapons	Taijiquan Shaolin	Test Taiji/ShaoLin
13.00h 14.30h	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
16.00h 19.00h	Tuishou Sanshou	Qin Na Tuishou		Tuishou Shaolin	Qin Na Sanshou	
20.00h 21.30h	Dinner	Dinner	Dinner	Dinner	Dinner	

Seminar Costs

	Ymaa		No Ymaa	
9H	50 €		70 €	
15H	75 €		90 €	
21H	85 €		100 €	
27H	100 €		120 €	
School Director	Yes		-50%	No
Instructor	Yes		-30%	No
Test	Shaolin		10 €	Taiji
After 30/06	Yes		+50 €	No
Total				

Location

