



Templo Shaolin de México, A.C.
Yang Cheng Fu Tai Chi Chuan Mexico Center
www.KungfuLegacy.org.mx



2010 Annual Yang Family Tai Chi Retreat in Mexico The Yang Style Saber

Dear Friend:

Of all the Tai Chi weapons we know of today, one of the rarest and most beautiful is the Yang Style Tai Chi Saber. This weapon is very little known in the West, and it was among the most popular in the years of splendor of the Yang Family in China, because its movements become an extension of the body that help us improve our practice and obtain better results from our Tai Chi. But that is not all. The movements of the Yang Style Saber Form were taken from the Yang Style fencing technique. That means the movements that make up the sequence are also applicable movements that at some point were attacks and defenses in the fencing technique of the most popular Tai Chi family in the world.

This time, we are presenting the 2010 Yang Style Tai Chi Annual Retreat, were Master Yang Jun, a sixth-generation descendant of the Yang Family will teach the form and use of the Tai Chi Saber.

The retreat will take place from the 19th to the 21st of March in the Monastery of the Benedictine in Cuernavaca, Mexico. The fee for the whole retreat is \$300 US Dollars, and it covers a wooden copy of the original Yang Family saber for your practice and a DVD for studying. You can find more information enclosed, and we will gladly answer any questions you might have via e-mail or phone. Our email address is info@kungfu.com.mx and our phone number is +52 55-5594-6501 in Mexico City, Mexico.

We are looking forward to seeing you there!

Yours sincerely,

Daniel Corona
Headmaster,
Templo Shaolin de México AC

2010 Yang Family Retreat

Frequently Asked Questions

How much will it cost to attend the retreat?

The fee to attend the retreat is **\$300** US Dollars. **It includes studying material on DVD, room and board for the three days, a wooden saber for your practice and a diploma.** Payment must be made no later than Monday, March 8, 2010, which is the last day to register for the seminar. Payment can be made by PayPal. You only need to open the following secure link on your web browser and follow the instructions:

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=11172810

Please make sure that your payment is being made to **Templo Shaolin de Mexico** and that the amount you are paying is correct.

How do I sign up?

You must download and print the Registration Format and Regulations from our webpage (which you can also find at the end of this document), fill them out, sign them, scan them and send the scanned documents to eventos@kungfu.com.mx. You must also send us the Transaction ID you get from PayPal at the end of the payment process. We need to have all these documents no later than Monday, March 8, 2010. Remember there is a limited capacity, since the number of rooms available is also limited, so please register as soon as possible. You must keep the original documents and hand them in on the first day of the retreat at the registration table. **You must hand in these documents at the registration table.**

Where and when will the retreat take place?

In the Monastery of the Benedictine, which is on the Cuernavaca-Tepoztlan Freeway. Send us an email to info@kungfu.com.mx asking for instructions and a map showing how to get there easily. The retreat will be held from the 19 to the 21 of March, 2010.

I am not in shape, or I have never practiced this technique, what can I do?

Well, you won't find a better chance to get started than this! Don't worry and come join us! Everyone is invited to the retreat, from experienced instructors to absolute beginners.

I am a vegetarian. Will the meals have meat in them?

The meals will be 90% vegetarian, and there will be two different dishes for people who eat meat.

What should I wear? Can I wear my uniform?

Of course! You can wear anything you like, as long as you are comfortable.

What is my Transaction ID?

After you make your payment in PayPal, they will send you a confirmation message to the email address you gave them when filling out the form. On the upper right corner of that message you will see the date, and right under it you will see a field that says "Transaction ID" number. That is the number we need to confirm that it is you who made the payment.

Do I have to share a room? Can't I stay alone?

The fee for the retreat covers a shared room with one or two other people. Each bedroom has two or three beds and attendees will be accommodated in the order they sign register. If you are coming with a friend and you want to stay together, just let us know and we'll put you in the same room. If you want to stay in a single room just for yourself, you'll need to pay an **extra \$150 US Dollars** for the weekend. We only have eight single rooms, so they are subject to availability.

Can I bring my camera?

Yes, you can bring a camera to take pictures, **but NOT video**. You can only take pictures. Just remember that **it is forbidden to take pictures in class**. It is also forbidden to take pictures of Master Yang Jun. You can take pictures on the last day, during the Closing Ceremony.

In what language will the classes be taught?

It will be taught in English, with consecutive translation to Spanish.

If you have more questions, or you wish to know the full program, we'll gladly help you in any way necessary at the Mexico Shaolin Temple. Our telephone number in Mexico City is +52 (55) 5594-6501. Visit our website, <http://www.kungfulegacy.org> or write us an email to eventos@kungfu.com.mx

Schedule for the retreat

Registration:

It will be on **Friday, March 19**, starting at 1:00 PM. At the registration table you will be assigned your room, the final schedule will be explained, and the opening dinner will be announced.

Friday Activities:

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|-----------------|--|
| 2:00 to 3:00 PM | Welcome dinner for the Master and the attendees. |
| 4:00 to 7:00 PM | Class with Master Yang Jun |
| 7:00 to 8:00 PM | Dinner |

Saturday Activities:

- | | |
|------------------|----------------------------|
| 7:00 to 8:30 AM | Breakfast. |
| 9:00 to 11:00 AM | Class with Master Yang Jun |
| 1:30 to 3:30 PM | Lunch |
| 4:00 to 6:00 PM | Class with Master Yang Jun |
| 7:00 to 8:00 PM | Dinner |

Sunday Activities:

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|------------------|--|
| 7:00 to 8:30 AM | Breakfast. |
| 9:00 AM to 12:00 | Class with Master Yang Jun |
| 1:00 to 1:30 PM | Check out. |
| 1:45 - 2:00 PM | Closing Ceremony, group photo and Diploma Awarding Ceremony. |
| 2:00 to 3:00 PM | Lunch |
| 4:00 to 6:00 PM | Last class with Master Yang and closing. |

Templo Shaolin de México, A.C.

REGULATIONS FOR EVENTS

GENERAL:

1. The provisions of these rules are compulsory for all students and teachers without exception.
2. It is the duty of teachers and students to respect and comply with these regulations.
3. Practitioners or students, and parents or guardians, in the case of the minority, acknowledge they are aware that the practice of a martial art, by its very nature, can result in injury to themselves.
4. On no account will it be allowed to smoke inside the premises of the seminary.
5. It is forbidden to consume alcohol and / or drugs in public places while wearing the uniform of any school.
6. These regulations are subject to change and modification by the management, in which case, all students will be notified.

SPECIAL EVENTS:

7. During a special event such as a seminar, conference or private lesson, the person taking the class must comply with all the items in the General section of these Regulations, except for those regarding the identification.
8. Practitioners must attend the seminar without companions, except for those who are underage, who may be escorted by a parent or legal guardian.
9. **It is strictly forbidden to attend closed-door events with cameras or devices capable of recording images, video or audio.**
10. The diploma or certificate issued by the Academy is only proof of attendance to the seminar. It does not prove an exam has been passed nor does it vouch for the practitioner's quality.
11. Templo Shaolin de Mexico AC reserves the right of admission.
12. Entry to the seminar will be denied to those who:
 - a) **Have not performed the confirmation before the closing date of registrations.**
 - b) **Have a dubious reputation, or have been known to misuse martial arts.**
 - c) **Have not completely covered the fee for the event.**
 - d) **Are in a civil legal process and/or have criminal action against them.**
 - e) **Have any debt to the organizing committee.**
 - f) **Have not signed these regulations.**
 - g) **Do not keep an attitude of coexistence and humility during the event.**
13. Teachers and practitioners attending the events shall not travel any place other than those planned for the event. Please, do not insist.
14. The events Templo Shaolin de Mexico AC holds in its facilities are strictly private, NOT PUBLIC, and it reserves the right to make changes to these Regulations at its convenience.
15. You must always carry the documents entitling you to attend the seminar with you: the original copies of the deposit slip, the Regulations and the registration form.
16. Once at the event, you must always carry your badge in a visible place. You won't be allowed in the premises unless you are carrying your badge.
17. It is forbidden to sell any kind of product, to do any kind of commerce, promotion of events or spread propaganda within the seminar.
18. We do not take cheques.
19. You must keep a spirit of cooperation and friendly coexistence at all times.

I have read the Regulations and agree with all of them; I therefore wish to confirm my attendance to the event:

Name

Signature

2010 Annual Yang Family Retreat
Pre-Registration Format
(Please print)

Name of the attendee: _____

Please state if you are a teacher or the name of your teacher (if he is coming with you): _____

Full Address (include everything deemed necessary to locate you, zip code and phone):

Telephone with area code: _____ e-mail: _____

How did you hear about the seminar? _____ Age: _____

Payment method? (cash, PayPal):

If you made payment by PayPal, enter your transaction ID and name of the person who made the payment

If paying with PayPal be sure to accompany this paper copy of both sides of your card and official identification.

Are you coming with a friend? Please state his or her name: _____

Release of Liability

I, _____, of _____ nationality, over 18 years of age, of civil status _____, by profession _____, identified by _____, resident of _____, hereby release the Templo Shaolin de México Civil Association, its directors, teachers, instructors, members, organizers and the sponsors of its events and activities related to the disciplines, classes, workshops or seminars offered within its facilities or any other place designated for said activities. It is understood that I am aware and I have been explained the risks and consequences involved in the physical discipline(s) and martial art(s) in which I agree to participate and I declare to fully understand those risks and accept them. Also, I declare that I am acquainted with the Regulations of this institution and I am committed to obey it. I declare that I am in perfect health, that I have no medical restrictions or pre-existing conditions that impair or diminish my ability to practice the discipline(s) in which I am enrolling, that I do not use any prescription medication or any other substance for ailments of any kind and in case of change that I undertake to notify the directors of this Institution immediately, on the understanding that if the directors authorize my attendance or stay in the discipline(s) it will be under my sole responsibility. Similarly, I affirm that I am in a perfect state of my physical and emotional faculties, and in full use of my civil rights. I therefore sign and agree to this RELEASE without any constraint and under my own responsibility.

Signature