

# **Special Intensive Instructor Training Course**

## **2006 commencement class**

**Part I : Sep 3 – Sep 8 , 2006, in Tokyo, Japan**

### **1. Introduction**

Because of their marvelous benefits, Shaolin Qigong techniques were never allowed to be transmitted out of the temple in the 1,500 years of history of the Songshan Shaolin Temple, China. Now the door has opened to the world.

Qin Xiping, the 34th Highest Instructor of Shaolin Temple, is the only master who is able to teach traditional Shaolin Qigong.

With permission from the Dean of the Shaolin Temple, Qin started to teach in Japan in 1994. Since then, Qin has had 17 classes graduate from the Instructor Training program.

Traditionally, Shaolin Qigong develops the potential abilities of the body and mind, and it has great effects, such as beauty enhancement, weight loss, mental clarity, curing illnesses, and promoting positive spirit.

In Japan, the regular instructor training course runs for two years; however, for the convenience of foreign students who cannot attend the regular classes, the special intensive course has been opened. The regular Instructor Training Course is divided into three parts, and each part will be held during the summer vacation each year. The students will proceed with one part in one year. The total of three parts will ensure the same quality and the same amount of techniques taught in the regular course. The Part I of the Special Intensive course will be held in September 2006.

Students who complete each part will receive a certificate (subject to passing the exam). When students complete all three parts, the certificate as Shaolin Moving Qigong Instructor will be given by Songshan Shaolin Temple

**Shaolin Qigong is a blending of Zen and martial art with 1,500 years of history.  
Don't miss this wonderful opportunity to learn traditional Shaolin Qigong!**

The All Japan Shaolin Temple Qigong Association  
2-13-6 Koua Bldg, 6<sup>th</sup> floor, Shinjuku  
Shinjuku-ku, Tokyo 160-0022, Japan  
Phone (03)5269-8441 Fax (03) 5269-8496  
e-mail : [shaolin-qigong@pop21.odn.ne.jp](mailto:shaolin-qigong@pop21.odn.ne.jp)



## Application Form

### Shaolin Moving Qigong Instructor Training Course - Part

**Course program:**

1. Basic Shaolin Qigong (Shaolin Yon-Dan-Ko, Ippo ZaZen Qigong, Shaolin Nourishing Life-Gong, Qigong Dance for beginner etc.)
2. Secretly transmitted moving Qigong 1 <36 movements of Crain Qigong>

**Instructor:** Qin Xipin, the 34<sup>th</sup> Highest Instructor, Songshan Shaolin Temple, China.  
President of the All Japan Shaolin Temple Association,  
Oriental Medicine Doctor

**Date and schedule:**

September 3(Sun) - September 8 (Fri), 2006 (6 days)

9:00 am - 12:00 noon: 36 movements of Crain Qigong

12:00 noon - 1:00 pm: Lunch

1:00 pm - 3:30 pm: 36 movements of Crain Qigong

3:30 pm - 5:00 pm: Shaolin Basic Qigong

**Place:** Tokyo, Japan

**Tuition fee:** \$2,300.00 (does not include transportation, lodging and meals)

Payment Schedule: First Payment Due, \$ 1,000.00 by July 31, 2006

Second Payment Due, \$ 1,300.00 by August 31, 2006 (or Cash on  
September 3<sup>rd</sup>, 2006)

Please send your payments to: Citi Bank, Shinjuku Higashiguchi Ten 040

Account Number: 97635540

Account Name: XIPING QIN

Swiftcord: CITIJPJT

Bank Address: 3-17-5 Shinjuku, Kawase Building 1F  
Shinjuku-ku, Tokyo Japan 160-0022

Tel: 03-3226-4395

\*More detailed information such as location of classes will be sent later. Please understand that class schedules or programs may change without notice.

Name(Print): Last: \_\_\_\_\_ First: \_\_\_\_\_

Address: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

\_\_\_\_\_ (Cell) \_\_\_\_\_ (Fax) \_\_\_\_\_

Occupation \_\_\_\_\_ Date of Birth \_\_\_\_\_

\_\_\_\_\_ Male \_\_\_\_\_ Female

E-mail: \_\_\_\_\_ Address: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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