



Traditional Chinese Culture Institute International LLC

USA – China www.tccii.com Washington DC – Beijing

Journey to China 2011: A Journey Inward with TCCII

A 14-Day Immersion Program for Tai Chi and Qigong

August 13-26, 2011

- ✓ Daily training with world-class teachers in China
- ✓ Individual attention to a small group of like-minded people
- ✓ Premiere foods and luxury accommodations
- ✓ Supreme value with customized tours
- ✓ All levels of experience welcome

Journey to China with [TCCII](http://www.tccii.com) has proven to be a life-changing experience for many of our guests. This year, we bring you another custom-designed China trip to the homeland of [Chen Tai Chi](#), and [Wudang Qigong/Kungfu](#), where you will learn from masterful teachers in China who live and breathe those arts as their life's sole purpose. We are entirely confident that upon returning, not just your skills will improve dramatically, but also the way you understand and practice these arts will be profoundly different.

Of course, you will also experience China's ancient and vast civilization in richest details: savor authentic Chinese cuisine, enjoy traditional singing and dancing, soak in sublime scenery of sacred mountains, and mingle with locals in classes... Throughout the journey, you will also be treated to a variety of on-the-spot lectures on various topics: Chinese history and philosophies, health and healing arts, spiritual traditions and practices. In a nutshell, you will greatly deepen your understanding of the Chinese culture when presented within the rich context. And above all, the learning will happen naturally and joyfully while you are visiting the capital city of Beijing, ancient capital of Xian, and the sacred Taoist Mountain of Wudang.

For the journey, you will be accompanied by your very own cultural guides: [Dr. Yinong Chong](#) and [Mr. Shawn Cartwright](#), TCCII's founders and Executive Directors. As teachers and long time students of the Chinese culture, they will help you get most out of your trip in China. In addition, a total of 40 credits can be earned towards TCCII's [Qigong and Tai Chi Certification Program](#), while 12 of these credits will count as CNEs for nurses.

In short: this is no ordinary tourist trip, but a journey to get steeped in the most authentic cultural experience you can have (short of running away to China). Of course, we won't be surprised at all that after this trip, you may just become a Tai Chi and Qigong exponent this lifetime!

Traditional Chinese Culture Institute International LLC

PO Box 1723 . Hyattsville, MD 20788 . USA . T: 301.785.7505 . W: [tccii.com](http://www.tccii.com)

Copyright 2011, All Rights Reserved

Your Training and Schools

Chen Tai Chi, widely considered the origin of modern-day Tai Chi, has meticulously preserved the original style and spirit of Tai Chi for over 400 years. The secret to this unbroken tradition is the kind of “schooling” offered by the Chen family. At Chen Quanzhong Tai Chi Academy, you will get to experience that kind of family teaching first-hand. Founded by 86-year-old grand master [Chen Quanzhong](#), his son [Chen Xili](#), and his grandson [Chen Bin](#), this three-generation team has made daily practice and teaching as natural as breathing or eating. Currently, Grandmaster Chen is the senior most Chen Tai Chi master in China who has personally trained over tens of thousands students. During his last trip to the US in 2007 (at TCCII’s invitation), a few of our students had the great fortune to meet and learn with him. Now you’ll have the chance to visit him and learn from his lineage disciples in his Tai Chi homeland where he has earned the love and respects from so many.

Chinese Qigong, with 5,000 years of history, is the world's premier system for life nourishment and healing. This immersion program provides another rare opportunity to study with [Master Yuan Xiugan](#). A very talented teacher from humble origin, Master Yuan became internationally known for his stunning Kung Fu performance in the remake of the “Karate Kid” movie. Over the years, his school has attracted tens of thousands students from all over the world as well as China. A Taoist priest well-versed in both martial and ceremonial arts, Master Yuan will offer our students daily classes in Wudang Kung Fu, Tai Chi and Qigong, as well as special seminar on Taoist ceremonial arts (singing and chanting) for your selection.

Itinerary

Day 1: Leaving USA

Saturday, August 13, 2011

Day 2: You’ve arrived in Beijing!

Sunday, August 14, 2011 D

You’re in China! Can you believe it? Not only is the big airport cool, that’s just the beginning. Everything is big in China (except the people and the personal space!) We’ll get you to the hotel and check you in. We’ll even feed you.

Day 3: Beijing: Yong He Gong and Peking Duck

Monday, August 15, 2011 B/L/D

We will tour the amazing Yong He Gong Buddhist temple. Established in the palace of a former Emperor, the temple was a Tibetan Buddhist shrine for the Emperor's family. As we tour the temple you will receive a special lecture on the philosophical and religious background of China by one of TCCII's handpicked faculty experts.

That evening, we'll treat you to one of the must-have experiences, authentic Peking Duck Banquet! Don't worry, if you are a vegetarian, there are plenty of fresh and yummy vegetables on the table (and your share of duck will be gladly taken by others)!

(Note: We know you'll want to spend all your money shopping today, but please, PLEASE wait. We'll be back in Beijing at the end and you won't want to be broke in Xian and Wudang! Plus, you don't want to have to bribe your roommate to carry your 100 pound pack for you.)

Day 4: Beijing to Xian: White Cloud to the Grand Mosque

Tuesday, August 16, 2011 B/L/D

In the morning we'll visit the premier Taoist temple in all of China – White Cloud. White Cloud is the seat of the Long Men Taoists and the Chinese Taoist Association. Taoism is China's original, indigenous spiritual system. You'll learn about the history of Taoism and its role in the preservation of authentic Chinese culture.

Then we'll fly to Xian and transfer to our hotel near the city center. There we'll visit the Great Mosque and the nearby Muslim market. Islam came to China via the ancient Silk Road. The Great Mosque is one of their outstanding architectural contributions to China's culture.

Day 5: Xian: Tai Chi and Terra Cotta Warriors

Wednesday, August 17, 2011 B/L/D

We'll start our day with a Tai Chi class taught at the Grandmaster Chen Quanzhong Tai Chi School. Grandmaster Chen is the senior most Chen Tai Chi Grandmaster in China and a 19th generation lineage holder of the Chen Family Tai Chi. Chen Tai Chi is considered the original form of the Tai Chi Chuan, the most famous Chinese internal martial art. Now that we've given you a few days to get over the jet lag, we'll start to work you!

In the afternoon, we'll visit the 8th Wonder of the World – the Terra Cotta Warriors of the first Qin Emperor. In the evening, you'll be treated to Dumpling Banquet and Tang Dynasty Music Dance Show. Xian is famous for its dumplings, including intricate and exotic shapes. The Tang Dynasty was the pinnacle of Chinese culture. The period outfits are pretty cool too.

Day 6: Xian: Tai Chi, Ancient City Wall, and Wild Goose Pagoda

Thursday, August 18, 2011 B/L/D

We have another Tai Chi class in the morning. Today, we'll get them to work you extra hard so you realize just how easy we are on you in the states. Don't worry though; we'll give you a chance to relax afterwards with a nice hotpot meal. Hotpot is a great way to experience the diversity of the Chinese cuisine (which has the added benefit of letting you play with your food according to your own preference). As with the Peking duck, the vegetarians can pass the succulent lamb our way. We'll give them our tofu.

Of course, we can't just let you get fattened up like a lamb on our trip, so we'll climb the city wall after lunch. Afterwards, we'll see if there are any geese to catch at the Wild Goose Pagoda.

If time permits, while we are in Xian, we'll give you a chance to have a traditional Tai Chi uniform custom made just for you! We will help negotiate the price for the group (and Chinese price negotiations are notoriously painful) but the expense will be your option.

We're pretty sure you won't have any trouble sleeping tonight.

Day 7: Xian to Wudang Shan: Tai Chi and a Scenic Trip

Friday, August 19, 2011 B/L/D

In the morning, we'll go deeper into Chen Tai Chi and deeper into our stances as we practice. We want to make certain everyone gets enough movement in because we have to take a bus ride to Wudang Shan. The trip is shorter than it used to be, but it'll still take several hours. On the bus ride we'll let you complain about how sore your legs are for awhile. Then we'll listen to our [Classical Chinese Meditation Series](#). We'll also watch some excellent B-rated kung fu flicks to get you all pumped up for Wudang Mountain (we'll try our best to secure a bus with DVD player)! Normally, this sort of road trip would call for a few bottles of Chinese Bei Jiao (roughly translated as "rocket fuel") but we can't afford to lose any lunch so we'll just have some bottled water instead.

Although Taoist tradition might suggest having you sleep outside under the big dipper, we'll save that for another trip and check into our hotel that evening.

Day 8: Wudang Shan: Qigong and Taoist Ceremony

Saturday, August 20, 2011 B/L/D

This morning you'll be introduced to Wudang Kung Fu and Qigong by Master Yuan Xiugang. Mount Wudang is most famous for its Taoist temples. It was also known for its sword work. Recently, its Kung Fu and Tai Chi became popular especially after the success of "Crouching Tiger, Hidden Dragon" and the remake of the "Karate Kid." *The teacher we selected for you, Master Yuan, happened to be a co-star in the second movie.*

During our time at Wudang, we'll experience some authentic Taoist singing and chanting. Although the White Cloud Temple in Beijing was the political head of Taoism in late Imperial China, Wudang served as a type of official Taoist "archive". Wudang collected many of the traditional Taoist ceremonies and preserved them. Today the mountain is an UNESCO cultural heritage site.

Day 9: Wudang Shan: All Day Qigong, Kung Fu and Tai Chi

Sunday, August 21, 2011 B/L/D

You have three options to choose from today:

Option 1: Hardcore Kung Fu: You've been pampered and warmed up for seven days. On the Eight Day, we're going to make certain you get all the training you can handle! It's all day baby, yes! You'll know the true meaning of Kung Fu when you're done (muscle wracking hard work...)

Option 2: Qigong, Tai Chi and Meditation: Wudang has some very cool Qigong and Tai Chi forms. We'll explore a few of them. (Visions of Taoist Immortals not guaranteed.)

Option 3: Instructor Candidate Program: For those who feel like taking it easy, we'll be able to accommodate you as well. We'll have some Qigong or Tai Chi in the morning. Then we can sip some tea and watch the others work hard. We'll know you are instructor material if you provide helpful encouragement like "Your stance is not low enough" or "Your Tai Chi is not relaxed enough.")

Day 10: Wudang Shan: All Day Qigong, Kung Fu and Tai Chi

Monday, August 22, 2011 B/L/D

Here's your final full day training. The options are the same, except for Option 3: For those who want to sip tea and critique the others, we'll encourage you to expand your technical skills, for example by adding "Punch faster!", "Don't block with your head!" "Don't think about panda bears when you meditate" to your repertoire.

Day 11: Wudang Shan: Training and Touring

Tuesday, August 23, 2011 B/L/D

This morning will be our last hard training class. Compared to the last two days, you'll think you're taking it easy in Southern France with a glass of wine in hand. We'll wind it down with a visit to some of the notable Taoist sites on Wudang Mountain.

After you are finished with this intense training, you'll be so proud of yourself. We'll be proud of you too! We don't know if you be able to dance on the tops of trees while fighting off six demons with a sword, but you will know that you gave 100% of your best effort.

We'll even recognize your accomplishment: Gold stars for age five and under. All adults will get credit towards TCCII's [Qigong and Tai Chi Certification Program](#).

Day 12: Wudang Shan to Beijing

Wednesday, August 24, 2011 B/L/D

We'll take a bus back to Xian and then fly to Beijing. We tried to fit in a train trip for this leg of the journey so you could do all three modes of transportation in one day, but the schedule just didn't work out.

On the bus ride we'll listen to our [Classical Chinese Meditation Series](#) again. We might even lecture on a few things, but we'll keep it easy for you. This time the B-rated Kung Fu flicks will look less impressive now that you've fought off the demons with the swords on the tree-tops. Maybe we'll turn the subtitles off and let you make up your own dialogue. (Yes, it would be more fun with some Bei Jiao, but we still have to get you through airport security.)

It will be a long travel day, but you'll be thankful that your legs don't have to do all that much after all the great training that you received.

Day 13: Beijing: Design-your-own-activity: Shop, Drop or Sightseeing

Thursday, August 25, 2011 B/L/D

Can you believe it? We are actually giving you a day to design your own activities! That means you can do whatever you want. For those who can't wait to see the Great Wall, Tian Men Square, or Forbidden City for the first time, our China tour guide will accompany you for the day. For those who want to shop until you drop, we'll arrange it for you. For those who just want to follow us around, then let us surprise you!

Since we know you will want to do different activities, we did not charge you anything for today except the hotel room – so those who decide to do more tours will pay for the transportation and admission fees for your destination of choice.

Whatever you decide to do, just make certain you plan your packing for tomorrow. Some of you might need to buy more suitcases or charter a personal jet. Take our advice – it's no fun getting to airport with sacks of plastic bags and then trying to figure out what to do with them (not that that has happened...)

Day 14: Beijing to USA: Your Triumphant Return

Friday, August 26, 2011 B

This is your last day in Beijing. Don't be sad, just think about all your adoring fans who will be waiting for you at home. Even if they don't throw a tickertape parade, you'll

probably have a few people lined up to get the gifts you brought back – you did shop for your friends didn't you?

You'll have had a wonderful trip with many exciting and surprising memories. You've seen, tasted and laughed a lot. You've learned a lot, and even learned a few things about yourself. You'll want to Journey to China with us again next year. And we'll probably let you (as long as you're not the one who got drunk and challenged the monks to a swordfight on the roof of the Purple Cloud Palace at Wudang Mountain.)

What's Included

Tuition for Training as outlined in the Itinerary:

All lectures and classes totaling 40 credit hours towards TCCII's [Qigong and Tai Chi Certification Program](#); For Nurses: 12 of the 40 hours may be issued as CNE credits for nurses (CNE credit must be requested 1 month prior to departure)

All Transfers in China:

Air-conditioned Tour Bus to and from the airport/hotel/airport; Long-distance bus ride from Xi'an-Wudang-Xi'an; transfers for all the tours listed in the Itinerary.

Admissions fees:

Fees for all tours specified in the Itinerary.

Tour guides:

In addition to TCCII Executive Directors Yinong Chong and Shawn Cartwright, we have contracted domestic tour guides from China, including Miss Sissia Zhang (who was the interpreter and tour guide for the crew of the *Karate Kid* movie).

Food & Entertainment:

Please refer to the Itinerary for detailed meal & show inclusions.

Briefly, this includes 12 breakfasts, 3 special meals including the welcome Pecking Duck dinner, Hotpot dinner, the Dumpling Banquet with the Tang Dynasty Palace Music and Dance Show and 22 additional lunch and dinner meals. Please note only dinner is included on Day 1 due to the anticipated late arrival of international flights.

Accommodations (12 nights):

4 Nights in Beijing News plaza Hotel (5 stars), or equivalent

3 Nights in Xi'an Garden Hotel (4 stars), or equivalent

5 Nights in Mt. Wudang Hotel (4 stars), or equivalent

Airfares:

2 Domestic flights with Airport Taxes

Beijing-Xi'an

Xi'an-Beijing