

# Cheng Hsin Holland Camp

June 30th – July 13th 2012



## The Art of Effortless Power with Peter Ralston

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Since 1990, Peter Ralston's yearly visits to Holland have turned into a tradition. His unorthodox approach and no-nonsense teaching style have made him a favourite of experienced martial artists and newcomers alike.

He is an authority in his field, the Muhammad Ali of internal martial arts. After years of intense investigation of mind, body, and martial arts, this former full-contact free-fight world champion founded the Cheng Hsin School of internal martial arts.

During this camp you will learn the principles and techniques of effortless power and effective interaction. The Art of Effortless Power is a dynamic blend of T'ai Chi, Pa Kua, Aikido, Judo and Boxing with uprooting, throwing, footwork, and lots of internal work on relaxation, outreaching, intention, balance and freeing up ineffective mental patterns.

A great internal martial art camp, enjoyed by martial artists with various backgrounds.



### Venue

The Holland camp takes place at the YMCA conference centre in De Glind, a tiny village in the Dutch countryside near Amersfoort. We will train in the major conference hall that is transformed to a dojo. During breaks coffee and tea will be served.

The accommodation offers one and two person bedrooms with running warm and cold water. Showers and toilets are on the corridors. Breakfast, lunch and dinner will be served in the restaurant.

## Program and workshops

The fourteen-day martial arts camp can be done as a whole, but you can also do parts of it.

### A: T'ai Chi - evenings

Two evenings in the first week in which we work on the Tai Chi mini set and the short set of 64 moves. The accent lies on how the body being principles of relaxation, grounding, centering, being calm and being whole and total express themselves within the form.

### B: Effortless Power (EP) - weekend

An introductory weekend with work on the essentials of the Art of Effortless Power and emphasis on developing the use of intrinsic strength, the primary ingredient of effortless power.

### C: Boxing - weekend

This weekend is focused around techniques and tactics within the art of internal boxing, such as effortless but powerful punching, dodging, strategies, footwork and perceptive skills. Bring your boxing gloves and mouthpiece. Gloves are rentable for 5 Euro.

### D, E & F: Art of Effortless Power (Art of EP)

Two weeks of progressive study into the techniques, skills and principles of Cheng Hsin T'ui Shou, the Art of Effortless Power.

### Morning Training

Each morning training is conducted by an assistant and is adapted to the program of that day.

## Contact

### Epi van de Pol

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For more information on Peter Ralston and Cheng Hsin see: [www.chenghsin.com](http://www.chenghsin.com) or [www.chenghsin.nl](http://www.chenghsin.nl)

## Costs

### Workshop costs

A	Tai Chi - evenings	€ 60
B	Effortless Power - weekend	€ 250
C	Boxing - weekend	€ 250
D	Week 1: EP, Art of EP & Tai Chi	€ 850
E	Week 2: Art of EP (not for beginners as a separate workshop!)	€ 600
F	Whole camp / two weeks	€ 1.400

### Reductions (on workshop costs only!)

- **10%** if you register and pay before the **1st of March**
- **5%** if you register and pay before the **1st of May**
- **10%** for degree three holders

		day	camp
L3	Full lodging in one person bedroom	€ 64	€ 880
L2	Full lodging in two person bedroom	€ 44	€ 600
L1	Only meals & mat fee	€ 25	€ 350
L0	Only mat fee	€ 15	€ 210

Schedule			8.30-10.30	11.00-12.30	Lunch	14.00-15.30	16.00-17.30	Dinner	19.00-20.30
	Friday	<b>June 29</b>							<b>Check In</b>
w	Saturday	<b>June 30</b>				<b>Effortless Power weekend</b>			
e	Sunday	<b>July 1</b>							
e	Monday	<b>July 2</b>							
k	Tuesday	<b>July 3</b>							<b>T'ai Chi</b>
	Wednesday	<b>July 4</b>				<b>Art of Effortless Power</b>			
1	Thursday	<b>July 5</b>	<b>Morning Training</b>						<b>T'ai Chi</b>
	Friday	<b>July 6</b>							
	Saturday	<b>July 7</b>				<b>Boxing weekend</b>			
	Sunday	<b>July 8</b>							
w	Monday	<b>July 9</b>							
e	Tuesday	<b>July 10</b>				<b>Art of Effortless Power</b>			
e	Wednesday	<b>July 11</b>							
k	Thursday	<b>July 12</b>							
2	Friday	<b>July 13</b>							<b>Check Out</b>

# Registration form

**Send in** or **e-mail** this registration form. Registration will be valid by transferring the money for the workshops. After registration a route plan will be sent.

Name: .....

Address: .....

Place: .....

Country: .....

Telephone: .....

E-mail: .....

Accommodation costs:

L3 € 880 or ..... days x € 64 = \_\_\_\_\_

L2 € 600 or ..... days x € 44 = \_\_\_\_\_

L1 € 350 or ..... days x € 25 = \_\_\_\_\_

L0 € 210 or ..... days x € 15 = \_\_\_\_\_

Workshop: A, B, C, D, E, F

Workshop price: € \_\_\_\_\_

Reductions: ..... % = € \_\_\_\_\_ -

Sub total: € \_\_\_\_\_

Accommodation: € \_\_\_\_\_ +

Total: € \_\_\_\_\_

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

Vegetarian: yes / no

Bankaccount: Rabobank 3944.83.936  
E van de Pol, Sterrelaan 45, 1217 PR Hilversum.  
IBAN: NL37 RABO 0394483936  
BIC: RABO NL2U