

Cheng Hsin 2021 Holland Camp

# Art of Effortless Power & Boxing

with **Peter Ralston**  
June 26 - July 2 in Nijmegen (NL)

*"True innovators are, by definition, ahead of their time. How many of us wished we had met Bruce Lee, sat in a session with Carl Jung, or walked around Walden Park with Henry David Thoreau? Too late for that, but not too late to take notice of Peter Ralston. A superlative martial artist and caring teacher, his insights speak to us all."*

**Dan Millman** - Author of "Way of the Peaceful Warrior"

## **Cheng Hsin Holland Camp**

This year's camp offers a program with first seven days in the Art of Effortless Power. These are followed by a six day Contemplation & Satsang Workshop (CSW). See other brochure for more information.

## **Peter Ralston**

Since 1990, Peter Ralston's yearly visits to Holland have turned into a tradition. 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.

Peter Ralston has devoted his life to Mastery. He has spent over 40 years teaching others his remarkable insights and has transformed thousands of individuals worldwide.

If you are an experienced martial artist there will be new insights to be gained and abilities to be developed. If you are less experienced, or even a complete novice, you will be supported in creating the foundations for success in your practice.

Peter has a unique and exciting contribution in the martial arts and consciousness. He has inspired people in sports, dance, body work, performance, relation and leadership.

## **What to Expect?**

- *Total immersion into increasing your skill and ability to relate effectively.*
- *A thorough exploration of how to use your body effortlessly and powerfully*
- *Become more relaxed, open, grounded, centred and balanced*
- *Changing mind states and using powerful imagery to enhance perceptions and retrain the nervous system*
- *Techniques, games and exercises which you can take into your own Art to help you deepen your work*
- *Teaching based on understanding and training principles rather than following dogma and routines*



## **Workshops and Program 2021**

### **Effortless Power Weekend: 26 & 27 June**

This two day workshop offers an introduction to the mindsets and body mechanics of effortless power. You will learn how to apply intrinsic strength in relatively simple techniques and begin to learn new ways of relating to an opponent that will make you much more skilful.

### **Art of Effortless Power & Boxing Week: 26 June - 2 July**

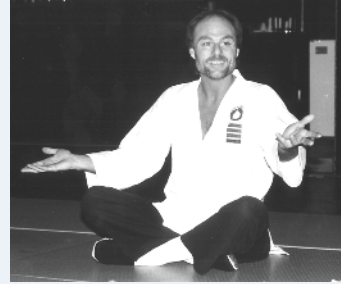
A full week workshop exploring the principles that found body design and function, power and interaction in which you will be questioning assumptions, overcoming beliefs and transforming how you use your body.

Peter Ralston will demonstrate and teach how to change one's own experience towards that of being effective whilst remaining totally relaxed and calm. Working from the ground up. Using props, exercises, techniques and games and his relaxed and entertaining style of teaching,

As a participant you will be demanded to change how you think and perceive. Prepare to be overwhelmed by the ocean of knowledge and skill which Peter communicates to you as a participant. It is a very powerful and joyful learning experience. The week ends with a full day of Boxing.

**Boxing**  
**Day: Friday 2 July**

This is a one day workshop starting with morning training where you will be instructed in some boxing basics. Peter will guide you through the techniques, tactics and skills in the Art of Effortless Striking. You are invited to bring boxing gloves and a mouthpiece.



*Peter Ralston*

Author of martial arts classics  
 “Cheng Hsin the Principles of Effortless Power”  
 and “Zen Body Being”.

**Check-in time** for the week with full lodging is on *Friday 25 June at 18.30 with dinner at 19.00*

**Check out time** for the week with full lodging is on *Friday 2 July at 17.30 (no dinner)*

**Week Schedule**

**2021 Art of Effortless Power & Boxing workshops**

		8.30 - 10.30	11.00 - 12.30		14.00 - 15.30	16.00 - 17.30		19.00 - 20.30
Friday 25 June							Check-in	D
Saturday 26 June	B	MT	Art of EP	L	Art of EP	Art of EP	D	Art of EP
Sunday 27 June	B	MT	Art of EP	L	Art of EP	Art of EP	D	Art of EP
Monday 28 June	B	MT	Art of EP	L	Art of EP	Art of EP Kyu	D	Art of EP
Tuesday 29 June	B	MT	Art of EP	L	Art of EP	Art of EP Kyu	D	Art of EP
Weds. 30 June	B	MT	Art of EP	L	Art of EP	Art of EP Kyu	D	Art of EP
Thursday 1 July	B	MT	Art of EP	L	Art of EP	Art of EP Kyu	D	Art of EP
Friday 2 July	B	MT	Boxing	L	Boxing	Boxing	Check-out	

MT = Morning Training with assistant  
 Art of EP = Art of Effortless Power  
 Kyu= Kyu training/personal training

B = Breakfast  
 L = Lunch  
 D = Dinner

## Venue

Our new venue is Groepsaccommodatie De Elegast located in an old boarding school on a woody hill near Nijmegen. The accommodation offers one person cubicle bedrooms with running water. Showers and toilets are on the corridors. The former chapel will be transformed into a dojo. You will receive excellent vegetarian meals as well as coffee and tea during breaks.

## Costs

These include both workshop and accommodation costs. If you participate in a workshop without use of lodging or meals, you have to pay a mat fee.

### Workshop costs

#### **Art of EP & Boxing week - 26 June - 2 July**

- € 775 with € 295 deposit in by 15 May
- € 875 thereafter

#### **EP weekend - 26 & 27 June**

- € 235 with € 95 deposit in by 15 May
- € 285 thereafter

#### **Boxing day - Friday 2 July**

- € 125 with € 45 deposit in by May 15
- € 155 thereafter

### Accommodation costs

#### **Full lodging, meals and mat fee**

- € 70 day / €140 weekend / € 490 week

#### **Only meals and mat fee**

- € 50 day / €100 weekend / €350 week

#### **Only mat fee**

- € 15 day / € 30 weekend / €105 week



## Registration and contact

In order to make your registration complete transfer the deposit before the required deadline and send in the registration form. Or send in the required information by email. The remaining payment for workshop and accommodation must be transferred in full by 15 June.

If you have any questions on the Cheng Hsin Holland Camp contact:

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Email: [admin@epitaijiquan.nl](mailto:admin@epitaijiquan.nl)

Make your payments to:

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BIC: RABO NL2U

