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## **A Special Olympic Life Challenge Tour**

### **—A True Multicultural and Multiracial Exchange Education**

**This is a life challenge US-China Cultural Exchange** Reality TV documentary program. This multicultural and multiracial education exchange tour program is to promote the Olympic Spirit: One World; One Dream. The exchange program is sponsored and organized by East-West Cultural Exchange Foundation, USA Kungfu Sanshou Federation, LIU International, Shaolin Warrior Preparatory Team, Shi Decheng Shaolin Wushu Studio.

**The organizations committee** will select a few capable Chinese to travel with the American delegation who dare to meet this life challenge. Two individuals will be awarded with a free trip with the American delegation. At the end of the program, the organizations committee will sponsor two qualified persons to go to the US to study and work for two years.

What is this multicultural and multiracial education exchange program?

Following the “Welcome Olympic Games Cup” in Hong Kong, March 7-11, the US team along with a delegation of health conscious professionals, students will travel together with Chinese local hosts to visit nearby Chinese Families, communities, schools, and universities to learn and better understand ancient China and its people. For 10 days these people of two continents, from completely different backgrounds with different belief systems, and entirely different languages will have to work together; ultimately coexisting and experiencing together whatever they encounter. It is hoped that this experience will mark one more step toward creating a more harmonious world in which we all live. To educate greater audience, this entire trip will be produced as a documentary by Silver Wave Film Production in coordination with Chinese TV networks to be released later in the year.

During the trip, they will learn from each other to be proactive to seek real life solutions instead of becoming each others' problem. They must be responsible for their own lives but also learn to help one another, to coordinate and communicate with each other so as to create synergies to enrich each other's life on the journey. They learn to lead by good example with character and integrity to care and understand. They rediscover their true nature, to enlighten and empower, to be compassionate, and harmonious with the environment to be truly happy with one another and treasure their lives together. On the journey they meditate and learn to cultivate bodies, minds and spirits with high discipline and strong character.

#### **Topics of Study:**

- Chinese and English Studies
- US and Chinese Cultural Studies
- Ancient Chinese Philosophies
- Understanding Chinese Holistic Medicine and Health
- Understanding Western way of Treatments and Health Care
- Etiquette of each country
- History of each country
- Meditation
- Tai Gong Exercise for body and mind
- Shaolin Kungfu



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**Tentative Travel Schedule: (Jan. 6-10 Welcome Olympic Games Cup in Hong Kong, China)**

March 11th-12<sup>th</sup>

1. Beijing:

11.) a. first meet-Briefing and introduction to guests, meet local Chinese hosts, and brief the game plan and the rules and regulations of the tour; b. Visiting and integrating with local Chinese people, understanding and learning courtesy, customs and language, have short exchange such as how to say greetings when we meet; the group common courtesy and etiquette of the tour; c. short visit local communities

12<sup>th</sup>) a. Morning Meditation and Tai Gong I intro; b. meet for briefing the tour logistics and related Chinese exchanges/studies (1.5 hours); c. great wall visit /communicate in bilingual language in partnership, Great Wall pictures in group and exercise Tai Gong together; d. Visit schools; e. Back to report the visit and its happenings along its way;

13<sup>th</sup>) a. briefing logistics in one language and break down in partners to inform each other and get the accuracy of the information; b. Chan way meditation of how to deal with trivia things and detach yourself from trivia things and at same time; c. Forbidden city visit in partner; d. back report in another language of the short trip; e. visit a university; f. evening sitting meditation on the train to Shaolin Temple

14-16: The Shaolin Temple, China hosted by Shi Deyang and Shi Decheng: meeting with Shaolin Masters, Family members and Students; experiencing the ancient Qi of this birth place of modern martial arts, and the philosophy of Chan.

14<sup>th</sup> a. arrival briefing logistics of the day and of the stop; b. interact and communicate with the new acquired language: describe 2 things, introduce two things in each language; c. visit local schools in group d. short Shaolin training; Dinner with Deyang, Decheng and other Shaolin Masters

15<sup>th</sup> a. Morning Meditation at the Shaolin Temple and on Song Shan mountain and reviewing Tai Gong; b. visit Shaolin Temple in partner with a short Shaolin Kungfu training; c. meet to review and to chat in Bilingual language; d. partner review; small group and back to the group meeting; e. training at the Temple; f. review Shaolin Kungfu and discuss pro and cons of the trip to find solutions to improve and make everybody's life better and happier; training with Deyang and other Maserrs

16<sup>th</sup> a. Early morning Qi and Shaolin Yi Jin Jing and Tai Qong to cultivate the bodies and minds and improve the spirit; b. brief the logistics in one language only and break into partners to communicate the information; b. visit Deyang's school followed by a tough Shaolin Training and vist other local visits; c. report in another language than your own; d. To Zheng Zhou train station for Yellow mountain; e. partner stay together for reviewing and interaction ready to briefly report the trip in another language (help each other) in a clearly crystal way; Evening train meeting and language studies



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March 17-19

Retreat at the Yellow Mountain, the most beautiful mountain in the world as all Chinese have claimed. We meditate and cultivate our Qi for health and for mind and body healing. We free our body, mind and spirit and see the true nature of our universe and ourselves. We are as clear and fresh as the morning meadow on the yellow mountain. We study each others language and we communicate with whatever we have. We seek to understand each other and establish that true friendship.

17<sup>th</sup>) meet of the day for Zen (Chan) and Tai Gong II class; c. Review English and Chinese on Qi and on Zen and its history; d. Tai Gong on the mountain top review Tai Gong I; e. Group meet for sight seeing language in both languages in partnership, sight seeing; final reviewing of the day; f. evening meet for languages of the week and languages of the day; g. Final meet for questions and solutions of the day and the following day

18<sup>th</sup>) a. Early morning Zen meditation; b. Group conversational Chinese and English studies in fun ways; c. reviewing in partners and small groups (casual and fun); d. Tai Gong II, essence, basic forms and Qi work; e. Reviewing Tai Gong in partners and interaction in bilingual languages f. Walk and sightseeing on the mountain in partners and in groups for interaction and exchange in actuality; g. group meet briefing the pros and cons of the tour and studies to find solutions to make them better; h. evening reviewing and training;

19<sup>th</sup> a. Morning Zen meditation and to live a life of Zen, freedom of the mind, body and spirit. b. reviewing animal Tai Gong; c. meet for conversation of the day and topics of the day; d. sight seeing and conversation in actuality in partners; e. short local visit and tour the town in group/interaction and communicate through various gestures and languages; f. visiting local families and having lunch with them before departure; g. departure for Shanghai, small group studies, discussions and interactions;

20-21<sup>st</sup> Reviewing what has been learned this day with each other in partners; Group meeting for problems and find solutions; Visiting and Shopping

20<sup>th</sup> a. training and reviewing of what we have learned in Kungfu and Tai Qong; b. tour with English and Chinese Actuality practice at Yu Garden and along its way; b. visiting local schools and communities; shopping with locals

21<sup>st</sup> Final party: give a report on the entire trip in bilingual, the good and the bad and the ugly for future improvement; This is where we do the final shopping and we say farewell to our dear friends for US.