



**WHO'S READY FOR
ULTIMATE
SUMMER
CAMP**

23-29 AUG 2026



**JOURNEY TO WUDANG
ORIGIN OF TAICHI**

**Discover Chinese Culture and Beauty
Empower Body, Mind and Spirit
Through the Legacy of Martial Arts**

REGISTER NOW @ MASS EXPERIENTIAL LEARNING

Wudang Summer Camp 2026 (7 Days 6 Nights)

Date: 23rd August to 29th August, 2026

Fee: HKD\$6,900 (SSHK students) / HKD\$7,500 (parents / others)

Age: 6 years old and above. Adults are welcome to join.

【PROGRAM HIGHLIGHT】

1. Discover the Ancient Art of Tai Chi

Deep in the mist-shrouded peaks of central China lies Wudang Mountain, the sacred birthplace of Tai Chi and the spiritual home of Chinese martial arts. Here, your child will embark on an extraordinary journey into the world of Wudang Kung Fu at a school founded in 1993 by a 14th generation successor of this ancient lineage. Tai Chi is far more than a



sequence of graceful movements—it is a profound philosophy that teaches the art of yielding softness to overcome brute force, of finding stillness within motion. Through daily practice, the participants will cultivate not only physical strength and coordination but also the inner resilience, mental focus, and quiet confidence that we all need to navigate life's challenges with grace and determination.

2. Wudang Mountain - The First Immortal Mountain

Wudang Mountain is no ordinary destination. Designated as a UNESCO World Heritage Site and China's premier 5A-rated scenic area, this legendary range has been a Taoist pilgrimage site for over a thousand years. Here, ancient monasteries cling to sheer cliff faces, their curved roofs echoing the contours of the peaks behind them. Your child will walk in the footsteps of emperors and hermits, exploring



temple complexes that blend so harmoniously with nature that they seem to have grown from the mountainside itself. Known throughout Chinese history as the "First Immortal Mountain Under Heaven," Wudang offers breathtaking vistas at every turn—a landscape so sublime it has inspired poets and painters for centuries.

3. Taichi Night Market

As dusk falls, we venture into an immersive celebration of Chinese tradition and culture. The Taichi Night Market is a sensory feast where ancient customs come alive under strings of glowing lanterns. Here, students can wander through bustling stalls offering handcrafted treasures, sample regional delicacies, and watch mesmerising street performances that blend martial arts with folk theatre. It is a rare opportunity to experience the vibrant pulse of Chinese festival culture, where every corner reveals something new and wonderful.



4. Dream of Wudang

Launched in 2025 to widespread acclaim, "Dream of Wudang" is a spectacular large-scale performance that has quickly become one of the region's most celebrated cultural attractions. This immersive production weaves together breathtaking martial arts choreography, profound Tai Chi philosophy, and rich cultural heritage into a single unforgettable narrative.

As night falls over the valley, the stage transforms with cutting-edge lighting, cascading fireworks that paint the sky, and synchronised drone displays that dance among the stars. The 3.0 version, premiered in early 2026, features the world's largest framed stage with naked-eye 3D effects, creating a theatrical experience that will leave young and old alike spellbound.



5. Taiji Lake

Nestled at the foot of the sacred mountains, Taiji Lake offers a perfect counterpoint to the intensity of martial arts training. This stunning body of water, where sky and mountain reflect in perfect symmetry, embodies the Taoist ideal of harmony between heaven and humanity. Here, families can enjoy a range of water sports and lakeside activities—cycling along scenic paths, boating on the tranquil waters, or simply breathing in the fresh mountain air. The Taiji Lake Ecological and Cultural Tourism Area combines natural beauty with thoughtful amenities, including hot springs perfect for soothing tired muscles after days of adventure.



【Why Your Child and You Should Join This Journey】

This summer camp offers far more than a holiday; it is an investment in your child's character and worldview. In an age of screens and sedentary habits, the discipline of martial arts builds physical fitness while nurturing the mental resilience that every young person needs to thrive. The philosophy of Tai Chi—of finding calm within chaos, of yielding rather than breaking—provides life skills that no classroom can teach. Your child will return home not merely rested, but transformed: more centred, more confident, and more capable of facing life's challenges with quiet strength.



For parents, this journey presents a rare opportunity to share in your child's discovery of a profound cultural tradition. While your children train, you may find yourself drawn to morning Tai Chi sessions alongside fellow parents, exploring ancient temples together, or simply soaking in the serenity of this sacred landscape. The experience of witnessing your child's growth against the backdrop of China's most spiritual mountain creates memories that bind families in ways that ordinary holidays cannot.



Moreover, in our increasingly globalised world, firsthand exposure to Taoist philosophy and Chinese martial arts culture offers invaluable perspective. Your child will return with stories not of theme parks, but of misty peaks, ancient rituals, and the quiet satisfaction of mastering movements perfected over centuries. They will have touched something timeless— and

that touch will remain with them for life.

【ITINERARY】

Day 1: Gather in Wudang

Time	Place	Activity
06:30	West Kowloon Station	Depart from Hong Kong to Wudang by speed train G388 and G6795 (Train schedule: 07:20 to 16 : 34)
1700	4 Diamonds Hotel in Wudang	Check in Hotel and take a rest
Evening	Tai Chi Night Market	Students explore the Tai Chi Night Market for food and culture immersion.

Day 2: Discovering Virtues - Building Character Through Martial Arts

Time	Place	Activity
Morning	Yuxu Palace Wudang Martial Arts Academy	<ul style="list-style-type: none"> • Visit to Yuxu Palace (玉虛宮) – Exploration of one of Wudang's most magnificent ancient temples, where students will learn about Taoist philosophy and the symbolism of imperial architecture. • Opening ceremony. • Teambuilding (ice-breaking). • Room allocation and settling in.
Afternoon	Wudang Martial Arts Academy	<ul style="list-style-type: none"> • Wushu etiquette 武學禮儀—An essential introduction to the customs and courtesies of martial arts practice, teaching students the importance of respect, discipline, and mindfulness. • Introduction to 《道德經》 (Book of Virtues).

Day 3: The Way of the Warrior – Footwork, Fitness, and First Techniques

Time	Place	Activity
Morning	Wudang Martial Arts Academy	<ul style="list-style-type: none"> • Morning exercise. • Basic Footwork of Wudang Wushu — the foundation of all Wudang martial arts, emphasising balance, agility, and the graceful transfer of weight.

		<ul style="list-style-type: none"> • Fitness training — Age-appropriate conditioning exercises designed to build core strength, stamina, and flexibility.
Afternoon	Wudang Martial Arts Academy	<ul style="list-style-type: none"> • Basic Fistwork of Wudang Wushu — An introduction to fundamental hand forms and striking techniques, teaching coordination, control, and the proper alignment of body and intent. • Self-defence techniques—Practical skills rooted in Wudang tradition, focusing on the art of yielding and redirecting. • Stories of the Great Wushu Masters. • Wushu movie screening.

Day 4: The Wonder of Wudang – Nature, Taoism, and Heritage

Time	Place	Activity
Morning	Wudang Moutain Jindin 金頂	<ul style="list-style-type: none"> • Morning Exercise (Revision & Breathing Practice). • Visit to Wudang Mountain – A guided excursion into the mist-shrouded peaks of this UNESCO World Heritage site and National 5A-rated Scenic area.
Afternoon	Wudang Moutain Wudang Martial Arts Academy	<ul style="list-style-type: none"> • Introduction to Taoist Health Preservation Methods – A gentle introduction to the "Eight Brocades". • Xiaoxian Taiji (孝賢太極) – A special session exploring the connection between filial piety (孝), wisdom(賢), and the practice of Tai Chi, highlighting how Wushu cultivate not only physical strength but also virtue and respect for family and tradition.

Day 5: Mastery and Reflection - Deepening Practice, Embracing Wisdom

Time	Place	Activity
Morning	Wudang Martial Arts Academy	<ul style="list-style-type: none"> • Morning Exercise (Eight Brocades). • Intermediate level of Wudang Tai Chi — students build upon foundational movements, learning more complex forms that require greater coordination, balance, and the integration of breath with flowing motion. • Self-defence Practical exercise.

Afternoon	Wudang Martial Arts Academy	<ul style="list-style-type: none"> Wushu Competition — A friendly, supportive showcase where students demonstrate the skills they have developed throughout the week. Chinese Calligraphy — An introduction to the art of brush and ink, where students explore the beauty of Chinese characters Study of 《道德經》 (Book of Virtues) and Wisdom sharing.
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Day 6: Celebration and Farewell - A Grand Finale at Wudang

Time	Place	Activity
Morning	Wudang Martial Arts Academy	<ul style="list-style-type: none"> Morning Exercise. Wushu Demonstration by the students Prize Presentation Ceremony Closing Ceremony
Afternoon	Taiji Lake	<ul style="list-style-type: none"> Visit to Taiji Lake – A serene excursion to the stunning Taiji Lake, where sky and mountain reflect in perfect harmony. Students can enjoy the water sports in the tranquil beauty. Dream of Wudang (Evening Show) – A spectacular end to the week: the renowned large-scale performance "Dream of Wudang," featuring breathtaking martial arts choreography, dazzling fireworks, and synchronised drone displays that illuminate the night sky—a fitting finale to an unforgettable adventure. Stay in 4 Diamond hotel

Day 6: Mastery and Reflection - Deepening Practice, Embracing Wisdom

Time	Place	Activity
Morning	Wudang	<ul style="list-style-type: none"> Sun-rise (optional) Breakfast and free time
Afternoon	12:13	<ul style="list-style-type: none"> Speed train to Hong Kong (G1042 / G387)
Evening	20:34	<ul style="list-style-type: none"> Returned to Hong Kong Kowloon West Station

【ACCOMODATION】

Day 1 and Day 6:

Meicheng Hotel 美程酒店 ★★★★★



Day 2 to Day 5:

Wudang Martial Arts Academy



24小时配备热水
古色古香
空调房间



This extraordinary journey is suitable for children (aged 6 and above), teenagers, and adults alike. Participants will be grouped according to age to ensure an engaging and age-appropriate experience for everyone.

We warmly welcome parents to join this memorable adventure with us. You may choose either of the following options:

Option A – Join the Full Trip (All-Inclusive*)

Fee: \$7,500 per person

This option includes all camp activities, accommodation, meals, and programme-related arrangements as outlined in the itinerary.

Option B – Travel Independently in Wudang

If you prefer to arrange your own stay and explore Wudang at your own pace, you are most welcome to do so. Please note that all personal expenses—including accommodation, meals, and local transport—will be at your own cost.

The school is pleased to assist with purchasing high-speed train tickets at cost (approximately HK\$2,200 per person), subject to availability.

We look forward to sharing this unforgettable experience with you and your family.

*Fee includes:

- Hotel Accommodation: Two nights in a four-star hotel, double occupancy
- Meals: All main meals provided throughout the trip
- Activities: Includes all entrance tickets
- Wudang Martial Arts Academy fees - include 5 Days Wushu course and accommodation in the school
- Transportation: Local transportation by tour bus
- Others: High-speed rail round trip from Hong Kong to Wudang West,
- Fees of Camp leaders and local tour guide services
- Travel insurance

【ENQUIRY】

For enquiries, please contact Miss Adriana or Miss Penny:

- Phone: 3955 1589
- WhatsApp: 6072 0727

We look forward to hearing from you!