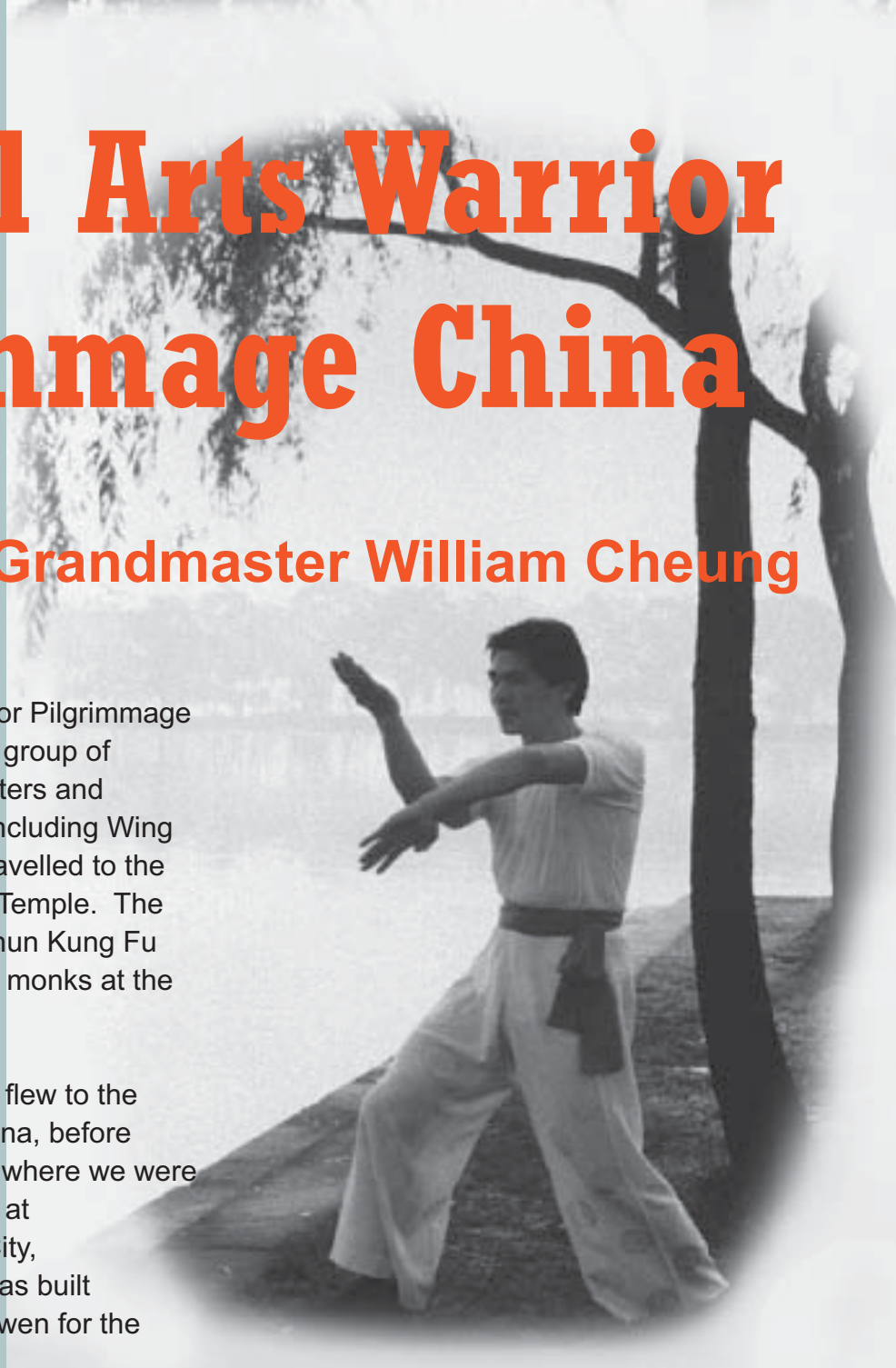


# Martial Arts Warrior Pilgrimage China Tour

with Grandmaster William Cheung



The much publicised Martial Arts Warrior Pilgrimage to China was realised in July when our group of over 40 martial artists, instructors, masters and grandmasters from around the world, including Wing Chun Grandmaster William Cheung, travelled to the birthplace of martial arts: The Shaolin Temple. The tour was organised to practice Wing Chun Kung Fu and exchange training with the Shaolin monks at the Temple.

After meeting in Hong Kong, our group flew to the central northern city of Zhengzhou, China, before heading for the Shaolin Temple by bus where we were to stay for the next five nights. Located at the Songshan Mountain of Dengfeng City, Henan Province, the Shaolin Temple was built in North Wei Dynasty by Emperor Xiaowen for the Indian monks who came to China to spread Buddhism. The Shaolin Temple's Chief monk, Shi Yongxin, presided over the welcoming dinner for our group (see picture below).

The next day highlighted the Songshan culture circle of Confucianism, Buddhism and Taoism.

Our group visited a spectacular Taoist temple in the area, before exercising with the Shaolin martial monks during the afternoon. After dinner in the evening we sat in meditation.

## FEATURE ARTICLE



# SHAOLIN TOUR with GRANDMASTER WILLIAM CHEUNG



Day two at the Shaolin Temple began with a wake-up call at 4.30am to practice Chi Gung in the warm morning air of the Temple's Tower Yard (see picture below). This was to become the routine for the rest of our stay at the Temple, as we learned the eight section Chi Gung exercise in stages. Later in the day, a lecture was given in the Shaolin Tower Forest reception room

by a monk on Shaolin Temple Buddhism culture and conventions for entry into the temple were taught. That evening, we were treated to a spectacular performance of Shaolin kung fu, by a team of Martial Monks in one of the Temple yards.

At a special presentation ceremony presided over by Chief Abbot Shi Yongxin, he stated that we would work together with Shaolin and Wing Chun as a family to promote martial arts. Certificates were presented to each participant by Shi Yongxin at the Shaolin Temple's Buddhist Scriptures Pavilion.



After departing the Shaolin Temple, our bus took us to look for the root of Buddhism – a one hour drive along the Zhengzhou-Luoyang Expressway to Luoyang. There, we visited Baima Temple, the ancestral hall of Buddhism, and viewed the Buddhist statue art of the world cultural heritage, Longmeng Grotto

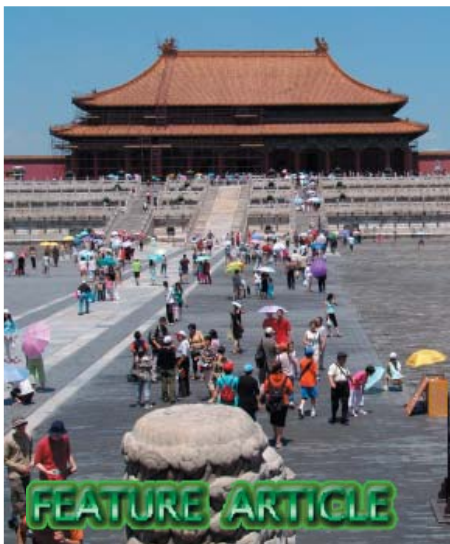
After leaving Zhengzhou we flew to Chengdu, where we visited the beautiful Mt. E Mei. Rising from Sichuan Province, Mt E Mei is one of the four sacred Buddhist mountains in China, with nearly 100 Ming and Qing dynasty temples and pavilions scattered over it. Another highlight of the tour was a trip to Guangyuan, to visit the Concord Lingchii (Ganoderma Lucidum) mushroom farm before heading back to Chengdu.

The following day, we visited spectacular Dujiang weir and Wuhou Temple -- a mansion built in 265-316AD to commemorate Liang Zhuge, Prime Minister of the Kingdom of Shu. Afterwards we moved to Dufu's Bothie, which is a memorial for the famous poet Dufu before flying to Beijing.

Our first stop in Beijing was the largest city plaza – Tiananmen Square, and then on to the largest royal palace buildings in the world – the Imperial Palace or Forbidden City.

The last day of our visit to China included a stop at the world famous Great Wall and then the 13 Tombs of Ming Dynasty -- one of the world culture heritages.

For information on the next tour call: **03-9663 3588**



FEATURE ARTICLE



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