



*The Zhong Ding Association is a worldwide organisation that was established in 1987 by its Chief Instructor, Nigel Sutton.*

*The purpose of the association is to promote and research Tai Chi Chuan and other traditional martial arts.*

*Malaysia is the home of Zhong Ding. It is where the organisation formed and is also the location for the Zhong Ding Training Academy which is the headquarters of the Zhong Ding organisation as a whole.*



# The experience of a lifetime



**Zhong  Ding**

**30th Anniversary Extravaganza  
Penang, Malaysia**

*11th August —28th August 2017*

# Celebrate with Us

The friendly atmosphere, knowledge, skill, friendship and all the endless fascination and excitement that come with the Zhong Ding Experience are all available for your seventeen night stay at a four star beach resort on a tropical paradise island.

There will be banquets, demonstrations and opportunities to visit and train with the island's premier world-class martial artists..



## The Location

Immerse yourself totally in this experience on the beautiful tropical island of Penang.



There is a wealth of things to do, including, sight-seeing, jungle-trekking, messing around in boats, jet skiing, parasailing, shopping

in up-market Malls, enchanting night markets and exotic bazaars and, of course just chilling out by the pool.

## The Training

The day will start with early morning qigong and taiji practice on the beach followed by a lavish breakfast buffet.



The morning is taken up with various seminars providing training and learning experiences for all levels of participant. Then in the afternoon it is free time, although extra training is also available for those who want still more...

The training time will include instruction, talks, seminars and classes by Masters from China, East and West Malaysia, Singapore and Europe.



Training will be available in Taijiquan, Qigong, Baguazhang, Shaolin Gong Fu, Silat, Filipino Eskrima, Southeast Asian

Sacred Movement Practices and Traditional Malay Massage.

## Special Events

A number of special events taking place during the Extravaganza.



These include:

- Penang Masters Martial Heritage Day including demonstrations, seminars and a banquet;
- The First Nanyang Zhengzi Taijiquan Festival bringing together Masters from all the lines of Zheng Manqing's taijiquan lineage in Malaysia and Singapore.
- Penang Island of Martial Arts Youth Festival.

## Extra Training Options

Additional training options are available for serious students:

- Students and instructors may attend the Intensive Training Instructors Course from 4th-10th August 2017 at the Zhong Ding Training Centre.



- Students can extend their stay by one week after the event and undertake intensive training at the Zhong Ding Training Centre.
- Places are limited and on a first come first served basis.



## Travel and Prices

Students make their own flight arrangements to Penang and collection from the airport can be arranged.

The celebration costs £1500 pounds per person based on two sharing. It includes accommodation, breakfast buffet, transport and admission to Celebration Events, Banquets and all training.

Personalised price packages can be arranged if you would like to bring a non-training partner or the whole family. Penang and the hotel are a wonderful location for a family holiday, with it's own swimming pool, direct access to the beach and located close to many tourist attractions. Please contact us on the email below if you would like to discuss options.



## Come and Join Us

For more information and an application form please contact us at:

[zhongdingsecretary@gmail.com](mailto:zhongdingsecretary@gmail.com)

or call +44 (0) 7714954438