

Cheng Hsin 2020 Holland Camp

# Art of Effortless Power & Boxing

with **Peter Ralston**  
June 27 - July 5 in De Glind (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 the Cheng Hsin Holland Camp offers a program with first seven days in the Art of Effortless Power followed by a weekend of Boxing and a six day Contemplation & Satsang Workshop (CSW).

## **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 almost 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*



### **Art of Effortless Power Weekend: 27 & 28 June**

The weekend will introduce you to the mindset 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 Week: 27 June - 3 July**

The Art of Effortless Power is a dynamic blend of T'ai Chi, Pa Kua, Aikido, Judo and Boxing with uprooting, throwing, footwork, and lots of internal work on relaxation, outreaching, intention, balance and freeing up ineffective mental patterns.

Working from the ground up, Peter will explore the principles that found body design and function, power, and interaction. Participants will be demanded to change how they think and perceive. Peter will demonstrate and teach how to change one's own experience towards that of being effective whilst remaining totally relaxed and calm.

Using props, exercises, techniques and games and his relaxed and entertaining style of teaching, Peter leads participants into questioning assumptions, overcoming beliefs and transforming how they use their bodies. It is a very joyful learning experience. Be prepare to be overjoyed and

overwhelmed by the ocean of knowledge and skill which Peter communicates to you as a participant.

**Boxing**  
**Weekend: 3, 4 & 5 July**

Starting on Friday evening this workshop is focused on techniques, tactics and skills in the Art of Effortless Striking. You need to bring boxing gloves (rentable for 5 Euro) and a mouthpiece.



*Peter Ralston*

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

**2020 Art of Effortless Power & Boxing workshop schedule**

	8.30 - 10.30	11.00 - 12.30	Lunch	14.00 - 15.30	16.00 - 17.30	Dinner	19.00 - 20.30
Friday June 26							Check-in
Saturday June 27	MT	Art of EP		Art of EP	Art of EP		Art of EP /TC
Sunday June 28	MT	Art of EP		Art of EP	Art of EP		Art of EP /TC
Monday June 29	MT	Art of EP		Art of EP	Art of EP		Art of EP/ Kyu
Tuesday June 30	MT	Art of EP		Art of EP	Art of EP		Art of EP/ Kyu
Weds. July 1	MT	Art of EP		Art of EP	Art of EP		Art of EP/ Kyu
Thursday July 2	MT	Art of EP		Art of EP	Art of EP		Art of / Kyu
Friday July 3	MT	Art of EP		Art of EP	Check in Boxing		Boxing
Saturday July 4	MT	Boxing		Boxing	Boxing		Boxing
Sunday July 5	MT	Boxing		Boxing	Boxing (till 17.00)		CSW (19.00)

MT = Morning Training with assistant  
Art of EP = Art of Effortless Power  
TC = Tai Chi & Body Being

CSW = Contemplation & Satsang  
Workshop

## Venue

The Holland Camp is held at the YMCA conference centre in De Glind, a tiny village in the Dutch countryside near Amersfoort. The accommodation offers one and two person bedrooms with running warm and cold water. Showers and toilets are on the corridors. Breakfast, lunch and dinner are served in the restaurant. The major conference hall will be transformed in a dojo. During breaks you will receive coffee and tea.

## 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 must be received in full by June 1.

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

Epi van de Pol  
Sterrelaan 45  
1217 PR Hilversum  
the Netherlands  
Phone: +31 (0)35 6 28 99 47  
Email: admin@epitaijiquan.nl

Make your payments to:  
Bankaccount: E. van de Pol  
IBAN: NL37 RABO 0394483936  
BIC: RABO NL2U

## Costs

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

### Workshop costs

#### **EP weekend - June 27 - 28**

- € 235 with € 100 deposit in by April 1
- € 265 with € 100 deposit in by May 1
- € 295 thereafter

#### **Art of EP week - June 27 - July 3**

- € 775 with € 295 deposit in by April 1
- € 825 with € 295 deposit in by May 1
- € 875 thereafter

#### **Boxing weekend - July 3, 4 & 5**

- € 235 with € 100 deposit in by April 1
- € 265 with € 100 deposit in by May 1
- € 295 thereafter

#### **Art of EP & Boxing - June 27 - July 5**

- € 955 with € 295 deposit in by April 1
- € 1030 with € 295 deposit in by May 1
- € 1105 thereafter

### Accommodation costs

#### **Full lodging in one person bedroom**

- € 68 day

#### **Full lodging in two person bedroom**

- € 57 per day

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

- € 50 a day

#### **Only mat fee (no meals or lodging)**

- € 16 per day

