

TRANSYLVANIAN TRAINING EXPERIENCE JULY 2011

Unlocking the Mysteries of the Martial / Healing Arts and taking your Martial Arts to a Higher Level

Once in a lifetime opportunity to study with James Sumarac, world-renowned Martial and Healing Arts Instructor. This popular International workshop will be conducted in the spectacular Transylvanian countryside. Fresh, crisp air and organic meals are the perfect accompaniment to your healthy learning experience. Transylvania, the home of the infamous Count Dracula offers mountain hikes, intriguing history and sightseeing to medieval towns and castles.

- Arriving 1 July - Departing 5 July 2011
- Each day of training (min 5 hours per day) will cover a balanced program of :
 - Five Element Qi Gong and Silk Reeling exercises
 - Chen Pan Ling Tai Chi Chuan, Form Application and Push Hands
 - Goju Ryu Classical Form Function and underlying principles
- Spectacular sightseeing of Transylvania
- Fully escorted tour with all meals, private accommodation, tuition & domestic travel plus pick up and drop off to airport and entrance to all sightseeing tours.
- All classes will be conducted in English by James and Shou Mei Sumarac (French and Romanian Translation available)

Cost: € 690 (all inclusive except your air fare)

STRICTLY LIMITED NUMBERS

Enquiries to:

Camp Organiser:

Badea Silviu (Romania)

Email: silviu_a_badea@yahoo.com

Camp Presenter

James Sumarac (Australia)

Email: james@jamesumarac.com

Web: www.jamesumarac.com



TRANSYLVANIAN TRAINING TOUR JULY 2011 PROPOSED ITINERARY

Friday 1st JULY

AM Pick up from Bucharest Airport.
Arrive at Transylvanian Training Camp in
time for lunch
PM Introductions and training.
Dinner

Sat 2nd JULY

AM Training followed by Breakfast
Training
Lunch
PM Training
Dinner

Sun 3rd JULY

AM Training followed by Breakfast
Lunch
PM Sightseeing - Peles Castle
Dinner at Medieval town of Brasov

Mon 4th JULY

AM Training followed by breakfast
Resume training after breakfast
Lunch
PM Training
Dinner

Tues 5th July

AM Training followed by Breakfast
Resume training after breakfast
Lunch followed sightseeing tour of the
famous Dracula's Castle
PM Coach to airport and home



TRANSYLVANIAN TRAINING TOUR JULY 2011

APPLICATION FORM

Applicant Details:

Full Name (on passport):

Address:

Date of Birth:

Gender:

Nationality:

Passport Number:

Passport Expiry Date:

Cell Phone No. & Email:

Flight Details:

(only necessary to complete if arriving from country other than Australia)

Departure Airport:

Flight Number:

Time:

Arrival:

Additional Details:

Special Dietary Considerations:

Medical conditions we may need to be aware of:

Payment received:

Payment method:

Send your completed form to:

James Sumarac

Email: james@jamesumarac.com

Web: www.jamesumarac.com

Address: Po Box 39 Lancefield, Vic 3435

Phone/Fax: 613 5429 2122 Mob: 61417 350 398

Bio on James Sumarac

James commenced his Martial Arts study in 1968. He has been a full time Martial and Healing Arts Teacher for since 1984 and one is of Australasia's renowned experts in Japanese and Chinese systems.

James' dedication and excellence in Martial Arts instruction was officially acknowledged in 1998 when he was awarded 'Martial Arts Instructor of the Year' in the In Blitz Martial Arts Magazine Hall of Fame Awards. This is a rather unique accolade as this Award is judged by his peers in alternate Martial Arts styles.

In 1974 he received his first degree black belt in Japan in the traditional Karate system of Goju Kensha. James is now a seventh degree black belt in that system and holds the rare honorific title of 'Kyoshi' presented to him by Ohtsuka Tadahiko in Japan 1999. He is Principal Master of his own International style, Goju Kakurin Kan Karate-do. Thru the encouragement of Master Ohtsuka as early as 1974 James became very interested in Chinese Martial and Healing Arts and continues this passion today.

In his pursuit of excellence over the last three decades, James has also extensively studied and taught the Chinese styles of Tai Chi Chuan, Hsing I Chuan, Ba gua Zhang. He is a highly experience practitioner of Traditional Chinese Medicine. As a consummate professional Instructor, James has mastered Chinese healing arts to complement his martial arts instruction.

James is often asked to present locally and overseas on Martial and Healing Arts. He has authored and had published numerous texts, articles and instructional videos on the arts. His relentless approach to research has led him to travel regularly to China, Taiwan and Japan for continued research and exchange with senior Masters in those countries.

James is known for his caring and professional teaching style. He has been able to offer development services to corporate and government bodies in the areas of conflict resolution, stress management, meditation and self-healing. He has a special interest in assisting children with disabilities and learning disorders.

As a mark of his dedication to the Martial and Healing arts, James owns a purpose built and fully operational training retreat in Lancefield, Victoria.