



PERSONAL BALU_TRAVEL GUIDE

KUNG FU AT A SHAOLIN ACADEMY

A family stay, training and a very different side of China

BALU_TRAVEL

WHY SHAOLIN

We found the academy through the Shaolin Temple, sent an email and asked to join from May 1 to May 10.



- The format is accommodation and kung fu training at an academy near Dengfeng.
- Ten days included one free day for sightseeing.
- Spring and autumn are more comfortable than the hottest summer months.
- It works for adults and children who are ready for exercise and a simple routine.

When the dream comes true, you can barely stop smiling.

WHAT SURPRISED US

The academy was far more comfortable than we expected.



- We had a private room with air conditioning, Wi-Fi, a shower and toilet.
- A personal trainer helped us work at our own level.
- Food was simple but filling, and meat dishes were served every day.
- There was a free day for the monastery and Luoyang.
- The school had strong infrastructure, from a library to a hospital.

LIFE AND TRAINING

The school is also home to local children, while international students join temporarily.



- Training intensity and timetable depend on the chosen programme.
- The atmosphere was friendly, and we felt included in school life.
- A room, meals and training were all part of the daily rhythm.
- Ask about laundry, dietary restrictions, room facilities and weekend plans before paying.

HOW TO BOOK SAFELY

I wrote directly to the academy and confirmed the dates before travelling.



- Verify the current website and contact details. We used shaolinacademy.net.
- Ask what is included, the daily schedule and training intensity.
- Confirm room type, meals, transfer arrangements and refund conditions.
- Request the academy name and address in Chinese for drivers and hotel registration.

Reconfirm every important detail shortly before departure.

SHAOLIN TEMPLE

The legendary Buddhist monastery lies at the foot of Mount Song near Dengfeng.



- The temple is traditionally dated to 495 and is closely associated with Chan Buddhism and martial arts.
- Allow time for the courtyards, halls and surrounding mountain setting.
- The name Shaolin is commonly connected with the forested slopes of Mount Shaoshi.
- Crowds build quickly, so visit early if possible.

DAY TRIP TO LUOYANG

The Longmen Grottoes are close enough for a free-day excursion.



- The UNESCO site contains thousands of caves, sculptures and inscriptions carved into limestone cliffs.
- A taxi from the academy took about an hour during our trip and cost roughly CNY 200 each way.
- Arrange the return trip in advance and save the destination in Chinese.
- Wear comfortable shoes and allow several hours for the riverside route.

CHECKLIST AND FINAL THOUGHTS

This was more than a sports camp: it became one of our most memorable family experiences.



- Bring several sets of light sportswear, comfortable shoes, a compact first-aid kit and sun and rain protection.
- Pack a translation app, offline maps and a power bank.
- Our son completed the hardest coordination sequence of his training, and that became the moment we knew the trip had worked.
- Check current visa, transport, academy and medical requirements before booking.

Plans and prices in this guide reflect our May 2025 experience.