

incredible
- World - Record

BY **SHINSHENDO WEBER**

“ How many Cycles does ShinShendo get in 10 hours non-stop stacking without break, drinking and eating ? “



Since 8 months ShinShendo started training to settle this new -world- record on **Saturday, 30th may 2009**. To reach this, he is practising lots of Zhan Zhuang, a form of T'ai Chi Ch'uan. Zhan Zhuang was until a few years one of the best secrets of all martial arts exercises and martial arts-schools of Shaolin, Wu Dang, Hua Shan, Taoist, Samurai and Ninja.

In Zhan Zhuang students must learn 1, 3, 5, 15 or more hours to stand still, without to move, to drink and to eat. As a T'ai Chi-Master ShinShendo Weber learned this incredible, as it looks like so easy exercise himself. The body challenge is extraordinary, but most of all the mental challenge is sure the biggest:

=> **Nothing to Do, as to stand Still !!**

Now ShinShendo will settle a new sign in history with Zhan Zhuang and Sport Stacking, combining old tradition knowledge and asia exercises with the most fastest growing sport. Cycle is the master discipline to get the gold medal on the Sport Stacking-World Championship in Denver-Colorado/USA. On the competition ShinShendo gets 9-11 seconds. On an overall average time of 11-15 seconds on 10 hours he should reach 2400-3270 Cycles. To handle the 880'800-1'200'090 finger and hand movements (367 each cycle) without pain, he is practising during training and the -world- record-try the smoothness, concentration and the inner T'ai Chi.

Date **Saturday, 30th may 2009**

Place **Unternehmen Mitte , Basel-Stadt / Switzerland , 1. Stock , Raum séparé**
=> between Barfüsserplatz and Marktplatz

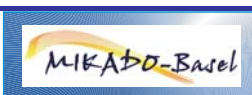
Time **09:00 – 19:00 o'clock**

The -world- record will be judged and controlled by referees and the representative of SpeedStacks-Switzerland, Miss Angela Herger.

TV, Radio and Newsletters will be on place and report about this incredible record !!

On his webside by /EVENTS you can see his step by step training and the final result after the 10 hours non-stop stacking for Cycles !!

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