

MARTIAL ART TRAINING

NEW for Fall 2011!

Why Martial Arts?

Traditional martial arts offer something that is difficult to find in other sports or fitness regimens; for in addition to fostering physical health, it also produces a calmer mind, better balance and focus, and improved body awareness. The exercises and drills can be practiced for life, by all ages.

Why Liberty Martial Arts?

We take a unique approach by combining the best of traditional practices and infusing them with the latest in scientific research. By doing so, we can maximize results, while minimizing injuries. This keeps lost training time to a minimum and allows one to progress faster.

Who can join?

Anyone! We accept all ages and levels. We have comprehensive training programs and pay per class programs to meet everyone's needs. Private instruction and training is also available. (If you wish to enroll children, under the age of six, they must be accompanied by a parent in class, at no extra charge)

Our Commitment to Excellence

Liberty Athletic Club is committed to bringing you the highest quality in training, knowledge, and expertise. All students receive individualized coaching in an atmosphere of team work and community. We strive to provide the highest level of instruction in a safe, supportive environment. This will allow you to not only achieve your goals, but surpass them!

Chad Eisner Director and Head Instructor

Head Instructor, Chad Eisner, has over 15 years experience in traditional Chinese martial arts and has studied with some of the top masters in the world. In addition, Eisner is a Certified Trainer and Corrective Exercise Specialist with the National Academy of Sports Medicine (NASM). He brings a unique combination of tradition and science to all training.



COMPREHENSIVE PROGRAMS

Liberty Athletic Club is proud to offer comprehensive training in traditional martial arts. These systems are some of the oldest and most effective ways of training. Not only does the traditional way offer a complete fitness and self defense regimen, it also builds discipline, focus and artistry. Liberty takes advantage of the latest in medical and sports research, and methods, to provide a unique learning experience, combining the best of traditional art with modern science. *5-day cxi policy*



Traditional Kung fu

Ages 6-up
(under 6 must be accompanied by parent)

Kung fu is considered to be the origin of all Asian martial arts. Explore this revered art from its most basic elements to its highest forms. Training consists of solo practice, partner exercises, weapons, self defense and fitness. Suitable for all levels and ages.

Monday	4:00-6:00pm Basketball Court
Tuesday Wednesday Thursday	4:00-5:00pm Basketball Court
Thursday	5:00-6:00pm Activity Center
Saturday	1:00-2:00pm Basketball Court

9/12 - 12/22 \$80 (\$96) per month
Classes do not meet 11/24 & 11/26

COMING SOON!

Traditional Yang

Style Taijquan

Ages 6-up
(under 6 must be accompanied by parent)

The soft flowing movements of taiji (tai chi) are now known around the world. Medical science has taken notice, and it is now used as an aide to modern medical treatments, and as a practice for overall wellness. Taijquan is also an extremely effective martial art and system of defense. Training consists of solo practice, Tui Shou (pushing hands) exercises and self defense.



PAY-PER-CLASS

At Liberty, we understand that offering a number of pay per class programs can best meet your needs. Come and get a great workout, learn something, and have fun, by taking advantage of some of the dynamic, challenging, and fun classes we have to offer. *2-day cxi policy*

Family Kung fu Ages-all welcome

All ages! All Welcome! You'll learn basic movements, stances, drills and the first kung fu routine. Everyone practices together, in this fitness class for the whole family.



Tuesday	4:00-4:30pm Basketball Court
10/4 - 12/20	\$10 (\$12) per class

Principles of Self Defense

Ages 12-up (or with instructor approval)

Learn the fundamentals of defending yourself from attack. Learn which strikes are most effective, which techniques work and exactly how to practice them. Discover the secrets to remaining aware of your surroundings, to avoid confrontations before they start. Cultivate an attitude of cautious confidence to keep you and your loved ones safe. Understand and achieve the fitness base upon which self defense is built.

Wednesday	5:00-5:30pm Basketball Court
10/5 - 12/21	\$10 (\$12) per class

Master Fitness Ages 12-up (or with instructor approval)

This is the ultimate martial arts workout! Cardio kick boxing, dynamic core training, and pad work combine to give you a workout like no other! Raise your heart rate and train like the masters. Kicking and punching combos are only the beginning of this intense 30 minute class. It is guaranteed to get your heart pumping, your core strong, and your joints open and mobile.



Wednesday	5:30-6:00pm Basketball Court
10/5 - 12/21	\$10 (12) per class

FALL SESSION 2011 Program Policies

Program Registration

Registration for all programs is done through our Concierge Desk. Both members and nonmembers must complete a registration form, and nonmembers must pay upon registration. Registration is accepted as space is available. You will be notified if a program is full and we cannot accept your registration. We reserve the right to cancel a program at any time; any registered participants will be notified in the event of program cancellation.

Registration forms may be faxed **-however-** faxing a registration form does not guarantee enrollment. Faxed forms will be processed Monday-Friday. You will receive a confirmation call, along with your registration status once your form has been processed. Please direct questions about faxed registration forms to Program Director, Kim Brodie, at 734-665-3738 ext. 57. **FAX: 734-665-6353**

Payment

Members: We will automatically bill programs and services to member accounts unless we receive an alternate method of payment before the program begins.

Nonmembers: Nonmembers must pay at the time of registration, **and** provide valid credit card information to keep on file (encrypted in our system). Liberty accepts nonmember payment by cash, Mastercard, Visa or Discover.

Proration based on Late Enrollment

Should you choose to register for a program after it has begun, you will be charged only for the remainder of the program period. Late enrollment may not always be permitted.

Refunds and Credits

In the case of severe injury or emergency, the cancellation policies and fees will be taken into consideration, and a partial or full refund may be issued.

Cancellation Policies

2-day Cancellation Policy

Should cancellation be received within two days of the program's start date, it is considered a 'late cancellation' and the program fee is due in its entirety. Same-day cancellations or failure to cancel also result in the entire fee being retained.

5-day Cancellation Policy

Should cancellation be received within five days of the program's start date, it is considered a 'late cancellation' and the program fee is due in its entirety. Same-day cancellations or failure to cancel also result in the entire fee being retained.

PROGRAM FEES ARE BASED ON THE PARTICIPANT'S MEMBERSHIP STATUS.
1ST FEE = MEMBER RATE
2ND FEE (IN PARENTHESES) = NONMEMBER RATE
Unless otherwise noted advance registration is required through the Concierge. Thank you.



revised October 10, 2011



Martial arts have been practiced for centuries. Far from being merely about fighting, martial arts have evolved into sophisticated and effective systems of personal growth, discipline, and mastery of mind and body. The practice of martial arts brings you a complete system of not only fitness, but of self defense, mental focus and mastery of self.



Experience the challenge that only martial arts can provide. Explore your natural abilities and build the skills that you have always wanted. Hone your discipline, focus, endurance and resolve.

Begin your journey to a new you with Liberty Martial Arts.



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