

LIGHTSABER TRAINING CAMP

LIGHTSABER CAMP TRAINING

Lightsaber Training Camp Ages 7-18

Lightsaber camp is back! This afternoon camp teaches the basics of Sporting Lightsaber combat. Basic drills, exercises, fitness and discipline will be taught in a fun Star Wars atmosphere.

Please wear loose comfortable clothing and shoes. Costumes are welcome, but a change of clothing is recommended. Lightsabers and protective gear will be provided.

Monday-Friday	1:00-5:00pm
8/26-8/30	\$200 for Members \$240 for non-members



MARTIAL ARTS

Chad Eisner Director and Head Instructor

Chad Eisner has over two decades of experience in traditional and modern Chinese martial arts. He has trained under Gabriel Chin in Taiji Quan (Tai Chi) and in modern Wushu with Ma Chou of the Beijing Wushu Team. He is currently a lineage disciple of Grandmaster Ma Yue and has devoted his efforts to the development of Ma Style Tongbei. Coach Eisner also brings years of experience with movement science and rehab to his approach to martial arts.

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.

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 teamwork 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!

Liberty Martial Arts?

Liberty Martial Arts is proud to offer a unique variety of martial arts classes and activities. Liberty is the only facility in the midwest to offer traditional training in Ma Style TongBei Quan, our approach incorporates the best of traditional martial arts and modern scientific training methods. The result is a program that is suitable for all experience levels and yet challenging enough for higher level practitioners.

Tong Bei

Our tradition of kung fu is an art called "Ma Family TongBei Quan". This sophisticated style combines four major training methods or styles into a single complete whole: Baji, Piqua, Fanzi, and ChouJiao. Through the study of these methods and styles the student can achieve excellence in any aspect of Kung Fu they wish. Whether it be competing, performing, teaching, or just as physical fitness.

Movement Science

The unique feature that Liberty Martial Arts brings is our incorporation of modern sports and movement science to create safe and effective training regimens. All of the traditional material is taught with down to earth and straight forward instructions that are designed to create success.

Martial Arts Summer 2019

revised April 15, 2019



Liberty Martial Arts



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www.libertyathletic.net

MARTIAL ARTS WORKSHOP

Training Camp with Ma Yue

Ages 12-up

A rare and exclusive 3-day training experience with a true Kung Fu master. Grandmaster Ma Yue will teach basic exercises and techniques from his family's historic Ma Shi Tongbei Kung Fu system, including empty hand forms and traditional weapons—Bian Gun (Short Staff) and Duan Bing (Sword). Attendees will receive certification from Master Ma Yue in the material taught during the workshop.

Must be at least 12 years of age with parental consent. Practice weapons and limited protective gear will be provided, but all participants are encouraged to bring their own personal gear if desired.

For questions or more information, email Sifu Chad Eisner at chad.eisner@libertyathletic.net

Registration Required
24-Hour Cancellation Policy

August 2, 3 & 4

\$175 for Members
\$245 for non-members

EARLY-BIRD DISCOUNT

Register before June 4 and get 30% off!

SESSION 1

Friday 3:00-7:00pm

- Basic Tongbei Skills & Power Exercises
- Basic Tongbei Short Staff (Bian Gun)

SESSION 2

Saturday 1:00-5:00pm

- Basic Sword Techniques (Duan Bing)
- Duan Bing Strategies

SESSION 3

Sunday 1:00-5:00pm

- Duan Bing Free Play
- Duan Bing Mini Tournament



MARTIAL ARTS WORKSHOP

Saber Dueling Workshop

Ages 12-up

This four-hour workshop will focus on techniques that have a high rate of success when used in competitive play. Participants should wear loose comfortable clothing and good shoes. Protective gear and sparring weapons will be provided, but you may bring your own.

Registration Required
24-Hour Cancellation Policy

Saturday	1:00-5:00pm	Mind Body Studio
6/22	\$12 for Members \$20 for non-members	

Sword Lab

Ages 12-up (no experience necessary)

This class will teach basic methods and techniques from historical sources about swords and other ancient weapons. We work from mostly Chinese sources but explore other methods from other Asian traditions and European arts. Weapons and gear are provided but you are free to bring your own. Please wear loose comfortable clothing and good shoes.

Registration Required
24-Hour Cancellation Policy

Saturday	12:30-1:30pm	Mind Body Studio
6/29-8/24	Free to Members \$10 for non-members per class	Excludes 7/27, 8/3

Saber Academy

Ages 12-up (7-12 allowed w/ instructor approval)

Train like the Jedi and battle your way to fitness and fun with this high energy class using seven forms of lightsaber combat. Basic skills, principles of safety and technique will be taught using LED lightsabers. Lightsabers and protective equipment are provided, but you may bring your own.

Registration Required
24-Hour Cancellation Policy

Saturdays	1:30-2:30pm	Mind Body Studio
6/29-8/24	Free to Members \$10 for non-members per class	Excludes 7/27, 8/3

MARTIAL ARTS

Kung Fu: Baji Xiao Jia

Ages 12-up

This series will teach the first form of Baiji quan, Xiao Jia or small frame. Basics exercises, the entire set and self defense applications will be taught. These classes will progress you through the entire first level of Ma family Baiji quan in 5 short weeks. This is a powerful form of kung fu and famous for its strong stances and core strength.

Registration Required
24-Hour Cancellation Policy

Thursdays	6:00-7:00pm	Mind Body Studio
7/11-8/8	\$35 for Members \$50 for Non-Members	

