

MARTIAL ARTS WORKSHOPS

Chinese Military Sword Workshop

Ages 12-up

This four hour workshop will focus on Ming Dynasty sword and saber techniques. 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 <i>Mind Body Studio</i>
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11/10 \$12 for Members
\$20 for non-members

Lightsaber Fencing Workshop

Ages 12-up

This four hour workshop will teach lightsaber combat with LED lightsabers. Form, technique, and its use in combat will be practiced through a safe, protected fencing format. All styles and levels welcome. 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 <i>Mind Body Studio</i>
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12/15 \$12 for Members
\$20 for non-members



MARTIAL ART TRAINING

Liberty Martial Arts?

Liberty Martial Arts is proud to offer a unique variety of martial arts classes and offerings. 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.

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.



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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!

Tai Chi & Chi Kung

Ages 12-up (no experience necessary)

The slow, graceful movements of Tai Chi (Taijiquan) are well known for their health benefits and relaxation. Chi Kung (Qigong) are often called "Taoist Yoga" and consist of gentle movements and breathing designed to relax and strengthen the body. This class will teach the Soaring Crane System of Qigong and the foundation exercises of Yang style Tai Chi. Classes will include; warm ups, drills, and a complete set of Qigong exercises. All levels and styles welcome.

Registration Required
24-Hour Cancellation Policy

Tuesdays	12:00-1:00pm <i>Mind Body Studio</i>
9/4-12/18	Free to Members *Excludes 10/16 \$10 for Non-Members



MARTIAL ARTS

Kung Fu Fundamentals

Ages 5-12

Students will learn the various basic stretching and stances of Kung Fu to build a firm foundation for future progress. Flexibility, strength and balance trained in a traditional setting with plenty of individual attention. Please wear loose comfortable clothing and bring indoor footwear.

Registration Required
24-Hour Cancellation Policy

Thursdays	5:00-5:30pm <i>Mind Body Studio</i>
9/6-12/20	Free to Members *Excludes 11/22 \$7 for Non-Members

Kung Fu Basic Exercises

Ages 8-12

This class will teach basic drills, exercises and forms of Chinese Martial Arts in a traditional setting with plenty of individual attention. Students ages 8-12 can take both the Kung Fu Fundamentals class and then stay for the Kung Fu Basics Exercises class. Please wear loose comfortable clothing and bring indoor footwear.

Registration Required
24-Hour Cancellation Policy

Thursdays	5:30-6:00pm <i>Mind Body Studio</i>
9/6-12/20	Free to Members *Excludes 11/22 \$7 for Non-Members

Adult Kung Fu

Ages 12-up

This class is based around the fundamentals of Ma Family Tongbei. The class material focuses on base exercises, general fitness, proper technique, and movement principles through the first levels of traditional Tongbei kung fu. Exercises covered will be TanTui and the first 6 fundamentals of Piqua.

Registration Required
24-Hour Cancellation Policy

Thursdays	6:00-7:00pm <i>Mind Body Studio</i>
9/6-12/20	Free to Members *Excludes 11/22 \$10 for Non-Members

MARTIAL ARTS

Younglings Basic Saber Training

Ages 5-12

This lightsaber class will teach basic safety and technique geared for students ages 5-12. Loose comfortable clothing is recommended. Lightsabers will be provided.

Registration Required
24-Hour Cancellation Policy

Wednesdays	5:00-5:30pm <i>Mind Body Studio</i>
9/5-12/19	Free to Members *Excludes 10/17, 11/21 \$7 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 <i>Mind Body Studio</i>
9/8-12/22	Free to Members *Excludes 11/10, 11/24, 12/15 \$10 for non-members

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, but you may bring your own.

Registration Required
24-Hour Cancellation Policy

Saturdays	1:30-2:30pm <i>Mind Body Studio</i>
9/8-12/22	Free to Members *Excludes 11/10, 11/24, 12/15 \$10 for Non-Members

