

## MARTIAL ARTS WORKSHOPS

### Saber Dueling Workshop

#### Ages 12-up

Training for Competition: Get an edge on your competition. Learn the secrets to training for effective and reliable performance in competition and bring home first place! This workshop teaches participants the new international rules for competitive lightsaber fencing from official ambassadors of the USA. Safety gear is provided, but you are welcome to bring your own. Appropriate for all levels. Wear comfortable clothing and good athletic shoes.

#### Registration Required

#### 24-Hour Cancellation Policy

Saturday	1:00-5:00pm <i>Mind Body Studio</i>
2/8	\$15 for Members \$25 for non-members
3/7	\$15 for Members \$25 for non-members



## MARTIAL ART TRAINING

### 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.



*revised December 4, 2019*



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## MARTIAL ARTS

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### 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) is 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**

<b>Tuesdays</b>	<b>12:00-1:00pm</b> <i>Mind Body Studio</i>
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1/7-3/24 Free to Members  
\$10 for Non-Members



## MARTIAL ARTS

### Kung Fu Fundamentals

**Ages 5-12**

Students will learn the various basic stretching and stances of Kung Fu which build a firm foundation for future progress. This includes 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**

<b>Thursdays</b>	<b>5:00-5:30pm</b> <i>Mind Body Studio</i>
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1/9-3/26 Free to Members | \$7 for Non-Members

### Kung Fu Basic Exercises

**Ages 8-12**

This class will teach basic drills, forms, and skills of Chinese martial arts. The stances and basics taught in the previous class will be built upon to create detailed exercises. Students aged 8 and up can take both the fundamentals class and stay for the basics class. This will prepare them for the adult Kung Fu program. Please wear loose comfortable clothing and bring indoor footwear.

**Registration Required**  
**24-Hour Cancellation Policy**

<b>Thursdays</b>	<b>5:30-6:00pm</b> <i>Mind Body Studio</i>
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1/9-3/26 Free to Members | \$7 for Non-Members

### Adult Kung Fu

**Ages 12-up**

This class is based around the fundamentals of Ma Family Tongbei with focus on basic exercises, general fitness, proper technique, and movement principles through the first levels of traditional Tongbei Kung Fu.

**Registration Required**  
**24-Hour Cancellation Policy**

<b>Thursdays</b>	<b>6:00-7:00pm</b> <i>Mind Body Studio</i>
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1/9-3/26 Free to Members | \$10 for Non-Members

## MARTIAL ARTS

### Younglings Basic Saber Training

**Ages 5-12**

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

**Registration Required**  
**24-Hour Cancellation Policy**

<b>Wednesdays</b>	<b>5:00-5:30pm</b> <i>Mind Body Studio</i>
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1/8-3/25 Free to Members | \$7 for Non-Members

### Sword Lab

**Ages 12-up** (no experience necessary)

This class will teach basic methods and techniques from historical sources centered around swords and other ancient weapons. Working mainly from Chinese sources, but will 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**

<b>Saturday</b>	<b>12:30-1:30pm</b> <i>Mind Body Studio</i>
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1/11-3/28 Free to Members | \$10 for non-members  
\*Excludes 2/8

### 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**

<b>Saturdays</b>	<b>1:30-2:30pm</b> <i>Mind Body Studio</i>
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1/11-3/28 Free to Members | \$10 for non-members  
\*Excludes 2/8

