

## LIGHTSABER CLASSES

Liberty is the home of Terra Prime Light Armory (TPLA), the first professional LED saber organization in the world. The French Fencing Federation (FFE) made worldwide news when they accepted Lightsaber fencing as an official sport in France! Coach Chad Eisner and TPLA France were instrumental in this project and are the exclusive representatives of the sport in the USA. We offer lightsaber classes and workshops for those aged 12 and up. We also offer Younglings classes for those Jedi who are not yet ready to take on full training. Liberty is a fully licensed partner with the FFE and is the only facility that provides instruction on the official rules for international lightsaber fencing.



## 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 integrates years of experience with movement science and physical rehabilitation to his approach to martial arts.

### Liberty Martial Arts

Liberty Martial Arts is proud to provide a unique variety of martial arts classes and activities. We are 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, resulting in a program that is suitable for all experience levels and yet still challenging for higher level practitioners.

### 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 and supportive environment which allows the participant to achieve and possibly surpass their goals.

### Tong Bei

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

# Martial Arts Spring 2023

*revised February 21, 2023*



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## MARTIAL ARTS

Registration is required for all classes, and is open 2-days in advance of each class through the Liberty Mobile App or [Online Services](#). Classes are subject to change.

### Saber Academy

**Ages 12-up**

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 and 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>Wednesdays</b>	<b>5:00-6:00pm</b> <i>Mind Body Studio</i>
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4/12-6/7 Free to Members | \$10 for Non-Members  
\*Excludes 5/24

### Adult Kung Fu

**Ages 12-up**

Focus on fitness, proper technique and movement principles through the first levels of traditional Tongbei Kung Fu in this class which is based on the fundamentals of the Ma Family Tongbei.

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

<b>Wednesdays</b>	<b>6:00-7:00pm</b> <i>Mind Body Studio</i>
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4/12-6/7 Free to Members | \$10 for Non-Members  
\*Excludes 5/24

### Sword Lab

**Ages 12-up**

This class will teach basic methods and techniques from historical sources centered around swords and other ancient weapons for competition, learning or fun! A great workout for those who are looking for something different. Practice weapons and gear are provided but you are free to bring your own.

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

<b>Saturdays</b>	<b>1:00-2:00pm</b> <i>Mind Body Studio</i>
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4/15-6/10 Free to Members | \$10 for Non-Members  
\*Excludes 4/1, 5/20, 5/27

## MARTIAL ARTS

### Championship Light Fencing

**Ages 12-up**

Train to compete in the newest international sport, light fencing, with the official ambassadors to France. This class prepares you for competitive light fencing, using the rules established by the French Fencing Federation. You will learn the international rules for competition, gain understanding of the required gear, train in skills needed for the sport and have an opportunity to bout with an opponent! Some gear will be provided.

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

<b>Saturdays</b>	<b>12:00-1:00pm</b> <i>Mind Body Studio</i>
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4/15-6/10 Free to Members | \$10 for Non-Members  
\*Excludes 4/1, 5/20, 5/27

### Kids Kung Fu

**Ages 8-12**

Focus on fitness, proper technique and movement principles through the first levels of traditional Tongbei Kung Fu in this class which is based on the fundamentals of the Ma Family Tongbei.

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

<b>Saturdays</b>	<b>11:00-11:30am</b> <i>Group Fitness Studio</i>
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4/15-6/10 Free to Members | \$10 for Non-Members  
\*Excludes 4/1, 5/20, 5/27

### Younglings Saber Academy

**Ages 7-12**

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 and 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**

<b>Saturdays</b>	<b>11:30am-12:00pm</b> <i>Group Fitness Studio</i>
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4/15-6/10 Free to Members | \$10 for Non-Members  
\*Excludes 4/1, 5/20, 5/27

## MARTIAL ARTS

### Taichi & Qigong

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

The slow, graceful movements of Taichi (Taijiquan) are well known for their health benefits and relaxation. This class is based around the fundamentals of Yang Family Tachi Chuan. Qigong is often called "Taoist Yoga" and consists of gentle movement and breathing designed to relax and strengthen the body in a low impact environment. All levels and styles welcome.

**Registration Required**

**24-Hour Cancellation Policy**

<b>Wednesdays</b>	<b>12:00-1:00pm</b> <i>Mind Body Studio</i>
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4/12-6/7 Free to Members | \$10 for Non-Members  
\*Excludes 5/24

