

MARTIAL ARTS

Sword Lab Workshop

Ages 12-up

This four hour workshop will teach historical techniques to use 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
2/24	\$12 for Members \$20 for non-members	

Saber Fencing Workshop **new class**

Train Like Rey Ages 12-up

This workshop will recreate some of the training methods seen in "The Last Jedi" film using LED lightsabers. Participants should wear loose comfortable clothing and good shoes. Protective gear and weapons will be provided, but you may bring your own.

Registration Required

24-Hour Cancellation Policy

Saturday	1:00-5:00pm	Mind Body Studio
1/27	\$12 for Members \$20 for non-members	

Saber Fencing Workshop **new class**

1st Annual Head Hunt Ages 12-up

A mini tournament using the game of "The Head Hunt" will take place during this four hour workshop. The rules are simple with handicaps provided to make it so all levels can enjoy some friendly competition. 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
3/10	\$12 for Members \$20 for non-members	

MARTIAL ART TRAINING

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 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 decades of 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.



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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.

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Tai Chi

Ages 12-up (no experience necessary)

The slow, graceful movements of Tai Chi (Taijiquan) are well known for their health benefits and relaxation. But these movements are actually a part of a very effective method of self defense. This class will go through the basics of Yang Family Tai Chi, the most popular of the styles, although methods from other styles will be presented. Classes will include; warm ups, drills, form and basic push hands exercises. All levels and styles welcome.

Registration Required
24-Hour Cancellation Policy

Tuesdays	12:00-1:00pm	Mind Body Studio
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1/9-3/20 Free to Members
\$10 for Non-Members



MARTIAL ARTS

Kung Fu Fundamentals **new class**

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	Mind Body Studio
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1/11-3/22 Free to Members
\$7 for Non-Members

Kung Fu Basic Exercises **new class**

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	Mind Body Studio
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1/11-3/22 Free to Members
\$7 for Non-Members

Adult Kung Fu

Ages 12-up

Kung Fu is based on five core principles: striking, sticking, moving, throwing and returning. These concepts are explored through various styles with a focus on the basics of traditional Chinese Kung Fu. The traditional forms and modern applications will be explored in detail. All levels welcome!

Registration Required
24-Hour Cancellation Policy

Thursdays	6:00-7:00pm	Mind Body Studio
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1/11-3/22 Free to Members
\$10 for Non-Members

MARTIAL ARTS

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. Please wear loose comfortable clothing and good shoes.

Registration Required
24-Hour Cancellation Policy

Saturday	12:15-1:15pm	Mind Body Studio
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1/6-3/24 Free to Members *Excludes 1/27, 2/24, 3/3, 3/10
\$10 for non-members

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	Mind Body Studio
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1/10-3/21 Free to Members
\$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	1:15-2:15pm	Mind Body Studio
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1/6-3/24 Free to Members *Excludes 1/27, 2/24, 3/3, 3/10
\$10 for Non-Members

