

NOVEMBER-DECEMBER 2022 SCHEDULE

Beginner Shaolin Martial Arts Beginner Classes, Ages 8-Adult

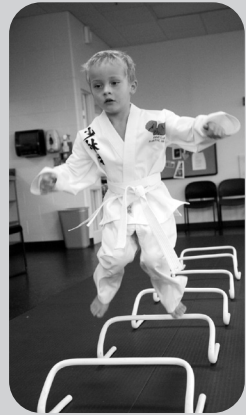
(8 week session: \$60 Y-member/\$90 Non-members. Monday & Thursday classes are 7 weeks, \$53/\$79. No classes Halloween & Thanksgiving)

CM Gatton Beaumont YMCA

- Mondays: 6-7:00 pm, Starts October 24 (Ben Allen)
- Saturday: 11a-12:00n, Starts January 2023 (Erik Ackerman)

Whitaker Family YMCA at Hamburg Place

- Thursdays: 6-7:00p, Starts January 2023 (Ben Allen)



Shaolin Kids (Ages 4-7)

Gatton-Beaumont YMCA

- Mondays 4:15-4:55, Starts October 24 (Advanced)
- Mondays 5:05-5:45, Starts October 24
- Tuesdays 5:05-5:45 pm, Starts October 25

Whitaker-Hamburg YMCA

- Thursdays 5:00-5:45 pm, Starts October 27

Specialty Classes (Open to non-martial arts students)

Tai Chi:

CM Gatton Beaumont YMCA (Master David Cubine)

- Beginner Pt Two: Thursdays 7-8:00 p.m. Starts October 27
- LEVEL II: Thursdays 6-7:00 p.m. Starts October 27
(7 week: \$53 Y-member/\$79 Non-members.)

Hsing Yie:

CM Gatton Beaumont YMCA (Master David Cubine)

- Hsing Yie LEVEL II: Mondays 6-7:00 p.m. Starts October 24
(7 week: \$53 Y-member/\$79 Non-members.)

New Beginner Shaolin, Shaolin Kids, Tai Chi Meditation, Self- Defense classes and more starting in January 2023. Check back at the YMCA's website at ymcackey.org for the full schedule.

Class Fees:

Regular martial arts classes meet for 1 hour per week in continuous, progressive 8 week sessions (unless noted) \$60 members/\$90 non-members. Additional family members receive a 25% discount from the normal fee.

Shaolin Kids classes meet once a week for 45 minutes. 8 week sessions are \$60/\$90. Additional family members receive a 25% discount from the normal fee.



Specialty classes like Tai Chi, Chi Kung, and Hsing Yie meet once a week for 1 hour and run 8 weeks unless noted. The 8 week sessions are \$60/\$90.



CM Gatton Beaumont YMCA

3251 Beaumont Centre Cr., 859-219-9622

Whitaker Family YMCA at Hamburg Place

2681 Old Rosebud Road, 859-543-9622



Named Family Favorite magazine's Best Martial Arts Program in Lexington for 2019

For additional information visit:
<https://ymcackey.org/programs/sports-and-recreation/martial-arts>



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Shaolin Martial Arts

www.centralshaolin.com

郑白光中原少林武



Hiang Thé Central Shaolin Martial Arts Club

FOCUS • FRIENDS • SKILLS

PROGRAM INFORMATION

Well-balanced fitness program for women, men, and children. Get into shape while learning self-defense, increasing flexibility, balance, and strength, as well as gaining confidence and discipline.

What is Central Shaolin Martial Arts?

Shaolin Martial Arts is the ultimate art of self-defense and self-improvement. Central (Chung Yen) Shaolin not only provides the skills and confidence needed in a dangerous situation, but it also helps build the skills and confidence needed in everyday life.

The **Hiang Thé Central Shaolin Martial Arts Club** through the YMCA offers martial arts classes that emphasize a balanced and complete approach to this ancient art. While much of the training you receive will enable you to defend yourself, the real benefits come from the abilities gained while developing concentration, discipline, agility, and strength. Men, women, and children, regardless of age, size, or current physical condition, can make great strides towards these goals with the proper guidance.

Classes Offered

Our beginning "white belt" classes start you out with some stretching and light conditioning exercises to increase your flexibility and stamina, and introduce basic self-defense techniques. As you advance, you work with "katas" or forms, that are much like a dancer's routine, except they have martial arts applications. Training with weapons, non-contact sparring, and more advanced physical conditioning and katas are later introduced through each rank level.

Much can be gained at each level of training, but for many the ultimate goal is the Black Belt. Our

program is set up with a progressive, graduated rank level system, so a student can gain skills in each session, and continue to advance in successive sessions from beginner, to intermediate, and to advanced levels. For the serious student, there is no martial arts system that offers the depth of material as Chung Yen Shaolin.



Tai Chi practice improves overall wellness and mental health

Specialty Classes

Specialty classes in Tai Chi, Chi Kung, Self-Defense, and Hsing Yie are also offered outside of the regular Shaolin martial arts classes.

- **Tai Chi** is an ancient art that combines slow movements with special breathing techniques to manage stress, and increase strength, balance and flexibility. Using the Lee Family Tai Chi form, this practice results in a mental and physical revitalization—a calming and an increased awareness—and improvement in spirit, mind, and body, including the core postural muscles. Tai Chi has been endorsed by the Arthritis Foundation as a way to relieve pain and achieve greater mobility. Level I and II offered.

- **Chi Kung** (Qigong) is a meditative exercise system developed in China that focuses on cultivating one's "lifeforce" energies for health and well-being. Chi Kung comes from the Chinese words "Chi" meaning "Energy," and "Kung," meaning "work" or "practice." Chi Kung practice develops the mind, body and internal "Chi" through special techniques to regulate the breath, special postures to regulate the body, and quiet concentration to regulate the mind and one's awareness. Da Mo's 18 position form is introduced in this class. Level I and II offered.

ALSO:

- Iron Fan
- Pa Kua
- Sparring
- Tai Chi Sword
- Hsing Yie



Instructors:

Grandmaster Hiang Kwang Thè, 10th Degree Black Belt

Grandmaster Hiang Thè is a 10th-degree Black Belt in the Central Shaolin Martial Arts system. Master Thé has been teaching Shaolin, as well as Tai Chi, Chi Kung, and other internal arts, since 1968.

Born in Bandung, Indonesia, Master Thè has been studying martial arts since the age of 8 under several second generation Shaolin Temple teachers, including his grandfather, Grandmaster le Chang Ming. A master of the "Bird" fighting system, Master Thè's holds a degree in Civil Engineering from the University of Kentucky.



Master David Cubine, 8th Degree Black Belt

Master David Cubine is an 8th-degree Black Belt with over 44 years of experience in the practice and teaching of Shaolin martial arts under the direct supervision of Master Thè. Master Cubine has learned over 120 advanced empty hand and weapons forms in several traditional Shaolin styles, as well as advanced studies in Tai Chi, Chi Kung, and Pa Kua. A UK graduate, he has lived in the central Kentucky area since 1971.

Ben Allen, 5th Degree Black Belt

Ben, a 5th degree Black Belt, teaches at the Whitaker Family at Hamburg & Gatton Beaumont YMCAs.

Erik Ackerman, 5th Degree Black Belt

Erik, a 5th degree Black Belt, teaches at the Gatton Beaumont YMCA.

Stacey Stone, 4th Degree Black Belt

Stacy, a 4th degree Black Belt, teaches at the Whitaker and Gatton Beaumont YMCAs.