

Winter 2018 SCHEDULE

Beginner Shaolin Martial Arts Beginner Classes, Ages 8-Adult

(8 week session, unless noted: \$50 Y-member/\$77 Non-members)

CM Gatton Beaumont YMCA

- Thursday: 6-7:00 pm, Starts January 11, 2018 (Master Thè)
- Saturday: 12n-1:00 pm, Starts January 13 (Master Cubine)

Whitaker Family YMCA at Hamburg Place

- Saturday: 12:30n-1:30 pm, Starts January 13 (Ben Allen)



Shaolin Kids

Beginner (Ages 4-7)

Gatton-Beaumont YMCA

Mondays 4:15-4:55 pm,
Starts January 8

Thursdays 4:15-5:00 pm,
Starts January 11

Whitaker-Hamburg YMCA

Tuesdays 4:15-5:00 pm,,
Starts January 9, Level II

Thursdays 4:15-5:00 pm,,
Starts January 11

Specialty Classes

(Open to non-martial arts students)

Tai Chi:

CM Gatton Beaumont YMCA

- Mondays 7-8:00 p.m. Starts January 8

Whitaker Family YMCA at Hamburg Place

- Thursdays 7-8:00 p.m. Starts January 11

High Street YMCA

- LEVEL II: Wednesdays 7-8:00 p.m. Starts January 10

12 week session: \$77 Y-member/\$116 Non-members)



Class Fees:

Regular martial arts classes meet for 1 hour per week in continuous, progressive 8 week sessions. 8 week sessions are \$50/\$77. Additional family members receive a 25% discount from their normal fee. Blue Belt and above students may attend multiple classes at their level or below for 50% of their regular fee per additional class. (Family discount does not apply on additional classes)

Specialty classes like Tai Chi, Chi Kung, and Self-defense meet once a week for 1 hour and run 12 or 8 weeks unless noted. The 12 week fee is \$75 for Y-members and \$116 for non-members. 8 week sessions are \$50/\$77. Additional family members receive a 25% discount from their normal fee. Students repeating beginner Tai Chi, Chi Kung, or Hsing Yie receive a 50% discount (no family discount applies). Other Specialty Classes are priced individually.



CM Gatton Beaumont YMCA

3251 Beaumont Centre Cr., 219-9622

Whitaker Family YMCA at Hamburg Place

2681 Old Rosebud Road, 543-9622

High Street YMCA,

239 E. High St., 254-9622

North Lexington Family YMCA,

381 West Loudon, 258-9622



Named favorite
Martial Arts Program
in Lexington

For additional information visit:
ymcackey.org/martialarts



FOR YOUTH DEVELOPMENT
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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. 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, Sparring, and Conditioning 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 an 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:

- **Self-defense**
- **Pa Kua**
- **Hsing Yie**
- **Sparring**
- **Tai Chi Sword**
- **Conditioning**



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 39 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.

Master Doug Byrum, 7th Degree Black Belt

Doug Byrum is a 7th-degree Black Belt who has been studying under Master Thè for over 25 years. Doug, a retired science teacher at Beaumont Middle School, teaches at the High Street branch.

Ben Allen, 5th Degree Black Belt

Ben Allen, 5th degree Black Belt, teaches at the Whitaker Family at Hamburg YMCA.

Stacey Stone, 3rd Degree Black Belt

Stacy Stone, 3rd degree Black Belt, teaches at the Whitaker Family at Hamburg YMCA.