

This brochure contains general information about all classes at Ethereal Arts. For information on a specific style please see the brochure dedicated to that art.

In mythology, the Griffin is the unrivaled symbol of power. With the talons and wings of an eagle and the powerful hind legs of a lion, the Griffin combined speed and grace, wisdom and ferocity. A Griffin backed down to no one, and has become the inspiration for a unique martial art called Griffin Ryu Kenpo Karate.

The Ethereal Arts Self Defense studio was opened in 1996 by the creator of Griffin Kenpo Karate, Master Eric Frost. His martial system stresses the complete mastery over the art, as well as maintaining the five rules for both training and life: Effort, Etiquette, Sincerity, Character and Self-Control.

Kenpo, in any form, is **not** to be used unless one's life is in danger. The instructors here at Ethereal Arts are adamant that the art must be used responsibly, that it must never be used to provoke a fight or to be used against a family member or friends. Students are taught that they must use their training only in dire situations when they must fight to protect themselves. Kenpo is not an excuse for violence—**ever**.

Though it sounds serious, Kenpo Karate is actually a great way to improve your life. Not only will you learn skills that could protect you one day, you can use the training to help you burn off stress from work or school. Aerobic workouts are a daily part of training, which, in addition to relieving stress, will aid as a weight loss regiment, and help manage a variety of health ailments. It also gives you a chance to develop trusting friendships with the people you train with, so that you can always find support during the worst of days.

Kids are always welcomed in the dojo. We find that children who practice Kenpo develop higher self-esteem through their training, and a greater sense of respect and responsibility to the people around them. Kenpo makes a good hobby for energetic, sporty kids, extroverts, and even those who feel shy and want to find a way to become more confident in themselves. In addition, educational studies have shown that children who participate in martial arts earn better grades during the school year.

Kenpo Karate is a fluid blend of the hard linear motions of Karate and the soft circular motions of Kung Fu, combined to form the most effective martial art today. The philosophy of Kenpo strives to never take a life, even in combat.

Kenpo students learn to defend themselves using all the methods of defense: striking, felling, and grappling. Striking in Kenpo uses the hands and feet at the same time. Felling is a combination of sweeps and throws to unbalance an attacker, while grappling is the ability to control a person by locking the joints of the body. Controlling rather than striking causes far less injury.

Tai Chi Chuan is a balance of the Yin and Yang movements of Kung Fu. Within the fluid motions of the form is one of the healthiest exercises in the world, one that is practiced by people who are well into their eighties. Recovery from back problems and helping to counter stiffness of joints, the improvement of concentration and breathing are just some of the reasons Tai Chi has become so revered throughout the world. Tai Chi is a non-impact style and can be easily customized to each person's range of motion. Tai Chi does not require strength, and, unlike other martial arts, does not result in falling and shouting.

Muay Thai Kickboxing is a martial art from Thailand, employing the use of hard kicking and strikes against a target. Called "The Art of the Eight Limbs," Muay Thai combines the use of legs, arms, fists, shins, knees, elbows, and feet into a realistic and vigorous workout style of training.

Chin Na is the technique of subduing an attacker through the use of joint locks, rendering the assailant harmless and compliant, while never seriously harming them. Chin Na is an effective system of defense as the ability to lock up an attacker limbs requires hardly any strength at all, only the knowledge of how to properly apply the bends and torques. Chin Na can be applied to a person's fingers, wrist, elbows, shoulders and even their legs.

Submission Grappling is the art of applying locks and submission holds on an attacker when fighting on the ground. It is a subset of Chin Na, but the grappling takes place on the ground instead of standing. The opponent is pinned and then trapped in the defender's grip, while the defender employs their own hands, arms and legs to lock the antagonist into such a strong hold that the attacker is forced to surrender rather than risking injury.

Women's Self Defense is a class designed to teach self defense skills to women and girls who may not have the time or may not feel comfortable in a traditional martial art class. Students in these classes are taught how to effectively protect themselves against physical assault by employing the use of such skills as striking properly, using household objects as effective weapons, defending against weapons such as knives and guns, and so on, **none of which requires great strength or agility**. Tragically, given the kind of society we live in, it is becoming a necessity for women to seriously consider their safety and contemplate taking a self defense course in order to protect their lives.

Lissajous Weapons System is the applied understanding of specific lanes of travel for a weapon to travel around a person's body. Once the plus and minus of each lane is understood they can be applied to any weapon. Long or short, sharp or dull, the methods used are universal. Ethereal Arts is the only school outside of Florida to teach this amazing art.

The Ethereal Arts Self Defense Studio offers a variety of programs teaching adults and children in their own specialized groups. Ethereal Arts also specializes in classes designed by age and rank groupings in order to devote more time to the varied students. Private lessons are also offered throughout the week (including Sundays).

Children ages three through five now have their own class called **Little Griffins**, where they are taught a very basic introduction to the art and learn respect and responsibility through games and fun! Special martial arts birthday parties for kids are also available.

Kenpo is designed so that both men and women are able to participate. We do not expect anyone to come here equipped with massive strength or amazing agility. Everyone who enters the dojo is respected, and encouraged to learn.

Begin anytime with a group or with private lessons. No experience is necessary. Walk-ins are always welcome even during class times.

Call for free trial classes.

978 - 897 – 8585

www.etherealarts-sd.com

etherealartselfdefense@gmail.com

Programs

- **Kenpo Karate**
- **Tai - Chi Chuan**
- **Chin - Na (Grappling)**
- **Lissajous Weapons System**
- **Submission Grappling**
- **Muay Thai Kickboxing**
- **Pressure Points**
- **Private Lessons**
- **Seminars**
- **Sparring**
- **Live Action Weapons (L.A.R.P.)**
- **Birthday Parties**

ETHEREAL ARTS

Supports



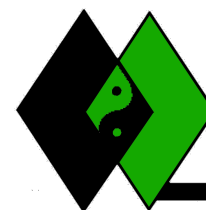
Global Fitness Center
978-897-9575



Excelsior
Comics and Games
508-808-9124



Custom Embroidery Services
No minimum size order
No digitizing fees
978-897-0200



ETHEREAL
ARTS

SELF DEFENSE

**All Styles
And Classes**

Kenpo Karate / Tai - Chi /
Lissajous Weapons System /
Submission Grappling / Muay
Thai Kickboxing / Chin-Na /
NEW Live Action weapons

**We Have Been Teaching Martial
Arts For Over 30 Years**

**In 2015 Grandmaster Frost
Was Inducted Into The
Martial Arts Hall Of Fame**

**Griffin Ryu Kenpo Karate
Was Inducted Into The™
Kenpo Arts Family Tree 2015**

**118 Great Rd.
Stow MA. 01775
(978) 897 - 8585**

www.etherealarts-sd.com