

This brochure contains specific information about Chin-Na classes at Ethereal Arts. For information on our other styles please see the brochure dedicated to that art.

The Ethereal Arts Self Defense studio was opened in 1996 by the creator of the Griffin System of **Chin Na**, Grand Master Eric Frost. His martial philosophy focuses on a deep understanding of the art, as well as maintaining the five rules for both training and life: Effort, Etiquette, Sincerity, Character and Self-Control.

Chin Na, like any other martial art should **not** 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 should not 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 the option to fight or protect themselves is made unavoidable. Knowing **Chin Na** is not an excuse for violence—**ever**.

What is Chin Na? **Chin Na** is one of the earliest forms of martial arts in the world. **Chin Na** is an art that is applied against an opponent's joints in order to stun, disarm and control an assailant. It is extremely effective against opponents of all sizes and strengths and is therefore easily employed by many people who may not be as big or strong as their adversary.

How is Chin Na used? In order for an attacker to do harm, they must make contact with either a push or a strike. **Chin Na** is used against the approaching arm or leg by first redirecting the attack and then twisting, bending or locking an opponent's limb or various points of the body simultaneously in a way that will render the opponent trapped and unable to continue attacking. When used correctly, a **Chin Na** lock can be simply used as a restraint, allowing a defender to hold an attacker for a time without needing to exert excessive strength.

Who can use Chin Na? Anyone can use **Chin Na**. Its unique and effective design makes it easily usable for women and men as well as children. The key to its application lays in proper manipulation of joints without using excessive strength. Once properly applied, a **Chin Na** hold is nearly inescapable.

Is there an age restriction to learning Chin Na? There are no age restrictions to *learning Chin Na*, however **Chin Na** does require self control and patience to be effective. It is therefore recommended that children should start learning the art at age six and above.

Are there classes that specifically teach Chin Na? Yes, currently we have a Monday night class from 9PM to 9:30 PM and also on Saturdays from 1:30 PM to 2:00 PM. Additional classes can be added when needed.

Why should my I/child enroll in a Chin Na class? Studies have shown that the martial arts are a great way for children and adults to exercise. Researchers have found that children who participate in a martial art do much better with their schoolwork, are actually less likely to come into conflict with bullies, and in cases where a fight can't be avoided, their training helps them protect themselves without being labeled as a bully in turn. **Chin Na** is also an excellent alternative to an art that only emphasizes striking, especially in a time when law suits are so prevalent.

How young are the children you teach? Our class ages and curriculum are as follows:

- Little Griffins ages 3 to 5 - Kenpo Karate Only
- Kids' Class ages 6 to 12 - Chin Na, Kenpo Karate, Submission Grappling, Foam Weapons Class, Lissajous Weapons
- The Adult Class ages 13 on up - Chin Na, Kenpo Karate, Muay Thai Kickboxing, Tai Chi, Submission Grappling, Foam Weapons Class, Lissajous Weapons

Can I watch?/Can I participate? Parents are welcomed to sit and watch as their children learn. Private lessons can be arranged for parents and children who wish to learn together. People who are interested in taking a class but wish to view a session before signing up are also welcomed to come and watch. Each and every student can attend two free classes to get to know the school and the Sensei (Japanese term for teacher).

Can girls learn Chin Na as well? Absolutely!! We have been striving to introduce **Chin Na** and other martial arts to girls of all ages in the effort to teach them self confidence and skills needed in order to protect themselves in the modern world. Girls do just as well as boys in the martial arts.

Chin Na 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.

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).

Can I begin taking classes right away? Yes, begin with two free trial classes and if you decide to continue then simply attend classes as before. There is no need to wait till the beginning of the month or for a "session" to begin or end. New students are integrated into the class whenever they come in.

For information on our other classes, please look in our lobby for the full line of our style specific brochures or contact the school at the number below.

All of our class times and prices can be found on our class schedule. Please stop by the school and ask for one or visit us on the web to view a copy online at www.etherealarts-sd.com. We offer family discounts and free trial classes as well.

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**

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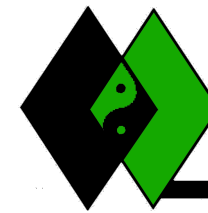
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Chin-Na

Grappling Art of Self Defense

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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**

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www.etherealarts-sd.com