

About:

Jungshin Fitness® is dynamic movement experience, [an authentic meeting of body and mind](#) where martial arts meets modern fitness for cutting-edge health. It uses swords to engage directional momentum training, power, and agility. Each move is carefully crafted to engage play, maximum health, and the 8 by 8 by 8 system of energizing stances, strikes, and warrior attributes.

Jungshin® Slice

Please join us for THE SWORD FITNESS group workout at [Mr. Olymia](#)!! Each participant will use a long and short [Jungshin Fitness Sword](#) and get to be a super warrior for a day. Win your very own warrior pack and teacher training course by entering our on-site raffle!

**What is Jungshin Slice?**

Using carefully crafted, aerodynamic wooden swords [Jungshin Slice](#) will take your body and mind through a stimulating cutting-edge workout using both long and short swords. During this session you will enter into the depths of the benefits of eastern martial art-based exercises, learn how to effectively integrate these ancient moves into the modern-day fitness curricula, and why this is so valuable for over-all health and wellness. Included in these sessions are the Jungshin Combat flows- all time favorites for team-building activities, bootcamp style classes, and one-on-one sessions.

No need to sign up ahead of time but if you know you would like your very own warrior pack, please click here, [WARRIOR PACKS](#) or send us an email, [info@Jungshinfitness.com](mailto:info@Jungshinfitness.com). Feel free to join our [warrior community now!](#)

You matter. We care!