

Welcome to Jungshin Fitness!

We hope some of these answers to frequently asked questions will help you make your decision about certification and training. If you have a question that is not answered below, please give us a call! 888|437|9314.

Will I receive a certificate on the day of the training?

No. You will receive your formal certificate after you submit your Teacher's Completion Video and your written test. Written tests are available both on-line and in the manual. Most students choose to take the test together at the end of the course, on the same day.

Will I be able to teach right away?

Directly after the training, in order to practice, you will be able to teach small groups and private clients. Once you receive your certificate you will be able to teach group exercise classes and in your martial arts studio.

Why do I need Jungshin Fitness Swords?

Our swords are custom to represent our brand. We know the manufacturer and the source of the wood. Anything that happens with our products is protected and covered by our LLC insurance. (To date, in the 10 years since our soft launch, this has not been necessary). If a sword does break, we will replace it at no charge. Even if you have your own wooden swords, we cannot support them in Jungshin Fitness. However, we can weave a bulk order of our long and short swords, youth, and other products into your teacher packet at a discount. We recommend you purchase bulk orders you can sell to your students or clients through your own retail system.

Will I be able to apply for Continuing Education Credits?

Yes. There is a simple form to fill out on the instructor portal. Each trainer submits the course outline, hours, and their master trainer bio to their chosen CEC agency.

Does Jungshin Fitness also have a martial arts track?

Yes. Please email us for info: info@jungshinfitness.com

Is the training difficult?

We have different levels of classes, but in general, yes. The training is fun, informative, and tough, as you will put your body, mind and spirit through a deep practice.

Can I teach on-line and in person?

Yes. When Covid hit we opened up our classes and courses on-line. Included in the cost of the teacher training is the benefit of being able to teach and advertise within your state both on-line and in person. If you wish to open up on-line classes outside your state, there is an added cost which protects your exclusivity and territories

similar to how it works with in-person studios and classes. Give us a call if you have questions : 888|437|9314

Can I start practicing and learning before the training?

When you sign up you will receive your online manual, which is full of good information. You can also join the [instructor portal](#) to meet other instructors and get a head start on hundreds of workout videos. The [public membership](#) is another great way to get started.

What will I receive?

With the training you will receive a teacher's manual, a long sword, access to the instructor portal, discounts on all products, and options to become a master trainer for Jungshin Fitness.

What can I expect from a one-day training? ([click me](#))

A one day training includes an informative lesson on the history of martial arts and movement, a long sword, short sword, and empty hand workout, mini-teachouts, and fully diving into the physiology, stances and strikes that comprise Jungshin Fitness.

Are you guys well known?

We have been reviewed in countless magazines and trade journals, and we are a regular at Century Martial Arts and other related fitness networks. And we are just getting started! We are a new and growing movement system that supports full body health with each strike and stance. Some people call us yoga with a stick; some call us, CrossFit with a pole. To us, we are Jungshin Fitness - functional, practical, directional, and loads of fun.

We are founded by a 4-time world grand champion in martial arts. Our lineage is long and deep. Our growth as a company is slow and steady because we believe in integrity and correct alignment. We became a legal entity (LLC) in 2006. We did our soft-launch in 2012 and our hard launch in 2018. With your help we will bring sword fitness to the whole Earth. Maybe even Venus.

Thank you for being a part of Jungshin Fitness!