

BLACK BELT.



MARTIAL ARTS SWORD BASED FITNESS

A CUTTING EDGE
EXPERIENCE

A new way to launch martial art
Fitness classes in your studio,
dojo, and with private clients!

The Coronavirus pandemic is a natural disaster on a global scale--but it is taking a personal toll on each of us. During this stressful time it is critically important that we find ways to keep our bodies moving. Jungshin Fitness will improve your mental, emotional and physical health so you can be at your best, no matter what is happening in the world around you.

Keep on Moving

JUNGSHIN FITNESS ([Jungshin Fitness - Sword Focused Group Fitness](#)) was quick to adapt to the new social distancing requirements by offering a rich variety of online classes through our website. [Live Workouts](#) and [MEMBERSHIP VIP](#) program!

Jungshin offers a high-intensity, full body workout using a wooden practice sword as a lever for balance and power. This dynamic, martial arts-based practice will help you increase mental focus even as you kick, jump, stretch, and target your core. The Jungshin moving meditation practice works the body from the inside out, leaving you refreshed and strong.

Testimonial:

*During the Covid pandemic of 2020, the fitness industry had to rethink how to deliver training to all fitness enthusiasts. Along came Zoom, FB, and IG: Jungshin instruction from Master Annika on Zoom. What a great avenue to contact with other like minded souls. The pandemic gave me a new platform to train with world class instructors. SLICE it Up!
#Jungshinfitness --Jill E., California*

JUNGSHIN FITNESS:

- Targets and tones the entire body
- Strengthens tendons and joints
- Builds confidence
- Relieves stress
- Increases mental focus
- Promotes weight loss
- Improves posture

INSTRUCTOR TRAINING

Jungshin Fitness is an easy way to keep your gym or studio active. Join our lively [community of instructors](#), or take the training to deepen your personal practice. You will benefit from increased sales, clients, and new revenue generating products, plus you will have access to our instructor portal for ongoing training and support. For a reference talk to master Colleen Lemay of [New Generation Martial Arts](#) to see how she did it!

Our next instructor training is October 24th. REGISTER NOW!
([Instructor Training - New Generation Martial Arts Boston - IN PERSON And LIVE ONLINE](#)) to study with world grand champion and Jungshin creator ANNIKA KAHN ([About Annika Kahn](#))



Jungshin instructors receive not only swords, but access to a whole way of life that allows you to reach your clients in deep and meaningful ways. ([Become An Instructor](#))

REGISTER for our live and online Jungshin Sword Fitness Instructor Training.

October 24th -- EARLY BIRD SPECIAL PRICING through 9/24 .
[Instructor Training - New Generation Martial Arts Boston - IN PERSON And LIVE ONLINE](#)

Jungshin Fitness is committed to a sustainable future for our planet. We will automatically donate 20% of your Jungshin purchase to one of the four charities listed on our website - you choose! It is no extra cost to you, but a lot of good for the planet.

