**Shaolin Institute**

Welcome to Shaolin Institute. The institute is the largest (30,000 Sqft combined space) private institute of its kind outside China, teaching total martial arts of traditional Shaolin and modern MMA, Oriental Culture, Arts and Natural Healing.

The institute does not only teach the ancient arts of Shaolin Chan & Kung Fu, Tai Chi (Taiji), Wushu, but Chinese ancient system of health-wellness in Chan Nutrition, Natural Healing, Medical Qi Gong, Tai Gong Mind-Body Healing. (click for more)

The institute has designed many new programs: Fitness Kickboxing, Competitive Sports of Combat Sanshou/Sanda, QinNa (Chinese Grappling), Shuaijiao (Chinese Wrestling), Dim Mak (*diǎnxuè*), Fighting Arts of Kung Fu Legendry, Oriental Arts and Cultural Studies.

The institute programs are designed not only for health-wellness, personal safety and personal growth but for high level of academic studies.

For children, character and leadership training is our focus. Our entire academy awarded children programs aimed at providing children’s focus, discipline, respect and sufficient attention span to guide them not only to higher level of academic achievements but future life success.

These programs will guide them to eventually become our future courageous community leaders with character and integrity.

Shaolin Institute is a school with both cultural and academic studies as well as total mind-body training. It has over 30,000 combined Sqft training and studying facilities.

This is the only institute of its kind in the United States with full time residence students. The institute is underway to developing into the future Life Intelligence University International (LIU).

Our live-in students come from as far as Europe, Africa, South America and Asia. Although the institute teaches and serves students from all over the world, the majority of the student body lives right here in the southeast region of the US; calling home to places such as Louisiana, Florida, Alabama, Mississippi and Georgia.

The LIU International Shaolin Institute is committed and prepared to demonstrate the values and principles of the Shaolin for families and individuals alike regardless of age, race, gender or cultural background. All teachings and daily gatherings are directly supervised by a 31st generation descendant of the Shaolin Temple, Grand Master **Shi DeRu**, one of the only two indoor disciples of the Shaolin Temple's Great Grand Master, spiritual Chan leader Upper Su & Lower Xi (**Shi SuXi**).

The institute is derived directly from the ancient Shaolin Temple in China and continues its commitment to teaching original Shaolin wisdom that has been passed down generationally for more than 1,500 years. Through the wisdom of Chan, Confucius, Taoist combined with the discipline of traditional Kung Fu.

The institute has an age-appropriate curriculum in the forms of: Shaolin Culture and philosophy: Chinese Language and external arts of Shaolin Kung-Fu (Gong Fu), along with internal arts of Tai Chi (Taiji Quan), Qigong, Tai Gong (for Natural Healing), Chan (Zen) Meditation and Chan Nutrition.

The institute offers original Shaolin Kung Fu as well as exclusively designed new external programs such as: Extreme Fitness Kickboxing, Combat fighting of San Shou/San Da, Chin Na (grappling) and Shuai Jiao (wrestling), where Judo and Jujitsu were derived from.

Grand Master Shi Deru, has passed down not only the knowledge of Shaolin Wisdom and the physical martial skills, but the benefits of ancient Shaolin Chan way of living which will be passed on to each and every student through his knowledgeable instructors.

Many world renowned champions (MMA, MA, Kung Fu Sanshou/Sanda)have trained at the institute including **Cung Le**, **Patrick Barry**, Sanda King of China and world Sanda champion **Li Jie**, world heavy weight Sanda champion **Wael Karika Muhammed**, and many others.

Ruddi Ott, Max Chen, Albert Pope, Melvin Guillard, Juan Zarate, Dustin Carbajal, Robert Pritchett, Mike Altman, K.J. Noon, Kevin Nguyen and David Sanders are just a few other names on the long list of champions who have either trained or started their training under Shaolin Grand Master **Shi DeRu (Master Shawn Liu.)**.

The Grand Master has been featured on Chinese Central TV & other Chinese international networks with more than 10 episodes of documentaries, dozens of articles in many international magazines both in Chinese and English languages as well as two Western Martial Arts magazine covers. The instructors at each campus are committed to life-long learning at the direction of the Grand Master **Shi Deru**.

The institute educates and cultivates each student in the most fundamental values of the Shaolin. These values are taught artistically to drive the students' athletic and artistic talents outward as well as mind-body integrated human ability of power to accompany the most basic personal developmental needs: personal safety, character, leadership, self-discipline, self-control and indomitable spirit.

The institute's mission is "to enlighten and empower everyone we encounter"; this helps each of our students to find his/her self-nature and the greatness within. Just as our slogan reads **"A healthy body & a healthy mind"**.

The LIU International Shaolin Institute teaches a way of life; one that embraces all educational programs of traditional Shaolin. These traditions developed without limitations, traced back to more than 5000 years ago in China.

The Institute offers cultural exchange programs: Chan life style, cultural ambassador and Chinese language.

The Shaolin Institute inherited over 70 styles of internal and external Martial Arts as well as mind and body healing programs from the Shaolin Temple much beyond today's Mixed Martial Arts.

The Institute has provided scholarships and financial assistance to thousands of people with hundreds of thousands of dollars for more than 20 years. Following hurricane Katrina, thousands of dollars were donated to those directly affected by the storm’s devastating effects.

Grand Master Shi Deru continues to offer scholarships to families or individuals in need. The institute is committed to helping those who are interested in health and wellness, personal safety and personal growth.

**The following are a few of the institute basic programs:**

1. **Youth Tai Gong –** Tai Gong for children with ADHD aimed to channel their energy for not only positive academic endeavors but creativity for future success in life.
2. **Physical fitness kickboxing & conditioning** - weight loss, extreme fitness, natural nutrition consultation to get one in great shape.
3. **Personal safety & combat** - self-defense maneuvers, combative self-protection, defense from weapons, Shaolin Gongfu weapons fighting, traditional Shaolin Gongfu defense & offense applications, to which provides great confidence in one's ability to defend themselves at the time of need.
4. **Internal mind-body** - Chan enlightenment, Tai Gong, Qigong, Tai Chi, nutrition, mind-body natural healing medicine-provide mental, emotional and spiritual well-being, and free oneself from life burdens and strengthen one’s immune systems.
5. **Chinese culture and arts education** - calligraphy, Chinese language and performing arts; lion dance and dragon dance, Shaolin Legacy with Confucius, Taoist, Chan education and Cultural Ambassador Programs; this will certainly give one a better understanding of the global multi-cultural values.

If you're interested in living a better life style and what you've read has sparked the age old question "Is this for me?" Then don't ask any more just call and make an appointment today, **770-286-9808 or 251-662-3225** and remember; "Whatever you do, you will find you a place in one of our programs!"