

Good for your
Mind, Body and
Spirit.



Why Train?

Cuong Nhu Oriental Martial Arts is a diverse group of men, women and children with wide ranging abilities, backgrounds and occupations. We believe consistent practices in our style improves strength, fitness, balance, stamina, flexibility, coordination, spirit and awareness. We also train to be responsible citizens of our local communities and the world at large through the study of a philosophy which features such notions as The Three O's (Open Mind, Open Heart, Open Arms) and The 5 A's (Awareness, Alertness, Avoidance, Anticipation, Action).

We regularly challenge ourselves to become the best possible people we can be. And while we love to train hard, we always work at a level and pace that is comfortable and appropriate. Please check our website for more information and the latest class schedule www.concordemartialarts.com or read our blog: www.concordekarate.wordpress.com



**“Start the revolution
within yourself!”**

- O'Sensei Ngo Dong, Founder of Cuong Nhu

You're invited.

Feel free to come by and have a look. Heidi Goldstein-Sidley has been training and teaching in both Cuong Nhu and Judo for almost 20 years. Check out our dojo or get right to it and join a beginner's class.

- Train your mind, body and spirit
- Self-defense
- Fitness
- For the whole family

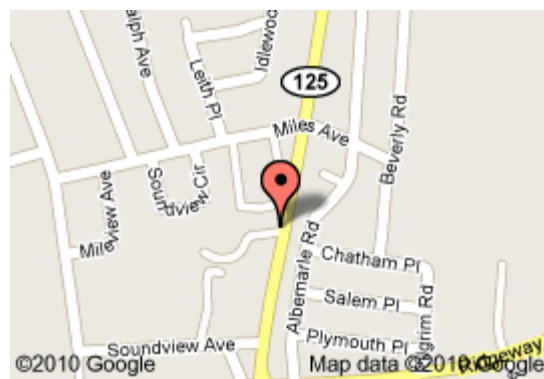
WWW.CONCORDEMARTIALARTS.COM

Offices: 11 Patricia Lane, White Plains, NY 10605

Training Locations (Dojos):

Temple Israel: 280 Old Mamaroneck Rd., W.P., NY 10605

SUNY Purchase: 735 Anderson Hill Rd, Purchase, NY 10577



**Concorde
Martial Arts Center**

*Open Mind, Open
Heart, Open Arms*

**Concord Martial
Arts Center**

**Heidi Goldstein-Sidley
Head Instructor/owner
Tel. 914-391-7602
Fax. 914-251-1751**

www.concordemartialarts.com
www.concordekarate.wordpress.com (blog)
Heidi@concordemartialarts.com

7th Code of Ethics:

The goal of Cuong Nhu students is to maintain a pure, simple, sincere and noble life.



Class Times and Costs

Adult Class Times

Monday/Wednesday:	7:00pm—8:00pm
Saturday:	11:00am—12:00pm

Kids Class Times

Tuesday (White Plains):	5:00pm—6:00pm
Saturday (Purchase):	10:00am—11:00am

Monthly: \$100 per month (unlimited classes)

Per Class: \$15 per class. **Family discounts available**

Feel free to try out a class before you sign up. There are no contracts and no test fees. Our dues are much lower than most martial arts schools because our instructors volunteer their time and talent.

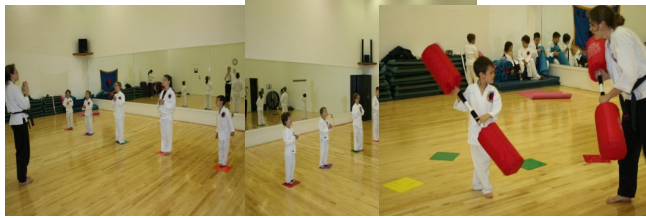
\$99 Special Introductory Offer (includes 2 mos. + uniform)

Name: _____

Email: _____

Tel#: _____

Monthly or per class (circle one)



Cuong Nhu

Cuong Nhu (pronounced: Kung New) is a Vietnamese martial art. Cuong Nhu means “Hard & Soft.” Our style teaches a rich set of techniques through self-defense drills, kata (pre-arranged movements), sparring, mat work, and weapons training. Further, we work hard to integrate a spiritual philosophy and a code of ethics into our training.

1st Code of Ethics:

Cuong Nhu students should strive to improve themselves and their abilities in the martial arts in order to serve the people.

Concorde Cuong Nhu Dojo

Dojo means “school.” Concorde Cuong Nhu is the sister school to Concorde Soccer Club and is run by Heidi Goldstein-Sidley, mother of two and a black belt in both Cuong Nhu and Judo. Heidi has also competed in international Judo competitions. Concorde Cuong Nhu offers martial arts instruction, fitness and self-defense classes, private and group lessons, women’s self defense, birthday parties and summer classes.



Children’s Program

Cuong Nhu Oriental Martial Arts teaches children fitness and conflict avoidance through martial arts exercises and games that help them improve coordination and endurance. Parents love that their kids show greater discipline and respect for others, even outside the Cuong Nhu class. Kids just love that it’s fun!

Generally kids should wait until the age of five to begin training, though if younger children are able to focus through class and apply themselves, then they are welcome to come in and try it out. Kids classes are ongoing and kids may start any time.