

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](http://www.concordemartialarts.com) or read our blog: [www.concordekarate.wordpress.com](http://www.concordekarate.wordpress.com)



**"Start the revolution  
within yourself!"**

- O'Sensei Ngo Dong, Founder of Cuong Nhu

## The Original Mixed Martial Arts.

Heidi Goldstein-Sidley has been training and teaching in both Cuong Nhu and Judo for almost 20 years. Heidi also trained in Judo under the US Olympic champion Leo White and has competed internationally in Judo. Cuong Nhu is an eclectic blend of 7 styles and was founded in 1965 by Grandmaster Ngo Dong, who Heidi had the pleasure of training with. Cuong Nhu is a blend of:

Shotokan      Aikido      Vovinam  
Judo    Tai Chi    Wing Chun      Boxing

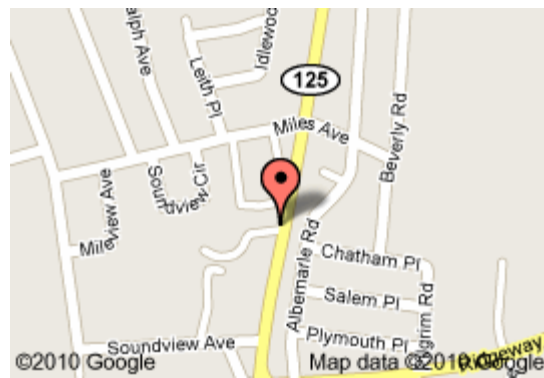
[WWW.CONCORDEMARTIALARTS.COM](http://WWW.CONCORDEMARTIALARTS.COM)

Offices: 11 Patricia Lane, White Plains, NY 10605

Training Locations (Dojos):

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

Purchase College: 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](http://www.concordemartialarts.com)  
[www.concordekarate.wordpress.com](http://www.concordekarate.wordpress.com) (blog)  
[Heidi@concordemartialarts.com](mailto: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

Mondays (Purchase):	7:00pm—8:00pm
Wednesdays (White Plains):	6:30pm—7:30pm
Saturdays (White Plains):	12:00am—1:00pm

### Kids Class Times

Tuesday (White Plains):	4:15pm—5:15pm
Tuesday (White Plains):	5:15pm—6:15pm
Wednesday (White Plains)	5:30pm—6:30pm
Saturday (Purchase):	11:00am—12:00am

**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 Intro Kids Offer (includes 8 classes + uniform)**

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Tel#:** \_\_\_\_\_



## 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

### 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.

