

What is Cuong Nhu?

Cuong Nhu is a mixed martial art founded in 1965 by Grandmaster Ngo Dong in Vietnam. The translation for Cuong Nhu is “Hard-Soft”. Cuong Nhu blends hard styles, where the student generates force and puts it into a target, with soft styles, where the student takes another’s force and turns it away. Cuong Nhu has its roots in Shotokan Karate and combines aspects of Aikido, Judo, Wing Chun, Vovinam, Tai Chi Chuan, and Boxing.

Advantages of Cuong Nhu Training

- **Improved Fitness**
Cuong Nhu is designed to improve strength, agility, balance, and endurance. Because of Cuong Nhu’s equal emphasis on soft styles, students also improve fluidity, posture, flexibility, and reaction time.
- **Straight Forward Self-Defense**
Our three-part self-defense system is straight forward and easy to pick up. Cuong Nhu offers its students a wide variety of martial techniques to suit one’s individual abilities and preferences. With practice, even children can escape a much stronger aggressor.
- **Diverse Curriculum**
Cuong Nhu students are exposed to many styles of martial arts and have the chance to discover strategies that fit their bodies and personalities the best. Black belts customize their study and remain constantly stimulated by new ideas. Also, unlike some martial arts that forbid training with other schools, Cuong Nhu encourages students to learn all they can and bring more martial arts knowledge and experience into our family!
- **Philosophically Grounded**
Cuong Nhu is modeled on a rich code of ethics which emphasizes building up individuals in order to build up communities. Students are required to improve not only their physical abilities, but also their characters and spirits in order to advance.
- **Encouraging Community**
The Cuong Nhu family is unique among martial arts communities in that all our schools support and encourage all the others. There is no rivalry or negativity among Cuong Nhu schools. Whenever students of one school travel, they are always welcome at other schools and in the homes of students around the world. Our international annual gatherings are places of friendship, fun, and good humor.

Experience the benefits of Cuong Nhu: Call 914-391-7602 to schedule your free session!