

Anyone can learn Martial Arts...
one day at a time, with practice & perseverance.



Join us Tuesdays & Fridays 12-12:45 pm in the
Lawrence Wellness Center.

Cuong Nhu Martial Arts is a self-defense based martial arts influenced by Aikido, Boxing, Judo, Shotokan Karate, Tai Chi, Vovinam & Wing Chun. Many people say they gain more confidence, focus, leadership skills, self-control, improved coordination & more.

- Please wear loose comfortable, clothing (workout clothes) & workout shoes.
- Remove jewelry, watches, etc. before class to avoid injuries.
- Keep fingernails & toenails short to avoid injuries.

You will improve as long as you attend class & practice even a little bit outside of class.

Sensei (Teacher) Parnee Frederick started Cuong Nhu revolution DOJO in Appleton, WI in January 2011. Parnee has studied Cuong Nhu Oriental Martial Arts for 13 years and will be testing for 2nd degree Black Belt (Nidan) in May 2017.