



Monday & Wednesday: **6:00pm**  
Fridays: **6:30pm**  
Saturdays: **9:15am & 11:00am**

Schedule an appointment today to hear more about the CWMAI Martial Arts program and to create a success plan to achieve your goals.

Phone: **715-693-3913**  
Email: [ehccwmai@mtc.net](mailto:ehccwmai@mtc.net)  
Website: [www.getconfident.net](http://www.getconfident.net)

Visit us on Facebook:  
[www.facebook.com/CentralWIMartialArts](http://www.facebook.com/CentralWIMartialArts)

- \* Gets you into Great Shape
- \* Relieves Stress
- \* Builds Confidence
- \* Teaches Self Defense Tactics
- \* Improves Concentration
- \* Enhances Manual Dexterity
- \* Fosters Self-Confidence

## Adult & Youth Martial Arts

At CWMAI we practice two distinct styles of Korean Martial Arts, PaSaRyu and HapKiDo.

PaSaRyu is an eclectic blend of TaeKwonDo, Shudokan Karate, and Kung-Fu as created by GM Kang Rhee in Memphis, TN. Training incorporates specialized strength, flexibility, and breathing exercises designed to get you into the best shape of your life.

HapKiDo is a powerful and specialized martial art native to Korea. The motions of HapKiDo are very fluid and smooth and the techniques use body motion and mechanics rather than physical power. HapKiDo utilizes joint locks, pressure point attacks, and throwing techniques. The CWMAI HapKiDo program is recognized and overseen by the United States Korean Martial Arts Federation headed by Grandmaster J.R. West.

Everything we teach at CWMAI is reality-based. We make sure you are prepared for most any self-preservation scenario. Our system relies on knowledge and movement to complete techniques, rather than speed or strength.

Thus, a 220lb attacker would be at the mercy of a 110lb CWMAI– trained practitioner.

All adult students enjoy unlimited access to our fully equipped fitness center as a way of enhancing their martial arts performance, supplementing their physical fitness program, and pursuing a higher level of health and wellness.

Learn how to channel negative or unfocused energy into positive power.



***“Building Confidence through Achievement”***

417 4th Street  
Mosinee, WI 54455