

Located in Erina, across the road from the Central Coast Grammar School, this studio is the place to go for all of your mixed martial arts interests.

With a roster of tailored Karate (Kids, Teen & Adults), Kickboxing, Muay Thai, Boxing, Brazilian Jui Jitsu, Reality Based Self Defense (Krav Maga) & Hyper Pro Training, there's something for everyone in this studio, including parking.

No experience? No problem. Under the direction of our team of handpicked, highly trained and skilled coaches, you will set and reach your fitness goals while gaining key self-defense skills, self discipline, and a higher level of confidence.

Come by and see why Munen Muso Martial Arts is the best place for you and your family.