

“Martial Arts Changes Lives”

Mac-Plus Recreation is proud to announce the opening of the Kuwili Martial Arts Center. Specializing in Adaptive Martial Arts since 1999, this unique and innovative program is now being offered community-wide to individuals with disabilities. Person-centered and fully inclusive, all students participate in training activities regardless of ability.

Rank promotions are merit based and awarded based on effort, attitude and class attendance. Through consistent, determined practice, students will improve their physical health, as well as gain a sense of empowerment, confidence, and self-esteem. These “life skills” will not only impact every other aspect of a student’s life, but will serve as a foundation for future life challenges. Training is centered around the five school tenants of Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit.

About the Instructor



Martin Williams has been training in martial arts for over 25 years and holds black belt ranks in the Korean arts of Hapkido and Tae Kwon Do. For the past 10 years he has been devoted to teaching adaptive martial arts to people with disabilities. Over that time he has taken students to California on three separate occasions to compete in the annual Possibilities Unlimited International “Specially Challenged” Martial Arts Championship, each time returning to Hawaii with winning students.

In July of 2007, Hawaii had the privilege of hosting this inspiring championship, the first time it had ever been held outside of California. Since beginning the program in 1999, Marty has promoted three students to the rank of black belt, and currently has a number of dedicated black belt candidates, all of whom have been studying under his guidance since the inception of the program.

Class Schedule:

Monday, 11:30 a.m. – 12:30 p.m.

Wednesday, 11:30 a.m. – 12:30 p.m.

Tuition: \$50/mo.

Uniform: \$35 – One time start up

Kuwili Martial Arts Center

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