

Hicsmma - Bowling Green

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Discover HICSMMA: The Premier Martial Arts School in Bowling Green, Kentucky

Located in the heart of Bowling Green, Kentucky, ****HICSMMA**** stands out as a premier destination for martial arts training. This school not only excels in providing high-quality instruction but also emphasizes inclusivity and accessibility, making it a welcoming environment for everyone.

Accessibility Features

One of the standout features of HICSMMA is its commitment to **accessibility**. The facility boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that all members of the community can participate in martial arts training without barriers. This dedication to accessibility sets HICSMMA apart, allowing individuals with different needs to thrive in their martial arts journey.

A Family-Oriented Atmosphere

Training at HICSMMA feels like joining a family. With countless reviews highlighting the supportive and friendly environment, newcomers are welcomed with open arms. Members describe the school as a place where bonds are formed, and friendships flourish. As one member states, "Everyone makes you feel welcome from the moment you walk in the door."

Quality Instruction Leading to Personal Growth

Under the guidance of experienced instructors, including highly regarded Professor Donny Wallace, students receive top-notch training tailored to their individual goals. The curriculum covers various martial arts disciplines such as Brazilian Jiu-Jitsu (BJJ), kickboxing, and self-defense. Many students have reported significant improvements in confidence, coordination, and overall well-being through their training experience.

Women-Owned and Asian-Owned Business

HICSMMA proudly identifies as both a **women-owned** and **Asian-owned** business, reflecting the diverse ownership that represents the values of the school. This inclusive approach resonates with the community, fostering a welcoming space for all individuals, regardless of background or experience level.

A Range of Classes to Meet Every Goal

Whether you're looking to gain confidence, lose weight, learn self-defense, or simply find a supportive community, HICSMMA offers a wide range of classes designed to meet varied goals. The **kids program** has been particularly praised for instilling respect and discipline in young learners, preparing them for future challenges.

State-of-the-Art Facilities

The facility itself is described as one of the cleanest gyms in the country, featuring spacious training areas, modern amenities, showers, dressing rooms, and a sauna. Members appreciate the attention paid to cleanliness and organization, creating an ideal training environment.

Join the HICSMMA Community

If you're considering starting your martial arts journey, HICSMMA invites you to

join for a free introductory class. Experience firsthand the supportive atmosphere and high-quality instruction that have transformed lives. As one member puts it, "This gym has changed my life and helped me become mentally and physically better!" In summary, HICSMMA is more than just a martial arts school; it's a community where everyone is encouraged to grow and succeed. Whether you're a beginner or an experienced athlete, HICSMMA offers the training and support you need to achieve your martial arts goals.

We are situated in

150 Dishman Ln Building D, 42101 Bowling Green, Kentucky - United States (US)

The phone number of this **Martial arts school** is +1270-996-1092
And if you want to send a WhatsApp, you can do so at +1270-996-1092

The website is HICSMMA

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Images



Hicsmma videos



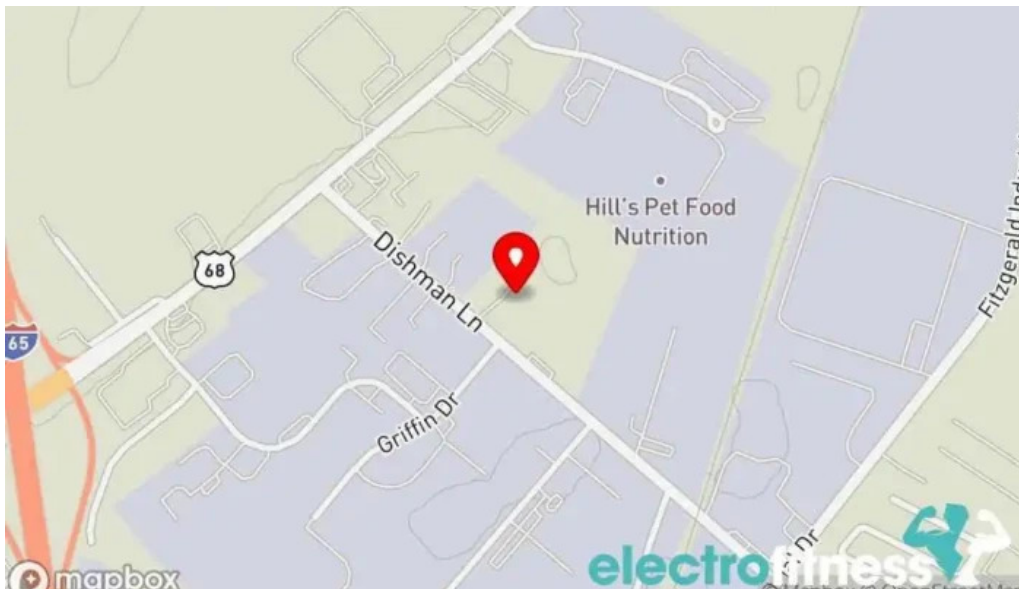
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Tags

Accessibility, Wheelchair-accessible entrance, From the business, Identifies as Asian-owned, Wheelchair-accessible car park, Identifies as women-owned

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Comments

Mark Reyes

11-05-25 03:22

I've been honing my skills at this martial arts school for more than a year now. The instructors are top-notch, possessing a vast amount of wisdom. The ambiance is warm and inviting, making it easy for beginners and those without any martial arts or athletic background to feel right at home. The class schedule is flexible, catering to all types of schedules. I'd rate this place a perfect 10/10.

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