



# Lakewood Budo Kai

*Jujitsu, Karate, and Women's Self Defense*

## Action Photos – Jujitsu Choke



### Martial Arts Self Defense Classes

Lakewood Budo Kai offers traditional martial arts self defense classes in the Long Beach area. With a 30 year history, our black belt instructors guide you through the process of learning simple and effective martial arts self defense techniques. New students start at the beginning of the month (the first Monday or Wednesday of the month). Our martial arts self defense classes offer good value for the money; No long-term contracts and family discounted rates.

Martial Arts Self Defense Classes – Long Beach, California
Martial Arts Schedule and Fees: <a href="http://www.LakewoodBudoKai.com/schedule.htm">www.LakewoodBudoKai.com/schedule.htm</a>
Adult Jujitsu Class: <a href="http://www.LakewoodBudoKai.com/ujitsu.htm">www.LakewoodBudoKai.com/ujitsu.htm</a>
Children's Jujitsu Class: <a href="http://www.LakewoodBudoKai.com/children.htm">www.LakewoodBudoKai.com/children.htm</a>
Adult Karate Class: <a href="http://www.LakewoodBudoKai.com/karate.htm">www.LakewoodBudoKai.com/karate.htm</a>
Women's Self Defense: <a href="http://www.LakewoodBudoKai.com/womens.htm">www.LakewoodBudoKai.com/womens.htm</a>
School History: <a href="http://www.LakewoodBudoKai.com/school.htm">www.LakewoodBudoKai.com/school.htm</a>
Map and Location: <a href="http://www.LakewoodBudoKai.com/contactus.htm">www.LakewoodBudoKai.com/contactus.htm</a>