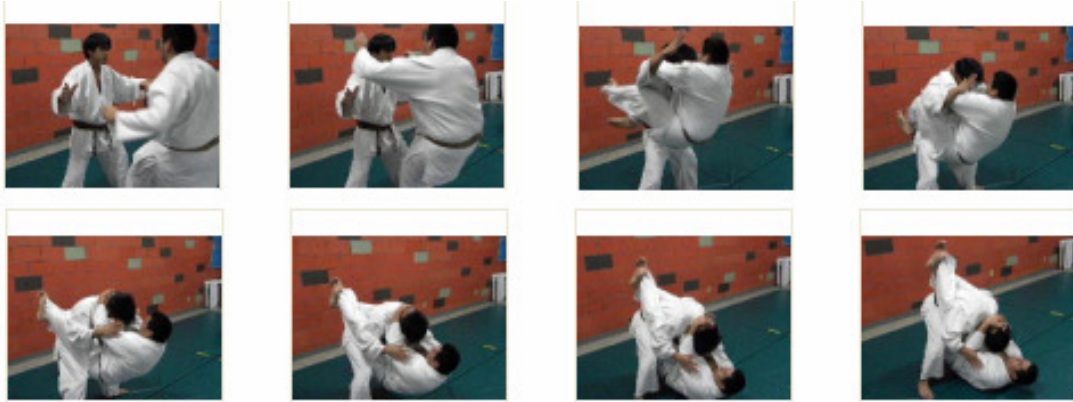




Lakewood Budo Kai

Jujitsu, Karate, and Women's Self Defense

Action Photos – Rib Squeeze



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: www.LakewoodBudoKai.com/schedule.htm
Adult Jujitsu Class: www.LakewoodBudoKai.com/ujitsu.htm
Children's Jujitsu Class: www.LakewoodBudoKai.com/children.htm
Adult Karate Class: www.LakewoodBudoKai.com/karate.htm
Women's Self Defense: www.LakewoodBudoKai.com/womens.htm
School History: www.LakewoodBudoKai.com/school.htm
Map and Location: www.LakewoodBudoKai.com/contactus.htm