



Lakewood Budo Kai

Jujitsu, Karate, and Women's Self Defense



Dojo History

Lakewood Budo Kai is located in Long Beach California near Lakewood Blvd and the 405 freeway. Jujitsu and Karate classes are held Monday and Wednesday evenings from 5:00p.m. - 9:00p.m.

The dojo was originally founded in May of 1979. Our first night we had a total of three students Jujitsu students and four in Karate. Our first night we were lacking in basic necessities (mats) but, with the help of a Professor Carl Beaver, we were up and running (or should I say falling?) in no time.

May 2009 represented the 30th anniversary of the dojo. We are quite proud of our heritage and lineage back to the original roots of the Kodokan Yūdōshakai and all of its member dojos (schools).

Classes have grown where we now have 80 students. Some are very dedicated and have been with us for several years while others been in class for only a few sessions. We enjoy working with new students and welcome all to our martial arts family. We feel that each student is part of the family and we believe that our students know that the members of our dojo are there should the student ever need us.

Please contact us if you are in the Southern California area and would like to visit us for a workout.