



# Lakewood Budo Kai

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



## Frequently Asked Questions

### Questions about our martial arts classes

*What classes do you teach?* We teach traditional Japanese Jujitsu, Okinawa Karate, and women's self defense classes. Our Jujitsu classes teach you how to control a larger opponent through the use of grappling techniques, throws, joint locks, chokes, and holds. Our Karate students learn how to block attacks and use punches, strikes, and kicks to defend yourself. Our women's self defense classes are especially designed for women using the most simple, yet effective defense techniques.

*Which class is better, Jujitsu or Karate?* That's a question that only you can answer. We recommend that you visit our school and watch both classes (without participating). Just by watching, you'll probably know which class you like better. Some of our students take both Jujitsu and Karate.

*Do students get personal attention?* Every student of Lakewood Budo Kai is part of a family that supports the growth and teaching of every individual. Students progress at their own rate and are given personalized instruction based on their individual strengths and weaknesses. We've touched thousands of lives, from the white belt who started this month to senior black belts who have studied with us for decades.

*How long does it take to get a black belt?* The time required depends upon many factors including how much time you spend training, your natural abilities, etc. In our school the emphasis isn't on getting a belt. Instead, our instructors help students achieve a level of proficiency.

*How do I know your school is right for me?* We recommend you evaluate a martial arts school based upon your specific needs. For many people this means:

- Location – You are more likely to attend a class if it is close to you. Our facility offers free parking conveniently located in Long Beach near the 405 freeway.
- Environment – Children and adults have unique needs. We provide separate classes for children, adults, skill levels, and abilities. Our classes include a mix of males and females at all ages and ranks.
- Experience – With a 30 year history, Lakewood Budo Kai has taught thousands of students in the Long Beach area. Our head instructor has over 40 years of martial arts experience and holds black belts in Jujitsu, Karate, Iaido samurai sword, and Judo. Our school is well recognized and has been featured on TV and in the Long Beach Press Telegram, the Lakewood Herald American, and other publications. Please visit the "In the News" section of our web site for more information.
- Cost – Not only are our fees the lowest in Long Beach, we also offer discounted rates.



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*How common are injuries?* In our school it is rare for a student to get injured. We divide students by rank and skill level so they can work on techniques appropriate for their abilities. Over the past 30 years we've developed a unique and highly supervised approach that minimizes injuries.

*What ranks do you offer?* Our adult martial arts classes only have five ranks (belts); white, yellow, blue, brown, and black. Our children's classes have similar ranking structures. The darker the color, the higher the rank.

## **Questions about starting class**

*Do I need to be in shape?* Participants do not need to be in good physical condition or well coordinated. We start you off slowly to make sure you are comfortable with the techniques.

*When can I join?* We ask that new students start the first Monday or Wednesday of the month. With separate classes for children and adults, you'll learn techniques appropriate for your age and skill level.

*How long is the class?* Our Jujitsu and Karate classes are held weekly and are one hour long. Our Women's Self Defense class is three hours in length and held on special Saturdays. Please see our class schedule for more information.

*What time should I arrive?* Please arrive at least 10 minutes prior to your class start time. We like to start class on time and you may need time to find parking, register for class, and learn basic etiquette.

*Can my family or friends stay to watch class?* Yes. We permit spectators to watch class on an occasional basis. Spectators are not allowed to take notes, photos, videos, or "audit" class.

*Where should I put my valuables?* Our facility (dojo) does not have lockers, so please leave your valuables at home or in your car. You may leave your change of clothing and shoes in the kitchen.

*I told my friends about class, when can they start?* We ask that new students start the first Monday or Wednesday of each month.



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## Questions about what to wear

*What should I wear to my first class?* Wear comfortable clothing for the first couple of weeks. During class you will be barefoot. You may request a uniform from the instructor after you have been in class several weeks. Even if you already have a martial arts uniform (Gi), we ask that you wear comfortable clothing to your first class.

*What do I wear under my uniform?* Once you get your uniform from an instructor, wear your normal undergarments under your uniform. Women are encouraged to wear a white or dojo T-shirt under their uniform.

*I have a belt or uniform from another school. May I wear it to class?* We ask that you wear comfortable, non-martial arts related, clothing to your first class. You can then discuss your particular situation with the head instructor.

## Questions about fees

*Do I have to sign a contract?* We don't have contracts. This saves you money and you only have to pay for the months that you attend class.

*Are any discounts available?* Yes, we offer family discounts. For a flat fee, you may have up to three members of a family attend class at a discounted rate. Please visit our web site for more information and pricing.

*What if I can't attend the entire month?* Our monthly rates are so low that even if you miss a couple of classes, you'll pay less than what you'd pay at most other schools.

## Other questions

*Do you participate in tournaments or competitions?* No, we teach traditional martial arts. Our philosophy is that you don't need to compete against someone else to know if you are improving. The competition is within and is held nightly as you compete against yourself in each practice session.

*Do we get patches or logos?* We do not wear patches, logos, or colored uniforms. We offer dojo T-shirts and sweatshirts for sale that have our school logo.

*Do you teach weapons?* We teach a variety of weapons and self defense techniques against weapons. Most students learn weapons once they have learned how to control an opponent through "weaponless" techniques.