



Lakewood Budo Kai

Jujitsu, Karate, and Women's Self Defense



New Student Orientation

We'd like to welcome you and provide some basic information on our martial arts school. Our black belt instructors have over 30 years of experience teaching students how to defend themselves in a safe, structured, and fun environment.

Training in the Martial Arts

The number one reason why most people take up martial arts is for self defense. You will have fun learning practical self defense techniques in a structured and safe environment.

During the first six months of class you will learn basic self defense. At the end of six months you won't be a martial arts expert, but you will progress quickly and the foundation you build allows you to learn more advanced techniques in the future.

If you haven't taken martial arts before, some techniques may not feel completely natural to you. This is common. Hang in there, give yourself time, and have fun.

We offer extra help for students that would like to practice the techniques they've learned. If you arrive a few minutes early, we'll help you with a technique or movement before class officially starts. After you've been in class for a few months, you will be invited to join us for special Friday workout sessions (currently at no additional charge).

Traditional Martial Arts

Training in our school means that you will learn proven self defense techniques, martial arts traditions, and philosophy. The traditions you'll learn have been passed down over centuries. The training is special and unique and it distinguishes our students from other schools who only teach physical techniques.

We offer classes for both adults and children. While we do not run classes simultaneously, there may be one class right after the other. This means that you can watch your child work out, and then they can watch you.

Important Student Resources (www.LakewoodBudoKai.com)

Classes are held Mondays and Wednesdays. Occasionally, we do not hold class due to a national holiday. Please visit the Announcements page of our web site to find out if class is held on a certain date.

The Student Login area of our web site includes a complete list of all self defense techniques in both Japanese and English. It also provides T-shirt ordering information, etc. Please ask the instructor for the current password.

If you have additional questions, please visit the Schedule page of our web site for answers to Frequently Asked Questions.