



Lakewood Budo Kai

Fujitsu, 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.

Your First Month

During your first month you will be exposed to practical self defense techniques and traditional dojo courtesy and etiquette. For your first month, we ask that you do not practice outside of class. This gives us a chance to correct your techniques before you develop habits. Simply wear comfortable clothing to class during the first month. After a few weeks we will size you for a uniform.

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. 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.

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.

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.

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. Please ask the instructor for the current password.

If you like our class and you are on Facebook  please "like us" by going to www.facebook.com/LakewoodBudoKai and then click on the Like (thumbs up) button.