



Lakewood Budo Kai

Jujitsu, Karate, and Women's Self Defense



Parent and 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 children how to defend themselves in a safe, structured, and fun environment.

What you can Expect

Our children's classes allow both boys and girls to participate together. It also gives brothers and sisters an opportunity to practice together and learn from one another.

As children become more proficient in the martial arts, they become more confident. This confidence level extends beyond our school into the classroom and other activities.

Class Attendance

Unlike other martial arts schools, we do not require long-term contracts. Simply register your child at our school the first class of each month. If your child is absent the first class, please register the next class he or she attends. If you registered through the Parks and Rec Department, please bring a copy of your receipt.

Our classes teach warm-up exercises, conditioning, and self defense techniques. The workout each child gets not only assists in the natural development of their muscles, but also helps them build endurance. Please try and arrive at least 10 minutes before class starts so your child can obtain the maximum benefits from each class.

After a few weeks, we will measure your child for a uniform. Until then, it is a good idea for your child to wear comfortable clothing. We ask that children wear shoes to class, but be barefoot during class. If your child already has a martial arts uniform (Gi), please wear comfortable clothing to the first class.

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

Important Parent and 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.