

Lakewood Budo Kai Celebrates 32 years of Teaching Self Defense in Long Beach

Lakewood Budo Kai Martial Arts, which has been located in Long Beach for more than three decades, is hosting an open house this Saturday where the public can watch and find out information about karate, jujitsu, and women's self defense.

Through Long Beach Parks, Recreation and Marine, Budo Kai classes take place at Stearns Champions Park in Long Beach. More than 100 students — from children to adults — are on the school's roster, said volunteer instructor Daniela Soberman.

"The martial arts we do here is great for a workout, stress relief, to have fun and learn self defense," Soberman said. "We take a traditional approach to martial arts training. What we do here comes from thousand-year-old traditions."

Soberman, who first started learning martial arts with her husband as a way to feel safe walking city streets at night, has been coming to the dojo for about a decade.

Budo Kai, which means "school of stopping conflict," teaches practical self defense that is designed to help someone who is smaller protect themselves against someone larger, Soberman explained. She said martial arts empower people to respect themselves and others.

"Martial arts is not this violent activity that some people think it is," she said. "This is a place to learn life lessons and get some exercise, and I hope people come and check it out."

The open house takes place from 9 a.m. to noon on Saturday, July 23. Find the dojo at 4520 E. 23rd St. or online at www.LakewoodBudoKai.com.