



Lakewood Budo Kai

Jujitsu, Karate, and Women's Self Defense

History of the School (Dojo)

Our dojo's very first night, May 8, 1979, had a grand total of nine students, four students in Jujitsu and five in Karate. That very first night there were no mats so Jujitsu students worked out on the bare floor. Needless to say, the students weren't very happy and it wasn't long before we borrowed some mats from Sensei's instructor, Professor Beaver.

During the 80s, we laid the foundation for a healthy school. Some students that were around back then have returned and are working out with us today.

During the 90s, the school continued to grow where one workout had over 65 students on the mats. There was barely any space, but we had a great time working out with each other.

During the 2000s, the Dojo saw its number of black belts more than double.

Now, in the 2010s, we have 80 to 100 students split between three classes; Children's Jujitsu, Adult Jujitsu, and Adult Karate.

Throughout the past 3 decades, in addition to teaching our traditional Japanese Jujitsu and Okinawan Karate classes, we have also taught very successful Women's Self Defense classes in Long Beach and the southern California area.

Each and every one of our past and present students have made this school what it is. Our students can be proud of their heritage and unbroken martial arts lineage. We look forward to celebrating many more years with each and every one of you.