



# Lakewood Budo Kai

*Jujitsu, Karate, and Women's Self Defense*

## Lineage and Martial Arts in Their Truest Form

Martial arts classes may be held outdoors, indoors, in private studios, at public facilities, and even in garages. What matters most isn't where the class is held, what matters is the foundation of the school, the lessons it teaches, and its instructors.

We teach two traditional martial arts, Japanese Jujitsu (Danzan Ryu) and Okinawan Karate (Shorin Ryu). The two arts are taught in separate classes so students can learn the arts in their truest forms. Both arts have long and proven histories of developing students that learn not only physical self-defense, but also the traditions and codes of honor that have been passed down from instructor to student for thousands of years.

Some schools focus exclusively on free form physical self-defense techniques that blend grappling and sparring movements. We find that by concentrating on one martial art in each class, students not only learn the physical techniques better, but also have a chance to learn traditions that strengthen them as martial artists and in the outside world.

Lakewood Budo Kai students learn ancient martial arts techniques passed down through a close and unbroken lineage. Our head instructor was lucky to train under two very highly ranked and well respected instructors. In 1969, he started his training under Joseph Holck, Dai-Shihan, a 10th degree black belt and founder of Kodankan Yudanshakai. When he later moved to California, he trained under Professor Carl Beaver, also a 10th degree black belt, co-founder of Jujitsu America. Kodankan Yudanshakai and Jujitsu America are martial arts organizations that consist of many martial arts schools (Dojo).

Both of the above instructors have passed away and it is unfortunate that many of our newer students will never get a chance to meet them and hear their words of advice. Fortunately, and because of decades of study and training under these great teachers, our black belts have the opportunity to pass on their knowledge and experience to our students. By teaching martial arts in the purest, most historically, and accurate manner possible, Lakewood Budo Kai students learn techniques the same way our head instructor originally learned them over 40 years ago.

Through Joseph Holck, Dai-Shihan and Professor Carl Beaver, we trace our school's foundation and teachings to the founder of Danzan Ryu Jujitsu and to the thousands year-old traditions of Japanese Budo and the Samurai.

Lakewood Budo Kai has a proud identity that distinguishes our school from many others. Following the Samurai traditions, we have high expectations for our black belts. Over the past 30 years, we have promoted a number of students to the rank of black belt. They are role models and a positive influence on our students, our Dojo, and our local community. They teach and to give back to the Dojo, carrying on the traditions of our school and teach the arts in their purest form.