



Lakewood Budo Kai

Fujitsu, Karate, and Women's Self Defense

Looking for a Martial Arts School?

Our experience shows that people learn martial arts for one of three reasons:

- Physical conditioning. Get (or keep) in shape.
- Self defense. Protect themselves and/or loved ones.
- Culture. Learn about other cultures and traditions.

Martial arts cannot be learned over night; it takes many years of study and a commitment from the student. If someone wants to learn self defense, it may take six months of study before they feel comfortable with even simple techniques. The prospective student will have a better chance of making a commitment to a specific style and school if he or she has performed some initial research to determine the type of martial art they would like to study.

Here are some simple steps to help you find the right martial arts school:

- Determine why you want to study the martial arts.
- Make a commitment to study martial arts for an extended period of time. Like anything else that is important, allocate time to the activity to get results.
- Research to determine the type of martial art that is a best fit for you.
- Once you have identified the type of martial art you would like to study, research schools to find one that meets your needs. Do you want to learn the art from a traditional martial arts school or more of a relaxed environment?
- Find out when the school has classes and if you can visit to watch the class. If you like what you see then it might be a good fit for you. If not, try another school on your list.

By knowing yourself and what you want to get out of class, you are more likely to make a commitment to the martial arts and get the results you want.