



Lakewood Budo Kai

Fujitsu, Karate, and Women's Self Defense

Love of the Martial Arts

Many people ask why our head instructor started taking martial arts. He originally took Judo when he was 11 years old. His mother wanted him to get out of the house so she gave him something to do. He didn't stick with the martial arts for very long because class was taught at an Air Force base and the instructors kept leaving. He soon realized that people in the military get orders and needed to leave right away.

A few years later he was thinking about the martial arts and how much he liked it. He did some research and decided to start back up again. The YMCA offered affordable rates and was close to where he lived. I guess you can say that he really liked the martial arts because he stuck with it over 40 years.

Over the years of taking and teaching self defense classes, he learned that people take the martial arts for one of several reasons. They may have had an incident in the past and they want to learn self defense, they want to get or keep in shape (physical condition), and/or they would like to learn more about traditional Japanese culture and traditions.

While a student remembers the reason for first joining class, there are other reasons that he or she remains in class. Perhaps the student has developed friendships with other martial artists, likes helping others, enjoys learning new techniques, or enjoys the challenge of perfecting some of the difficult techniques. Someone who stays in class over a decade finds that martial arts become a habit, a part of their life, and something they really enjoy.

There are occasions when a student has trained with us for many years and must leave the Dojo (martial arts school) because they have a change in their life. Some marry and move closer to relatives, others accept a job offer at a distant firm, students join the military, experience health issues, accept new family responsibilities, or need to focus on education.

When we hear that a student will be leaving, our response is always the same, we will miss them. We also remind them that we are the constant in their life and will be here when they have time to resume their training. They always laugh. They know that one of the lessons we teach them is "never give up". If you are attacked, you can't give up, you need to keep fighting. The spirit of the Dojo is the same, we are here so students can resume their training when the timing is right for them.

If you need to take a break from your martial arts training don't be shy about stopping by to say hi. Once a member of our martial arts family, you are always welcome to come back to class. You will have a great time and we will too. We get a lot of pleasure when former students rejoin class and tell their stories of what it was like when they were in class a few years ago.