



# Lakewood Budo Kai

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

## The Meaning of Lakewood Budo Kai

Lakewood Budo Kai is the name of our martial arts school. It seems confusing at first but makes more sense when you fully understand the words.

Lakewood - We use the name Lakewood because our school is close to Lakewood Boulevard in Long Beach.

Budo - Budo is often translated as "the Way of the Warrior", or "martial way". It can also be interpreted as a way of stopping conflict.

Kai - Kai is the Japanese word for school.

When you put them all together, Lakewood Budo Kai literally translated means "The Lakewood school of stopping conflict". We use the words Budo Kai as a reminder that we learn martial arts not to fight, but to stop conflict.