



Lakewood Budo Kai

Jujitsu, Karate, and Women's Self Defense

Women's Self Defense Class

After a decade of teaching Jujitsu and Karate classes in the Long Beach area our instructor felt a need to expand our program to help women in the local community. Many women were being attacked and didn't have basic awareness, prevention, and self defense skills to escape from an attack.

While some women took our martial arts classes our instructor realized that most females did not want an on-going class. They wanted a short session that taught them the skills they needed without a big time commitment.

As a response to the needs of the women in the local community, Lakewood Budo Kai developed a unique 1/2 day program. The techniques did not require a lot of strength and all techniques were taught in a fun and safe atmosphere. The program was developed in a way that participants did not need to be in top physical condition or well coordinated.

The program has been so successful that we have now taught our Women's Self Defense class to over 1,000 women in the local area. The program has received statewide recognition as evidenced by commendations from the Mayor of Long Beach and the Governor of California.

There are various types of assaults and Lakewood Budo Kai's Women's Self Defense class gives women the best chance of survival by utilizing simple, effective, and proven self-defense tactics and techniques. For more information visit Lakewood Budo Kai's web site www.LakewoodBudoKai.com.