



# Lakewood Budo Kai

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

## Your First Martial Arts Class

If you think back to your very first martial arts class you probably remember that it was a little difficult. You didn't know what to expect but you hoped you would like it. When you arrived at class you found that things were a little confusing and everything was brand new. There were other new students who joined class the same time you did but none of you had uniforms so you stood out from the more experienced students in class. It wasn't long before the instructor had you try on different sizes of uniforms and soon all of the new students had uniforms (Gis).

Your very first month you were exposed to practical self defense techniques as well as traditional dojo courtesy and etiquette. You may have also been told not to practice at home because, not knowing any better, you might develop bad habits.

At the time, you probably didn't know how important it was to choose the right martial arts school. Most students assume that all martial arts schools are pretty much the same. Looking back, now you can see that you were lucky, you chose a school that had instructors with decades of teaching experience and a head instructor with direct lineage to the founders of our styles of Jujitsu and Karate.

At Lakewood Budo Kai we feel fortunate that we can pass on our traditional martial arts and self defense training to our students. Our students learn the same techniques the same way that our black belts learned. It may take many years of study, but our students learn practical self defense techniques in a structured and safe environment. Some techniques do not feel completely natural but the students who hang in there and give themselves time build a foundation that allows them to learn more advanced techniques.

All of our students understand how difficult it is to start something new. We are all here to help each and every student both in their very first class as well as decades later as they continue to study the martial arts.