## **GUNNERS MARTIAL ARTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Isshin Ryu</u> AR Adults: 1445-1545 Children: 1545-1700 <i>Sensei Uechi San</i>		<u>Isshin Ryu</u> AR Adults: 1445-1545 Children: 1600-1700 <i>Sensei Uechi San</i>		<u>Isshin Ryu</u> AR Adults: 1445-1545 Children: 1545-1700 <i>Sensei Uechi San</i>		
Brazilian Jiu-Jitsu MM Advanced Adults 1700-1830 Ivan Sakamoto		Brazilian Jiu-Jitsu MM Beg. Adult & Children: 1700-1830 Ivan Sakamoto		Brazilian Jiu-Jitsu MM Beg. Adult & Children: 1700-2000 Ivan Sakamoto	<ul> <li>No classes on fe</li> <li>All classes will k Tropical Cyclone Readiness 1 (TC</li> <li>Classes will rest</li> </ul>	te cancelled at e Condition of CCOR 1) ume at TCCOR "All <u>a Legend:</u> com ts Room Room
	Setkudo Mixed Martial Arts MPR Children: 1900-2000 Adults: 2000-2100 Nobuhiro Hirahara		Setkudo Mixed Martial Arts MPR Children: 1900-2000 Adults: 2000-2100 Nobuhiro Hirahara		<ul> <li>AR- Aerobics Rc</li> <li>MA- Martial Art</li> <li>MM- MCMAP R</li> </ul>	
	Shorin Ryu Karate MM Beg. Adults: 1930-2030 Adv. Adults: 2030-2130 David King		Shorin Ryu Karate MM Beg. Adults: 1930-2030 Adv. Adults: 2030-2130 David King		<ul> <li>MPR- Multipurg</li> <li>SPIN- Spin Roor</li> </ul>	

# MARTIAL ARTS CLASSES

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CAMP KINSER	Brazilian Jiu-Jitsu Children 5-13:1700-1800 Adults 14+: 1800-1900 Anderson Pereira	Brazilian Jiu-Jitsu Children 5-13:1700-1800 Adults 14+: 1800-2000 Elton Hoshihara Cruz Welliton Cruz	<b>Brazilian Jiu-Jitsu</b> Children 5-13:1700-1800 Adults 14+: 1800-1900 <i>Anderson Pereira</i>	<b>Brazilian Jiu-Jitsu</b> Children 5-13:1700-1800 Adults 14+: 1800-2000 <i>Elton Hoshihara Cruz</i> <i>Welliton Cruz</i>		Brazilian Jiu-Jitsu Adults 14+: 0800-1000 Elton Hoshihara Cruz Welliton Cruz
MCAS FUTENMA	Brazilian Jiu-Jitsu (Semper Fit) Adults 14+: 1130-1230 Anderson Pereira Brazilian Jiu-Jitsu (MCCUTCHEON) Adults 14+: 1900-2000 Anderson Pereira		Brazilian Jiu-Jitsu (MCCUTCHEON) Adults 14+: 1900-2000 Anderson Pereira		<u>Brazilian Jiu-Jitsu</u> (MCCUTCHEON) Adults 14+: 1130-1230 <i>Anderson Pereira</i>	
CAMP FOSTER		*Please see sep	arate Gunners Martial Arts sche	ule page for all martial arts classe	s available at Camp Foster.	
CAMP COURTNEY	Setkudo Mixed Martial Arts MA Room Children: 1730-1830 Adults: 1830-1930 Nobuhiro Hirahara	<b>Brazilian Jiu-Jitsu</b> Children: 1700-1800 Adult: 1800-1900 <i>Ivan Sakamoto</i>	Setkudo Mixed Martial Arts MA Room Children: 1730-1830 Adults: 1830-1930 Nobuhiro Hirahara	<b>Brazilian Jiu-Jitsu</b> Children: 1700-1800 Adult: 1800-1900 <i>Ivan Sakamoto</i>		Okinawan Kenpo Children: 1500-1600 Adult: 1600-1700 <i>Toru Kiyan</i>
CAMP HANSEN	Brazilian Jiu-Jitsu North Gym Adults 14+: 1730-1930 Elton Hoshihara Cruz Welliton Cruz		Brazilian Jiu-Jitsu North Gym Adults 14+: 1730-1930 Elton Hoshihara Cruz Welliton Cruz		<u>Brazilian Jiu-Jitsu</u> North Gym Adults 14+: 1730-1930 <i>Elton Hoshihara Cruz</i> <i>Welliton Cruz</i>	
	Setkudo Mixed Martial Arts Main Gym Adults: 2000-2100 Nobuhiro Hirahara	Okinawan Kenpo Main Gym Adults: 1800-1900 Adults: 1900-2000 Toru Kiyan	<u>Setkudo</u> <u>Mixed Martial Arts</u> Main Gym Adults: 2000-2100 Nobuhiro Hirahara	<u>Okinawan Kenpo</u> Main Gym Adults: 1800-1900 Adults: 1900-2000 <i>Toru Kiyan</i>		
CAMP SCHWAB		Brazilian Jiu-Jitsu Adults 18+: 1900-2030 Emerson Azuma		Brazilian Jiu-Jitsu Adults 18+: 1900-2030 Emerson Azuma		

No classes on federal holidays

• All classes will be cancelled at Tropical Cyclone Condition of Readiness 1 (TCCOR 1)

Classes will resume at TCCOR "All Clear" stage

### **Martial Arts Class Descriptions**

#### **OKINAWAN KENPO KARATE**

Okinawan Kenpo Karate is a traditional martial art originating from Okinawa, Japan, known for its practical self-defense techniques, strong stances, and powerful strikes. It emphasizes a balance between offensive and defensive movements, incorporating punches, kicks, blocks, joint locks, and throws. Rooted in ancient Okinawan fighting traditions, Kenpo Karate also includes kata (pre-arranged forms) to preserve techniques and principles. Unlike sport-oriented karate styles, Okinawan Kenpo focuses on real-world application and selfimprovement, blending hard and soft techniques for efficiency in combat.

Youth: 6-17

Adult: 18+

#### **BRAZILIAN JIU-JITSU**

Also known as "The Gentle Art", BJJ is a grappling martial art that allows an individual to successfully defend themselves and prevail against a bigger and stronger opponent through the use of leverage-based techniques. These techniques include take-downs, joint locks, and strangle holds. The general aim of a BJJ practitioner is to take an opponent to the ground, establish a dominant position of control, and then force the opponent to concede by applying a joint lock or strangle hold. BJJ is unique among martial arts in that it allows an opponent to be soundly defeated without causing injury. Age limits vary by instructor/location.

#### **ISSHIN RYU**

Isshin-Ryu stresses close-in techniques necessary for self-protection. Unlike most Karate styles, the Isshin-Ryu punch has the fist in a vertical position, rather than palm-down. You will learn a combination of Karate and Kobudu. The class incorporates eight different Empty Hand Kata (a choreographed series of movements) as well as weapons. As in most martial arts, mind and body play a major role in developing patience, self-control, and spiritual stability, especially when developing these skills to improve focus and concentration.

Youth classes open to ages 8-15 years old & ages 5-7 years old with Sensei approval.

Instructors & Fees All Prices are monthly fees				
Okinawan Kenpo	E	Isshin Ryu		
Adults: \$50 Children: \$50 Sensei Toru-San	Adults 14+: \$100 Children 5-13: \$80 Ivan Sakamoto (Camp Foster &	Adults 14+: \$100 Children 5-13: \$80 Elton Hoshihara Cruz (Camp Kinser &	Adults 18+: \$100 Emerson Azuma (Camp Schwab)	Adults: \$50 Children: \$50 Sensei Uechi-San
(Camp Courtney and Camp Hansen)	Camp Courtney)	Camp Hansen*) *Camp Hansen adult class only	Adults 14+: \$100 Children 5-13: \$80 Anderson Pereira (Camp Kinser & Futenma) *Futenma adut classes only	(Camp Foster)

### **Martial Arts Class Descriptions**

#### SETKUDO MIXED MARTIAL ARTS

Setkudo Mixed Martial Arts was founded by Master Hirahara in 1992. Hirahara Sensei has 6 black belts and over 44 years of martial arts experience. This class is a blend of Kickboxing, Muay Thai, Karate, and Capoeira. Classes for adults (16+) and youth (6\*-15). \*Children ages 3-5 may only participate with a parent (both child and parent need to enroll as students).

#### **SHORIN RYU KARATE**

Shorin Ryu has elements of free fighting, pressure point attacks, and grappling. Shorin-Ryu emphasizes the practice of kata, (a series of prearranged empty hand forms) to develop the attributes necessary for effective self-defense. Kata will also provide therapeutic and stress relieving effects.

Instructors & Fees All Prices are monthly fees		
<u>Shorin Ryu Karate</u>	Setkudo Mixed Martial Arts	
Adults : \$50	Adults: \$60	
David King	Children: \$50	
(Camp Foster)	Nobuhiro Hirahara	
	(Foster, Courtney, and Hansen)	