

GUNNERS MARTIAL ARTS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Isshin Ryu</u> ARA Adults: 1445-1545 Children: 1545-1700 <i>Sensei Uechi San</i>		<u>Isshin Ryu</u> ARA Adults: 1445-1545 Children: 1600-1700 <i>Sensei Uechi San</i>		<u>Isshin Ryu</u> ARA Adults: 1445-1545 Children: 1545-1700 <i>Sensei Uechi San</i>		
<u>Brazilian Jiu-Jitsu</u> MA Advanced Adults 1700-1830 <i>Ivan Sakamoto</i>		<u>Brazilian Jiu-Jitsu</u> MA Beg. Adult & Children: 1700-1830 <i>Ivan Sakamoto</i>		<u>Brazilian Jiu-Jitsu</u> MA Beg. Adult & Children: 1700-2000 <i>Ivan Sakamoto</i>		
<u>KOBUDO Karate</u> MA Children: 1800-1900 Adults: 1900-2000 <i>Kiyoto Yogi</i>	<u>Setkudo</u> <u>Mixed Martial Arts</u> MA Children: 1900-2000 Adults: 2000-2100 <i>Nobuhiro Hirahara</i>		<u>Setkudo</u> <u>Mixed Martial Arts</u> MA Children: 1900-2000 Adults: 2000-2100 <i>Nobuhiro Hirahara</i>		<u>KOBUDO Karate</u> ARA Children: 1300-1400 Adults: 1400-1500 <i>Kiyoto Yogi</i>	
<u>General Policies:</u> <ul style="list-style-type: none"> 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 <u>Location Legend:</u> <ul style="list-style-type: none"> ARA- Aerobics Room A ARB- Aerobics Room B MA- Martial Arts Room 			<u>Class Schedules:</u> <ul style="list-style-type: none"> ■ Isshin Ryu(Adult/Children): Monday, Wednesday, Friday ■ Setkudo(Adult/Children): Tuesday and Thursdays ■ KOBUDO Karate(Adult/Children): Monday and Saturdays ■ Brazilian Jiu-Jitsu (Advanced Adults): Mondays ■ Brazilian Jiu-Jitsu (Beginners Adult & Children): Wednesday and Fridays 			

The logo for the Marine Corps Community Support (MCCS) program. It features the letters "MCCS" in a large, bold, blue sans-serif font. A red horizontal bar runs beneath the "MCCS" text. In the center of this bar is a gold-colored emblem of an eagle with its wings spread, perched atop a globe. Below the red bar, the words "SEMPER FIT" are written in a smaller, bold, blue sans-serif font.

General Policies

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 self-improvement, 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 Kobudo. 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

Adults: \$50

Children: \$50

Sensei Toru-San

(Camp Courtney and Camp Hansen)

Brazilian Jiu-Jitsu

Adults 14+: \$100

Children 5-13: \$80

*Ivan Sakamoto
(Camp Foster &
Camp Courtney)*

Adults 14+: \$100

Children 5-13: \$80

*Elton Hoshihara Cruz
(Camp Kinser &
Camp Hansen*)*

*Camp Hansen adult class only

Adults 18+: \$100

*Emerson Azuma
(Camp Schwab)*

Adults 14+: \$100

Children 5-13: \$80

*Anderson Pereira
(Camp Kinser &
Futenma)*

*Futenma adult classes only

Isshin Ryu

Adults: \$50

Children: \$50

Sensei Uechi-San

(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).

KOBUDO KARATE

Kobudo is the traditional Okinawan martial art that focuses on the use of ancient weapons. Deeply rooted in the island's rich history of self-defense and discipline, Kobudo originated from the resourcefulness of Okinawan farmers and fishermen who repurposed everyday tools—such as the bo, sai, and nunchaku—into effective instruments of protection.

More than a method of combat, Kobudo represents a living tradition, passed down through generations. It embodies the enduring spirit, philosophy, and resilience of Okinawa, offering practitioners a profound connection to the island's cultural heritage.

Youth: 6-17

Adult: 18+

Instructors & Fees

All Prices are monthly fees

KOBUDO Karate

Adults & Children : \$50

Kiyoto Yogi

(Camp Foster)

Setkudo Mixed Martial Arts

Adults: \$60

Children: \$50

Nobuhiro Hirahara

(Foster, Courtney, and Hansen)