GUNNERS MARTIAL ARTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Isshin Ryu AR Adults: 1445-1545 Children: 1545-1700 Sensei Uechi San		Isshin Ryu AR Adults: 1445-1545 Children: 1600-1700 Sensei Uechi San		Isshin Ryu AR Adults: 1445-1545 Children: 1545-1700 Sensei Uechi San	KOBUDO Karate AR Children: 1300-1400 Adults: 1400-1500 Kiyoto Yogi		
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	• 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		
KOBUDO Karate MM Children: 1800-1900 Adults: 1900-2000 Kiyoto Yogi	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		Clear" stage Location Legend: AR- Aerobics Room MA- Martial Arts Room MM- MCMAP Room MPR- Multipurpose Room	om s Room oom	
	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			SPIN- Spin Room	

CAMP FOSTER

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	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		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		Brazilian Jiu-Jitsu (MCCUTCHEON) Adults 14+: 1130-1230 Anderson Pereira	
CAMP FOSTER		*Please see sep	arate Gunners Martial Arts sched	dule 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	Brazilian Jiu-Jitsu Children: 1700-1800 Adult: 1800-1900 Ivan Sakamoto	Setkudo Mixed Martial Arts MA Room Children: 1730-1830 Adults: 1830-1930 Nobuhiro Hirahara	Brazilian Jiu-Jitsu Children: 1700-1800 Adult: 1800-1900 Ivan Sakamoto		Okinawan Kenpo Children: 1500-1600 Adult: 1600-1700 Toru Kiyan
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		Brazilian Jiu-Jitsu North Gym Adults 14+: 1730-1930 Elton Hoshihara Cruz Welliton Cruz	
	Setkudo Mixed Martial Arts Main Gym Adults: 2000-2100 Nobuhiro Hirahara	Okinawan Kenpo Main Gym Adults: 1830-1930 Toru Kiyan	Setkudo Mixed Martial Arts Main Gym Adults: 2000-2100 Nobuhiro Hirahara	Okinawan Kenpo Main Gym Adults: 1830-1930 Toru Kiyan		
CAMP SCHWAB		Brazilian Jiu-Jitsu Adults 18+: 1900-2030 Emerson Azuma		<u>Brazilian Jiu-Jitsu</u> Adults 18+: 1900-2030 <i>Emerson Azuma</i>		

General Policies

- 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 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 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

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Okinawan Kenpo Adults: \$50 Children: \$50 Sensei Toru-San		Adults 14+: \$100 Children 5-13: \$80 Elton Hoshihara Cruz (Camp Kinser & Camp Hansen*) *Camp Hansen adult class only		Isshin Ryu Adults: \$50 Children: \$50 Sensei Uechi-San (Camp Foster)		
(Camp Courtney and Camp Hansen)			Children 5-13: \$80 Anderson Pereira (Camp Kinser & Futenma) *Futenma adult classes only	(Camp Foster)		

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.

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

All I fices are monthly fees				
Shorin Ryu Karate	Setkudo Mixed Martial Arts			
Adults : \$50	Adults: \$60			
David King	Children: \$50			
(Camp Foster)	Nobuhiro Hirahara			
	(Foster, Courtney, and Hansen)			
KOBUDO Karate				
Adults & Children : \$50				
Kiyoto Yogi				
(Camp Foster)				