

MARTIAL ARTS CLASSES



LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CAMP KINSER	Setkudo <u>Mixed Martial Arts</u> 1700-1830 <i>Nobuhiro Hirahara</i>	Brazilian Jiu-Jitsu Children 5-13:1700-1800 Adults 14+: 1800-1900 <i>Elton Hoshihara Cruz</i>	Setkudo <u>Mixed Martial Arts</u> 1700-1830 <i>Nobuhiro Hirahara</i>	Brazilian Jiu-Jitsu Children 5-13:1700-1800 Adults 14+: 1800-1900 <i>Elton Hoshihara Cruz</i>	
MCAS FUTENMA	Brazilian Jiu-Jitsu Adults 18+: 1800-1930 <i>Joe Davis</i>		Brazilian Jiu-Jitsu Adults 18+: 1800-1930 <i>Joe Davis</i>		Brazilian Jiu-Jitsu Adults 18+: 1800-1930 <i>Joe Davis</i>
CAMP FOSTER	*Please see separate Gunnery Martial Arts schedule page for all martial arts classes available at Camp Foster.				
CAMP COURTNEY		Brazilian Jiu-Jitsu Children: 1700-1800 Children: 1800-1900 Adults:1900-2030 <i>Ivan Sakamoto</i>		Brazilian Jiu-Jitsu Children: 1700-1800 Children: 1800-1900 Adults:1900-2030 <i>Ivan Sakamoto</i>	
		Setkudo <u>Mixed Martial Arts</u> Children: 1930-2030 Adults: 2030-2200 <i>Nobuhiro Hirahara</i>		Setkudo <u>Mixed Martial Arts</u> Children:1930-2030 Adults: 2030-2200 <i>Nobuhiro Hirahara</i>	
CAMP HANSEN	Brazilian Jiu-Jitsu North Gym Adults 14+: 1700-1800 <i>Elton Hoshihara Cruz</i>	Setkudo <u>Mixed Martial Arts</u> Main Gym 1700-1830 <i>Nobuhiro Hirahara</i>	Brazilian Jiu-Jitsu North Gym Adults 14+: 1700-1800 <i>Elton Hoshihara Cruz</i>	Setkudo <u>Mixed Martial Arts</u> Main Gym 1700-1830 <i>Nobuhiro Hirahara</i>	
CAMP SCHWAB		Brazilian Jiu-Jitsu Adults 18+: 1900-2030 <i>Emerson Azuma</i>		Brazilian Jiu-Jitsu 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

GUNNERS MARTIAL ARTS

MONDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>Isshin Ryu</u> AR Adults: 1445-1545 Children: 1600-1700 <i>Sensei Uechi San</i></p>	<p><u>Isshin Ryu</u> AR Adults: 1445-1545 Children: 1600-1700 <i>Sensei Uechi San</i></p>	<p><u>Isshin Ryu</u> AR Adults: 1445-1545 Children: 1600-1700 <i>Sensei Uechi San</i></p>	<p><u>Adult Mugai Ryu Iaido</u> MR & AR 1300-1500 <i>Robert Smith</i></p>	<p><u>Adult Mugai Ryu Iaido</u> MR & AR 0900-1100 <i>Robert Smith</i></p>
<p><u>Brazilian Jiu-Jitsu</u> MM Adv. Adults: 1700-1830 <i>Ivan Sakamoto</i></p>	<p><u>Brazilian Jiu-Jitsu</u> MM Children: 1600-1700 Beg. Adults: 1700-1830 <i>Ivan Sakamoto</i></p>	<p><u>Brazilian Jiu-Jitsu</u> MM Children: 1600-1700 Beg. Adults: 1700-1830 Adv. Adults: 1830-2000 <i>Ivan Sakamoto</i></p>	<p><u>General Policies:</u></p> <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 <p><u>Location Legend:</u></p> <ul style="list-style-type: none"> • AR- Aerobics Room • MR- Martial Arts Room • MM- MCMAP Room • MPR- Multipurpose Room • SPIN- Spin Room 	
<p><u>Aiki Ju-Jutsu</u> MM 1830-2100 <i>Masayoshi Umeda</i></p>	<p><u>Aiki Ju-Jutsu</u> MM 1830-2100 <i>Masayoshi Umeda</i></p>	<p><u>Adult Mugai Ryu Iaido</u> MR 1730-1900 <i>Robert Smith</i></p>		
<p><u>Setkudo</u> <u>Mixed Martial Arts</u> MPR Children: 1930-2030 Adults: 2030-2200 <i>Nobuhiro Hirahara</i></p>	<p><u>Setkudo</u> <u>Mixed Martial Arts</u> MPR Children: 1930-2030 Adults: 2030-2200 <i>Nobuhiro Hirahara</i></p>			

CAMP FOSTER



Martial Arts Class Descriptions

AIKI JU-JUTSU

This type of martial art builds harmony with others and shows how to control the attack. It focuses on the idea that balance is essential to all things. The technique of this class will teach students to defend themselves with little power. Aiki Ju-Jutsu can be recognized by the subtle flowing throws, joint-locks, and extremely effective control of an opponent's center of gravity. The class also teaches kata and weapons. Youth welcome with instructor approval; must have adult supervision.

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

Aiki Ju-Jutsu

Adults: \$30

Children: \$30

*Masayoshi Umeda
(Camp Foster)*

Brazilian Jiu-Jitsu

Adults 14+: \$90
Children 5-13: \$60
*Ivan Sakamoto
(Camp Foster &
Camp Courtney)*

Adults 14+: \$80
Children 5-13: \$80
*Elton Hoshihara Cruz
(Camp Kinser &
Camp Hansen*)*
*Camp Hansen adult class only

Adults 18+: \$80
*Joe Davis
(MCAS Futenma)*
Adults 18+: \$90
*Emerson Azuma
(Camp Schwab)*

Isshin Ryu

Adults: \$50

Children: \$50

*Sensei Uechi-San
(Camp Foster)*

Martial Arts Class Descriptions

MUGAI RYU IAIDO

Mugai Ryu is a 340 year old Koryu martial arts school founded by Tsuji Gettan Sukemochi in 1680. Iaido is the sword art of drawing, cutting and re-sheathing the Katana. It places a great emphasis on the correctness of form, precision and efficiency of movement and mental focus. Practice is conducted performing kata or set forms that teach how to respond to attacks made by opponents in various positions and situations.

The ideal is to be able to deal with an attack at any time, no matter what you are doing.

This class is only open to adults.

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).

Instructors & Fees

All Prices are monthly fees

Mugai Ryu Iaido

Adults: \$30

Robert Smith

(Camp Foster)

Setkudo Mixed Martial Arts

Adults: \$60

Children: \$50

Nobuhiro Hirahara

(Camps Kinser, Foster, Courtney, and Hansen)