## GUNNERS MARTIAL ARTS

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
</table>
| Adult Shorin Ryu Karate  
MPR  
1100-1230  
Master Fusei Kise | Adult Shorin Ryu Karate  
MPR  
1100-1230  
Master Fusei Kise | Adult Shorin Ryu Karate  
MPR  
1100-1230  
Master Fusei Kise | Adult Shorin Ryu Karate  
MPR  
1100-1230  
Master Fusei Kise | Adult Mugai Ryu Iaido  
MR & AR  
1300-1500  
Robert Smith | Adult Mugai Ryu Iaido  
MR & AR  
0900-1100  
Robert Smith |
| Isehin Ryu  
AR  
1600-1700  
(Children)  
1800-2000 (Adults)  
Sensei Uechi San | Setkudo  
MPR  
1830-2000  
Nobunari Hirahara | Isehin Ryu  
SPIN  
1600-1700  
(Children)  
1800-2000 (Adults)  
Sensei Uechi San | Setkudo  
MPR  
1830-2000  
Nobunari Hirahara | Isehin Ryu  
AR  
1600-1700 (Children)  
1800-2000 (Adults)  
Sensei Uechi San | Isehin Ryu  
AR  
1730-1900  
Robert Smith |
| Brazilian Ju-Jitsu  
MM  
Beginners Children:  
1600-1700  
Adults: 1700-1830  
Ivan Sakamoto | Brazilian Ju-Jitsu  
MM  
Beginners Children:  
1600-1700  
Adults: 1700-1830  
Ivan Sakamoto | Brazilian Ju-Jitsu  
MM  
Beginners Children:  
1600-1700  
Advance Kids:  
1700-1800  
Ivan Sakamoto | Brazilian Ju-Jitsu  
MM  
1830-2100  
Masayoshi Umeda | Brazilian Ju-Jitsu  
MM  
1830-2100  
Masayoshi Umeda |  

### 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

### Location Legend:

- **AR** - Aerobics Room Room
- **MR** - Martial Arts
- **MM** - MCMAP Room Room
- **MPR** - Multipurpose
- **SPIN** - Spin Room
Class Descriptions

AIKI-JU-JITSU:
This type of Martial Arts 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 him/her with little power. This Martial Art can be recognized by the subtle flowing throws, joint-locks, and extremely effective control of an opponent’s center of gravity. Children must have adult supervision.

Brazilian Jiu-Jitsu:
(BJJ), also known as "The Gentle Art", is a grappling martial art that allows an individual to successfully defend themselves and prevail against a bigger and stronger opponent, though 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.

IAIDO:
This class will teach the art of reaching to a surprise attack by counteracting with a sword. Students will learn posture, movement, grip, and how to swing or cut with a sword. Students will also learn respect for other students, the teacher, and the sword.

Instructors & Fees
All Prices are monthly fees

<table>
<thead>
<tr>
<th>Aiki-Ju-Jitsu</th>
<th>Brazilian Ju-Jitsu</th>
<th>Iaido</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults: $30.00</td>
<td>Adults: $90.00</td>
<td>Adults: $30.00</td>
</tr>
<tr>
<td>Children: $30.00</td>
<td>Children: $60.00</td>
<td>Robert Smith</td>
</tr>
<tr>
<td>Masayoshi Umeda</td>
<td>Ivan Sakamoto</td>
<td></td>
</tr>
</tbody>
</table>
**Class Descriptions**

**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, rather than palm down, position. This type of Martial Arts is similar to Shorin Ryu.

You learn a combination of karate and Kobudo. Plus eight different empty hand Kata is taught, which is a choreographed series of movements as well as the incorporation of weapons. Like most other Martial Arts classes, mind and body play a major role in developing patience, self-control, spiritual stability, especially when developing these skills to focus on concentration.

Children Ages 7-15 years old & 5-7 years old with Sensei approval.

**SETKUDO:**
What in the world is Setkudo association? The founder Master Hirahara started teaching Setkudo in 1992. Master Hirahara has been teaching for over 40 years, so teaching for SETKUDO is all a complete style of karate. (Go-ju-Karate, Shaorin Temple Kenpo, Oyama, Kyokushin Kai and USA Oyama Karate Kick Boxing and Kapoeira.

**SHORIN RYU:**
This class will promote range, endurance, and strength. You will learn self-defense and Kata, a choreographed series of movements. The use of Okinawan weapons is integrated into the class structure as well. The fundamentals of this class are Kata, Kobudo, and Kumite. Children Ages 5-15 years old.

**Instructors & Fees**
All Prices are monthly fees

<table>
<thead>
<tr>
<th><strong>Isshin Ryu</strong></th>
<th><strong>Setkudo</strong></th>
<th><strong>Shorin Ryu</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults: $50.00</td>
<td>Adults: $60.00</td>
<td>Adults: $75.00</td>
</tr>
<tr>
<td>Children: $50.00</td>
<td>Children: $50.00</td>
<td>Children: $70.00</td>
</tr>
<tr>
<td>Sensei Uechi-San</td>
<td>Nobuhiro Hirahara</td>
<td>Master Fusei Kise</td>
</tr>
</tbody>
</table>