

# GUNNERS MARTIAL ARTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b><u>Isshin Ryu</u></b> <b>AR</b> Adults: 1445-1545 Children: 1600-1700 <i>Sensei Uechi San</i>		<b><u>Isshin Ryu</u></b> <b>AR</b> Adults: 1445-1545 Children: 1600-1700 <i>Sensei Uechi San</i>		<b><u>Isshin Ryu</u></b> <b>AR</b> Adults: 1445-1545 Children: 1600-1700 <i>Sensei Uechi San</i>		
<b><u>Brazilian Jiu-Jitsu</u></b> <b>MM</b> Adv. Adults: 1700-1830 <i>Ivan Sakamoto</i>		<b><u>Brazilian Jiu-Jitsu</u></b> <b>MM</b> Beg. Adult & Children: 1700-1830 <i>Ivan Sakamoto</i>		<b><u>Brazilian Jiu-Jitsu</u></b> <b>MM</b> Beg. Adult & Children: 1700-2000 <i>Ivan Sakamoto</i>	<b><u>General Policies:</u></b> <ul style="list-style-type: none"> <li>No classes on federal holidays</li> <li>All classes will be cancelled at Tropical Cyclone Condition of Readiness 1 (TCCOR 1)</li> <li>Classes will resume at TCCOR "All Clear" stage</li> </ul> <b><u>Location Legend:</u></b> <ul style="list-style-type: none"> <li>AR- Aerobics Room</li> <li>MA- Martial Arts Room</li> <li>MM- MCMAP Room</li> <li>MPR- Multipurpose Room</li> <li>SPIN- Spin Room</li> </ul>	
<b><u>Aiki Ju-Jutsu</u></b> <b>MM</b> 1830-2100 <i>Masayoshi Umeda</i>	<b><u>Setkudo</u></b> <b>Mixed Martial Arts</b> <b>MPR</b> Children: 1900-2000 Adults: 2000-2100 <i>Nobuhiro Hirahara</i>	<b><u>Aiki Ju-Jutsu</u></b> <b>MM</b> 1830-2100 <i>Masayoshi Umeda</i>	<b><u>Setkudo</u></b> <b>Mixed Martial Arts</b> <b>MPR</b> Children: 1900-2000 Adults: 2000-2100 <i>Nobuhiro Hirahara</i>			
	<b><u>Shorin Ryu Karate</u></b> <b>MM</b> Beg. Adults: 1930-2030 Adv. Adults: 2030-2130 <i>David King</i>		<b><u>Shorin Ryu Karate</u></b> <b>MM</b> Beg. Adults: 1930-2030 Adv. Adults: 2030-2130 <i>David King</i>			



# CAMP FOSTER

**GUNNERS**  
 START EARLY • TRAIN HARD • FINISH STRONG

# MARTIAL ARTS CLASSES



LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CAMP KINSER		<b>Brazilian Jiu-Jitsu</b> Children 5-13: 1700-1800 Adults 14+: 1800-2000 <i>Elton Hoshihara Cruz</i> <i>Welliton Cruz</i>		<b>Brazilian Jiu-Jitsu</b> Children 5-13: 1700-1800 Adults 14+: 1800-2000 <i>Elton Hoshihara Cruz</i> <i>Welliton Cruz</i>		<b>Brazilian Jiu-Jitsu</b> Adults 14+: 0800-1000 <i>Elton Hoshihara Cruz</i> <i>Welliton Cruz</i>
MCAS FUTENMA						
CAMP FOSTER	*Please see separate Gunners Martial Arts schedule page for all martial arts classes available at Camp Foster.					
CAMP COURTNEY	<b>Setkudo</b> <b>Mixed Martial Arts</b> <b>MA Room</b> Children: 1730-1830 Adults: 1830-1930 <i>Nobuhiro Hirahara</i>	<b>Brazilian Jiu-Jitsu</b> Children: 1700-1800 Children: 1800-1900 <i>Ivan Sakamoto</i>	<b>Setkudo</b> <b>Mixed Martial Arts</b> <b>MA Room</b> Children: 1730-1830 Adults: 1830-1930 <i>Nobuhiro Hirahara</i>	<b>Brazilian Jiu-Jitsu</b> Children: 1700-1800 Children: 1800-1900 <i>Ivan Sakamoto</i>		
CAMP HANSEN	<b>Brazilian Jiu-Jitsu</b> <b>North Gym</b> Adults 14+: 1730-1930 <i>Elton Hoshihara Cruz</i> <i>Welliton Cruz</i>		<b>Brazilian Jiu-Jitsu</b> <b>North Gym</b> Adults 14+: 1730-1930 <i>Elton Hoshihara Cruz</i> <i>Welliton Cruz</i>		<b>Brazilian Jiu-Jitsu</b> <b>North Gym</b> Adults 14+: 1730-1930 <i>Elton Hoshihara Cruz</i> <i>Welliton Cruz</i>	
	<b>Setkudo</b> <b>Mixed Martial Arts</b> <b>Main Gym</b> Adults: 2000-2100 <i>Nobuhiro Hirahara</i>		<b>Setkudo</b> <b>Mixed Martial Arts</b> <b>Main Gym</b> Adults: 2000-2100 <i>Nobuhiro Hirahara</i>			
CAMP SCHWAB		<b>Brazilian Jiu-Jitsu</b> Adults 18+: 1900-2030 <i>Emerson Azuma</i>		<b>Brazilian Jiu-Jitsu</b> Adults 18+: 1900-2030 <i>Emerson Azuma</i>		
<b>General Policies</b> <ul style="list-style-type: none"> <li>No classes on federal holidays</li> <li>All classes will be cancelled at Tropical Cyclone Condition of Readiness 1 (TCCOR 1)</li> <li>Classes will resume at TCCOR "All Clear" stage</li> </ul>						

# 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: \$40

Children: \$30

*Masayoshi Umeda  
(Camp Foster)*

### **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)*

### **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).

## **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

#### **Shorin Ryu Karate**

Adults : \$50

David King

*(Camp Foster)*

#### **Setkudo Mixed Martial Arts**

Adults: \$60

Children: \$50

*Nobuhiro Hirahara*

*(Foster, Courtney, and Hansen)*