

## Hawaiian Island Style Jujutsu

Jujutsu is a Japanese system of philosophy, combat, and self-defense. It is one of the world's oldest martial arts, being the fore-runner and mother art of many modern day martial arts.

Jujutsu is a Japanese term literally meaning "practice, art, technique, or science of pliancy, suppleness, gentleness, or flexibility." The basic principle of the art was to avoid or give way before an opponent's superior weight and strength in order to overcome him by using his weight and strength to his disadvantage.

An older definition states, "jujutsu is a crude and effective means of self defense incorporating joint locks, chokes, throws, and strikes to vital parts of the body."

There are many flavors of jujutsu, called systems or schools; the system taught at Ka Hale Na Ikaika Dojo is called Danzan-Ryu. Danzan-Ryu is a synthesis of the best techniques of the ancient jujutsu schools, Okinawan Karate, Chinese Kung-Fu, Hawaiian Lua, Filipino knife fighting, and traditional Japanese restorative massage and healing techniques. It was developed by Professor Henry S. Okazaki whose school, the Kodokan, was headquartered in Honolulu, Hawaii.

## Fee Schedule

MONTHLY TUITION: \$80

Family Rate: 2x \$140

3x \$200

4x \$240

Private Lessons: \$75-\$100

Mat Fee: \$10 (For single visits)

Annual AJJF Registration: \$60

Uniforms: \$40-\$50 (Sizes 3-5)

## AJJF

**Ka Hale Na Ikaika** is a member of the American Judo and Jujitsu Federation.

The American Judo & Jujitsu Federation is an autonomous, non-profit national association of jujitsu and judo schools. Incorporated in 1958 under the laws of the State of California, the AJJF is dedicated to maintaining the highest standards of the arts and sciences of jujitsu & judo while propagating the techniques and philosophy of Danzan Ryu Jujitsu to all without regard to race, color, creed or religion in accordance with democratic American principles.

## Contact Us

**Ka Hale Na Ikaika Dojo** is located at:

Allied Gardens School of Martial Arts

5154 Waring Road

San Diego, CA 92120

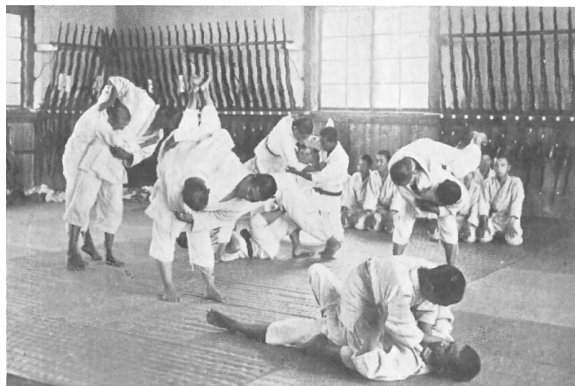
(619) 916-7732

Email: dzrdsd@mac.com



# HAWAIIAN ISLAND STYLE JUJUTSU





# HAWAIIAN ISLAND STYLE JUJUTSU

## What You Will Learn

Danzan Ryu Jujutsu is a very diverse system of martial arts. Through regular practice of this system the student will become proficient in **joint locks, throws, escapes, grappling; Practical and effective self-defense; Weapons Defense, Breathing and Energy exercises, Overall health and fitness, and Healing arts.**

**Ka Hale Na Ikaika Dojo** has created a non-competitive atmosphere which gives the student a safe and friendly environment to learn the art.

## Training Program

As with our host school, the programs offered at **Ka Hale Na Ikaika** are not designed to "just advance you to BLACK BELT status." They are traditionally structured for the student to learn self-confidence, self-defense, understand self-awareness, develop physical fitness and improve overall health.

## Class Schedule

Adult Classes Only	Tuesday/Thursday	Friday
All Ranks	8:00p – 9:30p	7:00p – 8:30p
Private Lessons	By Appointment	By Appointment

## Personal Goals

We realize that each of you possess different natural abilities; size and strength will vary from person to person, etc. Once you have acquired a strong foundation and ability in the basics, our program is focused to match your physical capabilities in order to maximize your self-defense skills.

## NO CONTRACTS

Tuition is offered month to month and family discounts are available. PLEASE ASK! Unlimited monthly attendance. Classes are organized by rank. Come in for a FREE introductory class.

## About the Instructors

Sensei Eric Atienza is currently a Sandan (3rd degree black belt) in Danzan Ryu Jujutsu with the American Judo and Jujitsu Federation (AJJF). He is a student of Professor Robert Hudson, Hachidan (8th degree black belt) of the AJJF. He has been training actively in the martial arts since 1995. In addition to jujutsu, he has studied Filipino Arnis, Wing Chun, Qi Gong, and Aikido. An active duty military service member, he has trained multiple security units in unarmed defense tactics as well as conducted maritime security and interdiction operations in the Arabian Gulf.

Sensei Peter Sweeny has studied martial arts for over 18 years, Danzan Ryu for over 16 years. Since 1994, his sensei has been Professor Robert Hudson, Hachidan (8th degree black belt). He is currently ranked Sandan (3rd degree black belt) in the AJJF. In addition to jujitsu, his martial arts training includes Aikido and Qi Gong. He is a veteran of the US Navy having served during Desert Storm. He has traveled extensively studying the techniques and training approaches of Danzan Ryu's finest practitioners.