MARTIAL ARTS CLASSES

September 2026

Class	Days	Time	Age	Monthly Fee	Location
Wrestling Fundamentals	Mon	5:00 - 6:30PM	4-12	$25.00	Hawks Nest Wrestling
Kids Competitive Wrestling	Tues	5:00—6:30PM	7+	$25.00	Hawks Nest Wrestling
Wrestling (Open)	Wed/Fri	4:00-6:00PM	15+	FREE	Hawks Nest Wrestling
Judo Adult Beginner / Advanced (Including Green Belt or Higher Kids)	Tues / Fri	5:00-6:00PM	9+	$40.00	Hawks Nest Mat 2
Judo Class Kids	Tues / Fri	6:10 -7:10PM	6+	$40.00	Hawks Nest Mat 2
Brazilian Jiu-Jitsu Kids (Renzo Gracie Japan)	Mon / Wed	3:30-4:30PM 4:30-5:30PM	5-8 9-14	$70.00	Hawks Nest Mats 1
Brazilian Jiu-Jitsu All Level (Renzo Gracie Japan)	Mon / Wed/ Fri	5:30-7:30PM	15+	$120.00 *All Inclu-sive*	Hawks Nest Mats 1
Kaitoukai 海闘会	Sat Thurs (3 Sep) Thurs (17 Sep)	12:15-1:15PM 6:20-7:20 PM 6:20-7:20PM	12+	$40.00	Group Ex Fleet Rec
Fushin-Ryu Karate Beginner	Tues/Thurs	3:00-4:00PM	4+	$50.00	Purdy GX Room
Fushin-Ryu Karate Intermediate	Tues/Thurs	4:00-530PM	6+	$50.00	Purdy GX Room
Fushin-Ryu Karate Advance	Tues/Thurs	5:30-7:00PM	13+	$50.00	Purdy GX Room
Taekwon-Do Kids Beginner (Ms. Meg)	Mon	4:00-5:00PM	6-13	$35.00	Purdy GX Room
Taekwon-Do Kids Intermediate & Women (Ms. Meg)	Mon	5:15-6:30PM	6-13 13+	$35.00	Purdy GX Room
Taekwon-Do Kids 4 (Mr. Kaoru)	Sat	3:30-4:30PM	6-13	$35.00	Hawks Nest Mat 1
Taekwon-Do Adults (Mr. Kaoru)	Sat	4:45-6:00PM	13+	$35.00	Hawks Nest Mat 1
Taekwon-Do Combo (2classes per week)	Mon Sat		6+	$60.00	Purdy GX Room (Mon) Hawks Nest Mat 1 (Sat)

*** Fushin-Ryu KARATE will be canceled on September 8, and 22.**

*** Taekwon-Do Kids 4, and Adults will be Canceled on September 26.**

MWR
MORALE, WELFARE AND RECREATION
CFA Yokosuka

MARTIAL ARTS CLASSES

BRAZILIAN JIU-JITSU (RENZO GRACIE JAPAN): Brazilian Jiu-Jitsu is a martial art and combat sport that teaches a smaller person how to defend themselves against a larger adversary by using leverage and proper technique. It is a perfect self defense mechanism that focuses on grappling and ground fighting. New teachings under the Renzo Gracie Academy.

FUSHIN-RYU KARATE: This martial arts was imported to Okinawa and blended with the indigenous fighting techniques of the island. The lord of ancient Okinawa and later feudal lord of Kagoshima, on the southern most tip of Kyushu in Japan, banned the use of weapons, thus giving rise to the development of "empty hand" fighting and self-defense techniques. Your participation in Karate classes will teach you correct ways to breath, exercise and stretch, increasing fitness and flexibility. Studying Karate will help you develop self-control and self-discipline enabling you to learn the self-defense moves giving you confidence and the ability to defend yourself and others.

JUDO: Judo is considered one of the most famous Olympic sports and best known for its spectacular throwing techniques and mat work, including control holds, arm locks and Judo choking techniques, the standards of this martial art. As a club, Yokosuka Base Judo Club has more than 50 years of history. Discipline in the art of Judo and also learning some Japanese language are a part of our teachings.

TAEKWON-DO: Taekwon-do focuses on building confidence and learning respect and focus while also developing discipline, control, and self-defense. Led by world champions, this class will help to improve self-esteem, flexibility, for good posture, fitness, technique, coordination, and skill.

WRESTLING (OPEN): The Seahawk Wrestling Club recently took 3rd place in the 23rd Annual All Japan Self-Defense Force Wrestling Tournament, led by Coach Noda, the founder and driving force behind the team. Join them in the Hawk's Nest as they practice in conjunction with Japan's National Defense Academy in preparation for off-base tournaments.

WRESTLING FUNDAMENTAL: Introductory class with wrestling centered activities about fitness and group participation. Exercises are fun and gamified, yet build the core stability for wrestling and interacting with others both on and off the mat.

COMPETITION WRESTLING (Kids): This is a step up from the fundamentals class because kids are expected to follow more detailed instructions, show respect to others, and try their best. This class still uses games and conditioning like the Fundamentals class, However the goal is focused on instilling mat etiquette and actually preparing oneself for a wrestling competition one day.

Kaitokai (海闘会) : is a martial arts developed by Japan Maritime Self-Defense Force who trained and master unarmed combat arts. Training is similar to that of mix-martial arts which utilizes different fighting techniques for self-defense. In the class, they will teach you how to use not only fists strikes but kicks, elbows, grabs to make sure you are able to defend yourself in any situation.
Note; although striking is taught, there will be no striking between instructor and participants. Pad striking and touch strike will be taught to ensure safety

Register for classes at Purdy Fitness Center, the 3F Fleet Rec Fitness Office, or online at MyFFR

(https://myffr.navyaims.com/wbwsc/jpnyokrec.wsc/wbsplash.html?wbp=1)

For more information,call the Fitness office at 241-4486