

On behalf of the Okinawa Kenpo Karate Kobudo schools here in Hawaii and around the World, let me be the first to welcome you to one of the finest Martial Arts in all the Nations.

If you are interested in joining one of our schools, contact us for a dojo near your location. We have many schools all over the world and three right here in Hawaii.

We teach Traditional and Certified Okinawa Kenpo Karate as taught by the late "Grand Master" - Seikichi Odo. Our school is an established Worldwide Organization. Our dojo's have been set-up for Kobudo training as well. Our goal is to provide you and your family with a safe and friendly environment where you can learn the Art of Karate- Do.

We teach self defense, personal self discipline, self respect, and strictly traditional empty hand Kata. We teach Men, Women and Children starting at the age of 5.

If you want to develop your Self Confidence, Mental Discipline, and be part of a great physical program, this is the school for you. There is also Okinawan Kobudo Weaponry for those who wish to compete in local, State and National Tournaments!

Contact us if you are interested in joining and becoming a member of the Okinawa Kenpo Karate Kobudo Federation or the Dharma Ryu Dojo Schools.



Instructor: Brad Andersohn

Sensei Brad Andersohn joined Sensei Paul Ortino Jr. under the Red Dragon System in March of 1980. Brad worked his way through the system to achieve the rank of 5th Kyu. Ortino Sensei made the decision to join the Okinawa Kenpo Karate Kobudo Federation in 1982. Brad stayed with Ortino Sensei until he received his Shodan certified by Master Odo on May 27th, 1985. Brad was ranked #3 in Kumite and #2 in Kata as a brown belt for the State of Hawaii in 1984. Brad is also a member of the Hawaii Karate Congress in good standing. In August of 1985, Brad and his family relocated to California until October of 2003. Upon his return to Hawaii, Brad reunited with Ortino Sensei and received his Nidan promotion on May 9th, 2004. Brad currently runs the Kaneohe Dojo on the Marine Corps Base MCBH. Sensei Brad still trains with Ortino Sensei one to two times per week and assists with running the Catlin / Halsey dojo in Honolulu, Hawaii.

Brad is currently certified by the Hawaii Karate Kodanshakai, #74, an elite group of teachers and top instructors in Hawaii, chaired by Sensei Bobbie Lowe and President, Sensei James Miyaji. The Okinawa Kenpo Karate Kobudo school and Sensei Brad are members of the AAU. Sensei Brad was the first to produce, the Okinawa Kenpo Karate Kobudo – Dharma Ryu Dojo DVD volume 1 of 4, now available in stores like KC Martial Arts, Hawaii Martial Arts, and online at PaulOrtino.com. Sensei Brad can be reached at bandersohn@yahoo.com. Or visit our website:

[Www.BradsDomain.com](http://www.BradsDomain.com)

OKINAWA KENPO KARATE - KOBUDO
KBAY-DOJO

Kaneohe Marine Corps - Base Headquarters
BLDG. 1391 - Kaneohe, Hawaii 96744
MCCS - Youth Center

Phone: (808) 261-1389
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OKINAWA KENPO KARATE - KOBUDO

KBAY-DOJO



Classes:

*Mondays: 6 - 7:30
Thursdays 6 - 7:30*

Ages 5 - Adult

*Sensei Brad Andersohn
Ni - Dan*

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Why Choose Karate?

Karate, a Healthy Choice



Many people think of karate and they visualize dazzling high kicks and dropping into the splits ala Jean Claude Van Damm. Not everyone will be physically able to perform these feats that are seen at the movies that typically stereotype karate and we're not going to pretend that we'll be able to make anybody a star. Our purpose is to make sure that you work at a level that is comfortable, yet challenging to yourself.



Our workouts consist of a good mixture of cardiovascular endurance, strength training and flexibility exercises that are designed to benefit the whole body. We continue to research the best training methods known to the fitness

world, and we're serious about it. People feel good when they are healthy. It may seem like a redundant statement, but it's something that people need reminding of. With a healthy body, you have a healthy mind. Everything from waking up in the morning, and thinking clearly at school or in our jobs in this fast paced society that we live in becomes easier to deal with and more enjoyable when your body and mind are in tune.

Awareness and Self Defense

The key to self defense does not rely on punching and kicking. As a matter of fact, we discourage physical action in any confrontation unless it is an absolute last resort. Learning to be aware of your surroundings and avoiding dangerous situations is the focus of awareness. Simple things that people probably already know are used as constant reminders so that awareness becomes a natural way of thinking. We don't want people to be paranoid or scared to walk around their own block or to go to school, but many bad situations can be avoided.

Concentration and Focus

Concentration is something that for many people, has to be taught. Many doctors are now recommending people with A.D.D.

(Attention Deficit Disorder) and A.D.H.D.

(Attention Deficit and Hearing Disorder) learn karate because of the concentration skills

that are developed through the training drills and the practice of kata - a series of movements, much like a dance choreography with the use of karate techniques.



Balance

Balance is a physical, and mental attribute that is developed as a result of karate training. Balance in the physical sense is acquired by performing drills that make you aware of what your body is doing while in motion. Balance as a mental characteristic is developed as you use karate as a mental stimulant. For most people karate will not be as natural as walking so you will have to rationalize your movements as you

learn them. With the presence of a good physical and mental balance you will enhance and develop your skills.

Respect and Discipline

Most educated people associate karate with discipline. This is because of the format in which the classes are taught. In karate there is a ranking system which lets people know where they stand. Karate doesn't have to be



militaristic to the point it was originally intended (after all it is a martial art developed to defend ones' life) but these values are instilled. Generally a person who enters a karate class will see that people will bow to each other, call the instructor Sensei (teacher) and conform to the rules and guidelines set forth by the club. This makes a person feel rather awkward themselves if they don't conform to their surroundings. If there is a problem child or an adult with an overbearing demeanor they will be dealt with on a personal level. Most difficult people can be taught humility simply by being in an environment where it is prominent.

Karate is Fun!

Not only do you benefit from learning the techniques and routines that karate provides, you do it with other people that share a common interest. Any extra curricular activity you involve yourself with should be a release from the stress or anxiety that is built up in our daily routines. People involved in karate can establish friendships for life.

