

Judo

Judo was founded in 1882 by Dr. Jigoro Kano. Meaning the "gentle way", it was derived from Jujitsu minus the lethal techniques. Judo is a grappling martial art similar to jiu-jitsu, but does NOT involve punching or kicking. Judo places emphasis on throws, pins, and submission holds such as strangles and arm locks. Introduced into the 1964 Tokyo Olympics as a demonstration sport, it gained full Olympics status in 1972. Training consists of standing and grappling techniques, kata, and self-defense applications. The focus of Judo at Southside Dojo is sport and competition.

The Dojo is a member of the United States Judo Association and handles promotions and ranks through them. We are also member of United States Judo Federation and United States Judo, Inc. Judo Instructors are experienced judoka and current and former National Elite Team Members.

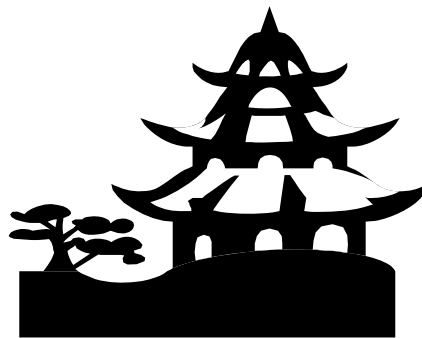
Judo Instructors:

Robert Treat, 5th Dan
Ron Blake, 3rd Dan
Joseph VanDenBoom, 2nd Dan
Jamie Blake, 2nd Dan
Mike Snyder, 2nd Dan
Dustin Moran, 1st Dan
Andy Snyder, 1st Dan



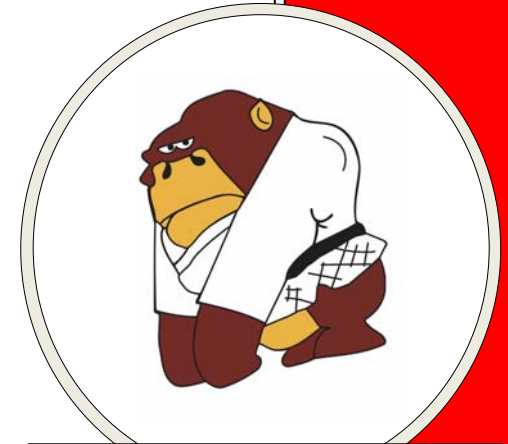
About Southside Dojo

Southside Dojo is one of the top 5 largest USJA Judo clubs in the nation with over 100 registered members. After 12 years of leasing space, we have finally purchased our very own building. The new location has a 3,000 sq ft. training area based on the Denver Judo floating floor system. Two-thirds of the floor is dedicated Swain Sports tatami for our grappling arts, and the other 1/3 is hardwood floor. This design allows for the mats to be laid down on the hardwood to make a seamless 3,000 sq ft tatami training area. The goal of Southside Dojo is to provide a quality facility with knowledgeable and qualified instructors. We ask for no contracts and boast the lowest dues of any martial arts school or club in the area. Membership at Southside Dojo costs \$25.00 per month. This entitles the member to practice any or all of the various classes offered. The dojo is operated as a club, with 501c3 non-profit status, and the instructors donate their teaching time for the love of the art.



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www.Southsidedojo.com



Southside Dojo

Find your way

Judo
Karate
Kobudo
Aikido
Mixed Martial Arts
Ju-jitsu
Muay Thai
Yoga

Aikido

Often called the "honorable art of getting out of the way," Aikido is a Japanese art of self-defense based on "blending" with an attack rather than clashing with it. Aikido uses many controlling techniques such as wristlocks, throws, takedowns, and pins. One controls an attack quickly and efficiently while causing as little damage as possible. Southside offers a style called Seidokan Aikido.

Aikido's founder, Morihei Ueshiba, a devoutly religious man, studied swordsmanship, Sumo, Jujitsu, and Karate. Having witnessed the carnage of WWI, he took elements from each of these arts to develop what he called the "art of Peace" offering the world a tool to create understanding and harmony out of aggression and conflict. There are no tournaments or competitions in Aikido. A student seeks to conquer himself, not others, through inner development and understanding, the ultimate target of the training.

Instructor Bronson Diffin has been studying Aikido since 1996 and holds a 2nd Dan. Bronson continues his study under Dr. Mark Crapo, 6th Dan.

Jujitsu

Shobudo Bujitsu Jujitsu (traditional jujitsu) is a style of jujitsu (or jujutsu), a class of Japanese martial arts. The study of jujitsu is primarily the study of unarmed combat and combat with secondary weapons, such as knives (tanto), sticks (yawara bo), staves (jo, rokushaku bo), and other non-primary weapons.

Training in Shobudo Jujitsu covers a wide range of techniques, including striking, throws, jointlocks, chokes, weapons training, mediation and more.

The Jujitsu instructor is Keith Nelson.

Ko Bu Ryu

Koburyu Karate, This is an authentic, original, and pure form from Okinawa, Japan called Kou Bu Ryu which has also been called Pwang Gai Noon Ryu. Kou Bu Ryu - meaning "Kinjo's Stop-Fighting Style" - maintains the traditional values and techniques developed centuries ago in China. A strong body, disciplined mind, and healthy lifestyle combine synergistically to enhance every aspect of a person's life. In fact, Kou Bu Ryu Karate stresses self-improvement both inside and outside the dojo. Practitioners of Kou Bu Ryu can enjoy the rare opportunity to improve their health, strengthen their spirit and carry on this ancient martial art.

Kobutyu Kobudo utilizes items common to the Okinawan farmer or fisherman as weapons of self-defense based on the movements of Koburyu Karate. Students study methods of striking and blocking to defend against a weapon-wielding opponent. Understanding weapons trains the student to understand a weapon-wielding opponent even if one has no weapon themselves. Primary weapons studied include Bo, Sai, Nunchaku, Tinaka and Iaku.

Instructors: Wayne Kroll, 5th Dan; Janel Ceglarek, 3rd Dan; Jamie Blake, 2nd Dan; Bonnie Jo Campbell, 1st Dan.

Mixed Martial Arts

Our Mixed Martial Arts program is a freestyle form of fighting that has been recently made popular by the Ultimate Fighting Championships. It incorporates techniques from Kickboxing, Wrestling, Boxing, Judo, and Brazilian Jujitsu. The Mixed Martial Arts instructor is Dan Cook.

Muay Thai

Southside is proud to offer Muay Thai kickboxing classes. Muay Thai has a long history in Thailand and is the country's national sport. Traditional Muay Thai practiced today varies slightly from the ancient art Muay Boran and uses kicks and punches in a ring with gloves similar to those used in Western boxing. Muay Thai is referred to as "The Science of Eight Limbs", as the hands, shins, elbows, and knees are all used extensively in this art. A master practitioner of Muay Thai thus has the ability to execute strikes using eight "points of contact," as opposed to "two points" (fists) in Western boxing and "four points" (fists, feet) used in the primarily sport-oriented forms of martial arts.

