



Folsom Lake College
El Dorado Center



Okinawan Karate Weapons

Fall Semester 2011

*El Dorado Center
Kobudo Fitness 413
Okinawan Karate Weapons
Mon & Wed 5:30-6:50 PM*

*For Class Registration - www.flc.losrios.edu
Folsom Lake Center (530) 642-5644*

*Instructor:
Frank Gaviola*

Okinawan Kobudo is a study of the ancient method of self-defense with weapons, commonly known to be the Bo Staff, Sai, Nunchaku, Tonfa, Kama, and Oar. This is a martial arts class which will introduce the student not only to the physical techniques in the use of these historically agricultural tools as weapons, but will provide the student with the historical, philosophical, and cultural aspects of this ancient art of weaponry. Students will also be instructed in the manners, courtesies, discipline, and protocol of the martial arts.

This class may be taken four (4) times for credit.

Benefits of Martial Arts Training

- ① *Improves mental focus and concentration.*
- ② *Improves mind-body awareness and multiple sensory integration*
- ③ *Improves stress management skills and creative channeling of emotions.*
- ④ *Improves overall physical conditioning and relaxation.*
- ⑤ *Improves self-defense skills, intensifying self-confidence.*

