

## Earn your Black Belt

Whether you are seeking to achieve a black belt (or higher) or looking for self-defense skills and fitness give us a try!

Tuesdays and Thursdays 6:00 PM

(Others by appointment)

RECOMMENDED AGE 7 TO 77

## Sensei Hershman

Sensei Hershman is a senior master ranked black belt. He has been instructed by some of the best masters in the world to include Grand Masters Seikichi Odo and Tetsu Takamiyagi. Don't miss your chance to train with a world class master instructor.

Hope Church at Lee Hall

17531 Warwick Blvd,

Newport News, VA 23603



## Hanamizuki Dojo

*A MARTIAL ARTISTS FOR CHRIST Member*

Old Style Karate

Traditional Weapons

Practical Self Defense

Royal Okinawa Martial Art

## Hanamizuki Dojo

Hope Church at Lee Hall

Newport News, Virginia

Phone: 828-736-6067

Email: [edhershman@hotmail.com](mailto:edhershman@hotmail.com)

<https://dogwoodkarate.wixsite.com/>

[/website](#)

*Ryukyū Hon Kenpo*

*Kobujyutsu*

*Ryuykyu Udundi*



## Purpose

Karate is for defense only, but its ultimate purpose is to improve our society and community. Our program desires to glorify God in all we do as we strive to improve ourselves and our community. Properly taught, karate increases the person's security and self-understanding. This can help equip a person to resist destructive behaviors. At Hanamizuki Dojo we also encourage a Biblical perspective and relationship with Christ for dealing most effectively with life's problems. We are not about religion. Jesus Christ does not force himself on anyone and we will not either.

## Check out some of the things we teach

- Traditional kata (forms)
- Effective and practical defense
- Joint takedowns and controls
- Balance takedowns and throws
- Kumite: controlled sparring
- Advanced martial art
- Traditional weapons: bo, nunte bo, eku bo
- Traditional weaons: sai, tonfa, nunchaku
- Traditional weapons: kama, tekko, sword
- Much more!

## We are a Black Belt school

From the moment you walk in the door we are preparing you to achieve your black belt. We will walk you through your advancement step by step not only teaching, but teaching you how to learn for yourself. You will set and reach goals, developing skill not just in defense, but in life!

If you are already a black belt we can guide and instruct you in your progress for a life time of learning. First Degree Black Belt is just the beginning!

## Training and Instruction that is:

Practical

Well Rounded

Authentic

Small class allowing for personal attention

Noncompetitive: progress at your own pace

Not sport orientated



## Real Deal

Authentic Okinawa martial arts from an instructor extensively trained in Okinawa, Japan.

### Members

*Ryukyu Hon Kenpo Kobujyutsu*

*Association*

*Kokusai Ryukyu Udundi Kyokai*

*Martial Artists for Christ International*