

Risner Fitness Center Martial Arts Instructors Information

Available Martial Arts Programs

Ryukyukan Shorin-Ryu (Okinawa Martial Arts)

Instructor • Koei Nohara

Monday, Wednesday, & Friday • 7 pm – 9 pm
In the Aerobics Room

Brazilian Jujitsu

Instructor • Ivan Sakamoto

Ages 18 & over

Monday, Wednesday & Friday • 7:30 pm – 9:30 pm
In the Mat Room

Saturday • 10 am – 1 pm

In the Mat Room

Instructors are contracted under Non-Appropriated Fund (NAF) Individual Service Contract (ISC) unless under voluntary service, and are not employees of the Risner Fitness & Sports Complex. Instructors providing services to minors under the age of 18 years old must have an approved contract that specifically states such services can be provided to minors, and also have a certified Background Check completed. Please contact ISC contractors for more information regarding individual programs listed above. Note: Uniforms and belt testing fees are separate and additional cost. Consult each instructor.

<p style="text-align: center;">Brazillian Jujitsu Ivan Sakamoto</p> <p style="text-align: center;">Email: <u>Ivansakamoto_bjjo@hotmail.com</u></p>	<p style="text-align: center;">090-4268-0731</p>	<p><u>CLASS FEES</u> \$90.00 monthly fee Age limit is 18 years old and above</p> <p><u>CLASS SCHEDULE</u> <u>Mon/Wed/Fri</u> 7:30 - 9:30 pm, Mat Room <u>Tues/Thurs</u> 10:00-11:30 am Women's class 11:30-12:30 pm Adults <u>Saturday</u> 09:00 am - 1:00 pm, Mat Room</p> 
<p style="text-align: center;">Ryukyukan Shorinryu (Okinawan Martial Arts) Koei Nohara</p> <p style="text-align: center;">Email: <u>k-nohara@southernx.ne.jp</u></p>	<p style="text-align: center;">098-961-8646 090-7156-2300</p>	<p><u>CLASS FEES</u> \$70.00 monthly fee 16 and up \$50.00 monthly fee 6 - 15 years old</p> <p><u>CLASS SCHEDULE</u> <u>Mon/Fri:</u> 7:00 – 9:00 pm Aerobic Room</p> 
 <p style="text-align: center;">Youth Karate Class</p>	<p style="text-align: center;">Kweitze Capistrant</p> <p style="text-align: center;">080-3099-1405</p>	<p><u>CLASS FEES</u> \$55.00/Month Ages 6-17 years. Need instructor approval for ages below 6.</p> <p><u>CLASS SCHEDULE</u> <u>Tue/Thurs:</u> 5:00 pm - 6:00 pm, Alpha Warrior Room</p>
<p style="text-align: center;">Bujinkan Martial Art</p> <p style="text-align: center;">Email: <u>bujinkankadena@gmail.com</u></p>	<p style="text-align: center;">Simon Grant</p>	<p><u>CLASS FEES</u> \$10/each class (No monthly fee is set but students can pay for total sessions of the month)</p> <p><u>CLASS SCHEDULE</u> <u>Tue/Thus,</u> 1900-2100 Mat Room</p>
	<p style="text-align: center;">090-1942-0468</p>	<p><u>CLASS FEES</u> \$5.00 for Intro Class/All classes are free afterwards</p>

**Functional Fitness
Shogun Crossfit**

CLASS SCHEDULE

Dates announced monthly

Third Saturday: 9:00 am – 12:00 pm is
mandatory Intro to Functional Fitness