

**Nokido Ju-Jitsu:** Is a Martial Art and a World Games sport focusing on self-defense and includes striking, kicking, blocking, joint locks, throwing, chokes and grappling.

Ju-Jitsu was taken from the Samurai Warriors and refined to encompass all techniques offered in Martial Arts and is said to be the father of all Japanese Martial Arts. Nokido Ju-Jitsu was brought to the U.S. by Shihan Andrew Gruenwald. (1942-2000) and continues to grow through Shihan Delvalle and his students.

**Kodokan Judo:** Is a Martial Art and Olympic sport focusing on using technique over power while utilizing efficient and safe throwing, falling and grappling techniques.

Judo was founded by Jigoro Kano in 1882. Judo comes from the fighting art of feudal Japan, Ju-Jitsu. Kano combined the best techniques into what is now the modern Olympic sport of Judo. Judo has a strict set of rules that governs competition and ensures safety. Open Mat classes are available for Ju-Jitsu and Judo.

**Competition Classes:** are for Nokido Ju-Jitsu and Judo students who are interested in learning more about Ju-Jitsu Fighting, Ju-Jitsu Grappling, and Judo competition techniques and rules in a safe environment.

**Padded Weapons Program:** is designed to introduce the students to practical and safe Martial Art weapons that are padded and easy to use. Students will learn the basic weapons techniques, sparring, etiquette, respect and philosophy of the weapons. Weapons are rotated on a quarterly basis.

Come see how Nokido Ju-Jitsu & Judo can change your life for the better!



Nokido Ju-Jitsu & Judo has been a leader in the Sarasota Martial Arts community since 1995 and has served the community of North Port since 2002.

Our teaching methods are proven and include all of the traditional principles like discipline, respect and honor... with the modern day needs such as fitness, self-defense, stress release, and FUN.

Call or stop by and take a free trial class to see how Nokido Ju-Jitsu & Judo can help you bring out the best in yourself and improve your life.

*Discounted rates for, Firefighters, Police, Teachers, and Families.*

**Monday's and Wednesday's from 3:00-8:30 p.m.**

**Tuesdays & Thursday's**

**5:00-8:30 p.m.**

**Saturday's 9:00 a.m. to 11:30 p.m.**

**Nokido Ju-Jitsu & Judo**

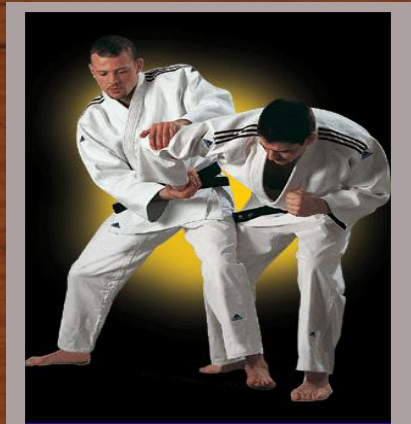
**Phone: (941) 228-9029**

**@ Imagine Schools  
1000 Innovation Ave.  
North Port, Fl. 34289**

**www.nokido.net**

## NOKIDO JU-JITSU & JUDO

“The Way of The Spirit”



# NOKIDO JU-JITSU & JUDO

“The Way of The Spirit”

**Nokido Ju-Jitsu & Judo:** If you're looking for a great method of self-defense and to learn about all aspects of the Martial Arts then Nokido Ju-Jitsu & Judo is for you. Come join the fun. The classes are for all ages and are great for self-discipline, confidence, power, fitness, flexibility, coordination, leadership, & self defense. Our Martial Arts are practiced on mats for comfort and safety and are for all age groups and sexes. We also offer a competition class and a padded weapons class. The classes are a year round activity and a life changing experience. Come join the fun and be a part of our family!

**S.T.O.R.M. Team:** The Special Team of Role Models is designed to teach students the fundamentals of being a leader and an Instructor inside and outside the dojo and in our community. The S.T.O.R.M. team membership is limited to only 10% of the students and is a special honor. Community outreach and demonstrations are a regular part of the S.T.O.R.M. team's activities. Saturday's 10:00-11:00 a.m.

**LIL' SAMURAI'S:** We offer a very structured professional atmosphere combined with a mixture of games, activities and exercise, which includes kicks, strikes, blocks, holds, and escapes so that your child's first exposure to the Martial Arts is a positive one and they build a solid foundation from which to grow! Ages 4-7 Saturday's 9:00-10:00 a.m.

## **Nokido Ju-Jitsu & Judo Staff:**

Shihan Earl DelValle is a Navy Veteran, a Retired Law Enforcement Detective, a Sarasota native and is married with two Daughters. Shihan DelValle is a 6<sup>th</sup> degree Black belt in Ju-Jitsu and holds 4<sup>th</sup> Degree Black belts in Judo and Karate. Sensei DelValle can be contacted at: [budobug@gmail.com](mailto:budobug@gmail.com)

Sensei Chris Ritchie is an Instructor and 1<sup>st</sup> degree Black Belt in Nokido Ju-Jitsu & Judo. Sensei Ritchie can be contacted at: [senseicris.r@gmail.com](mailto:senseicris.r@gmail.com)

All of our instructors are certified by the United States Ju-Jitsu Federation and the United States Judo Association. Nokido Ju-Jitsu & Judo is a charter member of the USJJF, JA, USA JUDO, & USJA.

Please visit our web site at: [www.nokido.net](http://www.nokido.net)  
Or: [www.nokido.wabujitsu.com](http://www.nokido.wabujitsu.com)

**ASK ABOUT OUR FREE CLASSES!**



## **The Ultimate in Self-Defense and....**

- Self Control and Discipline
  - Honor and Respect
  - Courtesy and Integrity
  - Technique over Strength
  - Fitness and Fun....
- ..... in a safe family environment.

## **Lil' Samurai Class & the STORM Team**



**Champions on and off the mat.**



**U.S. Ju-Jitsu National Champions!**