

We have come to share a message
We have come to learn patience
We come to learn discipline
We have come to understand Jiu Jitsu Do
We have come for each other
If we lose this we have lost our way

Discipline

Focus

Self Esteem

Confidence

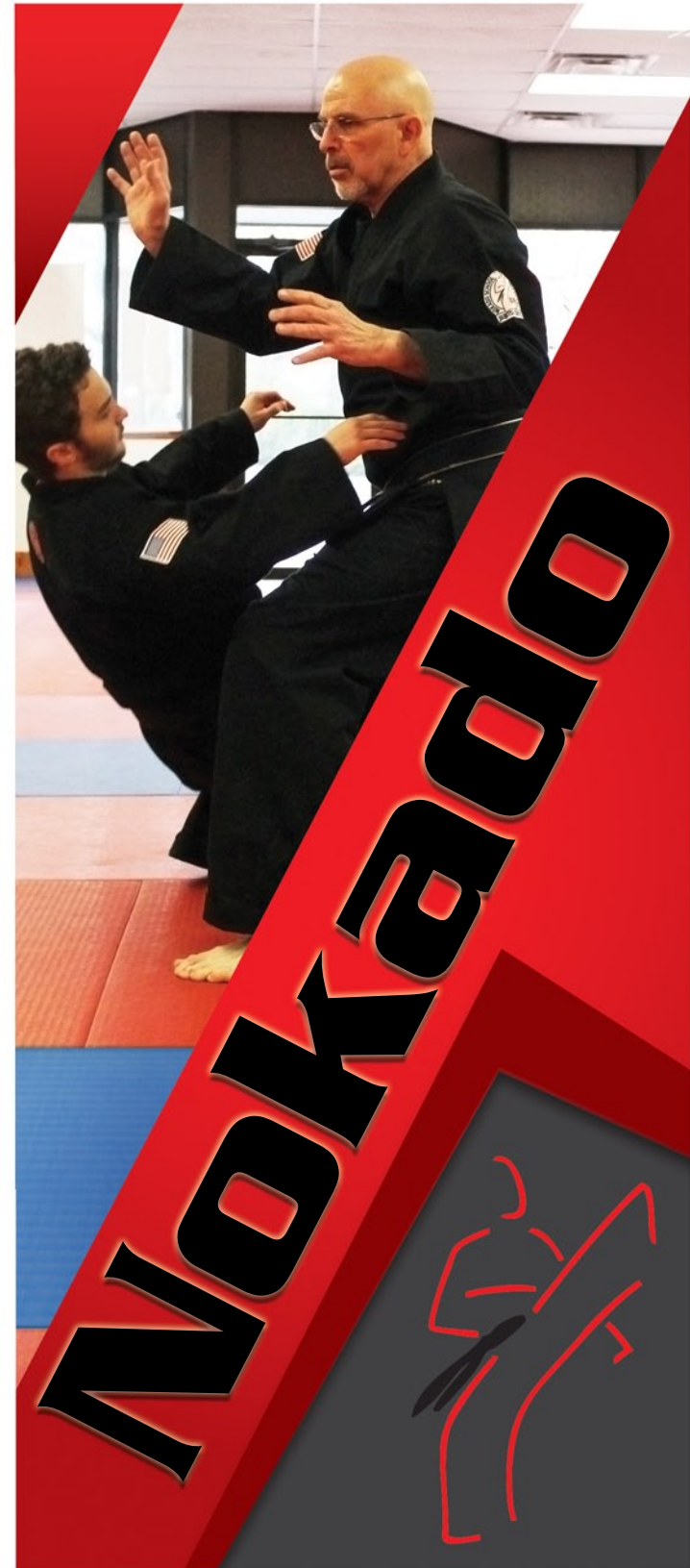
Self Defense



**Reach
Your
Ultimate
Potential**



Nokado School of Self Defense
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nokado.com



Nokado School of Self Defense

Shihan John Olshlager, the head instructor and founder of the system, found that after a good workout he always felt at peace with himself. Therefore, when he opened his Martial Art School, it was appropriate that he named it the Nokado Dojo.

Nokado, in translation literally means

Tranquility

安

What We Teach

The Nokado School of Self Defense is a traditional Martial Arts school that teaches the classical style of Hakko Ryu Jiu Jitsu. Hakko Ryu Jiu Jitsu is the style of the eighth light, in that we feel that the pathway of least resistance will always overcome strength. We teach our students to avoid confrontation at all costs, however, if pushed into an unavoidable fight, we can defend ourselves.

We Offer

Traditional Jiu Jitsu classes for men, women and children, private lessons and "Karate Kid" birthday parties

How To Get Started

Make an appointment to take a free trial class and discover how the martial arts can change your Life

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Classes

Classes are offered 7 days a week for children and 6 days a week for adults. We are a family-oriented school, and look for success in each and every one of our students. We have special classes for beginners and we separate our classes by level so that all students feel comfortable.

