

自衛 OKAMOTO'S KARATE

Youth Program Overview

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Tiny Tigers
Ages 3-5

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Kids Program
Ages 6-12

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Teen Program
Ages 13-17

Dear Parent:

Thank you for your interest in our martial arts programs. Welcome to Okamoto's Karate! Now YOU have the opportunity to see for yourself what happens to your child when their true potential is released. It's an opportunity to join a winning team of dedicated individuals who are all striving to be the best they can be through the study of the Okamoto's Karate System.

Okamoto's Karate provides the most exciting and innovative programs YOU and YOUR child will ever experience. When answering the question, "What do you expect your child to gain from the study of the Okamoto's Karate System?" The majority of parents indicate that they want their children to learn the values taught at Okamoto's Karate: respect, responsibility and self-discipline. If you are a parent searching for ways to counterbalance the negative messages bombarding your children from movies, television and other forms of pop culture, search no further! Improved school grades and a positive self-image and attitude are direct benefits gained from blossoming self confidence and a greater appreciation for what hard work and dedication can bring them in life. Okamoto's karate stands ready to help your child reach their maximum potential!



About The Creator

Yoshihiro Okamoto founded Okamoto's Karate, a successful chain of Alaska-based martial arts schools, in 1984, with the sole purpose of helping his students develop themselves, mentally and physically. His thirty years of teaching experience has not only helped to produce numerous national and world champions, but more importantly, it has given thousands a means by which to improve their health, confidence, discipline, and respect. Okamoto Sensei supports Anchorage, Eagle River, Wasilla, and Soldotna with martial arts training facilities in each community. Okamoto Sensei leads an outstanding team of instructors dedicated to helping each and every student achieve their maximum potential!



Tiny Tiger's Program

Ages 3-5

Star Belt – Tiny Tigers

This is designed with pre-school through kindergartner aged children in mind. The curriculum and pace of the instruction is set to accommodate the learning and cognitive skills of this age group. Classes are filled with fun and invigorating material, all while improving a child's overall physical fitness and mental well-being.



Kids Program

Ages 6-12

Okamoto's Kids Karate Program is designed to maximize a child's potential. Children are guided through the martial arts in a methodical progression of belt goals. Each belt represents a rising sense of accomplishment and confidence. Respect and discipline are cornerstones to a student's success in and out of the martial arts. While working toward each rank, every student develops an improved perspective on achievement and success.

Parents are pleased to see positive changes in conduct at home and at school, as well as, better grades. We strive to promote a "healthy mind in a healthy body" philosophy, helping children to achieve their maximum potential! All of this results in smiles on parents and children alike!



Teens Program

Ages 13-17

The Teen Program is an invigorating way to stay in shape, improve confidence, and discipline. Preparing for life as an adult requires great mental and emotional growth during this period of life. Okamoto's Karate works to reinforce all the positive core values parents find important, as well as, building the inner strength and will to set personal goals and achieve them! Martial arts serve to ground a teen, providing the support and environment to grow in all areas of life.

The varied class schedule allows for the flexibility to work training around other activities and sports. Many teens seeking to build their skills and physical dexterity for other sports find the Okamoto's Karate program a great cross training option.



Training Dojos



We have newly remodeled training dojos all remodeled in 2016 to enhance the training experience for your children. All training dojos are built to create a learning experience that will help your children to get the most out of the training.

Okamoto's Karate Students



2nd Degree Black Belt,
Micah Karns stunt doubling
for Nobu, Peter Shinkoda, in
season 2 of Netflix's
Daredevil! Also performed all
the fantastic fight scenes for
Donatello in Teenage Mutant
Ninja Turtles II!



Michael Martinez won his 2nd
world title pulling down the MMA
title for 16-17 yr. olds!



Sam Hoger is a UFC (Ultimate
Fighting Championship) veteran, a
member of the original cast of the
Ultimate Fighter reality show, and an
Okamoto's Karate Black Belt. He has
taught at some of the top martial arts
schools, across the country and
abroad.

Next Steps

Book a complementary one-to-one session with an instructor at the Eagle River, Wasilla, or Anchorage Dojo!

Give us a call to discuss!

Anchorage • 907-562-5662

Eagle River • 907-694-6994

Wasilla • 907-376-0333