



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILD CONFIDENCE & SELF-DISCIPLINE



Salem Budokai Martial Arts

SALEM FAMILY YMCA

**Youth Jujitsu
Adult Jujitsu
Family Jujitsu
Sport Judo Team**

503-581-9622 YMCA
685 Court Street NE
Salem, OR 97301
www.theYonline.org



Salem Budokai Martial Arts
Home of Danzan Ryu Jujitsu since 1958

Instructors:

Bob Parksion has been Salem Budokai's Sensei since 1994. He has trained in martial arts since 1969. Bob Sensei holds the rank of 5th degree black belt.

Al Elfstrom is the senior instructor at Salem Budokai and has been training students for over 30 years. He is a 7th degree black belt.

Our Outstanding Instructors:

Tyke Croker: 3rd degree black belt

Logan Priollaud: 3rd degree black belt

Bill Roberts: 2nd degree black belt

Jennifer Dudley: 2nd degree black belt

Rhonda Priollaud: 1st degree black belt

Jason Robinson: 1st degree black belt

Jonathan Cole: 1st degree black belt

**For more information about
our instructors, please visit
our website at:**

www.theYonline.org

Youth Martial Arts

For kids age 8-14 years. Students study four Japanese Martial Arts: Jujitsu, Karate, Aikido & Judo.

Times available:

Tuesdays & Thursdays 5:30-6:30pm

Cost:\$25 for members

\$40 for potential members

Adult Jujitsu

Ages 15+ years. Focus in four Martial Arts: Jujitsu, Karate, Aikido & Judo.

Times available:

Tuesdays & Thursdays 6:30-8:00pm

Cost: Free for Members

\$40 for potential members

Family Jujitsu Class

Offered at no charge to students from the Youth and Adult Jujitsu classes.

Times available:

Saturdays 9:00-10:30am

Sport Judo Team

Greco Roman style. Participants may travel.

Times available:

Friday evenings from 7:00-8:00pm

Cost: Free for Members

\$40 for potential members

