



### Marcus Ahrens, Renshi

Head Instructor  
5<sup>th</sup> Dan, Shuri-Te Ju-Jutsu  
4<sup>th</sup> Dan, USJJF Judo  
1<sup>st</sup> Dan, USJA Judo  
1<sup>st</sup> Dan, USJA Ju-Jutsu

### Rustin Keller, Sensei

Club Manager  
2<sup>nd</sup> Dan, Shuri-Te Ju-Jutsu  
2<sup>nd</sup> Dan, Tomiki Aikido  
1<sup>st</sup> Dan, Shorei-Ryu Karatedo

### YUDANSHA / INSTRUCTORS

|                |                     |
|----------------|---------------------|
| Cassie Hitzman | 3 <sup>rd</sup> Dan |
| Scott Herrmann | 3 <sup>rd</sup> Dan |
| Tim Helbing    | 2 <sup>nd</sup> Dan |
| John Buttita   | 2 <sup>nd</sup> Dan |
| John Dable     | 1 <sup>st</sup> Dan |

### WHERE & WHEN:

Valley Fitness & Racquet  
720 E. Shady Lane, Neenah WI  
Tuesday Evenings  
6:30-8:00pm

### TRAINING REQUIREMENTS:

Paid Fitness Member @ Valley Fitness  
14+ years or older  
Respectful to instructors  
Ability to follow directions

### CONTACT INFO

WEBSITE: [www.shuritebujutsu.com](http://www.shuritebujutsu.com)  
EMAIL: [shurite@outlook.com](mailto:shurite@outlook.com)



## SHURI-TE JU-JUTSU

Martial Arts Training

### ORIGINS

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Our style of Ju-Jutsu (science and skill of softness) is a complete martial arts system emphasizing entering, trapping, striking, joint locking, throwing / takedowns, grappling, choking, immobilizing, pressure points, vital-point striking methods, weapons and internal energy development. Shuri-Te Ju-Jutsu is an eclectic martial arts system. Many of the principles, techniques and theories were cultivated from several traditional martial arts systems from Okinawa, Japan, China and Indonesia. Some of these martial systems are Okinawa Kempo, Shorin-ryu, Goju-Ryu, Aikido, Hakko-Ryu, Judo, Baguazhang, Xingyiquan, Taijiquan, Kuntao and Silat.

### CORE CURRICULUM

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- Stances, Footwork, and Body Movement
- Blocking, Entering, Redirecting, and Trapping
- Striking, Seizing, and Controlling
- Joint Locking and Immobilizations
- Sweeping, Throwing, and Takedowns
- Grappling and Ground Fighting
- Combative Applications and Self-Defense

### BUJUTSU KAI

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Shuri-Te Bujutsu-Kai is an international organization that enables instructors and students to study and refine the theories, skills, and techniques of combative science within traditional martial arts. Our training is practical as well as academic, with an emphasis on combining the physical skills and foundational theories of martial science to create an effective combative system. We have affiliated schools and study groups across the United States, Canada, and Denmark. Please visit our website at [www.shuritebujutsu.com](http://www.shuritebujutsu.com) for more information.



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## ADVISORS & LINEAGE

We are very fortunate to have a strong lineage and dedicated advisors. The Shuri-Te system of Ju-Jutsu was founded by Kyoshi Troy Price. Mr. Price has traveled to the Fox Cities dozens of times to assist with developing our program. Shihan Joe Pounder has owned and operated Original Martial Systems in Appleton for 15 years and was instrumental in establishing both Shuri-Ryu Karate and Shuri-Te Ju-Jutsu programs in the Fox Cities. Both Shihan and Kyoshi remain involved in our training to continue to guide our curriculum and martial training.



### Troy Price, Kyoshi

- Director, Shuri-Te Bujutsu-Kai
- 8<sup>th</sup> Dan Shuri-Ryu Karatedo
- 7<sup>th</sup> Dan Shuri-Te Ju-Jutsu
- 7<sup>th</sup> Dan US Ju-Jitsu Federation

Troy J. Price began his Karatedo and Kobudo training in 1982 at the Columbia School of Karatedo in West Columbia, SC, under the direction of Hanshi Ridgely Abele. In 1985 he began studying Ju-Jutsu along with his Karatedo training. In 1997 he also began studying Baguazhang and Qigong and in 1999 began studying Taijiquan and Xingyiquan. Mr. Price trains with several nationally and internationally known instructors in the traditional Martial Arts. In 2004 Troy Price was awarded an international instructor's license to teach Martial Arts worldwide. He is presently doing extensive research on the Kyusho-Jutsu (vital point striking) aspects within Karate and Ju-Jutsu. Mr. Price has authored three books/training manuals on Shuri-Te Ju-Jutsu and Kyusho-Jutsu. He has also developed a large DVD series on Combative Flow Training, Kyusho-Jutsu, Karate-Jutsu and Ju-Jutsu.



### Joe Pounder, Shihan

- 6<sup>th</sup> Dan Shuri-Ryu Karatedo
- 6<sup>th</sup> Dan Shuri-Te Ju-Jutsu
- 6<sup>th</sup> Dan Okinawan Kobudo

Joe Pounder began his martial career in Tae Kwon Do and achieved the rank of 2<sup>nd</sup> Dan after five years of training. After several years pursuing other athletic endeavors, he began training in Shuri-Ryu Karatedo under the direction of Hanshi Ridgely Abele. This training led to additional intensive study of Kobudo and Ju-Jutsu. Mr. Pounder holds the title of Shihan ("polished expert") and is currently ranked as a 6<sup>th</sup> Dan in Shuri-Ryu Karatedo, Shuri-Ryu Kobudo, and Shuri-Te Ju-Jutsu. He is an Assistant Chief Instructor in the International Shuri-Ryu Association, is a member of the Robert Bowles Budo Society that recognizes the most spirited competitors.