

Why San Budo Was Created

With the growing popularity of Mixed Martial Arts (MMA), the martial arts world as a whole is being transformed. Organizations promoting cross-training and hybrid systems are springing up all over the world to keep up with the increasing demand for new and improved martial arts systems. With the creation of San Budo, a combination of three completely different arts, the practitioners do not need to continue searching for other styles to keep their interest. San Budo is a prime example of what is known as *gendai budo*, literally meaning “modern martial way.” The purpose of San Budo is not to be used in battle, rather for the self improvement of the practitioner. From Weapons to Katas, from Self Defense to Sparring and Grappling, San Budo is the most diversified system offered in the local market. Trio Martial Arts Academy, the exclusive school and Hombu dojo of San Budo, offers this program to all ages. As children and young adults get bored easily, the diversity of San Budo keeps them motivated to continue training, increasing their potential for commitment and success.

San Budo’s Lineage

A complete lineage of San Budo and its three foundation arts goes back for generations. The martial arts that directly make up San Budo are Tae Kwon Do (Chung do Kwan/Kuk Ki Won), Kempo Jiu Jitsu, and Nihon Tetsuken-Ryu Karate. Tae Kwon Do has its roots in the ancient Korean arts of Subak and Taekkyeon. From Tae Kwon Do, San Budo derives its emphasis on kicks with numerous jumping and spin kicks throughout the curriculum. Kempo Jiu Jitsu, a hybrid of Chinese Chuan Fa (Iron Fist) and Danzan-Ryu Jujutsu, brings the in close self defense to San Budo with emphasis on realistic scenarios to give practitioners the confidence to defend themselves in most situations. Kempo Jiu Jitsu also plays a large role in San Budo's extensive ground work/grappling. Nihon Tetsuken-Ryu Karate, a style closely resembling USA Goju, is credited with the fundamentals for San Budo's *kyu*/colored belt curriculum including beginning-intermediate Katas. San Budo also draws minor influences from Aikido as well as Japanese Jujutsu arts. Without each of the composing arts' strengths and contributions, San Budo wouldn't be as complete or diversified of a system as it is today.

Curriculum

Students of San Budo regularly engage in numerous aspects of the martial arts. San Budo is a fighting style, with students regularly engaging in a variety of fighting types such as Point Fighting, Kickboxing, Kyokushin (Okinawan Full Contact Karate), Olympic-Style Taekwondo Fighting, and “Kempo Sparring” which is similar to MMA without the use of elbow and knee strikes. Unlike many karate styles, San Budo has a strong emphasis on Grappling and teaches grappling principles as early as Yellow Belt if the instructor perceives the student to be ready. Katas are another focal point of San Budo with traditional Katas from China, Okinawa, and Korea. Everything taught in San Budo can effectively be traced back to ancient martial systems. Weapons taught in San Budo vary as much as the systems themselves, beginning with the Bo Staff and progressing through Tonfas, Escrima Sticks, Kamas, Swords, Nunchakus, and Sais with Traditional Katas or sets for each.

Ranking

San Budo officially has 9 kyu ranks and 10 dan ranks. The belt system of San Budo is as follows: White, Yellow, Orange, Purple, Blue, Junior Green, Green, Junior Brown, Brown, Black. Black belts of all degrees wear a solid black belt and have the option for an embroidered belt. Once students reach Black Belt, the possibilities for true mastery of the art first begin as you understand in greater depth what you learn. High ranking Black Belt students can be exposed to the *okugi* (inner teachings) of the art itself as well as the *bunkai*/application of the Katas.