**Hartford Recreation Karatedo Program**

This is a traditional Japanese Okinawa karate and kobudo program.

We teach Okinawa Goju-ryu karate and kobudo. The ideals of the program are to build mental self-control, self-discipline, and to develop the body and mind based on age and personal development.

All students will be guided in learning respect for themselves and others in the class. They will be taught the rules for a traditional Japanese dojo and learn basic Japanese language. Each student is looked at as an individual in their development. They are taught that when entering the dojo, it is a place to learn and train and not a play area. If a student needs a physical or mental break from training during class they just have to ask the Sensei and can sit and watch. If questions arise from the parent or child Sensei Mayfield is aways available to answer questions.

Brett Mayfield is the Chief Sensei of the dojo and has an extensive background in child development and behavior. He has been training in Japanese martial arts from the age of six and studying in Japan from his late teens. He is a world leader in Japanese martial arts and has students and dojos around the world.