



Bluegrass Budokai
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CORPORATE/GOVERNMENT GROUP PROGRAMS



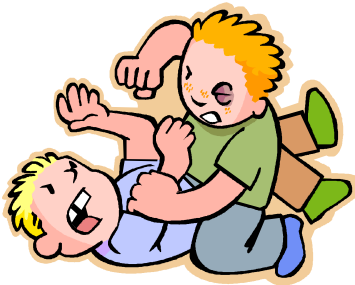
BLUEGRASS BUDOKAI OFFERS AN ARRAY OF CLASSES THAT ARE TAUGHT IN THE BUSINESS SECTOR. WE CAN TEACH AT A LOCATION OF YOUR CHOOSING, OR AT OUR BEAUTIFUL AND TRADITIONAL DOJO (TRAINING HALL) IN WINCHESTER, KENTUCKY. OUR CLASSES RANGE FROM ONE TO MULTIPLE DAY HEALTH AND WELLNESS CLASSES INCLUDING; TAI CHI, QI GONG, AND SELF-DEFENSE TO MULTI-DAY GROUP SESSIONS UTILIZING THE MARTIAL ARTS TO DEVELOP TEAM BUILDING, COMMUNICATION AND CONFIDENCE IN THE WORKPLACE.

LET OUR STAFF OF PROFESSIONAL MARTIAL ARTS INSTRUCTORS LEAD YOUR GROUP IN ONE OF OUR PROGRAMS THAT WILL HELP THEM BECOME LESS STRESSED AND HEALTHIER THROUGH THESE ANCIENT MARTIAL DISCIPLINES.



Feeling Stressed?

Aren't we all!!!! We can lead your group in sessions that will help you de-stress and relax. **Chi Gong** (taught in one day) and/or **Tai Chi** (taught over several days) can help you achieve the less-stressed environment you are looking for. Simple yet efficient methods of movement and learning how to breathe again (you read that right) will help you focus your attention and lighten your load. These disciplines are world-renowned for enhancing the participant's ability to reduce stress, gain better balance and stability, and to regain lost joint mobility. The practice is very low-impact but teaches participants how to regain muscle strength, bone density, and to increase oxygen to the body appropriately. Correct posture is emphasized along with the methods of translating the practice into everyday life at home and on the job.



Self-Defense

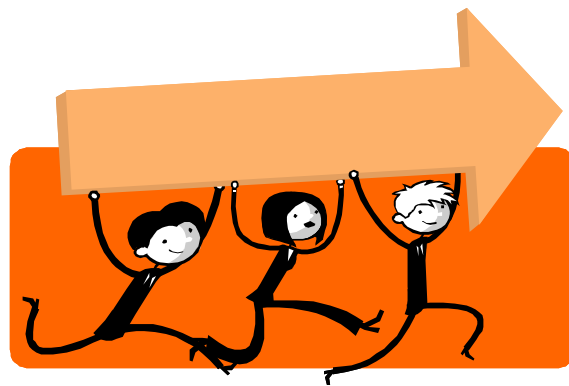
One violent crime occurs every five seconds in the United States. We hope it never happens, but if it does why not be prepared? Our self-defense classes are not in place to teach the participants to become a *Karate Master*. We teach simple, yet efficient, and proven methods of getting away from an attacker. The goal of our self-defense program (titled Be Safe©) is to teach the participants environmental awareness, to keep you out of dangerous situations as well as to give you the skills to effectively defend yourself if physically attacked.

Budo Fitness

This fitness program is based up budo (martial arts). It was developed by a professional martial arts instructor who holds black belt rank in many different martial arts. This program takes fundamental movements from these various martial arts to offer the practitioner and overall toning of the mind, body, and spirit. The program can be utilized at the intensity level of the practitioner to increase cardiovascular strength, flexibility, and overall health.



Leadership, Team Building, Communication Skills



The martial arts are particularly great at helping people and organizations achieve goals that were otherwise unattainable. We offer programs based upon centuries old tactics that continue to be relevant and applicable in today's rapidly changing business environment. Our two most popular programs follow:



Building Character Through Aikido© (BCTA) is a highly successful program that teaches the seven virtues of the Samurai (Bushido in Japanese) to participants. Those virtues are loyalty, integrity,

charity, sincerity, honor, bravery, and courtesy. BCTA is martial arts-based and is designed to give participants skills and confidence when dealing with the difficult issues that surround them in everyday life. B.C.T.A. has at its core; three entirely separate but very important divisions: self-defense, virtuous character, and communication skills.

The Art of War (for Business Managers) is a formulation of battle tactics authored by Sun Tzu, a military genius nearly 2500 years ago. This text was written as a strategy guide for military leadership. The strategies and skills discussed have been used for many years by some of the top organizational heads in business. Managers today seeking new ways of increasing and protecting their financial and human resources will find this program most enlightening



Have your own ideas?!?!

Our professional staff can lead in many other things not mentioned here. Give us a call; if we cannot work with you on your particular needs, we have networked with other management consultants who may be able to meet your needs. We will be happy to assist in getting you the best training we can, whether it is with us or someone else.

We appreciate your interest in the group programs provided by Bluegrass Budokai. We are willing to formulate a plan that meets the specific needs of your organization.

Please contact us for pricing and scheduling details. We will positively surprise you with the value we offer.

A sample listing of some of our clients:

Minova USA
Mepco Home Health
KY River Foothills
Winchester First©
Clark Regional Medical Center
Lake Cumberland Regional Hospital
Georgetown Community Hospital
Girl Scouts of America
Boy/Cub Scouts of America
Lexington Public Library
Boys and Girls Clubs
KY National Guard
Job Quest of Kentucky
Clark County Schools
Madison County Schools
Bath County Schools
Owsley County Schools
Rockcastle County Schools
Powell County Schools

 About the Instructor
Chief Instructor, Craig Caudill

Craig Caudill Sensei started his martial arts training in 1991 as a member of the Eastern Kentucky University Judo team under Ben VanArsdale Sensei. He was introduced to the martial art of Aikido in 1993 and has been training in both these martial arts since that time. He has taught and demonstrated the martial arts and their applications to everyday life in several states throughout the southeastern US.

In September 2005 he started Bluegrass Budokai. This organization is dedicated to disciplined instruction and practice of Japanese Budo. It consists of a group of instructors and students dedicated to the continued growth of mind, body, and spirit that comes through disciplined practice.



Caudill Sensei has led thousands of students in the private, public and governmental sectors. He is a University of Kentucky graduate with a B.A. in Business Management with an emphasis in Decision Science Analysis. He also graduated from the Zenger-Miller school of Frontline Leadership, an intensive 26-week study of leadership principles for business. A brief timeline of his martial arts training and leadership positions follows:

May 1991 – Jan 1993, Member of Eastern KY University Judo Team. Fought competitively and trained exclusively in Kodokan Judo. Currently holds the rank of Yondan (4th degree black belt).

Jan 1993 – Aug 2005, Member of Ronin Bushido Karate Club

Jan 1995 – Present, Author and Chief Instructor of *Be Safe*®. This program teaches basic self-defense principles in the public, private and organizational environment.

Apr 2000 – Aug 2005, Served as Chief Instructor and Executive Director of Ronin Bushido Karate Club. Currently holds the rank of Sandan (3rd degree black belt rank).

Aug 2002 – May 2003, Adjunct professor of Aikido at Eastern Kentucky University



May 2002 – Present, Author and Chief Instructor of *Building Character through Aikido*®. This program is dedicated to applying Aikido principles “off the mat”. This program has been widely accepted in both the public and private sector. There are separate but similar divisions for adults and youth to meet their particular needs. Participants utilize the unique principles of martial arts training to develop communication skills, team building and confidence.

Jun 2003 – Present, Co-Founder and Instructor of Aiki Solutions. This company is dedicated to teaching Aikido principles to participants seeking non-violent solutions to verbal and physical confrontations. We have worked with law-enforcement, corrections and military personnel as well as nursing staffs and stop-loss prevention personnel.

Aug 2003 – Present, Member of North American Sanshinkai and practitioner of Muso Shinden Ryu Iaido, currently holds the rank of Shodan (1st degree black belt).

Sep 2005 – Present, Serves as Founder and Chief Instructor of Bluegrass Budokai. This organization teaches the martial arts of Aikido, Judo, and Iaido as well as works with other professionals with the similar interest of helping those around us to exceed their expectations of themselves.



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