

Our Philosophy

At ISR Honbu Dojo, our aim is to provide high-quality, accessible, and affordable instruction.

Our unique approach to combining traditional and innovative martial arts methods and techniques is what separates us from every other karate school.

Founded in 2021, our instructors have a wide range of expertise with over 30+ years of teaching and training.

We are here to support you through every step of the learning process.

ISR Honbu Dojo

Mentlo Park Mall
Inside Jersey Strong Gym
55 Parsonage Road,
Edison NJ 08837

ISR Honbu Dojo

Isshin Shorinji Ryu (ISR)
is a traditional Okinawan
karate and self-defense
system





ISR Honbu Dojo Head Instructors

Steven and Stefanie Haiser

Steven Haiser started in 1981, earning his 1st-degree black belt in 1986.

Stefanie Haiser, started in 1993 and earned her 1st-degree black belt in 2000.

Stefanie Haiser was inducted in the 2022 USA Karate Federation Hall of Fame as both an athlete and an administrator.

They both currently hold the rank of 7th Degree black belt.

Questions and Answers

1. What does "Isshin Shorinji Ryu (ISR) Honbu Dojo" mean?

Isshin Shorinji Ryu – This is the style of karate that you are learning. Its origin is from Okinawa.

Honbu Dojo - Traditionally martial arts practitioners have referred to their workout site as a "dojo". **Honbu**, or 本部 means headquarters. Thus, "Honbu Dojo" is the main facility where the chief instructor conducts his/her instruction.

2. What can I expect in class?

The class lasts for about 1½ hours. Class begins with stretching and warming up, then you proceed into the workout portion of the class. Depending on your experience, you will either be under black belt supervision in the beginner's class learning the basics of the system or with the main class learning various techniques and requirements.

3. How long does it take to earn a Black Belt?

This varies with the individual based on class attendance and how much you practice. The focus is on getting better every time you work out and becoming a better person. Everything else will fall into place. There is no one size fits all.

Tuition

1st Student is \$125 a month.

Each additional family member is \$100 a month.

- **There are no registration fees.**
- **There are no testing fees for any rank.**
- **No contracts**

Contact Us

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