

Our Philosophy

At ISR Honbu Dojo we teach Isshin Shorinji Ryu. It's a traditional Okinawan Karate style emphasizing self-defense and self-discipline.

In addition to traditional karate, we have incorporated teachings and techniques from multiple disciplines such as Jiu Jitsu, Aikido, and Judo.

We aim to provide high-quality, accessible, and affordable instruction.

Our unique approach to combining traditional and innovative martial arts methods and techniques distinguishes us from other karate schools.

Our instructors have a wide range of expertise and have over 30+ years of teaching and training experience on average.

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

Updated: 7/9/2026

ISR Honbu Dojo

Woodbridge Martial Arts
Woodbridge Center Mall
2nd Floor of Hollister Wing
250 Woodbridge Center Drive
Woodbridge NJ 07095

ISR Honbu Dojo

Isshin Shorinji Ryu (ISR)
is a traditional 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 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 1 to 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.

Tuition

1st two students are \$180 each a month with a month-to-month commitment

Additional family members are discounted \$25 a month each.

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

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www.isrhonbudojo.com – For Students

www.NJKarate.com – Public Use