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# Karate class offered in sp semester

New for the spring semester at OJC is an introductory class in Karate (PED 163), taught by Ron Striegel, will meet Mondays and Wednesday p.m.



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Courtesy photo

Ron Striegel will be sharing his knowledge and expertise in Kojosho Karate at OJC this spring. Striegel will offer a free introductory session to give potential students a taste of the class on Wednesday, Nov. 18, from 6 to 7 p.m. in the gym.

By OJC Staff

Posted Nov. 17, 2015 at 12

New for the spring semester introductory class in Karate (PED 163), taught by Ron Striegel and Wednesdays from 6 to

"No previous karate or martial arts is required," said Striegel. class."

The form of Karate being taught is Kempo Karate. For a complete description of this method, visit [www.kojosho.com](http://www.kojosho.com)

Striegel will offer a free introductory session to give potential students a taste of the class on Wednesday, Nov. 18, from 6 to 7 p.m. in the gym.

Striegel began studying Kojosho karate over 40 years ago in Albuquerque, New Mexico, with Fred Absher and continues to study with him to this date. Absher, 9th Dan Black Belt, has an impressive martial arts resume and was elected to the Tae Kwon Do Hall of Fame in 2007.

In 2003, Striegel attained the rank of 5th Dan Black Belt in Kojosho Kempo Karate. A member of the International Kojosho Karate Board of Regents, he participates on the testing board for Black Belt candidates.

Over the years, Striegel has taught martial arts in many different venues, including health clubs, recreation departments, high schools and commercial karate studios. He has competed in local and regional tournaments and now enjoys training students for tournament competition, "Competing in tournaments is not a requirement to studying the art, however," Striegel explained.

Ron Striegel is also the newest faculty member teaching classes in the Health Care Navigation Program at OJC. Most of his professional life has been in the health care industry, first in nursing then spending 25 years in the pharmaceutical industry in various capacities. Most recently Ron worked as a Hospital and Patient Services manager for Fresenius Medical Care.

He earned his master's degree in education with a teaching and learning theory emphasis from



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Capella University, and his bachelor's degree in Business Administration from Regis University in Denver. Ron is a currently licensed practical nurse having received his nursing certificate from Mesa Community College, Mesa, Arizona. He is currently studying for his Juris Doctor at Concord Law School.

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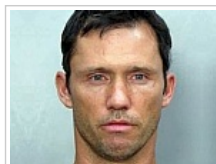
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