

Sensei Michael Simkin and Simkin's Martial Arts Continue Preserving Traditional Okinawan Karate in South Jersey

Sensei Michael Simkin teaches traditional Okinawan karate while helping children, teens, adults, and seniors build confidence, discipline, and self defense skills, while also consulting and coaching martial arts school owners on business growth.



Galloway, New Jersey May 7, 2026 (IssueWire.com) - For many families, Simkin's Martial Arts has become much more than just a karate school.

Over the years, parents have watched shy children slowly become confident. Teachers have reached out after noticing major improvements in focus, discipline, respect, behavior, attitude, and self confidence in students training at the dojo.

Some children who once struggled to listen, lacked discipline, acted out in school, or had difficulty focusing began showing major changes not only inside the dojo, but also at home and in the classroom.

Parents often speak about improvements in respect, self control, responsibility, motivation, and overall attitude after consistent training.

Since opening Simkin's Martial Arts in 1998, Sensei Michael Simkin has dedicated his life to helping students grow not only physically through martial arts, but mentally and emotionally as well.

A 7th Degree Black Belt in traditional Okinawan Goju Ryu Karate, Sensei Michael trained in Okinawa, Japan, the birthplace of karate, and has spent decades teaching children, teens, adults, and seniors through a structured approach focused on discipline, confidence, focus, respect, self control, leadership, and real world self defense.

Families often say the difference at Simkin's Martial Arts is the genuine care students receive inside the dojo.

Former students who trained as children still reach out to Sensei Michael years later. Some have moved out of state, built careers, started families, and entered the workforce, but still credit martial arts training for helping shape the discipline, awareness, confidence, respect, and focus they carry into adulthood today.

Many families also describe the dojo as a close knit community where students support one another not only during training, but outside the dojo as well. Friendships, mentorships, and lifelong connections have grown throughout the years, creating an environment where people encourage and help each other far beyond martial arts alone.

Many families admire the patience, encouragement, and attention Sensei Michael gives every student regardless of age or experience level. The dojo also welcomes adults and seniors training at their own pace in a supportive and respectful environment.

Students in their 40s, 50s, 60s, and beyond continue training to stay active, improve balance and coordination, build confidence, and remain mentally sharp while learning authentic martial arts in a safe and structured environment.

Beyond teaching martial arts, Sensei Michael has remained deeply committed to community involvement, youth development, anti bullying awareness, school outreach programs, and helping students become stronger both on and off the mat.

In addition to teaching martial arts, Sensei Michael Simkin has also become known as a successful dojo owner, mentor, and coach for other martial arts school owners looking to improve their programs, leadership, student retention, and overall business growth through traditional values, structure, and discipline based systems.

Sensei Michael Simkin is also co author of the family Christmas book "How Karate Saved Christmas" alongside his fiancée Bella Pace, a television host for the Brazilian TV network Bem + TV and the program "Talento with Adriana Araujo," Hollywood producer, and executive producer known for her work on "Bill & Ted Face the Music" starring Keanu Reeves. Bella Pace also manages marketing, media outreach, and community projects for Simkin's Martial Arts.

Together, they also organize free community workshops including "Confidence Through Board Breaking," designed to help children build confidence, discipline, focus, and anti bullying awareness through positive martial arts experiences.

Today, nearly three decades after opening its doors, Simkin's Martial Arts continues its mission of helping people become stronger, more confident, more disciplined, and more respectful through

traditional martial arts and genuine community connection.

Simkin's Martial Arts
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Serving families throughout Galloway, Smithville, Egg Harbor Township, Mays Landing, Absecon, Atlantic City, Pleasantville, Linwood, Northfield, Hammonton, and surrounding South Jersey communities.



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