

## Kajukenbo History / Information

**Karate** means empty hand

**Kajukenbo** is a Chinese / Hawaiian Art

The **Founder of Kajukenbo** was Sijo Adriano D. Emperado

**Sijo** means founder

Kajukenbo was **formed between** 1947 and 1951

Kajukenbo was **formed by** 5 men:

(The **5 Founders of Kajukenbo**)

**Adriano D. Emperado** - Kenpo

**Walter 'Peter' Choo** - Korean - Tang Soo Do / Tae Kwon Do

**Joe Holke** - Kodokan Judo

**Frank Ordonez** - Jujitsu

**Clarence Chang** - Chinese Boxing: Northern and Southern  
Sil Lum Kung Fu

Sijo Emperado is **also called** Professor Emperado

Professor **Emperado's instructors** were: Professor William K.S.  
Chow and Professor James Mitosi


Professor **Mitosi was** Professor Chow's instructor

Professor **Emperado** was Filipino

<b>Karate</b>	<b>Judo</b>	<b>Chinese Boxing</b>
<b>Tang Soo Do</b>	<b>Jujitsu</b>	<b>Kung Fu</b>
(Korean)	(Japanese)	<b>Kenpo</b>
		<b>Gung Fu</b>
		(Chinese)

**KA - JU - KEN - BO**

Long Life - Happiness - Fist - Style or Way



**Kajukenbo**  
功 夫 拳 法

Belt Rank Requirements:

**Jr. Yellow Belt**

- 3 Basics
- 3 Grab Arts
- 3 Tricks
- Forms 1 & 2
- History / Information sheet

## Basics

- 1.) Step Left foot to 10:30, horse stance, Left inward block.
- 2.) Step Left foot to 10:30, horse stance, Right outward block, Left reverse punch.
- 3.) Step Left foot to 9:00, horse stance, Right outward wave block, Right flip kick, step away.

## Grab Arts

- 1.) Set into Right lead horse stance, grab Right fist over top of arms, pull down, punch with vertical fist, break arms away, Right back knuckle (groin), Left ridge hand, Right hand belt grab, Left knee, Left chop.
- 2a.) Grab wrists, Right front snap kick low, Right front snap kick high, Right side O-Soto-Gari.
- 2b.) Grab wrists, Right front snap kick low, Right front snap kick high, Right side O-Uchi-Gari.
- 3.) Left quick kick, horse stance, break arms away, Right back knuckle, Left ridge hand, Right hand belt grab, Left knee, Left chop.

## Tricks

- 1.) Scissors block, Right front snap kick, Left reverse heal kick.
- 2.) Scissors block, Right front snap kick, Left jumping front kick, Right roundhouse kick, Left reverse heal kick.
- 3.) Scissors block, Right front snap kick, grab and step Right back, pull into Right knee.

## Forms

### 1.)

Right to Left - position.  
Hard style bow.  
Step back Left, Right outward block.  
Step back Right, Left downward block.  
Step back Left, Right inward block.  
Look over Right shoulder.  
Step forward Left, double upward block.  
Look over Left shoulder.  
Step forward Right, double upward block.  
Body block, look over Right shoulder.  
Step forward Left, Left reverse punch.  
Step forward Right, Right elbow smash, with ki-ai.  
Turn Left, Left lead cat stance  
Lunge forward with Left foot, Right groin strike.  
Step back into Left lead cat stance, Right Kenpo punch.  
Step 45 degrees Left, to Back Right Corner of room, Left reverse punch.  
Right low foot sweep around to face forward, double upward block.  
Right to Left - position.  
Hard style bow.

### 2.)

Right to Left - position.  
Hard style bow.  
Drop, double downward reverse punch, double upward punch.  
Step back Left, Right downward reverse punch, Left back elbow strike.  
Step back Right, body block.  
Left cat stance.  
Left sweeping block, Left side kick.  
Step back Left, Left hand under Right elbow, Right hand straight up, ready for chop.  
Right front kick, Right downward chop into...  
Right lead, double back knuckle to Right side.  
Lunge diagonal forward Left, Right groin strike.  
Step forward Right, Right reverse punch.  
Step forward Left, Left reverse punch.  
Step back Left, double upward block.  
Right to Left - position.  
Hard style bow.