

Kajukenbo History / Information

Karate means empty hand

Kajukenbo is a Chinese / Hawaiian Art

The Founder of Kajukenbo is 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 is Filipino

The four branches of Kajukenbo are; (with the head of the branch in brackets)

Kenpo - fist way (Sijo Emperado)

Chuan Fa - fist way (Al Dela Cruze)

Wun Hop Kuen Do - combined fist way (Al Dacascos)

Tum Pai - central way (Jay Burkey – formerly Jon Loren)

Our lineage is:

Sijo Emperado - Aleju Reyes - Don Nahoolewa - Sam Allred - Gerald Chavez - (you)

Kung Fu / Gung Fu means skill

Judo means Gentle way

The founder of Judo is Professor Jigoro Kano

Judo was founded in 1882 - 1884

Judo was founded in Tokyo, Japan

The center for Judo is the Kodokan in Tokyo, Japan

Jujitsu means Yielding Martial Art

Wing Chun Gung Fu was named after the nun, Wing Chun who was it's first student

Wing Chun means "Beautiful Springtime"

Kwoon (Chinese) means "studio, gym etc..."


Dojo (Japanese) means "place to study the way" (studio, gym)

Karate - Judo / Jujitsu - Kenpo - Chinese Boxing (Kung Fu)

Ka - Ju - Ken - Bo

Long Life - Happiness - Fist - Style or Way

Also know the Kajukenbo logo info-<http://lifedancestudio.info>



DANCE

Martial Arts Studio

Kajukenbo

奉法 功夫

Belt Rank Requirements:

Purple Belt

- 15 Basics (10 jr.)
- 15 Grab Arts (10 jr.)
- 6 Tricks
- 10 Basic Hand Arts
- Forms 1, 2, 3, 4, 5 & 14
- 8 Judo Throws & 2 Hold downs
- Jujitsu Locks & Chokes
- History / Information
- Sparring

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.
- 4.) Step Left foot to 9:00, horse stance, Right outward wave block Right flip kick, Left reverse heal kick, step away.
- 5.) Step Left foot to 10:30, forward stance, Left open hand inward block, Right groin strike, Right knee.
- 6.) Step Left foot to 10:30, forward stance, Left open hand inward block, Right groin strike, Right knee, step behind, Right back knuckle, Left groin strike, Right Kenpo punch.
- 7.) Step Left foot to 10:30, horse stance, four corners block, Right driving back knuckle, step together-Right chop , Right side kick.
- 7.) Left Side*Step Right foot 1:30, horse stance, four corners block, Left driving back knuckle, step around with left, Right chop, Right flip kick.
- 8.) Step Left foot to 10:30, horse stance, four corners block, Right palm strike , Right eye rake, Right Kenpo punch, step behind, Left Kenpo punch, Right ridgehand, choke.
- 9.) Step Left foot to 10:30, forward stance, Left open hand inward block, Right ridgehand, step behind, Left Kenpo punch, choke.
- 10.) Step Right foot to 1:30, horse stance, Left outward block, Left chop, Right Kenpo punch, Left throat strike, Right speed punch (face), step behind [horse stance], Left Kenpo punch, Right ridgehand, choke.
- 11.) Step Right foot to 1:30, Left outward block, Right elbow strike, Left reverse elbow strike, Right reverse heal kick .
- 12.) Left outward block raise Right knee, step Right, Right chop (neck), grab and step back Right, pull into Right knee.
- 13.) Right side kick, Right chop, Left chop, Right palm smash.
- 14.) Step Right foot to 1:30, horse stance, four corners block, Right chop, Left Kenpo punch, Right Kenpo punch, Left back knuckle, Right chop, Right hammerfist, Right driving back knuckle.
- 15.) Step Right foot to 1:30, horse stance, Left outward block with Right temple strike, Left eye strike, Right Kenpo punch, Left Kenpo punch, double crossing fist strike, double butterfly palm strike.

Judo

Throws

at least 8 of the following (or others)

- O-Soto-Gari-Major outer reaping
- Ko-Soto-Gari-Minor outer reaping
- O-Uchi-Gari-Major inner reaping
- Ko-Uchi-Gari-Minor inner reaping
- Ippon-Seoinage-One arm shoulder throw
- Morote-Seoinage(Eri-Seoinage) -Both arm shoulder throw (Collar shoulder throw)
- O-Goshi-Major hip (throw)
- Tai-Otoshi -Body drop (throw) (down)
- De-Ashi-Harai-Advanced foot sweep (Forward foot sweep)
- Sasae-Tsurikomi-Ashi-Lift and pull ankle prop (Propping ankle throw)
- Okuri-Ashi-Harai -Sliding ankle sweep (Following ankle sweep - both feet ankle sweep)
- Tomoe-Nage-Somersault Throw (Stomach Throw - Circular throw)
- Uchi-Mata-Inner thigh (throw)
- Harai-Goshi-Sweeping loin (Sweeping Hip)

Hold downs

at least 2 of the following (or others)

- Kesa-Gatame-Cross-Chest hold
- Kata-Gatame-Shoulder hold
- Kamishiho-Gatame-Upper four-corners hold
- Yokoshiho-Gatame-Side four-corners hold

Jujitsu- locks, joint manipulation

Using fingers

- finger nail/quick, backwards bend, sideways bend

Using thumb

- first joint, second joint, third joint (wrist)

Using wrist

- Chinese wristlock, reverse Chinese wrist lock, palm in, palm out locks

Using elbow

- forward figure 8, side by side figure 8

Using arm

- Hammerlock come along

Using calf

- calf leg lock

Forms

5.)

Soft Bow. /•/ Double open hand upward block/strike into, double outward clearing circle as Left foot steps out into, double open hand upward block/strike. /•/ Step forward Right, Right hand up Left hand down. /•/ Step forward Left, Left hand up Right hand down. /•/ Step forward Right, horse stance, Right sideways groin strike, pull back to cat stance, Right spear hand over Left open hand, back forward Right, Right elbow smash with ki-ai. /•/ Turn to face back, Left lead cat stance. /•/ Slide forward into Right Groin strike. /•/ Upward crane's strike. /•/ Pivot on Left, step Right, Left upward block. /•/ Pivot on Left, step Right, Left downward block. /•/ Step back Left foot. /•/ Right palm wave block, Right side kick, into... /•/ Step back Right foot into cat stance. /•/ Left palm wave block, Left side kick, into... /•/ Step forward Left foot [forward stance], Right reverse spear hand, Left reverse spear hand. /•/ Pivot on Left foot, step Right foot 1/2 turn, Right reverse spear hand, Left reverse spear hand. /•/ Butterfly kick. /•/ Right reverse spear hand, Left reverse spear hand. /•/ Pivot on Left foot, Right sweeping step back to front. /•/ Double open hand upward block/strike into, double outward clearing circle as Left foot steps back in, double open hand upward block/strike. /•/ Soft Bow.

14.)

Right to Left - position. /•/ Hard style bow. /•/ Turn on Right foot, step Left, Left downward block. /•/ Step Right, Right forward punch. /•/ Turn around on Left, step Right, Right downward block. /•/ Draw back into cat stance, Right outward driving back knuckle. /•/ Step forward Left, Left punch. /•/ Turn and step Left, Left downward block. /•/ Step Right, Right punch. /•/ Step Left, Left punch. /•/ Step Right, Right punch. /•/ Turn on Right behind 3/4 turn, step Left, Left downward block. /•/ Step Right, Right punch. /•/ Turn 1/8 turn back on Left, step Right, Right punch. /•/ Turn 3/8 turn back on Left, step Right, Right downward block. /•/ Turn 1/8 turn back on Right, step Left, Left punch. /•/ Turn 1/8 turn back on Right, step Left, Left downward block. /•/ Step Right, Right upward block. /•/ Step Left, Left upward block. /•/ Step Right, Right upward block. /•/ Turn 5/8 turn back on Right, step Left, Double side chops, draw back into cat stance. /•/ Turn 1/2 turn forward on Left, step Right, Double side chops, draw back into cat stance. /•/ Turn 1/2 turn back on Left, step Right, Double side chops, draw back into cat stance. /•/ Turn 1/2 turn forward on Right, step Left, Double side chops, draw back into cat stance. /•/ Turn on Right to face forward, double upward block, back to pockets. /•/ Right to Left - position. /•/ Hard style bow.

GrabArts

- 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.
- 4.) Set into Right lead horse stance, Left wrist grab across the top of both arms, Right upper cut, Right Kenpo punch, break arms away, Right back knuckle, Left ridge hand, Right hand belt grab, Left knee, Left chop.
- 5.) Set into Right lead [horse stance], Left wrist grab across the top of both arms, Right inward chop, Right chop, Right break away arms, Right eye rake, Left side O-Soto-Gari, with left palm under chin.
- 6.) Left grab across to opposite side wrist while Right grabs same wrist, step back Left, Left hand holds reverse Chinese wrist lock, Right inward back knuckle, Right back knuckle, grab and pull into Left knee.
- 7.) Set into Right lead cat stance, Right outward block, Left downward block, Right eye strike, Left groin strike, Right Kenpo punch.
- 8.) Step Left, Right arm then Left across body arm break away, Right chop, Left chop, Right rising palm smash, Right finger rake across face.
- 9.) Set into Right lead cat stance, double outward block [open hand], step in, Right throat strike/grab, Right side O-Soto-Gari.
- 10.) Set into Right lead cat stance, double outward block, Right elbow, Left reverse elbow, Left hammerfist, Right reverse heal kick.

- GrabArts 11 to 15 are Rear Attack -

- 11.) [Attack is Left Grab of Right shoulder from behind] Step Forward Left, Right over arm and inward chop to arm, Right chop, Left palm strike, Right palm strike, Right side kick.
- 12.) [Attack is Left Grab of Right shoulder with Right face punch, from behind] Step Back Right, double outward block, Right ear pop, Right hammerfist, Right driving back knuckle.
- 13.) [Attack is double shoulder grab from behind] Step Back Left, Left upward block, two Right driving reverse punches, Right side kick.
- 14.) [Attack is bear hug grab from behind] Set into horse stance, double elbow up/out bear hug grip break, Right back elbow, Right hammerfist, Right side Ippon-seoinage.
- 15.) [Attack is bear hug grab from behind] Set into horse stance, double elbow out bear hug grip break, Right back elbow, Right hammerfist, Right arm check, Left ridgehand while stepping around behind, raise Left knee, double butterfly strike.

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 heal kick.
- 3.) Scissors block, Right front snap kick, grab and step Right back, pull into Right knee.
- 4.) Scissors block, Right front kick, Right side O-Soto-Gari.
- 5.) Step Left, Right over Left open hand 'clam' block, step back Left, Left hand holds reverse wrist lock, Right inward back knuckle, Right back knuckle, pull into Left knee.
- 6.) Step Left, Right outward wave block circling to throw open arm, Right eye rake, Right flip kick, Left reverse heal kick.

10 Basic Hand Arts

- 1.) Outward block chop. [block chop]
- 2.) Outward block, opposite hand spear hand. [block throat]
- 3.) Outward wave block, eye strike. [circle eyes]
- 4.) Temple strike. [temple]
- 5.) Outward block, back knuckle. [block punch]
- 6.) Temple strike, opposite hand Kenpo punch. [double punch]
- 7.) Temple strike, opposite hand Kenpo punch (solar-plexus), opposite hand Kenpo punch (Groin). [down the tree]
- 8.) Outward block, Downward block. [block high, block low]
- 9.) Temple strike, same side - side kick, right into #10. [block kick]
- 10.) Reverse heal kick, set into shooting star. [reverse kick set]

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. /•/ Lunge forward Left, Right groin strike. /•/ Step back into Left lead, Right Kenpo punch. /•/ Step 45 degrees Left, to Back Right Corner of room], Left reverse punch. /•/ Right low foot sweep, 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 [horse stance], body block. /•/ Left cat stance. /•/ Left sweeping block, Left side kick. /•/ Step back Left [horse stance], 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.

3.)

Right to Left - position. /•/ Hard style bow. /•/ Step back Right, Right outward block, Left downward block. /•/ Right front snap kick, Right downward hammer fist into... /•/ Right lead [horse stance], double back knuckle to Right side. /•/ Lunge Right {7:30}, Left groin strike. /•/ Left rising crane's beak strike. /•/ Step forward Right, step behind Left, turn into, with Left facing body block. /•/ Step in front Right, Right facing body block. /•/ Step forward Left, Left reverse punch. /•/ Step forward Right, Right elbow smash, ki-ai. /•/ Left side shooting star. /•/ Left sweeping block, Left side kick into... /•/ Step forward Left [forward stance], Left upward block, Right reverse punch. /•/ Step Right, pivot on Left, turn around, Left downward chop. /•/ Lunge diagonal Left, Right groin strike. /•/ Step forward Right [forward stance], Right reverse punch. /•/ Step forward Left, Left reverse punch. /•/ Step back Left, turn and face forward, double upward block. /•/ Right to Left - position. /•/ Hard style bow.

4.)

Right to Left - position. /•/ Hard style bow. /•/ Double backward elbow strike. /•/ Left side pockets. /•/ Left downward block. /•/ Left outward block, Right reverse punch. /•/ Left side pockets. /•/ Right outward block, Left fist under Right elbow. /•/ Double back knuckle. /•/ Left outward block, Right reverse punch. /•/ Double backward elbow strike. /•/ Right side pockets. /•/ Right downward block. /•/ Right outward block, Left reverse punch. /•/ Right side pockets. /•/ Left outward block, Right fist under Left elbow. /•/ Double back knuckle. /•/ Right outward block, Left reverse punch. /•/ Right to Left - position. /•/ Hard style bow.