

# SEATTLE KAJUKENBO

## ORANGE BELT

**Basics** - able to identify and demonstrate basic techniques against pads, with partners and in combinations.

Blocks: Upward, inward, outward, downward, upper cross, lower cross, brush blocks

Kicks: Front snap, roundhouse, inside crescent, outside crescent, side thrust, back kick

Hand Strikes: full-twisting punch, vertical punch, vertical up punch, back knuckle, bottom fist, knife hand, peacock, spear, elbow smash, side to side punch, roundhouse punch, 8 knuckle punch, palm heel

Stances: forward, horse, twisted horse, crane, cat, tiger, glass horse, seven star, drop, kempo, side drop stance

**Forms** - Monkey Form, Pinyon 1, Kata 2

**Partner Work** - able to work cooperatively and safely with a variety of partners

Punch Counters: Set 1- block and counters, 1-4

Grab Counters: Set 1- basic counters, 1-4

Sparring: centerline cover, block and counter, shuffle in tiger

Street: enter with block and 3-5 techniques

Self Defense: 5 fingers of SD, primary targets, targets around body

**Weapons** - single and double siniwalis

## History

Kajukenbo was developed in Hawaii around 1950 and consists of elements of five martial arts:

**Ka**-karate, **ju**-judo and jujitsu, **ken**-kempo, **bo**-boxing (Chinese boxing/kung fu).

**The founder (Sijo) is Adriano Emperado.**

Our lineage:

Adriano Emperado

Charles Gaylord

Gabe Vargas

Rich Mainenti

Barbara Bones

Melinda Johnson

## Philosophy

Kung Fu provides an opportunity to develop mind, body and spirit in harmony.

# SEATTLE KAJUKENBO

## PURPLE BELT

**Basics:** Beginning understanding of the integral connection between the form of a technique and the function of that technique.

Stances: Classical and modern cat, back stance, “Wun Hop Kuen Do” drop stance,

Blocks: Bottom fist block, palm heel, palm fist, outward arc,  
Open handed upward, downward and inward,

Kicks: Front thrust, butterfly, outside crescent, inside spin outside crescent, kempo,  
hook, side stomp, spinning back

Hand Strikes: double punch, double back knuckle, reverse punch, figure 4, elbow strike,  
rolling back knuckle, leopard’s paw, V-hand strike, bear claw, spear hand rake

**Forms:** Pinyon 2,3, Limpo

**Partner Work:** beginning refinement of targeting, able to cooperate with partners in a manner that enhances an exercise, beginning ability to control level of contact on partners.

Punch Counters: Set 2- primary targets, 1-4

Sparring: bridging the gap, leading side vs. trailing side, combinations

Street: choice of targets, economy of movement, positioning

Sticky Hands: moving with partner, protecting centerline

Self Defense: free grab release with appropriate targets and weapons, kiai, boundaries, voice,  
de-escalation

**Weapons:** Kali block and counter set 1-5

**History:** The five blackbelts that formed the black belt society:

Prof. P.Y.Y.Choo -Tang Soo Do Korean Karate, Joe Holeck - Kodokan Judo

Frank Ordinez – Jujitsu, Adriano Emperado- Chinese Kempo

Prof. Clarence Chang - Tum pai gung fu

Basic differences between traditional martial art styles and our eclectic Kajukenbo style.

**Philosophy:** basic understanding of the use of breath, focus, center and attention in martial arts

# SEATTLE KAJUKENBO

## BLUE BELT

**Basics:** beginning ability to demonstrate the concepts of focus, extension and flow, understanding of snap vs. thrust techniques,

Stances: Dragon, Reverse glass horse, three point stance

Blocks: Peacock, ridge hand, knife hand, wedge block, extended inward, scroll blocks 1-3, soft vs. hard blocking styles

Hand strikes: U punch, tiger claw, rising punch

Kicks: Roundhouse thrust, heel, football, jumping inside crescent, jumping front snap, jump spinning inside crescent

**Forms:** Pinyon 5/6/7, Kata 4, Stance Form

**Weapons:** box pattern, free block and counter with sticks, arnis 12 strikes and blocks

**Partner Work:** recognize competitive issues, understand use of cooperation with partners, able to show creative combos, continued refinement of targeting, give and receive take-downs

Punch Counters: Set 3-take downs, 1-4

Sparring: Constant forward pressure, critical distance line, initial speed, two on one defensive choice (jamming, angling, block and counter), street vs. classical.

Street: multiple techniques off single limb, circling (masters circle), beginning understanding of consequences of techniques (restrain/injure/kill), increased ability to use positioning and economy of movement

Sticky Hands: soft block system, relaxed extension,

**History:** General knowledge of world martial arts history. Kajukenbo lineage, our five styles and what techniques show these styles.

**Philosophy/ Leadership:** Articulate personal values in training, and in fighting. Beginning to distinguish between restrain/injure/kill responses. Increased understanding of breath, center and grounding. Ability to lead exercises and warm-ups.

# SEATTLE KAJUKENBO GREEN BELT

## **Basics:**

- ability to deliver power (grounding, timing, correct alignment)
- control of technique against a partner (range in level of contact)
- development of combos
- overall correctness of form

## **Forms:** Pinyons 4 and 8, Sui Won, (optional – Sifu Col's Knife Form)

- knowledge of bunkai of forms
- ability to vary speed and intensity of forms
- overall correctness of techniques within forms

## **Partner Work:** increase power, control, speed and accuracy

Punch Counters: Set 4- joint locks, 1-4

## Sparring:

- Variety of targets and strategies (offensive and defensive)
- Variety of combos
- Understanding of the principles including: center line cover, fwd pressure, grounding, foot work, economy of movement, critical distance line
- Beginning level split focus (2 on 1 sparring)
- Beginning level lining up multiple attackers

Sticky Hands: uprooting, yin striking, beginning trapping hands, unbalancing

Street: range of contact levels and targets to achieve various goals (i.e. restrain, injure, kill), direction of attack, breaking partner down, barrage.

**Weapons:** Kali snake and vine disarms, Arnis disarms 1-5, 4 siniwali sets, empty hand defense against stick and knife

## **Endurance:**

Able to go 3-4 hours hard training with few breaks, keeping presence of mind and a spirit of willingness and preserving the safety of partners under intense challenge

## **Philosophy:**

Knowledge of lineage, formation of our art, sister schools, yin/yang, personally address issues of power and violence, personal contribution to the school.

# SEATTLE KAJUKENBO

## Brown Belt

**Basics:** knowledge of form of techniques, angle of delivery, weapon formation, chamber, connection through hips to floor

Blocking: moving blocking system vs. static, classical vs. street, soft style chamber vs. hard style, punch block, hook block, hanging elbow

Kicks: funny kick, drop kick, tiger tail kick, ax kicks, spinning RH, jumping RH, spinning side thrust, jumping side thrust

**Forms:** P 9, 10, 11, 12, (optional - Lun Gar)

- bunkai, adapt forms to weapons
- ability to demonstrate concepts in forms, fluidity, grounding, power, extension, focus
- express the fight
- how forms can be used as a training tool

### **Partner work:**

#### Street/Grabs/Self defense:

- verbal self defense, aggressive vs. assertive
- range/variety of strategies, 1 on 1, 2 on 1, 3 on 1
- choice of technique, weapon, target to achieve goal
- basic techniques, targets, weapon, angle of delivery, effect on partner

#### Multiple attackers:

- lining up 3-5 attackers
- use of primary targets
- initiative of attack

#### Sparring:

- independent movement, broken rhythm, faking, set-ups, reversing the flow
- control of self and of fight
- effective strategies, both off. and def., for a variety of situations and partners

Punch Counters: Bring Punch Counter Sets 1-4 up to Brown Belt level in targeting, body connection, grounding, power, fluidity, economy of movement.

**Weapons:** review Kali disarms, Arnis disarms 6-12. 3 knife disarms, free disarms from the 'flow' against stick and knife, free block and counter between weapons and empty hand against weapons, identify distinctive movements of weapons, primary targets and strategies for attack and defense with and against particular weapons.

**Power:** grounding, breath, stance, connection, commitment.

**Execution:** chamber, preparation, timing, line of delivery

**Philosophy:** personal philosophy of training

# SEATTLE KAJUKENBO

## 1<sup>st</sup> degree Black Belt

**Spirit-** positive attitude, mental toughness, compassion/empathy

**Commitment-** to a goal/ objective/technique, physical and mental, willing to give all

**Power-** body organized for delivery, weapon formation, grounding, focus

**Full Knowledge of Material-** forms, punch counters, basics, self-defense and fighting principles

**Understanding-** range of strategies, creative use of material, training as a tool

**Correct Technique-** stance, body connection, preparation, delivery

**Creativity:** in forms, fighting and training

### Training Skills:

- Identify and use strengths:
  - \* strategies that maximize strengths
  - \* training techniques that expand areas of strength
- Identify and use weaknesses:
  - \* strategies that minimize weaknesses
  - \* training techniques that address weakness

### Basics:

- focus, power and speed
- creativity in performance, application and combos
- control of contact on partner
- demonstrate correct delivery of techniques:
  - \* elbows in    \*wrists straight    \*extended not locked    \*chambers alive
- timing of stance and weight shifts
- preparation (positioning and timing of chambers)
- demonstrate delivery of power with flow and connection at varying speeds
- knowledge of form of techniques, angle of delivery, weapon formation, chamber, connection through hips to floor

### Forms: Pinyon 14, Fau Yip

Review K 2&4, P 1-12, Monkey, Stance, Limpo, Sui Wonjj

-understanding and expression

**Partner work:** flow, targets, goals, commitment, focus, grounding, technique, partner-appropriate response, creativity/versatility, primary targets, positioning

**Punch Counters:** Make up a punch counter for each set, demonstrating knowledge of fundamental principals driving each set.

**Weapons:** empty hand defense against armed attackers, knife and/or stick, empty hand defense against multiple attackers with a weapon included, ability to demonstrate 2 strategies to effect disarms, ability to apply empty hand technique to weapons work and vice versa.

**Responsibilities:** leadership, teaching, personal philosophy of training