

Kids/Teens Orange Belt

'through this fist way one gains long life and happiness'

1st Stripe: 3 parts of salute

Horse, cat & crane stances

horse through twisted horse with back knuckle

circling bottom fist in glass horse

Inside and outside crescent kicks, roundhouse kick, front snap kick

Upward block, downward block, inward block, outward block

Full twisting punch

Single Siniwalis

Warriors Code #1

2nd Stripe: Rolling front and back

Advance and retreat in forward stance, kempo stance

Jumping front snap kick, side thrust kick

Vertical punch

Kata 1(kiai on blocks)

'5 fingers of self defense'

3rd Stripe: Cartwheel and handstand to feet

Leap in tiger stance

Butterfly kick, (kick combo-front, rh, spin side)

Upper cross block, lower cross block, brush outward, brush inward

Kata 2 (kiai on punches)

Warrior's Code #2

Orange Belt:

Blocks: upward, downward, inward, outward, brush outward, brush inward, upper cross, lower cross

Kicks: side thrust kick, front snap, roundhouse, crescents, jumping front kick, butterfly kick, jump spinning crescent

Strikes: full twisting punch, vertical punch, hook punch, side to side punch, peacock, back knuckle, bottom fist, bear claw

Forms: Kata 1 and 2, Monkey Form

Stances: horse, crane, cat, tiger, twisted horse, glass horse, forward, side drop

Sticks: Moving in Siniwalis, double Siniwalis, (optional- stick form 1)

Philosophy: **'5 fingers of self defense', Warrior's Code #1&2**

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1408 22nd Ave. // 329-5719

Orange Belt History

Kajukenbo means

"Through this fist way one gains long life and happiness."

Ka - comes from Karate

Ju - comes from Judo and Jujitsu

Ken - comes from Kempo

Bo - comes from Boxing (kung fu is sometimes called Chinese boxing)

About 50 years ago in Hawaii, 5 black belts from 5 different martial arts (Karate, Judo, Jujitsu, Kempo and Chinese Boxing) trained together in the Black Belt Society and created Kajukenbo. The founder of our art is Sijo (see-jo) Adriano Emperado.

Your lineage (line of teachers) in Kajukenbo, from Sijo Adriano Emperado down to your Sifu, Melinda Johnson, goes like this:

Adriano Emperado
Charles Gaylord
Gabe Vargas
Rich Mainenti
Barbara Bones
Melinda Johnson

As martial artists we learn to respect ourselves and each other.

We practice our focus, concentration, self-discipline and self-control in every class.

We remember that we must never raise a fist in anger

and WE ALWAYS DO OUR BEST!

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Purple Belt

1st Stripe: Pinyon 1, Grab Counter 1, Punch Counter 1, Partnering for punch counter 1, side to side, Sparring (center line cover), stick strikes 1-5, double siniwalis, Warriors Code #3

2nd Stripe: Pinyon 2, Grab Counter 2, Punch Counter 2, knife hand strike (chop), hook kick, Sparring (shuffle in tiger), Warriors Code# 4

3rd Stripe: Pinyon 3, Grab Counter 3, Punch Counter 3, kempo kick, rolling back knuckle, vertical up punch, jumping roundhouse kick, Sparring (bridging the gap), Warriors Code#5

Purple Belt:

Forms: Stance Form, Pinyon 1,2,3

Basics:

Blocks: extended outward

Kicks: side thrust, back, jumping roundhouse, hook, kempo, knee strike

Strikes: Tiger claw, knife hand, spear, palm heel, elbow smash, hook punch, side to side, figure 4, leopard paw

Stances: Wun Hop drop, dragon, 7 star, reverse glass horse, drop, back, 3 point stance, short classical cat

Partner Work: *Punch Counters*- Set 1, 1-4, *Grab Counters* -Set 1, 1-4, *Sparring* - center line cover, foot patterns, bridging the gap, critical distance line, *Sticky Hands* - basic circle and following,

Sticks: Double Siniwalis, Kali stick block and counters 1-5

Self Defense: 5 fingers of self-defense, primary targets, kiai,

Philosophy: Warriors Code 1-6, warrior skills (breath, center, focus, attention), peace skills (boundaries, voice, de-escalation), fighting skills (strikes, kiais, targets)

Leadership: lead group. teach others

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Blue Belt

1st Stripe: Pinyon 5/6
Sparring -lead side vs. trailing side
Basics -ridge hand block & strike, u-punch, u-spear,
spinning crescent kicks, spinning back kick, open hand upward, inward,
outward and downward block
Sword -respect for sword, thrust with sword, wrap and cut, figure 8's
Sticks – box pattern

2nd Stripe: Kata 4
Sparring - initial speed,
Basics -heel kick / wheel kick, scroll blocks 1,2 &3, extended inward block, raking
bottomfist
Sticky hands – moving with partner,
Sticks – 10 count, begin to create a stick form for presentation at blue belt test,
Punch Counters: Set 2- primary target s, #1 on right and left

3rd Stripe :
Punch Counters: Set 2- primary target s, 1-4
Self Defense - targeting in free grab release,
Sparring - defensive jamming, offensive combos,
Stickyhands – protect centerline,
Basics – application of leopard paw, bear claw and spear hand
Sticks - free block and counter, present 1/2 of stick form
Leadership - direct exercise

Blue Belt :

Forms: Pinyon 5/6, Kata 4, **Limpo**, (optional Lun Gar)

Basics: *kicks* -spinning crescents, spinning back, heel/wheel kick,
back toe kick *blocks* - palm fist, ridgehand,
scroll blocks 1,2,3, open hand blocks, extended blocks *strikes* - roundhouse
punch, ridge hand strike, elbow strike, u-punch, palm fist

Partner work: *Punch Counters:* Set 2-primary targets, 1-4 on right and left,
Stickyhands - moving with partner, protecting centerline, soft block
Sparring - initial speed, offensive combos, defensive choices:
block and counter, jamming and angling
Self Defense - free grab release with appropriate weapons, targets and kiais

Weapons: *Sticks* - free block and counter, box pattern, **present own form**
Sword - thrust, wrap, cuts, figure 8's, moving with stances

Leadership: direct exercises, lead group, teach others

Philosophy: personal values & lessons in training (how you become a
better person through kung fu practice)

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Green Belt

1st Stripe:

Pinyon 7,

Nunchakus - Kata ichi, passing with figure 8's,

Basics - rising punch, wedge block, football kick
increase power, control, speed and accuracy

Street – enter with block and 3-5 techniques around the body.

What is self-reliance and how do you demonstrate it?

2nd Stripe:

Pinyon 8

Sparring - effective combinations, 2 on 1, increase power, control, speed and accuracy, lining up multiple attackers

What part of Kajukenbo is most useful in self-defense?

3rd Stripe:

Pinyon 4

Punch Counters: Set 3-takedowns, 1-4

Street - economy of movement, multiple techniques off one limb, master's circle

Sticky hands - yin strikes, uprooting, sweeps

What is yin and yang?

Green Belt:

Forms: Pinyon 1- 8, **Sui Won**, (optional Lun Gar)

Basics: rising punch, ear slaps, wedge block, football kick, roundhouse thrust

- ability to deliver power (grounding, timing, alignment)

- range of contact level with partners

- effective combinations

Partner work : *Punch Counters:* Set 3-takedowns, 1-4,

Sticky hands - yin strikes, uprooting, sweeps

Sparring - strategies for specific partners or situations,

Street - economy of movement, multiple techniques off one limb, master's circle

barrage of techniques, understanding consequences of techniques

(restrain/injure/kill).

Weapons: Kata Ichi, free block and counter with sticks and nunchakus.

Leadership and philosophy : What does mind/body/spirit mean? What is the most important lesson in martial arts? How does martial arts training teach conflict management? How do you contribute to the school?

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Brown belt

1st Stripe:

Forms – Pinyon 9, adapting forms to weapons

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

Knife - handling and passing the knife, primary targets for attack and defense, grips and 3 disarms, work the 'flow'

Sticks – Arnis strikes, blocks and disarms 1-5, Kali disarms - snakes and vines, (5) siniwali sets

What is power? Who are our 'sister' schools?

2nd Stripe:

Forms – Pinyon 10

Basics -spinning roundhouse kick, jumping roundhouse kick, jumping side thrust kick, spinning side thrust, rising side thrust, in/outward axe kick, angle of delivery, hook block, hanging elbow block, upward elbow block, punch block, shield block, soft blocks vs. hard blocks, kempo punches.

Sparring - faking, set-ups, reversing the flow, offensive and defensive strategies, moving vs. static blocking system

Self Defense - choice of technique and weapon, knowledge/use of range,

Verbal self-defense- assertive vs. aggressive

Philosophy - What is respect? What are some other martial arts, where do they come from and how are they practiced?

3rd Stripe:

Forms –Pinyon 11, clarity of technique, bunkai

Sparring - initiative of attack against multiple attackers,

Sticky hands – integrate footwork, soft blocking and sticky blocking

Weapons - identify distinctive movements of weapons, attack and defense strategies for particular weapons

Philosophy -How can practicing a martial art bring about peace? How is Kajukenbo different and how is it the same as some other martial arts you know of?

(Brown Belt continued)

Brown Belt:

Forms:

Pinyons 1- 12, Katas 2 and 4, Monkey, Limpo, Sui Won, Stance,
(optional - Sifu Col's Knife Form)
-bunkai
-expression
-fight
-clarity of technique

Basics: blocking - classical vs. street, funny kick, drop kick

-form of technique
-angle of delivery
-weapon formation
-chamber
-connection through hips to floor

Partner Work:

Punch Counters: Set 4 –joint locks1-4

Street: know basic techniques, targets, weapon, angle of delivery, effect on partner, connection to practice of basics and self defense.

Self Defense: variety of strategies, range, choice of technique and weapon, matching intensity of attack, verbal self defense (assertive vs. aggressive)

Sticky Hands: integration of footwork, blocking system, and yin attacks

Sparring: principles: independent movement, faking, broken rhythm, straight vs. curved line, set ups, angle of attack vs. technique variation, reversing the flow

-control of self and fight
-offensive and defensive strategies
-multiple attackers: lining up, use of primary targets, initiative of attack

Weapons: Kata Ichi, (5) siniwali sets, free block and counter with sticks and knife, free sparring, self defense against weapon, primary targets to protect (self), primary targets to attack (partner), distinctive movements, attack and defense strategies of particular weapons, adapting forms to weapons.

Create: **Weapon(s) Form**

Power: grounding, breath, stance, connection, commitment

Execution: chamber, preparation, timing, line of delivery

Leadership, Philosophy and History: How do you make sure the power you are developing as a martial artist is used in a non-violent way? What responsibilities do you have as a skilled martial artist, to yourself, to your school, to your family and to the world? Tell a general history of the martial arts.

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Black Belt

1st Stripe

Sparring: cooperation (help and challenge partner appropriate to rank, size, age)

Forms: full knowledge of Pinyons 1-12, speed with clarity and power

Basics: focus, power, speed

Street: flow, techniques, targets

Weapon: review Kali block and counter set 1 and box pattern, Sifu Col's Knife

Punch Counters: review sets 1-4

2nd Stripe

Sparring: commitment

Forms: Pinyon 14

Basics: stop action

Street: commitment, focus and grounding,

Self Defense: philosophy and strategy. Multiple grabbers, attackers with weapons

Weapons: review stick and knife disarms, add Arnis disarms 6-12

Philosophy and Leadership: teaching skills

3rd Stripe:

Sparring: creativity

Forms: tai chi speed with grounding and extension, clear technique (know and execute correctly), timing, application (bunkai)

Basics: creativity in performance, application and combos

Street: partner-appropriate response, goals, creativity and versatility

Punch Counters: make up 4, one to fit in each set: Block and Counter, Primary Targets, Take Downs, and Joint Locks

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, street, 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

Forms: Kata 2,4

Pinyon 1-12 +14

Monkey, Sui Won, Limpo, Stance

understanding and expression in all forms,

optional -create a 2 person empty-hand set

Sparring/ Street/ Monkey Line/ Self Defense: flow, targets, goals, commitment, focus, grounding, technique, partner-appropriate response, creativity/versatility, primary targets, positioning

Punch Counters: Sets 1-4

Make up 4, one to fit in each set: block and counter, primary targets,

Take-downs, and joint locks

Basics: 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)

Demonstrate delivery of power with flow and connection at varying speeds

Weapons: Kata Ichi, Lungar, Sifu Col's knife form, Kali block and counter sets, siniwalis, stick disarms, free style empty hand defense against stick and knife.

Responsibilities: leadership, teaching, philosophy,

- 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

2nd degree

Forms: Optional -Fau Yip, Ha Kuen, Pak pai 6, Pak pai 8, Agility, Imperial sword, tai chi XS,
Si Lum Pai, Num pai
Required – All Chuan Fa Pinyons

Punch Counters: Advanced Set

Stick disarm reversals (5)

Punch Counter reversals (5)

Tricks: board breaking, acrobatics (whirlwind kick, head spring series, butterfly series, flips, di tang) , splits, double nunchakus, double swords