



SEATTLE KAJUKENBO

and KUNG FU KIDS

FEES

Adults: \$85/month + \$35 annual fee

Kids: \$60/month, white belts or
\$75/month, colored belts
+ \$25 annual fee

Students may attend any and all of the three or more classes offered each week. Scholarships are available.

Visitors are welcome!

LOCATION

1408 22nd Avenue
Seattle, WA 98122
206-329-5719

www.seattle-kajukenbo.com

*Diligence, sweat and an open mind.
Through this fist way,
one gains long life and happiness.*

KAJUKENBO

Kajukenbo, founded by Sijo Adriano Emperado, is an eclectic martial art, created in Hawaii in the late 1940s. The foundation arts of Kajukenbo include Karate, Judo, Jujitsu, Kenpo and Chinese Boxing.

Kajukenbo emphasizes close-in street fighting strategies, which include refinement of self-defense judgement and techniques. Kajukenbo fighting sets are practiced as well as Kajukenbo forms (or "kata"), and traditional Chinese forms. **Seattle Kajukenbo** practices the Gaylord Method of Chuan Fa Kajukenbo Kung Fu.

The elements that make up Kajukenbo are diverse, and the steady practice of all of them makes for a dynamic physical undertaking.



PHILOSOPHY

At **Seattle Kajukenbo and Kung Fu Kids** the spiritual growth of each student is as valued as his or her progress in the physical art. Training in the martial arts is an opportunity to improve one's strength, agility, speed, power, and mental readiness—qualities made more valuable when combined with confidence, respect for oneself and others, generosity, and love of the art. The physical and mental challenges that the martial arts provide can lead to beneficial self-discovery. It is through this discovery that change occurs.

ADULT CLASSES

Students receive personal instruction from the head instructor, and spend time working independently as well as in groups with other students of various skill levels.

Training at **Seattle Kajukenbo** is non-competitive, focusing on the mental and physical growth of the student. Through diligence, sweat, and an open mind, great gains can be made and movement is fun and exciting. Successful self-defense skills are built on a foundation of confidence and a thorough understanding of technique—students are taught how to assess situations and respond appropriately with a calm mind and a powerful body.

HEAD INSTRUCTOR

Sifu Melinda Johnson, Head Instructor of **Seattle Kajukenbo and Kung Fu Kids**, has studied Kajukenbo since 1985, and holds the rank of fourth degree black belt from Sigung Barbara Bones. She is also a black belt in Aikido, and has fifteen years experience teaching martial arts and gymnastics to children and adults.



KIDS CLASSES

The **Kung Fu Kids** program is based on principles of nonviolence and respect for self and others. We use the traditions of Kung Fu as an arena to build self-confidence, self-discipline, and self-esteem in a safe and supportive environment.

Our job is to help every child learn to set goals and work to achieve success. Doing your best, making the effort, facing a challenge, and helping those around you are some of the most important successes at our school. Every child is asked to be a leader as well as a follower, sharing skills, respectfully directing others, and following directions respectfully. We believe that a child's self-respect needs to be fostered, and that respect for others grows from the same seed. When children believe in themselves, they have faith in the world and can better meet the challenges of life ahead.

Classes include:

- Balance, flexibility, and strength-building exercises.
- Personal instruction from the head instructor as children learn new material and work on their accumulated body of knowledge.
- Tumbling and gymnastics skills.
- Non-competitive games that require students to work together to achieve a successful outcome.
- Self-defense philosophy and strategies.