

KAJUKENBO:

Perfect Blend of Martial Arts





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By Danijela Crevar

I was six years old when I began to train karate. At first, I wasn't really interested in training, but my mom was so persistent that I should not give up the classes. Ten years later, I got the brown belt and could compete in national level. Once I got hooked, karate became my favorite activity to do after school. It didn't teach me not only self defense strategies but great discipline as well making me totally stronger from head to toe.

Karate or any other style of martial arts would be great choice of sport for children, adults or elderly. There's nothing like too early or too late to start in martial arts. I can say from my

real life experience that karate was my first experience in the world of sports and healthy living. It had such a great positive impact on me that, many years later, I decided to take my four years old daughter in Kajukenbo school recently. As she is only four years old, for learning Kajukenbo techniques and style, I had to help her a lot. I did research on Kajukenbo to know a bit more and found some interesting facts that I would love to share with you.

Kajukenbo is a unique martial arts form combining the techniques of (KA) Karate, (JU) Judo and Jujitsu, (KEN) Kenpo and (BO) Boxing. Philosophical meaning of Kajukenbo is: KA – Long Life; JU – Happiness; Ken – Fist; Bo – Style. "Through this fist and style, we gain long life and happiness. It was founded in Hawaii in the 1947 by Adriano Emperado. The original purpose of the art was to deal with local crime and to help the people defend themselves in street fights. Kajukenbo was specially designed to win brutal street fights. The founders called themselves the Black Belt Society and their goal was to develop an art that would make them invincible in the most difficult street fights. Kjukenbo's founder Professor Emperado had a motto, "The workout isn't over until I see blood on the floor". His philosophy was that if someone was afraid of pain they would be defeated the first time they were hit. He also felt that his students had to get used to pain and learn how to give it back. This enabled them to find out which techniques worked and which didn't.

Today Kajukenbo is one of the most popular forms of self defense practiced in the world, because of its effectiveness and logical approach. Kajukenbo's main philosophy is that every martial arts style has something to offer and if one accepts that and trains accordingly, they will become a better oriented and more effective martial artist.

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and many joint destruction techniques, usually as follow-ups to take downs. There are also blocks from attacks, such as punches and defenses and disarmament of offensive weapons. Kajukenbo's primary focus is on realism and practicality. Kajukenbo training workouts emphasize cardio conditioning and functional strength. While some schools may show variation, it would not be unusual to train with sandbags or boxing gloves.

Like most karate systems Kajukenbo has katas of forms. These 14 katas are known as "Palama Sets" 1 through 14. Like traditional systems, Kajukenbo takes a number of its self defense techniques from its katas. These self defense techniques are arranged and categorized into 15 grab arts, 21 punch counters, 15 knife counters, 13 club counters, 9 two and three man attack counters, and 26 advanced alphabet techniques. The strength of Kajukenbo

is in how these techniques are combined. The theory behind Kajukenbo is that it is better to counter with a multiple of techniques that can be ended when the threat no longer exists, than to rely on one technique and find that it is not enough.

An important part of some Kajukenbo classes is the Kajukenbo Prayer and usually it will end with the reference to Kajukenbo Trinity, that is:

Spirit – attitude and dedication

Mind – mental discipline and knowledge

Body – physical proficiency/conditioning

After the trinity, students and instructors alike open their hands to represent peace and then bow their heads in respect. A stylized Kajukenbo salute is also part of many school customs. Students and instructors alike salute black belts when they enter the training floor.

One common belt order is as follows: white, yellow, orange, purple, blue, green, brown (3 levels), student black, followed by the various degrees of black belt.

The most recognized sign (emblem) in the Kajukenbo system is The Kajukenbo Coat of Arms.

And for the end of this article, the Kajukenbo Motto that I absolutely love is: "To Train Strong Is to Remain Strong".



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