

Empower Martial Arts

KAJUKENBO 九流功夫



JUNIOR & ADULT Student Manual

Empower Martial Arts Junior / Adult Belt Requirements

ORANGE BELT – HACHI KYU (pronounced Hah-chee Kew)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
<ul style="list-style-type: none"> Minimum of 16 classes 		
<ul style="list-style-type: none"> Perform Basic Punches & Know Terminology <ol style="list-style-type: none"> Back Fist (Reiken) Reverse Punch (Gyaka Tsuki) Corkscrew Punch (no name) Jab Cross Hook Uppercut 		
<ul style="list-style-type: none"> Kicking Series – Perform and know Japanese terminology <ol style="list-style-type: none"> Front Kick – Mae Geri Side Kick – Yoko Geri Roundhouse Kick – Mawashi Geri Spinning Back Kick – Ushiro Geri Step Side Kick – Yoko Tobi Geri 		
<ul style="list-style-type: none"> Know Style of Karate - Kajukenbo 		
<ul style="list-style-type: none"> Perform Stances & Know Japanese Terminology <ol style="list-style-type: none"> Front Stance (Zen Kutsu Dachi) Back Stance (Ko Kutsu Dachi) Horse Stance (Kiba Dachi) 		
<ul style="list-style-type: none"> Kata – TaiHokyu 		
<ul style="list-style-type: none"> Explain 3 Reason for Kata <ol style="list-style-type: none"> Practicing self defense Art form of karate Good exercise 		
<ul style="list-style-type: none"> Explain the meaning of the Kata Preparation <ol style="list-style-type: none"> Karate is my secret I use no weapons I use karate with respect 		
Electives – None		Comments
Physical Fitness Requirements (accrued since beginning the martial arts program)		Comments
<ul style="list-style-type: none"> 50 Push Ups 		
<ul style="list-style-type: none"> 50 Crunches 		
<ul style="list-style-type: none"> 25 Hyperextensions 		
<ul style="list-style-type: none"> 25 Pulling exercises – See Sensei Tim 		
<ul style="list-style-type: none"> 50 Squats (body weight) – See Sensei Tim 		

Empower Martial Arts Junior / Adult Belt Requirements

YELLOW BELT – SCHICHI KYU (pronounced Shcheechee Kew)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
<ul style="list-style-type: none"> Improve on all previous requirements 		
<ul style="list-style-type: none"> Minimum of 16 classes since last belt test 		
<ul style="list-style-type: none"> Yellow Belt Blocking Series – Perform and know Japanese terminology <ol style="list-style-type: none"> High Rising Block – Jo Dan Age Uke Middle Outward Block – Chu Dan Uke Down Block – Ge Dan Uke Middle Inward Block – Soto Uke Knife Hand Block – Shuto Uke 		
<ul style="list-style-type: none"> Free Style Self Defense – 6 techniques 		
<ul style="list-style-type: none"> First Self Defense Series – all 5 techniques 		
<ul style="list-style-type: none"> Second Self Defense Series – all 5 techniques 		
<ul style="list-style-type: none"> Kata – Pinan I 		
<ul style="list-style-type: none"> Know 1 of the “Rules of Respect” 		
<ul style="list-style-type: none"> Sparring 		
Electives – None		Comments
Physical Fitness Requirements (accrued since previous belt test)		Comments
<ul style="list-style-type: none"> 100 Push Ups 		
<ul style="list-style-type: none"> 100 Crunches 		
<ul style="list-style-type: none"> 75 Hyperextensions 		
<ul style="list-style-type: none"> 75 Pulling exercises – See Sensei Tim 		
<ul style="list-style-type: none"> 100 Squats (body weight) – See Sensei Tim 		

Empower Martial Arts Junior / Adult Belt Requirements

GREEN BELT – ROKU KYU (pronounced Row-Koo Kew)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
• Improve on all previous requirements		
• Minimum of 24 classes since last belt test		
• Free Style Self Defense – 10 techniques		
• Escape Series – 5 techniques		
• Kata – Pinan II		
• Green Belt Blocking Series		
• Kicking Series - with a punch before every kick		
• Yellow Belt Blocking Series with a Reverse Punch after every block		
• Weapon Self Defense – 2 each (gun, knife, bat)		
• Sparring (in class)		
• Know 2 “Rules of Respect”		
Electives – must choose 1 of the 3 choices		Comments
• Escape Series – 2 additional technique		
• Free Style Self Defense – 2 additional techniques		
• Know all 6 Rules of Respect		
Physical Fitness Requirements (accrued since previous belt test)		Comments
• 200 Push Ups		
• 200 Crunches		
• 150 Hyperextensions		
• 150 Pulling exercises – See Sensei Tim		
• 200 Squats (body weight) – See Sensei Tim		

Empower Martial Arts Junior / Adult Belt Requirements

BLUE BELT – GO KYU (pronounced “Go Kew”)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
• Improve on all previous requirements		
• Minimum of 24 classes since last belt test		
• Free Style Self Defense – 14 techniques		
• Escape Series – 7 techniques		
• Kata – Karumpha & Gake Sei		
• Blue Belt Blocking Series		
• Outside Series – 5 techniques		
• Weapon Self Defense – 3 each (gun, knife & bat)		
• Sparring (in class)		
• Know 4 “Rules of Respect”		
Electives – must choose 2 of the 5 choices		Comments
• Jump Kick Series – 1 technique		
• Outside Series – 2 additional techniques		
• Escape Series – 1 additional technique		
• Free Style Self Defense – 3 additional techniques		
• Know all 6 Rules of Respect		
Physical Fitness Requirements (accrued since previous belt test)		Comments
• 300 Push Ups		
• 300 Crunches		
• 250 Hyperextensions		
• 250 Pulling exercises – See Sensei Tim		
• 300 Squats (body weight) – See Sensei Tim		

Empower Martial Arts Junior / Adult Belt Requirements

PURPLE BELT – YON KYU (pronounced “Yahn Kew”)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
• Improve on all previous requirements		
• Minimum of 24 classes since last belt test		
• Free Style Self Defense – 18 techniques		
• Escape Series – all 9 techniques		
• Weapon Self Defense – 4 each (gun, knife, bat)		
• Kata – Pinan III & Pinan IV		
• Weapon Kata – student’s choice		
• Outside Series – 7 techniques		
• Sparring (in class)		
• Know 4 “Rules of Respect”		
Electives – must choose 2 of the 5 choices		Comments
• Weapon Kata – student’s choice		
• Outside Series – 2 additional techniques		
• Makoto Level 1		
• Free Style Self Defense – 3 additional techniques		
• Weapon Self Defense – 2 additional techniques		
Physical Fitness Requirements (accrued since previous belt test)		Comments
• 400 Push Ups		
• 400 Crunches		
• 350 Hyperextensions		
• 350 Pulling exercises – See Sensei Tim		
• 400 Squats (body weight) – See Sensei Tim		

Empower Martial Arts Junior / Adult Belt Requirements

BROWN BELT – 3rd DEGREE (SAN KYU – pronounced “Sahn Kew”)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
• Improve on all previous requirements		
• Minimum of 24 classes since last belt test		
• Free Style Self Defense – 20 techniques		
• Weapon Self Defense – 6 each (gun, knife, bat)		
• Kata – Pinan V & Saifa		
• Weapon Kata – student’s choice		
• Sparring (in class)		
• Know 5 “Rules of Respect”		
• Purchase and complete the PPS Phase 1 Self Defense Instructor Home Study course		
Electives – must choose 2 of the 6 choices		Comments
• Jump Kick Series – any 3 techniques		
• Outside Series – 2 additional techniques (9 total)		
• Makoto Level 2		
• Free Style Self Defense – 4 additional techniques		
• Weapon Self Defense – 4 additional techniques		
• Weapon Kata – 1 additional		
Physical Fitness Requirements (accrued since previous belt test)		Comments
• 500 Push Ups		
• 500 Crunches		
• 450 Hyperextensions		
• 450 Pulling exercises – See Sensei Tim		
• 500 Squats (body weight) – See Sensei Tim		

Empower Martial Arts Junior / Adult Belt Requirements

BROWN BELT – 2nd DEGREE (NI KYU – pronounced “Nee Kew”)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
• Improve on all previous requirements		
• Minimum of 24 classes since last belt test		
• Free Style Self Defense – 22 techniques		
• Weapon Self Defense – 7 each (gun, knife, bat)		
• Outside Series – 9 techniques		
• Come Along & sacrifice Techniques – 1 of each		
• Kata – Sung San V & Naifunchin		
• Weapon Kata – student’s choice		
• Sparring (in class)		
• Know 6 “Rules of Respect”		
• Purchase and complete the PPS Phase 2 Self Defense Instructor Home Study course		
Electives – must choose 2 of the 6 choices		Comments
• Jump Kick Series – any 4 techniques		
• Outside Series – 2 additional techniques (11 total)		
• Makoto Level 3		
• Free Style Self Defense – 4 additional techniques		
• Weapon Self Defense – 4 additional techniques		
• Weapon Kata – 1 additional		
Physical Fitness Requirements (accrued since previous belt test)		Comments
• 700 Push Ups		
• 700 Crunches		
• 600 Hyperextensions		
• 600 Pulling exercises – See Sensei Tim		
• 700 Squats (body weight) – See Sensei Tim		

Empower Martial Arts Junior / Adult Belt Requirements

BROWN BELT – 1st DEGREE (IK KYU – pronounced “Ik Kew”)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
• Improve on all previous requirements		
• Minimum of 24 classes since last belt test		
• Free Style Self Defense – 24 techniques		
• Weapon Self Defense – 8 each (gun, knife, bat)		
• Outside Series – 11 techniques		
• Ground Fighting		
• Board Breaking – 2 Techniques		
• Kata – Neo Sheo & Ba Sai Dai		
• Weapon Kata – student’s choice		
• Sparring (in class)		
• Purchase and complete the PPS Phase 3 Self Defense Instructor Home Study course		
Electives – must choose 2 of the 6 choices		Comments
• Jump Kick Series – any 4 techniques		
• Outside Series – 2 additional techniques (11 total)		
• Makoto Level 3		
• Free Style Self Defense – 5 additional techniques		
• Weapon Self Defense – 5 additional techniques		
• Verbally explain the History of Kajukenbo		
Physical Fitness Requirements (accrued since previous belt test)		Comments
• 850 Push Ups		
• 850 Crunches		
• 750 Hyperextensions		
• 750 Pulling exercises – See Sensei Tim		
• 850 Squats (body weight) – See Sensei Tim		

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BLACK BELT – 1st DEGREE (SHO DAN – pronounced “Show Dahn”)

Skill & Knowledge Requirements - Students must be able to perform/know all the following.	“X” when done	Comments
• Improve on all previous requirements		
• Minimum of 24 classes since last belt test		
• Free Style Self Defense – 25 techniques		
• Weapon Self Defense – 10 each (gun, knife, bat)		
• Outside Series – 12 techniques		
• Multiple Attacker – 2 Techniques & Discuss strategies		
• Board Breaking – Sensei Choice		
• Kata – Qwon Mu – Part 1		
• Weapon Kata – student’s choice		
• Sparring (in class)		
• Written Essay – See Sensei Tim		
• Know the Kajukenbo History		
• Purchase and complete the PPS Phase 3 Self Defense Instructor Home Study course		
Electives – must choose 2 of the 3 choices		Comments
• Jump Kick Series – any 4 techniques		
• Makoto Level 4		
• Purchase and complete the Empower Kickboxing Fitness Instructor Training Home Study course		
Physical Fitness Requirements (accrued since previous belt test)		Comments
• 1000 Push Ups		
• 1000 Crunches		
• 900 Hyperextensions		
• 900 Pulling exercises – See Sensei Tim		
• 1000 Squats (body weight) – See Sensei Tim		