Terminology, Etiquette, and Lineage

**Titles**

Sifu:

This title translates to “teacher” or “master” and is only used when an instructor has been awarded this title by their Sifu. At NW Kajukenbo Club your Sifu is Devin Wear.

Sigung:

 This title translates to “teacher’s teacher” and is used as an acknowledgment of lineage as well as a show of respect. At NW Kajukenbo Club your Sigung is Melinda Johnson, meaning that Sifu Devin Wear is her student, and that you are his student.

Professor:

 This title is awarded to 8th degree black belts by their teacher. It is an acknowledgment of rank, contribution to the art, and growth of their school/lineage. At NW Kajukenbo Club your Professor is Melinda Johnson. She is both your Sigung and your Professor.

Grand Master:

 This is another title acknowledging a high-ranking practitioner’s status, achievements, and contributions to the arts. At NW Kajukenbo Club your Grand Master is Barbara Bones.

* Grand Master Barbara Bones is Professor Melinda Johnson’s Sifu
* Grand Master Barbara Bones is Sifu Devin’s Sigung

Sijo:

This title is reserved for our founder Adriano Emperado. He is recognized for forming the first Kajukenbo School at the Palama Settlement Gym in Oahu Hawaii, while the other four founders left on active military service during the Korean War.

**Terminology**

 Chi or Qi:

Vital energy force. The flow of energy inside yourself.

Kiai:

Both a focus and release of one’s qi. Used to unite and balance the body as a whole while executing techniques. This utilization of energy manifests as a powerful shout originating deep in ones breathing and center.

 Formwork:

Sets of predetermined learned movements used to express and practice the various teachings in the art.

 Punch Counters:

Similar to formwork, punch counters are specific sets of predetermined movements that focus on addressing strikes from a single opponent.

 Sparring:

A practice in which both partner and practitioner freely strike and block each other’s techniques.

 Street:

A core focus of Kajukenbo that aims to bring an element of realism to the art’s practice. Often utilizing various drills that test the legitimacy of techniques, street gives practitioners the opportunity to train using scenarios that may occur on the “street”.

 Bunkai:

In formwork and other practiced movements, Bunkai represents the process analyzing and disassembling techniques. This usually involves a partner providing complimentary movements to a form that help the practitioner gain greater understanding of what can be learned from the form itself.

 Ukemi or Dummying Up:

The practice of receiving techniques from a partner who has used an appropriate level of contact and acknowledging this by displaying realistic reactions to these techniques as if the partner had given full contact.

Chi Sao or Sticky Hands:

Exercise and style of sparring that involves continued close in connection to a partner that trains a practitioner to recognize, understand, and harness the flow of energy between self and opponent.

 Kwoon:

This would be used in place of the more familiar word “dojo” meaning a place of training, or training hall.

**Etiquette**

 Entering and leaving the Kwoon:

Common across many disciplines, it is expected that practitioners show respect by bowing before stepping onto or before leaving the training floor or mat. For NW Kajukenbo Club, the expectation is that you bow while entering or exiting the threshold/doorway, and again when stepping on or off the training floor. Sometimes the training location may make this difficult to achieve, in which case use your best judgment. The respect you bring is more important than the action itself.

 Training attire and hygiene:

At NW Kajukenbo Club students are welcome to wear a couple options for training attire. School T-shirt/Sweatshirt, Gi top, or a non-descript blank shirt are all great options for the torso. Martial arts pants with a draw string are the preferred garment for your lower half. You are also welcome to wear lightweight martial arts shoes, but barefoot is just fine as well. Some general things to note:

* Please remove ALL earrings and jewelry before stepping onto the training floor. If it can be ripped out chances are it will be.
* Hair should be kept out of your face. It is important to see what you are doing at all times.
* Keep your nails cut short. No one wants to be gouged!
* Please refrain from overbearing fragrances or perfumes.

Belts, Ranking, and Promotion:

 At NW Kajukenbo Club our belts order is:

* White (Beginner)
* Orange (Beginner)
* Purple (Intermediate)
* Blue (Intermediate)
* Green (Advanced)
* Brown (Advanced)
* Black (Advanced)

Expectations for beginner belts:

* Giving or receiving contact to the head or other vulnerable targets is not allowed for beginners unless otherwise specified by your Sifu.
* Work hard, absorb material and feedback, and look to your advanced belts to lead by example. If you are not sure what you are supposed to be doing, feel free to ask an advanced belt.

Expectations for intermediate belts:

* Giving contact to the head or other vulnerable targets is not allowed for intermediates unless otherwise specified by your Sifu
* You will begin to receive contact to the head and vulnerable targets from advanced students as an intermediate student.
* Intermediate students can engage in contact exercises safely without need of supervision.
* Students at an intermediate level are expected to take small leadership roles during class.

Expectations for advanced belts:

* Advanced belts can give and receive full contact and distinguish between light/medium/hard contact.
* Students at this level are expected to be role models in the school. Taking on such responsibilities as: starting class for their Sifu, leading a section of class, and giving feedback/instruction for beginners.
* Advanced belts are expected to be as kind and welcoming to new students as they are experienced and powerful.

Though there are several other expectations that come with each rank these are the basic guidelines for students to follow.

Students will be promoted to higher ranks as they are able to demonstrate applied skills, memorized material, and philosophical understanding. A Student’s promotion will occur when their Sifu deems them ready. You will often test in a group with several other students.

Upon receiving a promotion, you can opt to keep your previous belt, or have it be passed down to the next generation as a way of contributing energy to the school.

Coming to class:

At the beginning of class, your Sifu will gather everyone in a circle to salute in, kneel to put on belts, and warm up. Should you arrive late, the expectation is that you first kneel at the side of the training floor to put on your belt, then wait patiently in horse stance with a center line cover until your Sifu is ready to salute you in.

 Partnering:

We all look out for each other at NW Kajukenbo Club. Respect for your partner is one of our core values. We show this by:

* Making sure to salute your partner at the beginning and end of any exercise together, when you want to express that you need to step away from an exercise for a moment, or when you just plain feel like showing appreciation.
* Checking in with them about off limits targets or injuries before beginning contact drills.
* Checking in with your partners, especially those you have not worked with before, about the contact levels you are giving and receiving while training.

End of class:

The end of class happens much like the beginning. The main difference is that your Sifu will lead you through the school’s chant while kneeling. When it comes time, you will join in by saying, “Through this fist way, one gains long life and happiness”

Saluting/honoring your lineage during class:

We honor important members of our lineage by saluting them as a school when they enter the Kwoon. This will happen when Professor Melinda Johnson or Grand Master Barbara Bones enter the school. Your Sifu will shout, “Class Set.” At which point the expectation is that you stop any exercise you are currently engaged in and come to a set position. Your Sifu will then say, “Salute \_\_\_\_\_\_\_\_\_\_” and then as a class everyone will salute either our Professor or our Grandmaster.

**Lineage**

 Our Lineage (in descending order):

* Adriano Emperado (Sijo, founder)
* Charles Gaylord (Great Grand Master)
* Gabe Vargas
* Richard “Rich” Mainentti (Grand Master)
* Barbara Bones (Grand Master)
* Melinda Johnson (Professor)
* Devin Wear (Sifu)

Founders:

* Adriano Emperado (Kenpo)
* Peter Choo (Karate)
* Joe Holck (Jujitsu)
* Frank Ordonez (Judo)
* Clarence Chang (Chinese boxing)

Family/Sister Schools:

* Seattle Kajukenbo – Based in Seattle Washington and founded by Professor Melinda Johnson.
* Seven Star Women’s Kung Fu - Based in Seattle Washington and founded by Anne Moon. Currently co-instructed by Sigung Michelle McVadon and Sifu Allyson Riley
* Fusion Kung Fu and Movement Arts - Based in Seattle Washington and both founded and run by Sifu Michelle Pleasant
* Hand to Hand Kajukenbo Self-Defense Center - Based in Oakland California and founded by Professor Coleen Gragen. Currently run by Professor Sonya Richardson.
* Oakland Kajukenbo – Based in Oakland and founded by Sigung Kate Hobbs