



**START THE NEW YEAR OUT RIGHT!**

**Senior Grand Master Ed Louis**

**LEEWARD KENPO KARATE SCHOOLS**

**PRESENTS**

**KAJUKENBO PERSONAL PROTECTION SEMINAR**

**20 January 2018**

When: 20 January 2018

Where: Ewa Community Church, 1258 Renton Rd

Time: 0900-1200

Who: Men and women age 13 and up (Due to the nature of the training we request no students below the age of 13 participate)

Cost: \$20.00

\*\*\*Seniors 65 and over: \$10.00

Attire: Light workout clothes with sports shoes, recommended to bring a towel and water bottle. (Water will also be available on site.)

Topics to be covered at the seminar

- Awareness
- Escalation of violence
- De-escalation techniques
- Simple easy to remember defensive and offensive techniques
- Personal defensive weapons

Contact Info:

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**LEEWARD KENPO KARATE ASSOCIATION**  
**EWA COMMUNITY CHURCH**  
**91-1258 RENTON RD**  
**KAJUKENBO PERSONAL PROTECTION SEMINAR**  
**SATURDAY, JANUARY 20th 2018**

9:00 A.M. – 12:00 P.M.

NAME \_\_\_\_\_  
                                    LAST  FIRST

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL ADDRESS:  
\_\_\_\_\_

**SEMINAR FEE: \$ 20.00 \*\*\$10.00 for Seniors 65 and over**

I, the undersigned, do hereby voluntarily submit my application for attendance and participation in the KAJUKENBO Personal Protection Seminar, at Ewa Community Church , Saturday, January 20, 2018, and do hereby assume full liability for any and all damages, injuries or losses that I may sustain or incur, if any, while attending or participating, and do hereby waive all claims against the promoters, operators, sponsors, officials, Ewa Community Church and Leeward Kenpo Karate, for any claim for injuries that I may sustain. I fully understand that any medical treatment given will be of the first aid type only.

**IF UNDER 18 YRS. THIS RELEASE FORM MUST BE SIGNED BY A PARENT OR LEGAL GUARDIAN**

\_\_\_\_\_

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT  
GUARDIAN

\_\_\_\_\_  
SIGNATURE OF PARENT OR LEGAL  
GUARDIAN

LKKA  
KAJUKENBO  
Personal Protection Seminar  
Outline  
20 January 2018

**0900-0910**

- **Situational Awareness**
- **Escalation of Violence**
- **Stance** Passive Stance (unprepared for an attack) most likely/ On Guard Stance
- **Movement**

**0910-1000**

**Blocking**

- Open hand blocks
- Parries
- Defensive Postures (Single Rhino, double rhino, Double hand brace)

## **1000-1100**

### **Striking**

- Eye jab, heel palm, punching
- Hammer fist: side, behind, forward and downward.
- Slaps Groin/Ear's
- Fingers to throat (larynx)
- Elbows

### **Kicks**

- **Skip in Front Kick to Groin**
- **Football Front Kick to Groin**
- **Back Kick**

## **1100-1145**

### **Defenses Options**

- Single / Double wrist grabs
- Hair Grabs (Front/Back/Side)
- Bear hugs (arms free/ arms pinned) escalation  
(Thumb to back of hand/ S grip/ heel stomps)

### **Drills**

- Front Kick / Hammer fist combination
- Front Kick / Straight punch combination (Punch or open palm)
- Straight Blast (punching and open hands)
- Raining Claw

## **Improvised Weapons**

- Flashlights
- Purses/Backpacks
- Pens
- Keys
- Can openers
- Phones
- Water Bottles

## **Limiting your vulnerabilities (Hard Target)**

- Men's magazines on front seat of car
- Men's ties
- Martial Art's magazines
- Awareness, awareness, awareness
- Too much stuff in your hands
  
- Questions

Thank you