

Continuous Education Schedule

Available to all Martial Artists

Endorsed by KOA (Kajukenbo Ohana Association)

In all four levels, the technical fighting principles will be applied. It does not alter your present style but enhances your ability to recognized signals of improvement. Here are the outline of the five progressive stages: Primitive, Mechanical, Technical, Creative, and Spontaneous Reaction.

Two primary training methods, Passive resistance and Active resistance.

Adjusting to street and tournament safe zones,...depending on attitude and attributes.

1. Five Primary Techniques
2. Angle of attack vs. technique variation
3. Defensive movement patterns
4. Setups, physically and mentally
5. Positioning
6. Leading side vs. rear side
7. Independent movement
8. Initial speed
9. Initial speed vs. combinations
10. Leading centers
11. Critical Distance line
12. Bridging the gap
13. Economy of motion
14. Relaxation vs. tension
15. Mobility vs. immobility
16. Unpredictability vs. Classical form
17. Straight line vs. curved line
18. Constant forward pressure
19. Time commitment theory
20. Line of attack
21. Faking
22. Defensive Choices
23. Extension, hyper-extension, double hyper-extension
24. Half commitment, full commitment, extension commitment
- 25 Broken rhythm, 16 ways.



| Oahu, (On Sunday) | Kauai, | Maui, | Big Island |
|-----------------------|-----------------------|------------------------|-----------------------|
| Level 1-Nov. 4, 2007 | Level 1-Feb. 16, 2008 | Level 1-Mar. 9, 2008 | Level 1-Feb. 24, 2008 |
| Level 2-Jan. 27, 2008 | Level 2-Apr. 12, 2008 | Level 2-May. 2008 TBA | Level 2-May. 2008 TBA |
| Level 3-May 4, 2008 | Level 3-Jun. 14, 2008 | Level 3-Jul. 2008 TBA | Level 3-Aug. 2008 TBA |
| Level 4-Aug. 3, 2008 | Level 4-Oct. 2008 TBA | Level 4-Sept. 2008 TBA | Level 4-Nov. 2008 TBA |

* TBA (To Be Announced)

Application Form for Level 2 - Jan. 27, 2008 Sunday 10:00 AM to 4:00 PM

\$50.00 Pre-registered; \$55.00 at the Door *Discount and Pre-paid for all three Level at \$135.00* **NOREFUNDS**

Seminar at Kam Housing Community Hall across from Farrington High School on King St.

Amt. Paid by Ck. _____ Amt. Paid by Cash _____

Please Print!

E-Mail Address: _____ Tel.# _____ Rank: _____ Style: _____

Name: _____
(Last name) (First name) (Int.) (Age) DOB:MM DD YY (Instructors name or Martial Arts School)

Address: _____
(Street number and street) (Apt.#) (City) (State) (Zip Code)

(Signature) (Sig. of parent if under 18 years old) (Date signed)

Please, make check payable to: **WHKDIA clo Al Dacascos**
 and mail to: **45-1047 Pahuwai Place; Kaneohe, HI 96744**

For additional information on seminar(s) call Sifu Al Dacascos (808) 392-4187 or Sifu Al Dela Cruz (808) 255-8892
 sifual@aol.com KSDICHUANFA@HAWAIIANTEL.NET

I, the above signed, do hereby voluntarily submit my application for attendance and participation, and do hereby assume full responsibility for any and all damages, injuries, and/or losses that I may sustain or incur while attending or participating, and I hereby waive all claims against the promoters, operators, or sponsors individually or otherwise, for any damages, injuries, or losses that I may sustain. I fully understand that any medical treatment given me will be of a first aid treatment only. I consent that any pictures furnished by me or any pictures taken of me in connection with this event can be used for publicity, promotion and/or television showing, and I waive compensation in regard thereto. **I HAVE READ AND FULLY UNDERSTAND THE ABOVE WAIVER AND APPLICATION FORM.**