

WELCOME TO OAKLAND KAJUKENBO KWON!

General Information: Oakland Kajukenbo Kwoon is a martial arts program teaching Kajukenbo Kung Fu to students age 3 to Adult. The chief instructor is Sifu Kate Hobbs, fifth degree Black Belt. Kajukenbo training develops good health, offers practical self-defense skills and inspires positive community spirit. See the website at www.oaklandkajukenbo.com for program specifics.

Fees: Families choose a monthly membership fee of between \$12 and \$120 per month. This is a sliding scale and each family chooses a fee that is good for their family. The membership fee, in cash or check, is due during the first week of each month. WRAP CASH OR WRITE ON BILLS SO I KNOW WHOSE IT IS!!!! Checks should be made payable to Oakland Kajukenbo Kwoon. Please be attentive to your membership fees each month.

Attendance: All students are expected to be on time to every class they attend and be consistent with their training schedule. All students who want to rank in Kajukenbo must attend at least two classes every week. There is a "Saturday Only" training option at Oakland Kajukenbo. If you and your family want to train only once a week, that option is only available on Saturdays. If you are a Saturday only student or family you are expected to attend class every Saturday.

Uniforms: Uniforms are required at every class for all students. Uniforms are provided upon enrollment. If you need extra tee shirts or pants they can be purchased for \$15/\$20.

Shoes: Shoes are required for students ages 5 to 18 at Oakland Kajukenbo Kwoon. Students can choose to order traditional kung fu shoes through the program for \$20. Adults can choose to go barefoot or choose any shoe that gives them the support they need to train safely. Youth program students may choose Converse All Stars as an alternative to the traditional kung fu shoe. If you want to order your own shoes, they are on the wle.com (Wing Lam Enterprises) website and they are white or black canvas kung fu shoes.

Sparring Equipment: Students will spar every week. The sparring class will rotate between the two weekday classes so all ranking students have an opportunity to spar. Each student is provided a set of equipment for sparring. Families are also encouraged to purchase their own set of sparring gear. You can purchase sparring gear at Young's Trading Co. at 5705 Telegraph Ave. in Oakland. Tell Mr. Li you train at Oakland Kajukenbo and he will help you find the proper gear. Please bring sparring gear to every class.

Belt Tests: Ranking students will have a belt test as they master the material for their current rank. Students will need to practice Kajukenbo material outside of class in order to memorize and absorb the skills learned in class and advance in the art. Sifu Kate will let students know when they are ready to prepare for the next ranking promotion/test. For High School age and adult students, the beginning ranks (orange, purple, blue) will be "in class" tests. Intermediate and advanced ranking for this group will be in a traditional belt test format. Students grades K through 8th will participate in traditional belt tests for all ranks. The traditional Belt Tests last for several hours and challenge students to show the full range of their skill. All students are expected to attend all belt tests for their age group and participate fully. Regular Saturday classes are cancelled on the ranking dates. See calendar for promotion dates.

Annual Performance/Fundraiser: Oakland Kajukenbo Kwoon offers an annual performance to the community. All students are expected to participate in the performance. The performance is a fundraiser for the program.

Little Tigers: Little Tigers is a Kajukenbo class for preschool age students (3 to pre-K 5). The class is once a week on Saturdays and includes a warm-up (running, jumping, twirling, balancing, stretching), basic instruction in kicking and punching, learning to generate and focus power and martial arts etiquette (conduct, manners).

Family Class: The Family Class is a Kajukenbo class for students of all ages (Kindergarten through Grandparents). The class is once a week on Saturdays and includes cardio and strengthening exercises, partner work, Kajukenbo basics and Kajukenbo forms. Eskrima is taught during the second hour of this class and interested students should talk to Sifu Kate to become part of the Eskrima training.