

## **Self Defense** **VS** **Traditional System**

To learn effective self defense versus a Martial Arts system is a question often asked. In many cases one is studied at the expense of not learning the other. However, there may be mitigating reasons why someone may (at first) be interested in only learning self defense techniques.

Fortunately, the book Kenpo Karate, along with the 6 DVD's that support it offers any serious students the opportunity to become proficient in a series of comprehensive and effective self defense techniques. It also affords the opportunity for students to learn a traditional martial arts system if so desired.

Although the book Kenpo Karate contains all aspects of the Hawaiian Kenpo system, it can also be extremely useful for those only interested in learning self defense techniques. The set of six DVD's offer a total of nine various self defense sets with six self defense techniques in each set that can be used to learn from and/or use for review. Each 'set' is a series of defenses against specific attacks. Each 'set' advances in techniques as students become more proficient. For example, Set 1 is a defense against chokes and lunges from the front while Set 6 is defenses against basic knife attacks. Each DVD also provides a unique and intriguing chapter on history, valuable tips pertaining to competition, striking and kicking basics, advanced techniques and much, much more. In addition, there are many 1-2 page short stories that combine humor with real-life experiences.

Each one of the 6 DVD's is over one hour in duration and are designed to emulate having your very own private "tutor" as you are learning. While viewing, once the mandatory introduction is complete, you are then free to go straight to the self defense sets, fighting drills, etc. on that particular DVD. Each DVD provides a different offering and provides the techniques for belt progression through Hawaiian Kenpo. For example, different self defense techniques, breaking techniques, etc. For Martial Arts students or students wishing only to learn self defense techniques, the 6 DVD's main categories are broken down as follows - in

**addition to introductions, history, and in later DVD's personal interviews with several Martial Arts Masters in (DVD 4 – 6):**

**DVD1: Yellow/blue belt level – beginning kyu.**

- 1. Basics – stances, punches, kicks, basic strikes**
- 2. Self defense – Fighting drill#1; set#1-defense against chokes and lunges from the front**
- 3. Kata/forms – there are 5 kata on this DVD**
- 4. Breaking – 2 boards**

**DVD2: Green/purple belt level – intermediate kyu.**

- 1. Basics – additional basics**
- 2. Self defense – Fighting drill#2; set#2-defense against chokes and lunges from the rear; set#3-defense against single punches to the face or chest**
- 3. Kata/forms – there are 4 additional kata on this DVD**
- 4. Breaking – 4 boards and 1 cinder block**
- 5. Sparring or fighting – basic beginner/intermediate techniques**

**DVD3: Brown belt (all 3 levels) – advanced kyu.**

- 1. Basics – additional basics**
- 2. Self defense – Fighting drill#3; set#4-defense against single and multiple punches; set#5-arm break techniques**
- 3. Kata/forms – there are 4 additional kata on this DVD**
- 4. Breaking – 6 boards and 2 cinder blocks**
- 5. Sparring or fighting – additional fighting techniques**

**DVD4: Black belt 1&2 – beginning dan ranks.**

- 1. Basics – Additional basics**
- 2. Self defense – set#6-defense against a straight thrust with a knife; set#7-advanced street fighting techniques**
- 3. Kata/forms – there are 2 additional kata on this DVD**
- 4. Breaking – 8 boards and 3 cinder blocks**
- 5. Sparring or fighting – additional fighting techniques**

**DVD5: Black belt 3&4 – intermediate dan ranks**

- 1. Basics – additional basics**
- 2. Self defense – set#8-defense using elbows against a close target**

12/13/2009

- 3. Kata/forms – 3 additional kata on this DVD**
- 4. Breaking – 8 boards and 4 cinder blocks**
- 5. Sparring or fighting – single and multiple attackers**

**DVD6: Black belt 5&6 – advanced dan ranks.**

- 1. Basics – additional basics**
- 2. Self defense – set#9-defense against advanced knife attacks**
- 3. Kata/forms – there are 2 additional kata on this DVD**
- 4. Breaking – although optional at this level there is a breaking demo on this DVD**

**In short, this offering is a complete Martial Arts system that includes nine self defense sets with each set having six self defense techniques for a total of 54 different self defense techniques. This does not include some of the ‘optional’ techniques mentioned on various DVD’s.**

**You are not required to purchase the book and all of the DVD’s right away – but you may if you want to. The current cost for each DVD is \$25. The book is currently priced at \$32. Please call Professor Marron at the number below to verify pricing. Make all checks or Money Orders out to AKK&W (aka American Kenpo Karate and Weapons). For shipping and insurance please add \$6.50 for up to 3 DVD’s plus one book and \$10.50 for all 6 DVD’s and one book.**

**You can contact Professor Bill Marron at (913) 952-3771.**

**Respectfully,**

**Bill Marron, Professor  
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