

*LIM KENPO KARATE
STUDY GUIDE*



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LIM KENPO STUDENT CREED

*I am a member of the Lim Kenpo 'Ohana that lives by this creed.
I will honor our traditions, our history and all those who have trained before me.
I show respect to my instructors, parents and fellow students.
I will only use my Martial Arts for defense or to help my fellow man.
I will show humility by not showing off or teaching others outside of the classroom.
I will work hard in class, always do my best and refuse to quit.
I will maintain my physical ability and avoid things that may harm me.
I will keep a positives attitude, obey my instructors and help my fellow classmates.*

LIM KENPO INSTRUCTOR CREED

*I will always be a student.
'Ohana (family) and Students come first. I will use what I know to protect my 'Ohana, students and myself. I will help and teach to the best of my ability and with passion. I will never give up on my students or myself. I will uphold the traditions of my teachers, yet be innovative and creative to insure the growth of my students. I will never forget my teachers and where I come from.
I will always be last...*

LIM KENPO KARATE HISTORY

1. What is Kenpo Karate?

Kenpo Karate is an art of self-defense that protects the human rights derived from God to protect yourself and your family as well as those in need.

2. Where was Kenpo originated?

Kenpo was originated and practiced in the Far East

3. Place and year?

China, in the year 525 AD

4. By whom was Kenpo originated?

By the great priest, Daruma, Buddha the 29th

5. Where did he come from?

India

6. Why did he go to China?

He went to China to show and explain the true ways of Buddhism to the Emperor Wu

7. How old was he when he arrived in China?

He arrived at the age of 130 years

8. How did he obtain this art of self defense? And for what purpose?

In the year 525 AD China was split into many kingdoms. Civilians were disarmed of any weapons that they had. Bandits were soon organized and were raiding on food, clothing, molesting of people, burning of the homes and robbing the Holy Temple of their Gods. The Canton war lords had failed to protect the people from what was going on due to the war they were engaged in. Soon the people turned to priest Daruma for help. He calmed down the people and told them he would ask God how to overcome this crisis. He asked the people that he be left alone so he could pray and meditate and thus ask the Lord to come to his aid.

After many days he appeared before his people and said the Lord had shown him a vision as how to overcome the crisis. War and killing is wrong, but not when used to protect yourself against the attackers. We have no knives but we will make our fingers into daggers and make every fist into a club. Without spears every arm must be turned into a spear and every open hand a sword. He then showed and taught them this new fighting system called "Go Shin Jutsu Kenpo Karate" meaning the self-defense of the open hand. Applying metal concentration and zensect or a scientific way of fist cuff. From China, the art traveled over to Okinawa where it was known as "TE" and consisted of chops, pokes and rips with the fingers.

9. What is Lim Kenpo Karate?

It is a full circle of the family of Kenpo arts. It is the combination of the hard Hawaiian style Kenpo and the circular motions of the Chinese Kenpo.

10. Hawaii Kenpo:

Hawaii Kenpo is a true realistic self-defense Art. As a Kenpo practitioner, when provoked and as a last resort, has a kamikaze, "go for broke" and animal-like attitude for self-preservation. A Kenpo practitioner devastates an opponent using multiple blocks, punches, strikes and kicks, continuously and in unison. We take advantage of the opponents' body of motion and reaction to the blows.

11. Chinese Kenpo:

Chinese Kenpo is the scientific method using the laws of physics and leverage. It is more methodical, but also very effective.



LIM KENPO KARATE PATCH

- The Lim Kenpo patch is round with the colors of Red and Gold which represents the Hawaiian Ali'i (Royalty) colors.
- The Red clover in the center represents Sijo Emperado.
- The Black and White Yen Yang in the middle represents the balance of nature. For example, Positive & Negative; Hard & Soft.
- The triangle represents Professor Tiwanak
- The eight-sided Octagon represents Grandmaster Allen Abad

RANK TERMINOLOGY

SIJO:

The founder and originator of their self-defense system. Usually above the rank of 10th degree. Wears a full red belt or gold trim.

GRANDMASTER:

Rank of 9th degree. Wears a red belt with silver trim.

PROFESSOR:

Rank of 8th degree. Usually promoted by Sijo of the system and in charge of a body or organization of Black Belts and schools. Usually wears a full red belt with black trim.

SIGUNG:

Master rank of 6th or 7th degree. Usually promoted by Sijo or a professor. Can be in charge of a body or organization of Black Belts and Schools. 6th degree ranking wears a red/white belt; 7th degree ranking wears a black belt with red trim.

SIFU:

Chief or head instructor of a school. Highest ranking in school. Usually holds the rank of Master, 3rd, 4th, and 5th degree. 3rd and 4th degree wears a black belt with stripes. 5th degree wears a black belt with red trim. Usually has a minimum of two black belts under him and runs or owns school.

SIBAK:

Assistant instructor of a school. Under the ranking of a Sifu. Wears a Black belt with 1 to 3 stripes signifying degree.

SIMO:

Female counterpart of Sifu or Mother of the school. (The above ranking titles uses the Chinese ranking system.)

SISUK:

Green / Brown Belt.

SIHENG:

Green Belt.

LINEAGE AND INFLUENCE

4. Founders of our Linage: (Pictures at school)



SIJO ADRIANO EMPERADO:

- Founder and originator of Kajukenbo.
- 10th Degree Black Belt
- Promoted George Lim
- Promoted Aunty Patrice Lim



PROFESSOR MARINO TIWANAK:

- Founder of CHA-3 Kenpo
- Sijo Adriano Emperados first black belt
- Promoted George Lim to black belt in 1982



GRANDMASTER ALLEN ABAD:

- Founder of Abad's Martial Arts International (AMAI)
- 9th Degree Black Belt Kajukenbo
- Golden Dragon
- Promoted George Lim
- Promoted Aunty Patrice Lim



GRANDMASTER VINCE BLACK:

- Grandmaster in Kajukenbo
- 9th Degree Black Belt
- Founder of NATSTA
- Doctor in Traditional Chinese Medicine



GRANDMASTER GEORGE LIM:

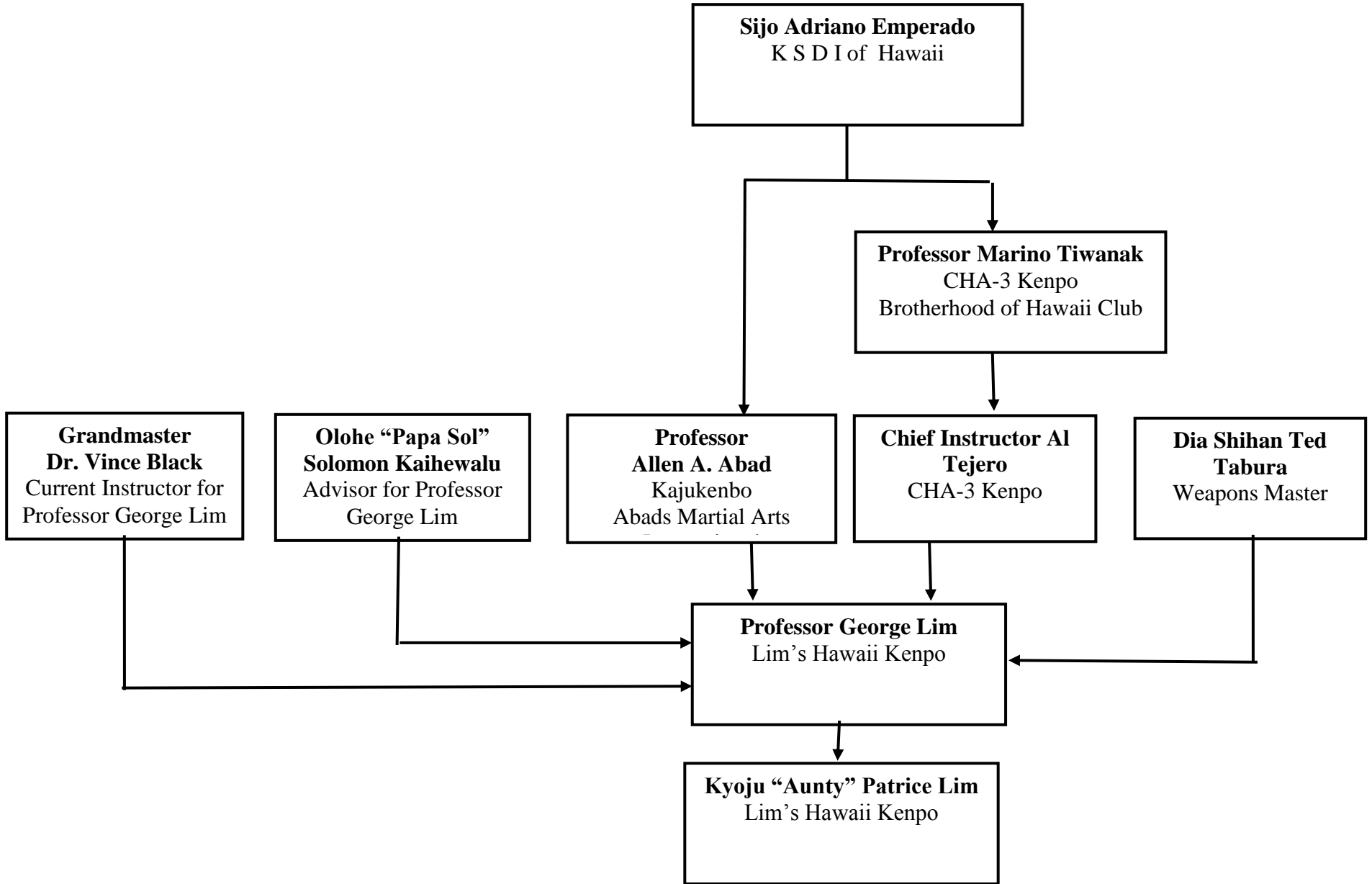
- Founder & Patriarch of Lim's Martial Arts International LLC,
Lim's Hawaii Kenpo LLC



PROFESSOR “AUNTY” PATRICE LIM:

- “Mother” of the Lim’s Hawaii Kenpo ‘Ohana
- 8th Degree Black Belt

LINEAGE



LIM HAWAII KENPO SCHOOLS

UNITED STATES:

Lim's Hawaii Kenpo – Arizona Schools

Location: Barney's Family Sports Complex – Queen Creek, Az
Head Instructor: Grandmaster George Lim
Sr. Professor "Aunty" Patrice Lim

Location: The Barn at Power Ranch - Gilbert, Arizona
Head Instructor: Grandmaster George Lim
Sr. Professor "Aunty" Patrice Lim

Location: Barney's Family Sports Complex – Queen Creek, Az
Head Instructor: Alaka'i Lillian Pambuan (Hula Halau Pili Hana)

Location: North Tempe Multi-Generational Center
Head Instructor: Sifu Blythe Tsinnie

Location: Kiwanis Recreation Center - Tempe, Arizona
Head Instructor: Sifu Julie Svoboda

Location: Red Mountain Multi Generational Center – Mesa, Az
Head Instructor: Sifu Sarge Santa Romano

Location: Clark Park Recreation Center - Tempe, Arizona
Head Instructor: Sifu Tony Garcia

Location: Epiphany Lutheran Church – Chandle, Arizona
Head Instructor: Sibak Richard Garcia

Kajakenpo Arizona:

Location: Mesa, Arizona - USA
Head Instructor: Si Tai Gung Kelly Porter

Location: Gilbert, Arizona - USA
Head Instructor: Si Tai Gung Kelly Porter

Location: Mesa, Arizona - USA
Head Instructor: Kuma Dolly Abad Zaporteza (Kajukenbo Az Hula)

Lim's Hawaii Kenpo – South Dakota School(s)

Location: Rapid City, South Dakota – USA
Head Instructor: Sifu Coree Foster

Location: Sturgis, South Dakota - USA
Head Instructor: Sibak Susan Wright

Location: Rapid City, South Dakota - USA
Head Instructor: Sibak Rachel Holder

Location: Spearfish, South Dakota - USA
Head Instructor: Instructor Kyle McCabe

Lim's Hawaii Kenpo – Wyoming School(s)

Location: Pinedale, Wyoming - USA
Head Instructor: Sifu Brent Dean

PORTUGAL:

Lim's Hawaii Kenpo – Portugal School(s)

Location: Benavente, Portugal
Head Instructor: Professor Nuno Nunes

Location: Salvaterra de Magos, Portugal
Head Instructor: Sifu Alfredo Raimundo

Location: Santo Estevao, Portugal
Head Instructor: Sifu Alfredo Raimundo

Location: Escola, Portugal
Head Instructor: Sifu Antonio Grave

Location: Sacavern, Portugal
Head Instructor: Sibak Ruben Martins

Location: Benavente, Portugal
Head Instructor: Kumu Ana Jorge (Hula Halau O Nunes)

Location: Salvaterra de Magos, Portugal
Head Instructor: Kumu Ana Jorge (Hula Halau O Nunes)

AUSTRIA:

Lim's Hawaii Kenpo – Austria School(s)

Location: Vienna, Austria
Head Instructor: Sifu Gregor Reumueller

SWEDEN:

Lim's Hawaii Kenpo – Sweden School(s)

Location: Lund, Sweden
Head Instructor: Sifu Luis Quintino