

I.R.C.A Sinkenpokai



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Kenpo, the scientific Art of modern street self defense.

When choosing a martial art for self-defense, obviously, you want one that has practical application in the street and other situations in which real-life attacks occur. You want a system that takes into account a good range of scenarios and uses sound principles that are effective for keeping you safe from harm and that could save you in a real situation.

At the same time it is important to realize that no martial art is magic. It depends on how you apply your art and how well you train. Consistent training is important for burning technique into muscle memory and neural-pathways of the brain so that the moves become second-nature and so you are so used to doing them that you can execute them with speed and power. The way you train is the way the techniques will be executed. Know that from the outset.

Certain martial arts are particularly practical for self-defense and street application, taking into account scientific and logical principles of power generation and consideration related to what will actually work against a lively and resistant attacker. Simply put, you need something that will effectively deter and stop an attacker. More often than not, this means grabbing the adversary and/or using strikes and other immobilizing technique that totally cancels him and his attack.

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I would like to note, also, that when dealing with multiple opponents, striking arts are the most efficient because time is scarce in such a situation and you need all of your weapons available readily when dealing with more than one person wanting to do you harm. An effective self-defense system must, at least, make use of some striking.

Kenpo, is one of the most rapidly growing martial arts in the world today. It is especially known for its explosive speed and power. Based on the practical application of self defense techniques, Kenpo simply stated, is designed to work in the street. If you are ever faced with a real attacker, it becomes crucial to dispense with him (or them) immediately. In order to accomplish this, you need to train in a marital art that not only builds your confidence and self-esteem, but provides you with effective self defense techniques that work in the real world.

Equally important is that your instructors take the time to teach you how to apply these techniques effectively, because anything less is simply not acceptable. We immerse our students in realistic self defense situations, because how we know how they train on the floor is how they will react on the street.

What makes Kenpo different from the rest?

This requires some explanation. Distressingly, some martial art schools today are teaching "defense movements" that were originally intended for **exercise**. In fact, some schools actually state they **DO NOT** teach self defense as part of their curriculum. Although some of these schools have become quite popular, and have managed to produce talented practitioners, they are not necessarily teaching students **effective** self defense. Then there are schools that, quite frankly, should have a warning label stating "Our techniques should **NOT** be used for self defense in an actual emergency."

Other schools are focused primarily on tournament sparring, where the rules and regulations make it impossible to execute techniques like sweeps, joint locks and throws that are essential for real self defense. For example, if a student is trained that they should never catch an opponent's kicking leg, or sweep their supporting leg, they may have no idea what to do if someone tries to kick them in an actual street confrontation. You may be wondering whether Kenpo competes in tournaments? The answer is, "YES!" While we are fundamentally a self defense school, we have also produced many international tournament champions, and full contact fighters. The difference is, **our students excel in competition, AND know how to protect themselves in the real world.**

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During the early stages of Kenpo training, considerable attention is given to pre-set sequences which develop the student's coordination and build their confidence. At advanced levels, students learn to alter the technique sequences at will, resulting in natural, fluid and intuitive application that is the hallmark of an accomplished Kenpo practitioner.

With more and more attacks involving gangs and groups, and with the use of weapons, we need to inform ourselves about what we can do, and how we can avoid dangerous situations. Kenpo teaches both linear and circular movements to strike and defend using weapons such as the hand, elbow, knee and foot. Self Defense techniques have been tested for their effectiveness for street self defense where the law of the fist truly applies.

Kenpo is a practical form of martial art that teaches self defense no matter your gender, age or size. Our Kenpo system is tailored and defined by the individual – we cater movements to you, no matter your limitations or weakness. Students will learn self defense against common punches, kicks and grabs, as well as self defense against weapons. You will learn how to defend yourself whether you are standing up, or if the fight goes to the ground. In our style of Kenpo, there are no rules to what you can and cannot do. You will learn self defense that is practical, effective and quick. Disable, disorient and finish the fight quickly.

Apart from its self defense component, Kenpo will teach you self control and self respect, improved self confidence, a stress release outlet, and improvements in fitness and flexibility. Our Kenpo is a Black Belt syllabus allowing students to set the goal of Black Belt. Our syllabus includes sequences of blocking and striking, as well as defense from grabs, punches, kicks, weapons and multiple attackers.

Some martial art schools are teaching movements that were originally intended for exercise and using those movements as a legitimate means of self-defense.

Other schools are structured around the rules of tournament competition, and don't train their students for practical self-defense. For example there are schools who give one point for a punch to the head and two points for a kick to the head. Then by applying a rule that states you can't catch your opponents kicking leg, or sweep your opponents supporting leg, they leave their students unprepared for what may happen in an actual street confrontation.

Unlike traditional martial arts, Kenpo is continually evolving and so are the people who study it. Self-defense situations today can be entirely different the situations many martial arts we created to defend against. To maintain its validity a martial art must evolve as the world we live in evolves.

In order to achieve power the Kenpo stylist starts by relaxing the muscles. The arms and legs move much faster when they are relaxed than when they are tense. Then, just prior to contact, the muscles

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exert their entire force. As a result a student, properly trained in the art of Kenpo, is capable of creating tremendous power.

Of course if you're beat to the punch, all is lost. In order to achieve the greatest speed possible, the Kenpo stylist conserves motion/time. This is done eliminating unnecessary cocking or winding up motion. Also, at the advanced stage the "ands" are eliminated. Instead of blocking "and" striking, the defense and offense occur simultaneously. In other words, we strike "with" our block.

Ethereal Arts is committed to teaching the "Science of Self Defense." In other words, Kenpo is not a force against force contest where the strongest wins. The "Science of Self Defense" is in the understanding of angles and positions and using the right tool for the job. Kenpo is not just for the big nor is it only for the strong. Kenpo is for anyone large or small, young or old, and even people that may be overweight or have an old injury. Since Kenpo is an "intelligence" art, it can be tailored to the individual

Please send all articles, info on courses and seminars or competitions to

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