

Santa Clara Kenpo Academy
Advanced Kenpo Training System

Put On the Full Armor of Kenpo

1st Black Belt Thesis

2024

By

Mary Schebetta

Acknowledgements

I am grateful to my instructor, Ms. Kim Capell. Ms. Capell has been my instructor since early 2008 and has guided me, challenged me, encouraged me and trained me through my Kenpo journey. She never let me give up when the going got tough and always followed up on my progress.

I would like to thank Sr. Instructors Ms. Sandra Dee, Mr. Gil Acosta and Mr. Gary Murry for providing expert, specialized Kenpo training in and out of class and for always being willing to answer questions and work with me on Kenpo material.

I would also like to thank the following instructors and fellow students for their contribution through the years in helping me grow into the martial artist I am today. Their instruction, teaching, insight, training, and encouragement have been invaluable to me.

Mr. Michael Casillas

Mr. John Chivers

Mr. Herbe Chun

Mr. John Gonzalez

Mr. Mike Graziano

Mr. Glenn Haley

Mr. Benjamin Hyatt

Mr. Jay Langlois

Mr. Jeff Petro

Mr. David Purvis

Mr. Joseph Rocchi

Mr. Mike Ross

Mr. Elias Sanchez

Mr. Brian Todd

Santa Clara Kenpo Academy Students and Instructors

NorCal Kenpo Students

I would like to thank my husband, Mr. John Schebetta, for his support, advice and his Kenpo expertise through the years as well as Mr. David Schebetta. Mr. David Schebetta and Mr. John Schebetta were instrumental in helping me get ready for my 2nd and 1st degree brown tests during extremely stressful Covid years.

I would like to thank my grandchildren, who many times trained with me and helped me with much needed body time, insight and encouragement.

Dominic Holen

Vincent Holen

Alyssa Casillas

Joseph Casillas

Alexis Casillas

Nathan Casillas

Isaac Casillas

I am grateful to their parents, Maria Holen, Jose Casillas and Michele Casillas for allowing their children to train with me.

I wish to acknowledge my twin sister, Martha Woo, for her fighting spirit and her faith in Jesus, for not giving up when all odds seemed to be against her and her family. A true warrior for Christ!

Table of Contents

Acknowledgements.....	2
Table of Contents.....	3
Introduction	4
Illustrations - Warriors	6
I. Faith in God, Jesus and the Holy Spirit	7
II. Support of Family.....	7
III. Physical Conditioning.....	7
IV. Private Lessons.....	8
V. The Principles and Concepts of Kenpo	8
VI. Body Time	9
VII. Teaching.....	9
Conclusion.....	10
Bibliography	11

Put On the Full Armor of Kenpo

What is the armor of Kenpo? I believe it to be different for each individual. That's the beauty of Kenpo, which is how Mr. Parker intended Kenpo to be. Kenpo can be tailored to the individual. When I began Kenpo, I was looking for a martial arts discipline that would enable me to defend myself and my loved ones. To conquer fear and overcome the bully's in my world, a discipline that wouldn't defeat me and break my body or my spirit or give me false hope.

I began searching for such a martial arts discipline in High School in my sophomore year. I tried Judo but during the first class I broke my collar bone. I tried again when I mended attending a Taekwondo school for about a year but couldn't afford to continue. I attempted again when my children were teenagers and attended West Coast Taekwondo (before cardio kickboxing was a thing). My boys Michael and Jose attended with me and it was great. Again I could not afford to continue.

In 2004, through a co-worker, I was introduced to Mr. Cung Le's Kickboxing school in Santa Clara and in December 2005, I passed the Level II test with Mr. Cung Le as one of the judges. I passed with 17 out of 20 possible points and was much older than most of the students testing. There were very few women; we were about 20 or 25 total testing and only about 3 women. The test was hard core physical conditioning in addition to fighting drills. I was so glad to be done with the last part of the test, I ran across the room passing the judges and then heard, "Where do you think you are going?! Come back here! I should fail you right now!" It was Mr. Cung Le! I failed to bow before the judges before exiting the floor! I was so happy the judges did not fail me!

After passing the Level II test I was then able to attend the more advanced classes; various kickboxing drills and sparring, throws. I was 45 at the time and one of the oldest students in the class. The majority of the students were 20 years younger than I and there were very few females. These students were fierce as they were training for fighting bouts and tournaments and had many years of experience even though they were so young. I was not very skilled or experienced at the time and got my butt kicked on more than one occasion. These humiliating times taught me much and I didn't want to give up. My boss at work at the time would just shake his head at me when arriving at work with black eyes and bruises on my face. After a bad concussion, my primary doctor wanted me to quit but I wanted to learn how to defend myself, darn-it! I learned the following at the kickboxing school:

Stamina (keep going no matter what)

Strength training (fireman carry drills running back and forth across the mat with a 150 pound man on my shoulders, and the usual military pushups and bag work), punching drills with opponent using different sized gloves

Evasive maneuvers – I got to where I was able to evade my attacker to the point of fatigue, anger and frustration

Keep my distance – get in attack quickly and get out of range quickly

Poker face – I would not let the opponent know they injured me or that they intimidated me

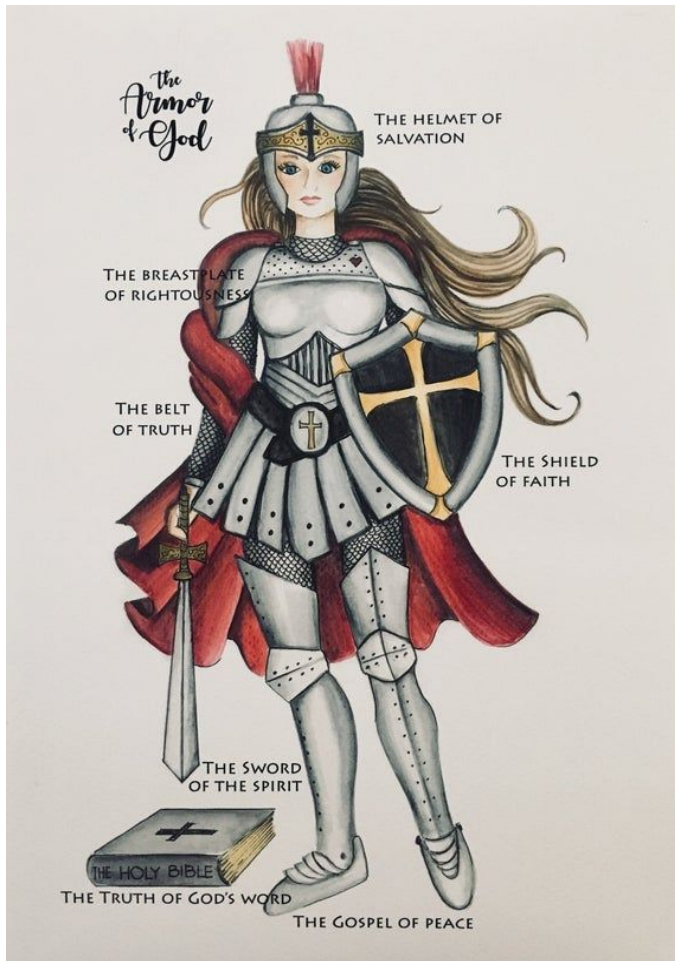
Importance of learning to block all kind of attacks (this was difficult with such experienced, quick fighting partners)

Throws – being thrown, throwing your opponent and different take-downs and prevention of being taken down

I met my husband in 2004 and he introduced me to Kenpo. I had never heard of it before; he certainly piqued my interest. I started to research Karate schools and in 2007, started attending the Kenpo Santa Clara School at the same time as the Kickboxing school. Mr. Chivers was head of the Santa Clara Kenpo School at the time. Mr. Chivers and Mr. Acosta taught kickboxing classes at the school. I took what new skills I learned there and used them at the kickboxing school during sparring. I remember one student telling me, you're learning new skills! I had heeled kicked him pretty good on one of his hamstrings when were in close. By the end of 2007, I transitioned fully to Santa Clara Kenpo. My journey continues.....

Ephesians 6:14-17 – The Full Armor of God

¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.



The Full Armor of Kenpo

i. Faith in God, Jesus and The Holy Spirit

Faith in my Lord and His guiding my path has been my life's anchor. Every one of us has faith in something or someone. If I were to say that the successes in my life were from my own doing, I'd be lying and fooling myself. Yes, even Kenpo! My God, my Jesus and The Holy Spirit guide my life's path (every single day). Unfortunately, I don't always obey The Holy Spirit's guidance and I pay the consequence. We are all human, I am not perfect, no one is. In my failures, though, my God teaches me His truths and I grow spiritually, but when I stubbornly disobey, I become stagnant, stuck. The same with Kenpo, we learn from our mistakes (hopefully!) and grow as a result. I love how some of our belt creeds (such as 1st Brown) state to honor and deem sacred all obligations and responsibilities to my God, my family, my country and my association. My God is first, family second, then country then association.

ii. Support of Family

Without the support of my dear husband, I would not have come this far in Kenpo. He is my partner, my friend and my Kenpo teacher! His encouragement and expertise have only made me a better student! We need support from our loved ones which makes us stronger and more determined and eager to attain the next goal! It's important for growth in the martial arts to have support of family. My children and grandchildren have been very supportive and encouraging. My grandchildren have often helped me by dummied for my techniques and I have learned from them! I am fortunate to have a spouse who also loves Kenpo and therefore, understands my passion and love for the art. I respect his wisdom and experience and seek his knowledge many times when I am struggling with certain principles and new material.

iii. Physical Conditioning

Physical Conditioning is very important for many reasons. Not only for strength training, but for one's mental health, focus, agility, stamina, ease of movement and reduction of injuries, strengthening your core. The numerous kickboxing drills, Kenpo drills, running, weight training, cardio workouts have greatly helped me on my Kenpo journey. What do you mean reduction of injuries, you ask? When you get punched or thrown to the ground or body slammed, what will happen to your body or your mental state if you are not in good physical condition and have not experienced fighting drills? Disorientation and injury!

iv. Private Lessons

In order to grow in your Kenpo journey and graduate to the next level, it is imperative to have private instruction with a Sr. Instructor in addition to class instruction. A private instructor not only provides new material but insight on how best to execute movements and techniques best suited for you. A private instructor provides much needed constructive criticism, encouragement, challenges and goals.

v. The principles and concepts of Kenpo

There are twenty-one principles and concepts of Kenpo described in detail in both the Infinite Insights Volume 4 and the Green Kenpo Belt manual. Studying these concepts helped me understand the importance each concept and principle is to maximizing ease of movement, power, accuracy and speed in order to defend myself effectively and victoriously in an attack. In the Third Brown manual from Santa Clara Kenpo Academy one of the sayings from Mr. Parker states “Principles are the roots of a technique. Unless you have a thorough understanding of them your boundaries of limitations will always be restricted.”

If it were not for my instructor giving me homework, I would not have studied these on my own. I am more than grateful for Ms. Kim Capell’s instruction, encouragement, support, guidance and constructive criticism. The assignments and critique enabled me to understand how each concept and principal works in techniques, forms, sets, and sparring to my advantage and to the disadvantage of my opponent.

Erect posture, relaxing, body alignment, breathing for example, are critical in achieving good balance, speed, accuracy, smoothness of movement, quick directional change, power and increasing peripheral vision. Mr. Parker said “the ears are the eyes of darkness.” When you can’t see your opponent, your ears are your eyes! How do you develop this skill? Putting on the armor of Kenpo!

vi. Body Time

Moving from California to Nevada brought home to me how important body time was. Practicing techniques in the air are good when first learning new techniques but without body time victory in an attack will be slim to none! Technique line, drills with partners and sparring are essential to grow mentally, physically and emotionally in Kenpo. Working with various students of different skillset and size is great training and one learns how to deal effectively with different skill level and body sized opponents. Another one of Mr. Parker's sayings, "whatever the attitude, so is the response." Feeling and experiencing the blows of attack and defending are part of the emotional learning you gain in body time.

vii. Teaching

Teaching is an important part of your Kenpo Armor. How, you say? When running a class of students through drills and material one learns how to articulate verbally and show physically how a drill, a technique or a form is learned and executed. I learn immensely teaching students their material. It is gratifying to see a student grasp a concept of movement or principle in their new material and to execute their material with understanding and over time to see growth. In verbalizing to a student a technique, I internalize the movements better in my mind and in my body. I am able to execute material with purpose instead of just going through the motions. It's exciting!

Conclusion

Kenpo is a life-long journey; there is no end to learning and growing in Kenpo. My Jesus will guide me along the path He has chosen for me. God is key to my growth in every aspect of my life and that definitely includes my Kenpo journey. I strive (through The Holy Spirit) to be a warrior for Christ, a warrior in Kenpo, a warrior in life. This does not come by osmosis! For me this will take:

1. Continued Faith in God, Jesus and The Holy Spirit and obeying their teaching and guidance!
2. Continued support of Family and that goes both ways. I need to respect their time, their needs not just my own.
3. Continued Physical conditioning despite getting older and working with prior injuries.
4. Continued Private Lessons – can't grow in Kenpo without private lessons!
5. Continued study of principles and concepts of Kenpo and reviewing and studying the Kenpo manuals, Infinites Insights, Encyclopedia of Kenpo and other Kenpo material.
6. Engage in Body Time! Learning techniques in the air is not enough! One needs to experience being attacked, attacking and defending. Kenpo is a full contact Martial Art after all!
7. Teaching Kenpo material in a class setting and in individual sessions. It is imperative to be able to teach Kenpo material in order to continue to grow and become a fully qualified instructor one day putting on ALL the armor of Kenpo!

Bibliography

Infinite Insights into Kenpo Volume 1, Copyright 1983, by Edmond K. Parker
Infinite Insights into Kenpo Volume 2, Copyright 1982, by Edmond K. Parker
Infinite Insights into Kenpo Volume 3, Copyright 1986, by Edmond K. Parker
Infinite Insights into Kenpo Volume 4, Copyright 1986, by Edmond K. Parker
Infinite Insights into Kenpo Volume 5, Copyright 1987, by Edmond K. Parker
Kenpo Karate 201 - The Basics and Exercise Forms, Copyright July 2002, by Lee Wedlake
Kenpo Karate 301 – the Intermediate Forms, Copyright 2005, by Lee Wedlake
The Zen of Kenpo, Copyright 1988, by Edmond K. Parker/Kam IV, Inc.
The Kenpo Karate Compendium, Copyright 2014, by Lee Wedlake
The Encyclopedia of Kenpo, Copyright 1992, by Delsby Publications

Cartoon Figures

Armor of God jpeg, www.pinterest.com

Karate Figure in Fighting Stance, www.freepick.com