WHAT IS KENPO

KENPO is a group of antique techniques and principles adapted to a contemporary self-defense system. In Kenpo each action produces a reaction that will ignite the next action. Every block is a strike, and every strike is a block. Every movement flows logically into the next one. The logical flow of each movement is the essence of Kenpo.

Kenpo is a blasting force capable of crushing any opponent. Kenpo is not Tae-Kwon-Do; Kenpo is not Karate; Kenpo is not Kung-Fu; Kenpo is a martial art of its own, in which we prepare our mind, train our body and strengthen our spirit to become masters of our own selves.