

## Kajukenbo Long and Short Salute



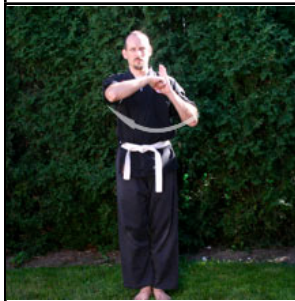
### The Long Salute

Most, if not all, Japanese systems show respect to instructors and the Dojo (place of martial arts instruction) by bowing to them. Kajukenbo borrows from the Chinese tradition of the salute.

Begin from from “ready position.” Both hands should be in a fist and arms extended slightly in front of the body. The palms of the hands should face each other. Feet should be about a shoulder’s width apart and parallel to one another.



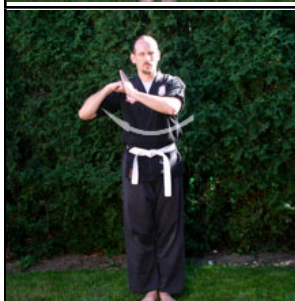
Move the right foot to the left. Open the left hand and put the right fist into the palm of the left hand.



Bring the hands (fist and palm) up to the left shoulder.



Move the hands (fist and palm) in a circle from the left shoulder, out in front of you.



Continue the circular motion until your hands are at your right shoulder.



Finish the motion by bringing your hands to your center.



Give a short nod of the head. This is the "bow." never lose eye contact with that to which you are paying respect.



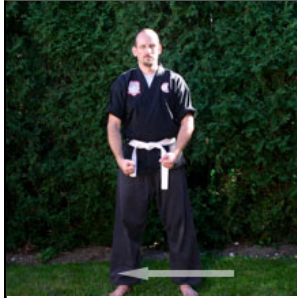
Still keeping your hands together, move them up above your head.



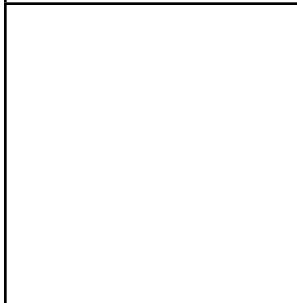
Now separate your hands, keeping the right in a fist and the left palm still open. Sweep your hands down in an arc.



Put your right fist back in your left hand at the bottom of the arc.

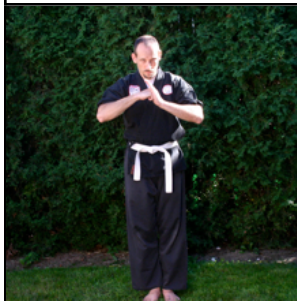


Step with your right foot back to ready position. Close the left hand into a fist again.



### Short Salute

For the short salute, simply bring your feet together parallel one to another. Make a fist with your right hand and place it in your left palm and bring your hands to your chest.



Give a short nod of the head remembering to not lose eye contact with that to which you are paying respect.