

General Guide to Study History and Philosophy

- Kajukenbo lineage and history: the five founders and their arts, where and when did Kajukenbo originate, each founder's contribution to Kajukenbo, the Gaylord method, other branches of Kajukenbo
 - Seven Star lineage and history: founder, where and when was Seven Star founded, training histories of Michelle McVadon, Anne Moon and Barbara Bones
- Wun Hop Kuen Do: founder, relation to Kajukenbo and where Wun Hop Kuen Do material is included in Kajukenbo
- Histories of James Mitose and William Chow and their connection to Kajukenbo
- Kajukenbo's place among martial arts (hard/soft styles, traditional/eclectic styles)
- Martial arts history:
 - Who was Bodhidharma and what was his contribution to the martial arts?
 - What are some important facts about the martial arts in Asia in ancient times, including less well-known information about women martial artists?
 - Trace the ancient trade routes and explain their significance in the dispersion of the martial arts.
 - What is the history of martial arts in the western world?
- Name some other all-women martial arts schools and their head instructors
- What have been some of the struggles women have faced in traditional/male martial arts schools in the U.S.?
- What are PAWMA, NWMAF, FKU, Seattle Kajukenbo and Hand-to-Hand Kajukenbo?
- Who designed the Kajukenbo banner and what is its symbolism? Who created the other wall hangings at Seven Star and what do they mean?
- What are some of the reasons why you train (other than to learn self-defense)?
- What was the philosophy of the first Kajukenbo practitioners?
- What is the philosophy of Seven Star?
- What does the yin/yang symbol represent?
- What is chi (or ki)?
- What are your responsibilities as a student of the martial arts, including your knowledge/use of techniques that could injure/main/kill.
- What are your responsibilities as an advanced student at Seven Star?