

# **An outsider discusses Kajukenbo and self defense**

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It is interesting to hear an outsider's impression of Kajukenbo.

Obviously he has only limited exposure to Kajukenbo and a very superficial understanding of the history and traditions but most of it is rather accurate.

He also discusses how it real self defense differs from "garbage" marital arts training which is *labeled* as self defense.

<https://>