

# **Kajukenbo Co-Founder Frank Ordonez Performs At Palama Settlement**

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On May 29, 2009, Co-Founder Frank Ordonez talked about classes in the early days of Kajukenbo and explained some of the training techniques and self-defense approaches he used to teach. GM Jason Groff assisted. Also present: Aunty Lydia Ordonez, Professor Woody Sims of Vallejo, CA, Professor Tim Gagnier and Sifu Becky of Oregon and GM Pat Tyrell.

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