



# TRACY'S Karate Systems

Teaching Kenpo Karate for over 45 years

Store

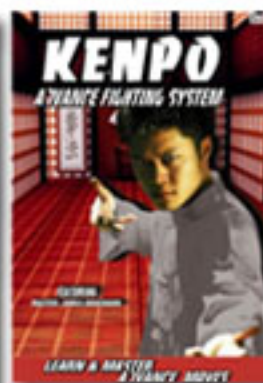
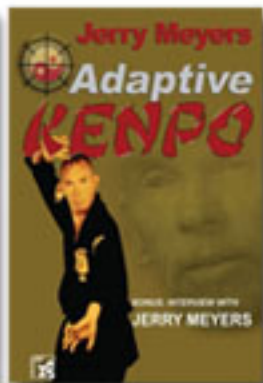
FAQ

Kenpo History

About Us

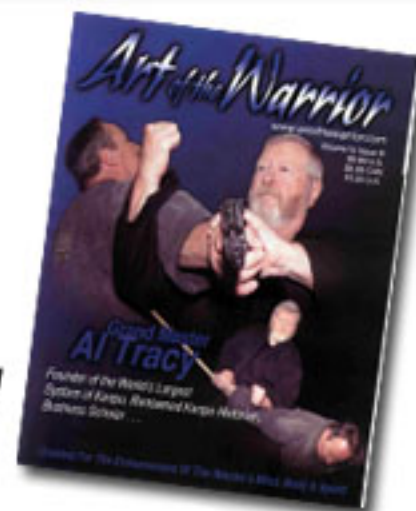
Contact

## OUR BEST SELLING DVDS



Get your  
signed copy  
today

**ART OF THE  
WARRIOR**  
featuring Al Tracy



## UPCOMING EVENTS

11/21/08 US Fighting Championships  
12/15/08 National Karate Conference  
1/6/09 US Fighting Championship Finals  
2/10/09 Tracy's Kenpo Classics DVD release





# TRACY'S Karate Systems

Teaching Kenpo Karate for over 45 years

Store

FAQ

Kenpo History

About Us

Contact

## KENPO KARATE HISTORY

Kenpo, also written as Kempo, is unique as far as its history goes in two respects; it is considered by many the first eclectic martial art, as well as having its founding roots stretch back to 520 BC. The catalyst of the way of Kempo was a prince and warrior of southern India called Bodhidharma. According to the records of the Lo-Yang temple, Bodhidharma was a Buddhist monk under the tutelage of Prajnatarra and it is presumed that upon his death bed that Prajnatarra requested Bodhidharma to travel to China where he felt the principles of Buddhism were in decline, and that the knowledge of dhyana (Zen koans) should be known.

**K**enpo was brought to Hawaii shortly after the turn of the century by Great Grand Master Kiyoka Komatsu. In 1920 her 3 year old son, James Mitose, was sent to Japan where he was raised by his maternal grandfather. There he became the first Mitose to Master the Komatsu/Yoshida art of Kenpo. One of Mitose's top students was William, "Willy", K. S. Chow, who became Mitose's second Shodan (black belt) and Assistant Instructor.

## American Kenpo Karate Founders



**William K.S. Chow**  
7/3/14 — 9/21/87



**James Mitose**  
12/30/16 — 3/26/81



**Edmund Parker**  
3/19/31 — 12/15/90

**W**illiam K. S. Chow taught with Mitose and Young until mid 1949 when he opened his own Kenpo club and called his style, "Kenpo Karate". In doing so, Chow is rightfully credited as being the founder of Kenpo Karate, although the term, Kenpo Karate, had probably been used as early as the 1920 in promoting karate demonstrations.

**E**d Parker trained with William Chow, while serving in the Coast Guard and attending Brigham Young University. In 1953 he was promoted to the rank of black belt by William K.S. Chow.