

INTERNATIONAL KARATE CONNECTION ASSOCIATION NEWS



NEWSLETTER #12

3rd QUARTER 1997



THE IKCA GOES CYBER

<http://www.IKCA-Kenpo.com>

This marks the beginning of a new era for the Karate Connection. In the past, in order for people to learn about a style or system of a Martial Art, they had to do a lot of running around and talking to people. Now all they have to do is fire up the old computer and cruise the WWW until they find what they want.

As an IKCA member, you will recognize much of the material you'll find on our web site, because it was mostly taken from material IKCA members have received at one time or another. But what a pleasure to be able to give it to a friend, in its entirety, without having to gather it all up and send it, without knowing if you're going to get it back. All you have to do now is lay the website address on them, and it couldn't be easier to remember. It's **IKCA-Kenpo.com**

Electronic communications are more than just a website. More and more of our students and members are linking up with each other through e-mail. It's bringing us closer and closer as individuals and as an organization. Beyond e-mail, many of our members are going into the Martial Arts Chat Rooms on the Web to spread the word about their *Connection* to the Art. Only now, they have a great tool at their disposal, **IKCA-Kenpo.com**

I have to say one thing about the IKCA website. Because we were free to put as much as we wanted on the site, and we had an accumulation of over six years of written material, and almost forty years to talk about, **IT'S A MONSTER!** You probably won't be able to get through it in an evening. It's too big. If you have been a member for only a year or two and haven't gotten all of the Newsletters, you'll see articles from past Newsletters, you'll probably find of interest.

In the future, I'm told we will be able to put the entire Newsletter on the site, with a special code for **Members Only** to access it. This way, as soon as it's ready you'll have it, instead of waiting for the U.S. Postal Service (now being referred to as snail mail) to get around to getting it to you.

What a fantastic time we live in.

THE FIST

Before you begin this article let me preface it with a little background. The photos were taken a few years ago because the article was written at that time. It was submitted to a major Martial Arts Magazine. Their reaction was confusing.

It seems the woman who read the article was not the least bit interested in one of the most basic but yet most intrinsic part of the Martial Arts. The making of the fist. Her only comment was that the article didn't fit the magazine's EDITORIAL needs at that time.

My understanding of the term editorial, as applied here, would indicate that she felt the article contained only the opinions of the author. When you read it, be aware, if you will, of the photographic evidence provided for distance checks as well as the physical tests we invite the reader to take, in order to prove for themselves, that what is being offered isn't just theory but the realities of physical action and reaction, as related to the human anatomy, involved in the making of the fist, as well as it's use. Most of what follows is discussed and demonstrated on the Orange Belt Tape. This article is simply a more in-depth look at those subjects. The article submitted to the magazine wasn't near as long as this one. When you're paying for the paper and printing yourself, you are at liberty to do what ever feels good. But, they didn't say it was too long, they only said it didn't fit their editorial needs at that time. See what you think.

HOW DO YOU MAKE YOUR FIST?

The fist is a weapon pretty much taken for granted and it's formed very much as Webster defines it. You just close your fingers and thumb and there it is, a tight ball, ready to go. It seems simple enough – but is it really? Let's examine the whys and wherefores of making a fist in a little more detail.

First of all, it's a given that the fist is a strong, compact unit that delivers a great deal more destruction than it receives. I think we'll all agree that damage-wise it's rarely a tie. There's no real weak spot in the fist but there is in the **delivery system**. It's what connects the fist to the forearm... **the wrist!** And therein lays the problem. No matter how strong the fist is, it does you little good if you break your wrist upon striking.

There are those among us who are blessed with a thick, staunch wrist. We all know someone whose forearm goes straight into their fist, seemingly, without a wrist at all. Mr. Parker was one of those. He had to have his watch hands specially sized because of the girth of his wrist. It was mammoth. He and those like him are the lucky ones-- and the exceptions -- so the following doesn't apply to them. For the rest of us however, we need a method of strengthening our wrists; something that will eliminate that built-in weak point between the fist and forearm. Not something that will take years of rigorous training to achieve but something you can feel the very first time you try it. We're not talking magic here, just anatomy. Try this, it blows people's minds.

This experiment is going to require the assistance of another person, one with about the same degree of strength as yourself. Try it on each other so you can feel the difference, from both points of view. First, make a fist with your thumb wrapped or folded around your fingers

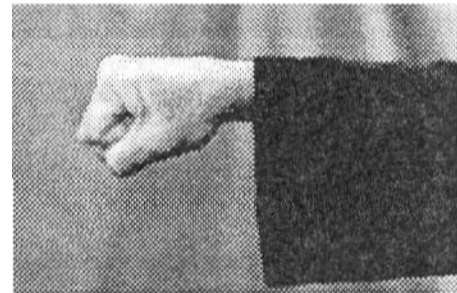


Figure 1

as shown in **Figure 1**. This is what would probably be termed a regular fist. Now have your partner grip your fist in the manner shown in **Figure 2** and force your fist downward.

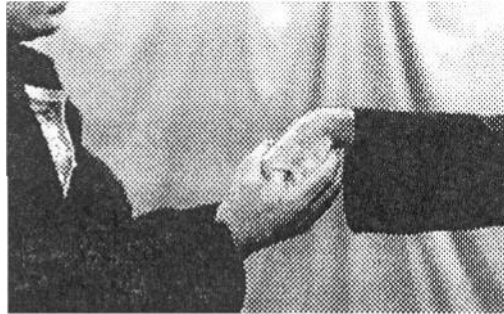


Figure 2

Try to resist as much as you can. If you both have a near-equal degree of strength, he should get anywhere from a small amount, to quite a bit, of bend. Now, place your thumb on top of your fist, capping it off as in **Figure 3**. Tighten up; turn your hand horizontal as in **Figure 2** and try the experiment again. He will have to apply a far greater amount of force to get an even lesser degree of bend in your wrist, if he gets any at all. I've never done this to anyone that I didn't get the identical response. "Wow"! It's always the same, somewhere the word "Wow" consistently pops up. They're always astonished at what their body has just done. And the fact that they had everything and nothing to do with it is what amazes them.

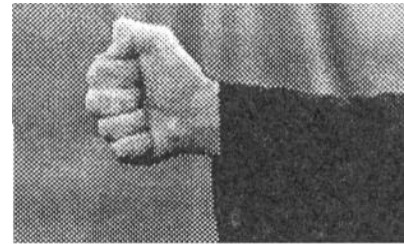


Figure 3

The simple explanation is, the act of repositioning the thumb shortens the ligaments and muscles in the wrist, producing a strengthening effect. When the wrist is in this strengthened condition, there is much less likelihood of a bending at the joint, while delivering a punch. Now, hit a heavy bag or your Kenpo Ultra Man with each type of fist and feel the difference. I think you'll find it dramatic. I did, and everybody I've tried it on has.

Linda Lee, the widow of Bruce Lee, wrote a book entitled The Bruce Lee Story in collaboration with an old Kenpo Black Belt, Tom Bleecker. In it there are many photos. On pages 29, 39 and 41 you'll see early photos of Bruce making a regular fist. It's quite unmistakable. But take a look at the cover of the book and you'll see, in a much later photo, just as unmistakably, Bruce making the capped fist. Somewhere along the line he changed his fist.

I don't know when the transition came for Bruce Lee. For me it was around 1971. I learned about it from a brown belt student who had trained elsewhere, before coming to our dojo. I am definitely not shy about asking questions. I observed him making that fist as he was working on the heavy bag and simply asked, "Why?" He didn't say much more than, "It locks up the wrist and keeps it from bending". I had to stop right then and there and try it myself. It worked right away; I could feel the difference immediately! It only took me a couple of workouts to get used to it and from that time on, I have never made a regular fist again.

As far as injury to the thumb is concerned, I've found that having the thumb locked on top of the fist, actually provides more backup mass, making it less vulnerable to being twisted out of joint. Before capping off the fist, I had my thumb injured a couple of times by getting it hung up to someone's gi, but since making the change, never again.

The following should probably have been a separate article, but it involves the use of the fist, so let's continue on.

HOW DO YOU STRIKE WITH YOUR FIST?

I don't know how your fist is structured but my research has shown more people with fists like mine, than not. My fist makes it virtually impossible to strike with the first two knuckles. If I do a full torque reverse punch, from the palm up cocked position, it will be the back of my fingers at the middle joint, that makes contact first - every time!

I can still remember my early instructors, yelling over and over to get the first two knuckles into the target. "Strike with the first two knuckles for maximum penetration!" they would yell. What they never yelled, was how to do that with a fist that absolutely wouldn't allow it to be done. Oh sure, it was easy in the air. I knew I wasn't striking with the first two knuckles, until I hit a heavy bag for the first time. Then, no matter how hard I tried, the back of the fingers at the middle joint hit first. What a shock that was. All along I had assumed the knuckles were in lead and that I was penetrating with them. Well, I was not only **NOT** penetrating with them, I was actually forcing my wrist to bend because of striking with the part of the fist I was making contact with. Not a good place to be. Fortunately, the solution was so simple that once it occurred to me, the transition was almost instantaneous. Unfortunately, it took a long time to occur to me.

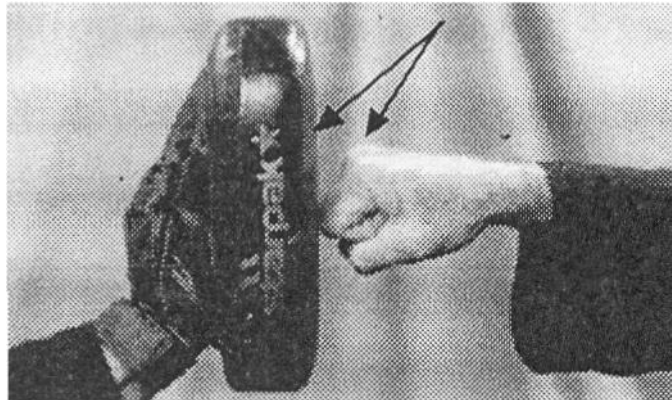


Figure 4

Figure 4 illustrates the regular fist, with the wrist **perfectly straight**, as it should be. You'll notice the two major knuckles are nowhere near the target surface, It makes no difference if the thumb is capping off the fist or not and this shot was absolutely horizontal. Had it been angled in an upward direction the knuckles would have been even further from the target surface.

The solution: As I said, "simple". **DON'T TURN THE FIST ALL THE WAY OVER TO THE HORIZONTAL POSITION!** So you lose a quarter of a turn of torque. Not a bad trade-off. I'll give up a quarter-turn of torque any day to get those major knuckles to the target. Examine **Figure 5** and see how easily the major knuckles lead the way. This is probably the easiest theory of all to prove to yourself. Hit a heavy bag at your own head level and look for the knuckle indentations on the bag. If you rotate the



Figure 5

punch all the way to the horizontal you might find a slight indentation made from the back of your fingers at the middle joint. If however, you rotate only half as far and strike with the vertical fist, you'll see nice, deep, clear knuckle imprints on the bag. In addition, if you capped the fist off with the thumb, you shouldn't feel any give at the wrist when you make heavy contact. We refer to striking in the manner as a vertical fist. Some other names I've heard it called are the Chinese Round fist, the Sun Fist and the Side Fist.

THE PUNCH RANGE AND POWER

We're all looking for the maximum in both range and power, and considering that they are both derived from the body as a whole, let's examine what they're all about and how to achieve the most out of each. It all begins with your initial stance. Call it what you will, fighting stance, ready stance, T-stance, right lead or left lead. In Kenpo we call it the neutral bow. **Figure 6** and **Figure 7** illustrate it.



Figure 6



Figure 7

You'll notice there is an equal weight distribution over the legs. The knees are bent, ideally not too much, nor too little. The hands are positioned neither high nor low, not too far forward or too far back. The feet are lined up but in and offset position, placing the center of gravity squarely

between them not only front-to-back but side-to-side as well. The upper body is erect, no bend or lean in any direction. In other words, everything is neutral. And that's how it got its name, the Neutral Bow.

As you know, the punch is delivered with the entire body, not just

the arm. It's rotational force and backup-mass-through-body-alignment that produces the dynamics involved in the Kenpo punch. Take a look at **Figure 8** (next page).

Here we have the classic neutral bow before the punch is delivered. The white cross on the floor is there for a distance check. Take notice of the small arrow pointing to the rear foot. There is a strip of tape at the foot to show in the next shot, where the rear half of the foot goes

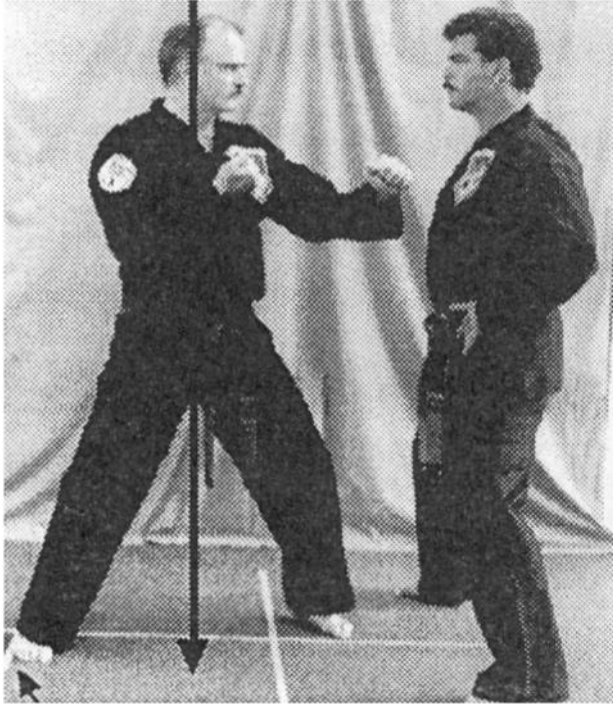


Figure 8

when the stance change is completed into the Forward Bow. The larger vertical arrow is for a check of the center of gravity.

Figure 9 illustrates the classic Kenpo punch in the fully delivered position. For this photo the fist is not capped and the punch is rotated all the way to the horizontal position, simply to keep it classical. Switching from the neutral bow to the forward bow involves pivoting on the balls of the feet and straightening the rear leg to a locked position at the instant the fist makes contact. The front knee remains bent at approximately forty-five degrees and the upper body and head are erect. The shoulders are square over the hips, not over-rotated. That's the classic Kenpo punch. Unfortunately, the act of pivoting on the balls of the feet actually takes your heels away from the action, and in doing so brings your torso no closer to the intended target. If anything you lose an inch or so. I'll readily

concede, it isn't very much, but every inch makes a difference and even as small amount as it is, it's unacceptable. If you are punching north, your body shouldn't be moving south. Everything should be moving in the same direction. **ALL** of your energy should be traveling in concentric lines, toward the target.

In analyzing the classic Kenpo punch we also discovered another element that bothered us. It's the locking of the rear leg when doing the forward bow. In order to move both forward or to the rear after the punch, the leg has to be unlocked, and that takes time. So, why lock it up in the first place? One of the reasons I've heard, is that it braces you against the impact. It does, and at the same time it inhibits any motion forward or to the rear until it's unlocked. That didn't seem like a good trade-off so we considered it a negative. Another negative is that having the leg locked virtually locks the entire body into a single unit,

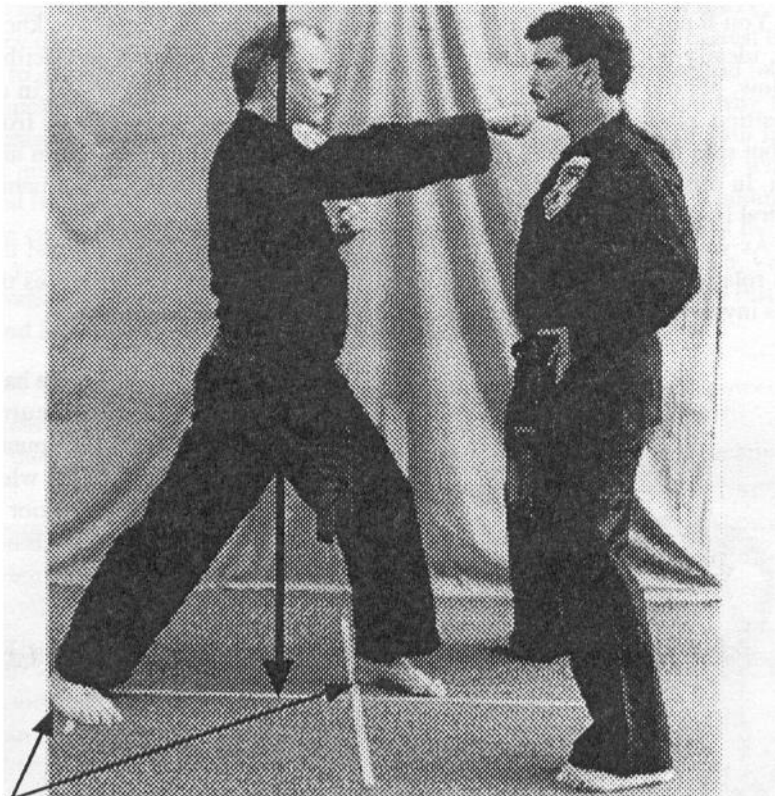


Figure 9

leaving nowhere for the shock to go except back through the arm. However, if the rear leg has a good degree of bend in it, it will act as a shock absorber for the arm and the body allowing some movement and therefore, yield.

When every inch counts, don't shortchange yourself. Get the maximum out of each and every move. When the rear leg is bent, if you happen to be just a little short of your target you can use the bend to thrust yourself forward all in one flowing motion but once you've locked the rear leg, there you are. Then, if you need a little more distance, you have to unlock the leg and start all over again or lean into the punch which ruins the integrity of the stance. Plus, you still have to get back over your center of gravity in order to move again. Additionally, if you were to follow-up the punch with a snapping or thrusting ball kick with the rear leg, you are already in position and don't have to interrupt your forward momentum in order to launch the kick.

Let's take a look at the last photo, **Figure 10**. There are a couple of things to observe here. First of all, notice how far forward the centerline has moved. Secondly, observe how much bend remains in the punching arm and that the opponent's head has actually moved back. In **Figure 9** the punch is short of the target and in **Figure 10** it not only makes contact but there is plenty of punch left for deep penetration. Check the rear leg itself. That's a fully cocked leg, ready to launch.

Somewhere in the first part of this article I said that this wasn't a traditional Kenpo punch or fist. While we love tradition, we love what works even more and there is a lot of room for both in the Art. When I find something that works better for me, I'm not against modifying it or changing it. The operative words here are, for me. You'll have to try these things for yourself. If you like how they feel for you, you might want to integrate

them into your personal style, if not, keep testing, we do. Ed Parker told me a long time ago, **"Kenpo is like a fine suit, it should be tailored to you."**

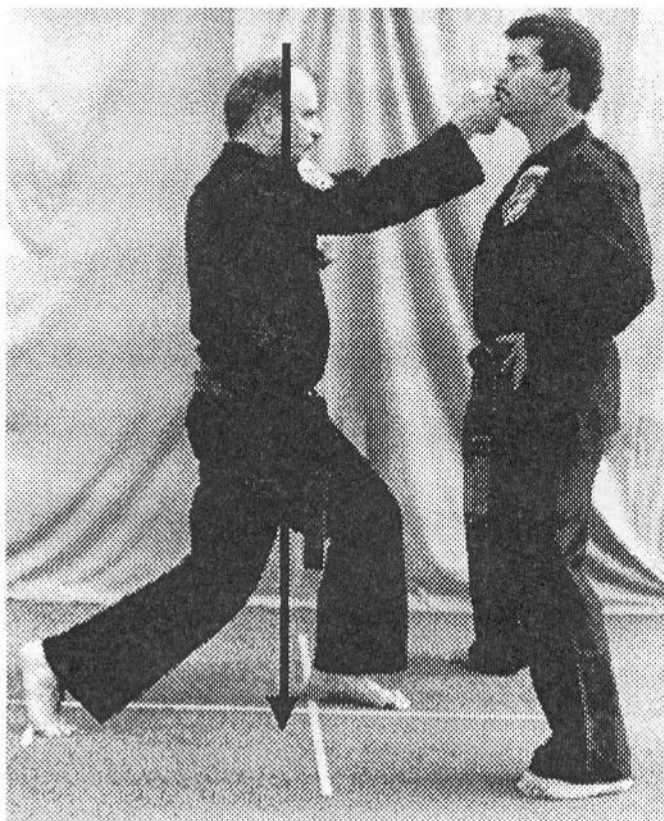


Figure 10



**WHEN'S THE LAST TIME YOU BLASTED SOMEONE
WITH A FULL FORCE PUNCH TO THE FACE –
FOLLOWED BY A KNEE TO THE GROIN WITH
EVERYTHING YOU'VE GOT – THEN A SLAM TO THE
TEMPLE WITH FULL BODY ROTATION AND A HEEL
PALM SANDWICH? NEVER? YOU SHOULD!
FREQUENTLY!!**



We've been having a ball beating the hell out of our UltraMan Life-Size Dummies and so have our students who have an UltraMan of their own.

There's nothing like them. These guys are rough, tough and can't be beat for what they are designed for. Punching, kicking, chopping, hammer-fisting, raking, poking, scooping, slashing, clawing, heel-palming, elbowing and head butting. Seeing it, feeling it and even hearing it.

Your UltraMan comes with everything but the plywood base. The nuts, bolts and mounting plates are included in the price, even



shipping and handling is included in the price. Contact the Karate Connection for current pricing and get your UltraMan today!



TOURNAMENT NEWS

We can't tell you how proud we are of our students and their students who are entering and winning in tournaments all over the place. Here are just a few.



HUGO ROJAS WORLD CHAMPION

Hugo Rojas, ii (center) is one of the IKCA's original Hawthorne California Karate Connection students who has been with us since the age of nine. Hugo recently approached the judges in the Self Defense division of the World Karate Championships in Las Vegas and announced that he intended to annihilate five opponents within seven seconds.

He did and it impressed the judges to the extent that he walked off with the Self Defense Championship Trophy. Would you believe the base of that trophy lights up? Just another for his collection, but the only one that lights up. **Congratulations Hugo**, we know there are many more in store in the future!

Glen R. Lyman K.I.C.K. Incorporated Cedar City, UT

Glen and his group paid a visit to the Utah Summer Games, which is a two week plus, Olympic style collection of events. On June 20th and 21st the Martial Arts Portion of the competition was held. There was Judo, TKD and Open Karate with well over 400 competitors. Once again the Karate Connection Group amassed medals. Following is a list of competitors from K.I.C.K. Incorporated, an IKCA Member school.

Jeff Beck

Gold in 15-17 Brown Belt - Self Defense

Brian Harris

Bronze in 15-17 Beginner - Forms and Self Defense

Tristan Olsen

Silver in 15-17 Beginner – Forms, Self Defense, Sparring and Creative Forms

Brent Miller

Gold in 15-17 Beginner – Forms, Self Defense, Sparring, Creative Forms and Beginning Team Sparring

Bruce LeBaron

Bronze in 9-10 Beginner – Forms

Julie LeBaron

Bold in Senior Adult Beginner – Forms

Celesta Lyman

Silver in Adult Black Belt – Women's Forms

Bronze in Adult Black Belt – Self Defense, Mixed

Glen Lyman

Silver in Adult Black Belt – Weapons (Bo)

Bronze in Adult Black Belt – Creative Forms (IKCA Master Form)

Glen wrote that he did the Master Form in one minute and forty seven seconds to the music of Black Sabbath's *Paranoia* (Tribute by Megadeath).

That's an impressive collection of the Gold, Silver and Bronze!
Congratulations to Mr. and Mrs. Lyman and their very talented crew.

A suggestion for future performances of the Master Form in competition – Slow it down to about two minutes and ten seconds, for more emphasis on the quality of the moves instead of the speed with which the form can be done.

This form was performed for judges who had to judge it for its creative qualities only and it has a tendency to dazzle and confuse them. They didn't really know what to look for, but were none the less impressed by Mr. Lyman's performance. Had they been given a little more time to absorb the intricacies they could have had an even greater appreciation of the moves involved.

If the judges had been IKCA Black Belts he could have ripped it off in the 1:47 and they wouldn't have missed a thing. It's an entirely different kind of judging, using an entirely different set of standards and criteria. The speed at which Mr. Lyman did the form would have generated an added degree of power to the strikes and kicks, which would have been taken into consideration by IKCA judges. It would have resulted in a higher score than someone doing the form in a more laid-back fashion. This is predicated upon the assumption that both contestants made the same amount of errors or both did it perfectly, whichever would be the case.

OLD PHOTOS YOU MIGHT GET A KICK OUT OF



Until now we have been putting the IKCA Newsletters out without the aid of a scanner. We have one now and it's going to make it a lot more fun. We've got all kinds of old photos lying around and Vic thought you might like to see some of them. I thought that if we could incorporate them into an article we could probably use a few. He said that he didn't see why an article was necessary, just to show a few old shots that didn't necessarily have anything to do with anything in particular. I guess he's right. If there's room we'll try to include an old photo or two in each issue.

The shot above is me getting as high as I can for a beautiful young lady in the September 1963 issue of *Argosy Magazine*; next issue I'll show you what I did to her.

FITNESS AND THE MARTIAL ARTS



Bruce Pahl "The Cat Man" is a 1st degree Black belt with the IKCA. He is also a personal fitness trainer and former competitive bodybuilder. He currently resides in Wilmington, DE. We met him on video a couple of years ago and in person at the New York Seminar in Sept. last year and again this year in Louisiana. He had some fascinating things to tell us about fitness as related to the Martial Arts and we asked if he would mind sharing them with the membership. Here's his answer:

How to Become a Better Martial Artist Through Cross-Training

These suggestions will help you to improve your martial arts performance and overall fitness conditioning.

1) Curriculum: Practice Kenpo techniques 2-6 times per week for 30 minutes to 1 hour. Practice specific techniques or break them down into one or two movements. Start out slow then build speed. Do repetitions of 20 on each side. Alternate: Day one - belt level techniques; Day two - form; Day three - sparring. Concentrate on your weakest area. Video yourself and do your own critique.

2) Aerobic or Cardiovascular Exercise: Three to 5 times a week for 20-40 minutes. Running, jump roping, stair climbing, aerobic kickboxing and aerobic classes are a few of the best types for the martial artist. Mixing these up is another type of cross training.

3) Strength Training: Two to 4 times a week. You can use free weights, machines or calisthenics. The following is a basic strengthening and toning program; Exercises should be done for 10-15 repetitions and 2-3 sets per exercise. Always use proper form. Raise weight in 2 seconds and lower in 3 seconds. Exhale on the positive or rising of the weight Control the negative - don't just let the weight drop.

- 1) LEGS - Squats w/ a barbell, dumbbell or leg press machine
- 2) HAMSTRINGS - Leg curls or stiff leg dead lifts
- 3) LOWER BACK - Dead lifts or lower back raises on floor or bench
- 4) UPPER BACK - a) Seated machine row, b) Seated cable row, c) bent over dumbbell or barbell row. Choose one exercise and alternate.
- 5) LATS - a) Cable lit pull downs, b) Chin ups w/ palms down
- 6) PECS (CHEST) - Bench press with barbell, dumbbell or machine
- 7) DELTS (SHOULDERS) - Standing or seated shoulder press with barbell or dumbbell
- 8) TRICEPS - Seated tricep extensions or cable standing press downs
- 9) BICEPS - Arm curls
- 10) ABS (STOMACH) - Abdominal crunches with reps up to 30

Do all of these exercises in order from 1-10, 2-3 times a week or split them in half and perform 1-5 on day one and 6-10 on day two. Rest 1-2 days between workouts.

4) Stretching - This is one of the most important elements to an overall conditioning program. Stretching will not only improve your martial arts ability, but will minimize injury and recovery time. Stretch daily if possible for 10-30 minutes. Hold each stretch for 10-30 seconds.

5) Calisthenics - Perform up to 40 reps of each exercise

1) Squats or lunges

2) Push ups - To increase difficulty, place hands on two chairs or place feet on an incline. Use different hand placements (wide & narrow). For a super challenge, do hand stand push ups with feet against a wall.

3) Pull ups or chin ups - A bar is needed for this exercise. These bars are very inexpensive and can be placed in the doorway. Use different grips (palms down or up). If pull ups are too difficult, use a bench or chair.

4) Crunches - Do reps of 10-30. Add weight to chest.

SAMPLE ROUTINE

Day 1 - Karate and stretching

Day 2 - Weights and cardio

Day 3 - Rest or stretch

Day 4 - Karate and stretching

Day 5 - Weights and cardio

Day 6 - Rest or Karate and stretching

Day 7 - Work on weak area

You don't have to live in the gym to get into great shape! Just do something daily and rest when your body tells you to. If you don't have much time, do the following 2-3 times a week: Stretch 5-10 minutes; strength training 15-20 minutes; cardio 15-20 minutes; Karate 15-20 minutes.

Good success to all!

Bruce Pahl "The Catman"
Certified Personal Trainer





PROMOTIONS



We would like to take this opportunity to congratulate you on your promotion. We know what kind of dedication and perseverance it requires to earn rank in the Martial Arts and we wish to pay our sincerest respects to you for having shown what it takes to appear on this list.

Mark Tague	Cypress, CA, USA	Orange
Keith Tague	Cypress, CA, USA	Orange
Eli Bachara	California City, CA, USA	1st Degree Black Belt
Gerard Perez	Howell, MI, USA	2nd Degree Black Belt
Don Van Gorden	Midlothian, VA, USA	Blue
Armando Deloa	Long Beach, CA, USA	Green
William Koonz	Schenectady, NY, USA	Green
Chris Koonz	Schenectady, NY, USA	Green
Jeff Mc Laughlin	Springdale, AR, USA	Blue
Darrin Lambrigger	Hawthorne, CA, USA	Brown
Sal Gumina	Hawthorne, CA, USA	Green
Troy Leavitt	West Jordan, UT, USA	Blue
Glen E. Skotdal	Redmond, WA, USA	Orange
Scott Selanders	Houston, OH, USA	Orange
Richard Murphy	Mendon, OH, USA	Orange
Bob Hurd	Harwington, CT, USA	1st Degree Black Belt
Claus L. Hansen	Sundby, Denmark	1st Degree Black Belt
Wilfrido Justina	Netherlands, Antilles	Purple
Aaron J. Murphree	Branson, Mo, USA	Yellow
Craig Koenig	Sonora, CA, USA	Orange
Shane Cook	Idaho Falls, ID, USA	Orange
Thomas Smith	Hardin, MT, USA	Orange
John Allan Terry	Cleveland, TN, USA	Orange
Brian Antak	Bakersfield, CA, USA	Purple
Brian Antak	Bakersfield, CA, USA	Blue
Frank Smith	Cleveland, TN, USA	1st Degree Black Belt
Erin Jackson	Cerritos, CA, USA	Purple
Phil Gagnon	Nassau, Bahamas	Brown
Charles Dumond	Ontario, CAN	Purple
Clancy Dubois	Butte MT, USA	Purple
Charles R. Byrne	Bennion, UT, USA	Orange
Robert W. Holub	Parris Is. SC, USA	Blue
Joel Neubacher	Idaho Falls, ID, USA	Yellow
Herbert Key	Nassau, Bahamas	Orange

Jim Seals	Austin, TX, USA	Purple
Michael Fournell	High Bridge, NJ, USA	Brown
Marty Ryan	Rockville, MD, USA	Blue
Harry Viruet	Springhill, FL, USA	Yellow
Mark Blumenfeld	Torrance, CA, USA	Brown
Dave Paular Jr.	Vallejo, CA, USA	Orange
Troy Ybarra	Falfurrias, TX, USA	Yellow
Donald R. Liddell	Phoenix, AZ, USA	Purple
Valerie Contreras	Long Beach, CA, USA	Orange
Robert Contreras	Long Beach, CA, USA	Orange
Mathew Ringard	Napa, CA, USA	Yellow
Nicholas Brennan	Napa, CA, USA	Yellow
Ryan Brennan	Napa, CA, USA	Yellow
Alex Lee	Napa, CA, USA	Orange
Getziel De La Cruz	Napa, CA, USA	Orange
Jose Martinez	Napa, CA, USA	Orange
Chris Ho	Napa, CA, USA	Orange
Alex Loyola	Napa, CA, USA	Purple
Brandon Richardson	Napa, CA, USA	Purple
Neil Burden	British Columbia, CAN	Orange
Tom Dricken	Wilmington, DE, USA	Orange
Joshua Leon Guerrero	Vallejo, CA, USA	Blue
Jeanne Marie Martell	Atlanta, GA, USA	Orange
Charlie Boda	DeBary, FL, USA	Blue
Stephen West	DeBary, FL, USA	Blue
Robert O'Reilly	DeBary, FL, USA	Blue
Jennifer Walker	DeBary, FL, USA	Purple
Jeannie Moore	DeBary, FL, USA	Purple
Jared Stokes	DeBary, FL, USA	Purple
Jason Subiate	Torrance, CA, USA	1st Degree Black Belt
Vicki Imamura	Rossmoor, CA, USA	1st Degree Black Belt
Efren Palacios	Long Beach, CA, USA	Purple
Jeff Siribandan	Long Beach, CA, USA	Orange
James Lee Krause	Long Beach, CA, USA	Orange
Art Suarez Jr.	Long Beach, CA, USA	Orange
Avany Beltran	Long Beach, CA, USA	Purple
Jeannette Aguirre	Long Beach, CA, USA	Purple
Kenny Keing	Long Beach, CA, USA	Orange
Robert Contreras	Long Beach, CA, USA	Orange
Valerie Contreras	Long Beach, CA, USA	Orange
Ronnie Rodriguez	Long Beach, CA, USA	Purple
Ryan Pasillas	Long Beach, CA, USA	Orange
Kenny Keing	Long Beach, CA, USA	Purple
Robert Contreras	Long Beach, CA, USA	Purple
Valerie Contreras	Long Beach, CA, USA	Purple

Ronnie Rodriquez	Long Beach, CA, USA	Blue
Cayce Lancaster	Grenada, MS, USA	Blue
Larry Volz	Chesterfield, VA, USA	Orange
Timothy A. DiPadova	Willowick, OH, USA	Brown
Michael Blass	Winstec, CT, USA	Purple
Ray Gregory	Rossmoor, CA, USA	Green
Matthew Ringard	Westminster, CA, USA	Yellow
Steve Jones	Westminster, CA, USA	Brown
Eric Drankiewicz	Milwaukee, WI, USA	Purple
Vincent Juarez	Hawthorne, CA, USA	Orange
Gerald Saucier	Ontario, CAN	Green
Donald Jones	St. Louis, MO, USA	Green
Cody J. Stover	DeBary, FL, USA	Orange
Shad Roundly	Cedar City, UT, USA	1st Degree Black Belt
Curtis Tait	Cedar City, UT, USA	1st Degree Black Belt
Jamie Gaeta	Salem, NH, USA	Purple
Mike Cerutti	St Louis, MO, USA	Blue
Eric S. Ebersole	Stillwater, OK, USA	Orange
Brian Houck	Everett, WA, USA	Purple
Todd Ledford	Everett, WA, USA	Purple
Eric Groenig	Everett, WA, USA	Purple
Joshua Kimbler	Everett, WA, USA	Orange
Danny Storch	Marysville, WA, USA	Yellow
Tyler Casey	Pisgah, AL, USA	Yellow
Mathew Fossett	Pisgah, AL, USA	Yellow
Steven Fossett	Pisgah, AL, USA	Yellow
Will Bower	Pisgah, AL, USA	Yellow
Billy Ramey	Pisgah, AL, USA	Orange
Wayne Lowe	Pisgah, AL, USA	Orange
Greg Yates	Pisgah, AL, USA	Orange
Angie Yates	Pisgah, AL, USA	Orange
Tim Driskell	Pisgah, AL, USA	Orange
Mike Frazier	Pisgah, AL, USA	Orange
Heith Lang	Pisgah, AL, USA	Green
Dennis Fetcher	Napa, CA, USA	Brown
Nathan D. Murphree	Branson, MO, USA	Brown
Wes Albritton	Adairsville, GA, USA	Brown
Larry Volz	New York, NY, USA	Purple
Terri Richman	Tampa, FL, USA	Purple
Vince Van Voltenburg	Antelope, CA, USA	Purple
Mark K. Shepard	Woodbury, MN, USA	Green
James A. Bojorquez	Santa Clarita, CA, USA	Purple
Conroy P. Gibson	Santa Clarita, CA, USA	Purple
Benjamin R. Kamen	Santa Clarita, CA, USA	Purple
Timothy A. Brown	Howell, MI, USA	Orange

Ryan Joseph Perez	Falfurrias TX, USA	Orange
A.J. Salinas	Falfurrias TX, USA	Orange
Matthew Cantu	Falfurrias TX, USA	Orange
Kyle Cantu	Falfurrias TX, USA	Orange
Jack A. Parks	Westminster, CA, USA	Green
Heith Lang	Pisgah, AL, USA	Brown
Keri Jo Albritton	Pisgah, AL, USA	Yellow
Dallas J. Ward	Snellville, GA, USA	Orange
Perry Lee	Ontario, CAN	Green
Michael T. Hallett	Military APO	Purple
John D. Griffin	Lacrosse, WI, USA	Orange
Charles F. Dumond	Ontario, CAN	Blue
Joel Mark Ellis	Anniston, AL, USA	Orange
Blaine Fox	Alberta, CAN	Orange
David Orr	Alberta, CAN	Orange
Charles R. McDaniel	Pleasanton, CA, USA	Orange
Joel Mark Ellis	Anniston, AL, USA	Purple
Mike Vivlacqua	Susanville, CA, USA	Purple
Terry Young	Milwaukee, WI, USA	Green
Carrie L. Brotherhood	Milwaukee, WI, USA	Yellow
Georgina F. Menyah	Milwaukee, WI, USA	Yellow
Beth Mayes	Milwaukee, WI, USA	Yellow
Paul Drankiewicz	Milwaukee, WI, USA	Yellow
Chase Crow	Napa, CA, USA	Orange
Justin Gonzalez	Napa, CA, USA	Orange
Miguel Plancarte	Napa, CA, USA	Yellow
Sam Bartos	Napa, CA, USA	Yellow
Michael Beck	Germany	Orange
Gary DiPadua	Johnstown, OH, USA	Blue
Jeff McLaughlin	Springdale, AR, USA	Green
David L. Stockton	N. Ogden, UT, USA	Green
Chayce Pepin	Everett, WA, USA	Purple
Lauren Joy Glorioso	Torrance, CA, USA	Purple
Bill Stonecipher	Skaneateles, NY, USA	Green
W.E. Tharp	Lancaster, OH, USA	Brown
Anthony McAdoo	Torrance, CA, USA	Orange
Peggy Lee	Susanville, CA, USA	Orange
Jody Rivette	Canada	Purple
Michael Harris	Houston, TX, USA	Purple
Jacob Ogden	Hawthorne, CA, USA	Yellow
Christopher Chavez	Long Beach, CA, USA	Purple
Herman Jones	Rossmoor, CA, USA	Green
Michael Blass	Winsted, CT, USA	Blue
Lee Hickman	Crawley, TX, USA	Orange