

The theory in creating that bylaw was, even if an IKCA black Belt were to become involved in other Styles, Systems or even Arts and not be able to devote as much time to IKCA Kenpo as in the past, or for that matter, even drop out of Kenpo in general, they would have to put in a reasonable amount of effort in order to pass that test every three years.

The term, reasonable amount of effort, has come into question. How much is reasonable?

Several of our Black Belt members have expressed the feeling that the present requirements are too lenient and the test too easy. They feel one would be able to pass it too easily, with a less than reasonable degree of preparation and effort. Their proposal is that the Black Belt members testing for degrees be required to repeat all fifty-five techniques with a partner, first slow and then fast, as directed in the "Off-Camera Dialog Testing Booklet". This is in addition to the Master form, as now required.

The entire test need not be done continuously. Only the Master form is required to be done non-stop. The rest of the test may be broken up into as many segments as the person testing wishes. It isn't a test of endurance; it is a test of knowledge and proficiency concerning the material.

The thing to remember is that the members making this observation are themselves going to have to do the expanded version of the test. They are not proposing this change for those who came before them because they don't have to test. They do have to test so they are affected. As far as the Board is concerned, they like the idea of seeing the entire system demonstrated once again by our Black Belts. It's another opportunity to correct any discrepancies that have occurred since the last test.

The Board of Black Belts has already made the decision to require the addition of the Orange through Green Belt techniques for students testing for First Degree Black Belt in the future. That is of course in addition to all of the test requirements presently in place. This change to the Bylaws is not up for discussion. That decision has already been voted upon and passed but it will affect only up and coming Black Belt candidates, not you.

The vote is simple. On the enclosed ballot, mark the option you feel best fills the need for keeping the integrity and standards of the IKCA at a level you feel they should be. If you feel the test, as it stands, fills those requirements, vote that way. If you feel the test needs to be expanded, vote that way.

There is one other matter of which you must be made aware. If the test is expanded to the extent proposed it will necessitate a raise in the testing fee for degrees in Black Belt. Our testing fees are based on the average time involved in viewing, assessing, making written evaluations and the on-camera time required to address the needs of the student. Black Belt tests must be handled likewise and with more material involved, more time will be required. Experience tells us to expect a substantial increase in time, which will necessitate at least a reasonable increase in the test fee. The testing fee is now \$49.95 for all tests up to and including Brown Belt. In the future the testing fee for First Degree Black Belt will be \$69.95 because of the time increase and if this amendment to the Bylaws is passed, the fee for Second Degree and higher will also be \$69.95. If this is a factor in your decision, vote that way.

It is not necessary to make comments as to your decision. Your vote is a private one. You need not sign the ballot or even put a return address on the envelope. Once we open the envelope and discover a returned ballot we will discard the envelope, taking no notice of the postmark. We wish for this to be as close to a secret ballot as possible. On the other hand, if you wish to express your views, we certainly welcome them and will pass them on to the membership, through the Newsletter, if you so desire. If not, we will respect your wishes in keeping them private.

We look forward to receiving your vote on this matter.

Your Brothers in Kenpo.

*Chuck Sullivan
9th Dan, Kenpo*

*Vic LeRoux
8th Dan, Kenpo*

ABOUT THE VOTE

At the time the vote was taken the Black Belt count stood at 107 eligible voters. Some Black Belts were not IKCA members in good standing (see the bylaws), or were Junior Black Belts who will receive voting rights upon reaching their sixteenth birthday.

Of the one hundred and seven letters sent, only fifty one responses were received. That's right - less than half. A number which I believe is approximately the same as for a National Election for the President of the United States. Why would only half (or less) of the eligible voters turn out for such an important election or in this case to vote upon a subject that directly effects them?

One reason that comes to mind is that many of the Black Belts could care less about how much is required. If the vote was to expand the test, that would be perfectly

alright with them and if the vote goes the other way and the test stays the same, which would be OK too. They are obviously willing to go along with whatever those who really care about it have to say. There were those who did cast a vote and also wrote that while this is how they felt about the expansion of the test, they would happily accept an opposite vote if it comes out that way. That was good to hear and we appreciate them voicing their opinions.

Another reason that one might not bother to vote is that they felt such a proposal would so obviously pass that their vote wasn't necessary to help it along. In this case - WRONG! One of our in-house Black Belts was astonished when he heard the referendum had been defeated. He said, "I thought it was a Slam Dunk. I didn't think there was any possible way it wouldn't pass". But at least he voted.

As to those who voted against, we received a number of different reasons. In many cases we received no reason, which, clearly stated in the letter, was perfectly alright. Their reasons were their reasons - that's why it was put to a basically secret vote.

Two of those who said to leave it alone, used an old expression that I use and truly believe in. **"IF IT AIN'T BROKE - DON'T FIX IT!"** And I'm sure a lot more were thinking along the same lines. Others voiced the fact that this system was originally conceived because the system it was taken from had become so overburdened with material that no human being could ever hope to implement it effectively. Therefore it literally worked against itself. They were correct - that's exactly why it was done, to turn a monster into a mean-lean-fighting-machine. They felt that the inclusion of the techniques done with a partner would be of no further value in determining the candidate's qualification than the test as it presently sounds. It would be doing more, only for the sake of doing more.

The vote came out nineteen, against - thirty two, in favor. It would have easily passed by a simple majority but failed by the required two-thirds vote. As you can see, in order to add, delete or amend a bylaw, a small-interest-group isn't going to be able to impose a self-serving idea upon the membership easily. A lot of lobbying would have to take place or it would have to be a very popular proposal to begin with. Not that this was a self-serving idea by those who recommended it. If anything, just the opposite is true. They sincerely believed it would enhance the quality we are striving for and the board welcomes any and all suggestions.

To begin with, when we first heard the suggestion to expand the test, I must admit I favored the idea. If for no other reason than to more fully view what others are teaching at a distance, on our behalf. In retrospect, I guess Vic LeRoux put it best when he said, "You know; I could watch that form from fifty yards away and tell you if it was being done right". No exaggeration there, I know he could.

So let's cut to the bottom line. The test for degrees in Black Belt remains the same. However, just because this idea didn't receive the necessary two-thirds majority doesn't mean that sometime in the future a similar idea might be proposed and passed. In fact one of the Black Belts submitted a suggestion that, if we had not already tried something comparable in the past, might have sounded pretty good now. It was that each candidate for higher degrees of Black Belt, upon testing every three years, submits some new techniques he or she has created themselves. Been there - done that. We came up with, what we thought, was a great idea a couple of years ago

that had to do with creating new techniques but not allowing them to filter back and become part of the system. Each new Black Belt of an IKCA school was to conceive a new technique on behalf of that school, which was then going to be put into a form, which was to become that school's own individual form. It would be known as The School Form. It was an exercise we referred to as "Thinking Kenpo". **IT DIDN'T WORK!** It failed miserably, even with our own in-house Black Belts. We tried for weeks. We beat our brains out. Every time one of us (instructors included) came up with a technique for the School Form everyone would watch and then politely ask, "So, what's new about that?" There was nothing new or really unique about anything anyone came up with and finally Jeff Salzman, 2nd Dan nailed it. He said, "You didn't leave us anywhere to go. Every time we try to come up with something new, we're only rearranging what we already have, to fit a different situation". How's that for ringing a familiar bell?

One last thing about the test for Degrees in Black Belt. When you video your performance we suggest you go back and view it. Looking at it, as you know we will be looking at it. And remember, **IF IT IS BROKE - YOU BETTER FIX IT!**



LET'S TALK BASICS - AGAIN!!

Just recently the subject of the blow known as the "hook" came up. The question was asked, why we don't use this blow if boxers, wearing heavily padded gloves, are able to affect a knockout with it. Good question. Lets examine this very effective weapon. Let's go from the least important reasons we don't use it, to most important.

To begin with, if the blow is used to the head, where it is most likely to produce a knockout, the swivel action of the head can make it far less effective than a straight shot. Just think of the old term, "Rolling with the punch". If you are struck in the jaw or side of the face with an arcing fist, it can turn your head with the blow as it passes through. With a straight shot, the neck acts as a brace holding the head much more in place, thereby allowing more penetration into the target area. There is no rolling with a straight punch. Can a hook still be effective? Absolutely, especially if the blow comes to the side of the head more adjacent to the neck. If it doesn't, then the aforementioned happens.

Second on the negative side is the fact that once an arcing punch is started, its delivery is predestined. You can't alter the depth of an arcing blow nearly as easily as you can

a straight shot. It's much more difficult to lean away from a shot coming straight than it is from a shot making an arc.

Third is a time issue. It goes back to the old question, "What is the shortest distance between two points". An arcing punch just takes longer to get to the target allowing more time for it to be blocked or avoided.

One of the most important things to remember is that boxing is a sport in which there are rules. Boxers are limited as to the sort of blows they may or may not use in the ring. The hook is used in boxing at medium to close range. When Karateka find themselves at that range, we automatically use our knees to the groin because that's an intrinsic part of our training. We also use head butts as well as forearm smashes to the head. We'll use hammer fists to the groin and elbows to the face. We will hook with the heel of the foot to the groin as well as scoop with the top of the foot to the same target because all of these things are taught and practiced for that range. The boxer is not trained in a like manner. In fact, he is actually trained against defending himself from that kind of attack or counterattack because they are not allowed in the sport and he never gets the chance to practice defending against them. Boxers stands in a more open manner so as to be able to use both hands for offense and defense which is perfectly acceptable as long as both participants are observing the rules of the sport. That's not to say a boxer couldn't do what we do, if he were also trained for it. It's just that not being trained in that manner, he will not; in all likelihood pull it off effectively. So, that's what it boils down to. The Karateka has more weapons as well as targets at his disposal. He is not restricted as he would be in a sport with rules. That's the fling to remember. The purpose of these two Arts is totally different. One is a sport and the other a **"System of organized, scientific, dirty fighting."** Another old quote from Ed Parker.

All of the above is not to say that if you are in the heat of battle and in a position to throw an effective hook, you shouldn't do it. If that's the best thing to strike with at that moment, go for it! Chances are you won't because there is something far more effective in your arsenal.

This reminds me of an old story. Something that happened to an old friend, a Kenpo female Black Belt, some time ago. She was attacked in a parking lot at night. She said she always tells her female students to pay particular attention to their surroundings at night but, at least this one time, forgot her own advice. She said that before she knew it some guy had her in a rear bear hug type of hold and was trying to take her down right there on the asphalt next to her car. She said the first thing she did was to drop into a stance, stabilizing her base and then, because of where she was in relation to her car, the most expeditious thing for her was to grab a handful of his hair and slam his face into the area above the open car door. The reaction she got was for him to not only let go but to actually propel himself away from her and the car. When he did, he slamming himself into a brick wall a few feet away. As he bounced off the wall, back toward her, she caught him with a spinning heel kick that sent him back into the wall so violently it knocking him unconscious. Where upon she dashed off to call the police. Unfortunately, he was gone when she and the cops returned. She said that bothered her but what bothered her even more was the fact that she hates spinning heel kicks. She asked me, "Where do you suppose that came from - a spinning heel kick - I never do spinning heel kicks". My answer was simple, I said, "You did it because it was the best thing to do at that moment in time and it worked beautifully". "If you had been in a different position or angle or had the other foot forward or any number of other possibilities, you would have done something completely different". Which would have worked just as well I'm sure. Remember, this is a no-nonsense Black Belt we're talking about.

There is one place in our system where it looks as if we are shooting a hook but it's actually a hook-tear-punch. The difference being the hook and tear comes after the initial penetration is made. This punch is found in the technique we call **Hooked Lightning**, the first technique in Brown Belt. If you are not at that level yet you should probably break out the

Brown Belt tape and take a look at it anyway. It's for a straight left, probably something like a jab.

Mr. LeRoux teaches it. It has its roots in Wing Chun which Mr. LeRoux spent a great deal of time studying. It employs several of the Wing Chun concepts such as parrying and striking simultaneously, trapping with an anchored elbow and the straight punch with the hook tear at the end. On the Training Tape he spends most of his time teaching the primary moves and the majority of video students pick it up and repeat it on their tests, just as shown. However, some of the time the student sees more of a hook in the last shot than there really is. That punch is a perfectly straight shot to the target. It's after contact has been made that the punch hooks off producing a tearing effect on the target.

If you study, in slow motion, the long range punch Bruce Lee was famous for, you'll see the very same action. It appears much like a boxer's hook, but really that hunch is as straight as an arrow, up to the point of contact, then it hooks off tearing as it goes. It's the extreme follow through action that fools many a student. I having spent considerable time analyzing that punch for myself and practicing it in a variety of ways I've come to the conclusion that it is the extreme follow through that makes it work to the degree it does. If you shoot a normal straight punch you will not get the distance you get with the hooking action at the end. It's sort of an all-out go-for-broke type of action. We put it on the end of that particular technique because we assume, if the first two blows land, your opponent will, in all likelihood, be reeling away from you. There are other ways of striking him from that position and distance relationship but this was a perfect situation in which to introduce this concept.

With only fifty five techniques to work with and a complete fighting system as the final goal, it was great having a technique where so many things were covered at the same time. That single technique introduces the student to many of the important elements of Wing Chun and especially to those we felt were of greatest importance. Utilizing those concepts in other techniques will give you many of the strengths of the system without having to make the long journey down that path. Once you understand them and integrate them, they will enhance your personal style throughout your Martial Arts experience. Even if you never actually use the technique we call **Hooked Lightning** you'll be benefiting from its principals in many other techniques without even being aware of it. In some instances the individual elements of a technique can be much more important than the technique itself because certain principals and concepts are introduced, practiced and eventually woven into the very fabric of the system.



EXAMINE THIS PHOTO

ARE YOU IN IT?



If you're not, it's because you weren't at the Seminar in Amite, Louisiana last year. You can change that this year. The date of the Seminar is **Saturday, May 30, 1998**. This might seem like a lot of advance notice but now is the time to begin making your plans. We have been told over and over by our attending students that an IKCA Seminar is the best supplement there is to the video program. They are real eye-openers that give a new perspective to the program and your progress thus far.

Each Seminar begins with the entire group doing the traditional warm-up which consists of all of the basics, as done in the Orange Belt test. Then the participants are formed into groups according to belt level. Each level is taught by an IKCA Certified Instructor. After a period of time the instructors are rotated so that you may experience a variety of teaching styles.

The goal of the Seminar is to check out each student at their present level and make certain they are doing all of the material correctly up to their belt level and then take them to the next level if possible. Time permitting, we then introduce each group to the drills that fit their present level and give them the opportunity to work with their Kenpo brothers and sisters from other parts of the country. There have been some great acquaintances and alliances made at these gatherings, over the years.

It's a well known fact the city of New Orleans and especially the French Quarter is the Fun Zone of the South and that's where we are going to spend Saturday night. Last year Mayor Reggie Goldsby (1st Dan, Kenpo) thoughtfully and generously make arrangements for a school bus and driver for the annual trek to the Quarter. He has graciously done the same for this year. There are only so many seats available on a bus so we have decided to put it on a first-come first-served basis. We will be taking **advance registrations** for the Seminar and those received first will be given a

reservation on the bus, if they want it. Don't worry if you don't make the list. At the conclusion of the seminar it will be announced at what time and from where the bus will be leaving. All those wanting to, will caravan into town, with the bus in lead. That way, we can keep an eye on each other. There should be plenty of rides available. **Look out New Orleans here we come again!**

If you decide to stay somewhere outside Amite and it's going to be too much of a hassle to link up for the caravan but you wish to meet up with the main group later, it will be easy. At **9:00 pm** we will be at **Pat O'Brien's**, 718 St. Peters St. Located in the heart of New Orleans "*Vieux Carre*" in the courtyard and building erected in 1791 as the first Spanish Theater in the United States. It's easy to find, only about half a block off Bourbon St. in, just about, the middle of the French Quarter. It's crowded, it's loud, it's raucous and it's a blast. Here's most, but not all, of the group who made it last year. Too bad you can't see the fountain with fire in the background. It's outrageous!



For those who don't necessarily care for the night life and would rather continue working out into the evening, there will be Certified Instructors who prefer to stay and do exactly the same. They'll be happy to give you as much Kenpo as you can handle.



YE OLD PHOTO ALBUM



In the last issue I said that in the future we would be including some old photos just for the heck of it. Things that didn't necessarily fit in with the articles or anything else for that matter. The photo published last time had me four feet in the air about to be slammed to the mats by the young lady below. I said I'd show you what I did to her in this issue, but before I do I wanted you to see what else she did to me. Take a look at the pictures below. But now you'll have to wait until next issue to see what I did to her!

Occasionally we will mention the Karate Connection School that Vic LeRoux established on Hawthorne Blvd. In Hawthorne, California in 1980. Here's a photo of Vic sitting in his office, which I think you'll agree, had some pretty unique décor. Except for the hair, the man hasn't changed a bit.





Back in those days Vic used to spend a little time pumping iron. Now the only thing he pumps is his own gas. Something must be left over from those days though, because he still hits like a super heavyweight.





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.

Rick Joy	Logan, OH, USA	1st Degree Black Belt
Dustin Carlisle	Hampton, GA, USA	Yellow
Stephen R. Soliz	Premont, TX, USA	Orange
Dennis Cothorn	Amite, LA, USA	Orange
Brad G. Cline	Buena Park, CA, USA	Orange
Carrie M. Godwin	Buena Park, CA, USA	Orange
Justin Sterling	Napa, CA, USA	Yellow
Aaron Ramo	Napa, CA, USA	Yellow
Matthew Ringard	Napa, CA, USA	Orange
Ryan Brennan	Napa, CA, USA	Orange
Nicholas Brennan	Napa, CA, USA	Orange
Getziel De La Cruz	Napa, CA, USA	Purple
Jose Martinez	Napa, CA, USA	Purple
Christopher Ho	Napa, CA, USA	Purple
Christina Roberts	Napa, CA, USA	Purple
Dan Roberts	Napa, CA, USA	Purple
Micaela Jones	Napa, CA, USA	Blue
Jed Noonkester	Napa, CA, USA	Green
Dana Richardson	Napa, CA, USA	Green
Matthew T. Hyland	Perry, UT	Purple
Michael T. Dagley	New Castle, IN, USA	Green
Lori Feingold	Nassau, BAH	Orange
Derek Smith	Cerritos, CA, USA	Yellow
Kent Hoflen	Ramona, CA, USA	Orange
Juan Cruz	Perris, CA, USA	Purple
Larry Volz	Chesterfield, VA, USA	Blue
Matthew Tyler Hammer	Marina, CA, USA	Orange
Robert Hammer	Marina, CA, USA	Orange
Glenn Lower	Susanville, CA, USA	1st Degree Black Belt
Jon Leon Guerrero	Vallejo, CA, USA	Orange
James D. Ward	Snellville, GA, USA	Orange
David H. Harding	Snellville, GA, USA	Orange
Clint M. McGill	Snellville, GA, USA	Orange
Brant L. McGill	Snellville, GA, USA	Orange
Tyler Casey	Scottsboro, AL, USA	Orange
Neil Burden	British Columbia, CAN	Purple
David A. Brown	Howell, MI, USA	Brown
John Cheatham	Santa Maria, CA, USA	Green
Ricky Brown	Mena, AZ, USA	Purple

Raymond Lacelle	Ontario, CAN	Orange
Lance Spencer	Lincoln, MI, USA	Orange
Glenn G. Kinnie	Scotia, NY, USA	Orange
Joseph L. Stover	Deland, FL, USA	Purple
Coleman J. West	Deland, FL, USA	Yellow
Richard Murphy	Mindon, OH, USA	Purple
Armando Deloa	Long Beach, CA, USA	Brown
Amos Carroll	Leland, NC, USA	Orange
Howard B. Ingram	Susanville, CA, USA	Orange
Gerald J. Saucier	Ontario, CAN	Brown
Deborah L. Ryan	Phoenix, AZ, USA	Orange
Donald R. Liddell	Phoenix, AZ, USA	Blue
Rolando Longoria	Falfurrias, TX, USA	Blue
Michael K. Nesbitt	Howell, MI, USA	Purple
Javier Deharro	Long Beach, CA, USA	Orange
Donald Jones	St. Louis, Mo, USA	Brown
Mike Cerutti	St. Louis, MO, USA	Green
James L. Taylor	North Point, AL, USA	Orange
Ysidro Gonzales	Falfurrias, TX, USA	Purple
John Gonzalez	Falfurrias, TX, USA	Purple
Roger Gonzalez	Falfurrias, TX, USA	Purple
Shawn McLaughlin	Springdale, AR, USA	Orange
Tony W. Ragsdale	Prairie, TX, USA	Orange
Billy Gonzales	San Jose, CA, USA	Purple
Hank Wall	Military APO	Green
Terry Young	West Allis, WI, USA	Brown
Daniel L. Rinaman	Kansas City, KS, USA	Orange
Daniel L. Rinaman	Kansas City, KS, USA	Purple
Robert Rinaman	Kansas City, KS, USA	Orange
Robert Rinaman	Kansas City, KS, USA	Purple
David L. Stockton	N. Ogden, UT, USA	Brown
Ricky Roberts	Hawthorne, CA, USA	Purple
Anthony McAdoo	Inglewood, CA, USA	Purple
Brenda King	Richmond, CA, USA	Orange
Chris Wharton-Hood	South Africa	Green
Chris Wharton-Hood	South Africa	Brown
Anthony Hockley	Australia	Orange
Jody Rivette	Ontario, CAN	Blue
Dan E. Dumond	Ontario, CAN	Orange
Stephen West	Debary, FL, USA	Green
Robert O'Reilly	Debary, FL, USA	Green
Jared Stokes	Debary, FL, USA	Blue
James Krase	Long Beach, CA, USA	Purple
Ryan Pasillas	Long Beach, CA, USA	Purple
Eric Drankiewicz	Milwaukee, WI, USA	Blue
Carrie L. Brotherhood	Milwaukee, WI, USA	Orange
Georgina F. Menyah	Milwaukee, WI, USA	Orange
Laura D. Bryce	Santa Clarita, CA, USA	Orange
Kyle R. Hooker	Santa Clarita, CA, USA	Orange
Jason R. Paine	Santa Clarita, CA, USA	Purple

John Willis
 Robert W. Holub
 Manuel Grijalva
 Craig Gauss
 Tim Fuller
 Aaron J. Murphree
 David Jimenez
 Samuel Cantu, Jr.
 Joey Viera
 Isaac Lopez
 Troy Ybarra
 Michael Fournell
 Jennifer Walker
 Michelle Sylvester
 Scott Selanders
 Kenneth E. Lewis
 Kenneth E. Lewis
 Troy Leavitt
 Steve Crow
 Dan Roberts
 Todd Zaun
 Joey Garcia
 Ashley Perez
 Roland Gonzales

Garberville, CA, USA
 Parris Island, SC, USA
 Tucson, AZ, USA
 Wisconsin Rapids, WI, USA
 Deland, FL, USA
 Branson, MO, USA
 Falfurrias, TX, USA
 Falfurrias, TX, USA
 Premount, TX, USA
 Premount, TX, USA
 Falfurrias, TX, USA
 High Bridge, NJ, USA
 Debary, FL, USA
 Snellville, GA, USA
 Houston, OH, USA
 Coppers Cove, TX, USA
 Coppers Cove, TX, USA
 W. Jordan, UT, USA
 American Canyon, CA, USA
 Napa, CA, USA
 Hawthorne, CA, USA
 Falfurrias, TX, USA
 Falfurrias, TX, USA
 San Jose, CA, USA

Orange
 Green
1st Degree Black Belt
 Orange
 Yellow
 Orange
 Orange
 Orange
 Orange
 Orange
1st Degree Black Belt
 Blue
 Blue
 Purple
 Orange
 Purple
 Green
 Orange
 Blue
 Green
 Blue
 Blue
5th Degree Black Belt

