



NEWSLETTER #32

3rd QUARTER 2002

“ANATOMY OF A VIDEO”

Back in 1988 when Vic LeRoux first came up with the idea for us to put what we knew on video, as you know by now, I resisted vigorously. His argument was that everyone else was doing it and we should too. We had a great system and it deserved to be out there. My reply of course was that you couldn't teach by video, at least not to my definition of teaching. Teaching is having the ability to see and hear how your student is progressing, and if they are making mistakes, being able to correct them before they became serious habits. That's how Ed Parker did it and, in thinking about it, regardless of subject, that's how every teacher I ever had did it. How terrible it would be to have a student thinking he or she was getting it, only to learn later that they had it all wrong, or even slightly wrong. Wrong is wrong.

Then, as you probably also know, the idea hit me that with the advent of the Camcorder we could have a real, almost-live, relationship with our students. We could see and hear them doing what we were teaching and it could all be done with video.

Well, that's all history that you've heard or read before. What you might not know is that even then we knew we needed an actual Freestyle Fighting Tape. Unfortunately, we couldn't figure out how to go about teaching Freestyle Fighting on video. Freestyle Fighting is so personal that if you teach someone what you do, it might not fit them at all and you might have done more harm than good, but we knew we needed to at least try.

In keeping with the definition of teaching as stated above, we would have to see our students freestyle fight in order to correct any mistakes and to guide them along on their way to getting it right. That's tough enough when you are physically working with a student, let alone on video. It's tough but you can make progress, if it's done properly and carefully.

We started out by having the students who were testing for their Black Belt show us their freestyle fighting abilities by doing a two-minute match at the end of their Black Belt test. In the beginning we just wanted to see where they were. We immediately

discovered that was going to be too little, too late. We needed to see it sooner, so we began to ask for a couple of two-minute matches at the end of their Brown Belt test. That was better, but still not good enough so eventually we asked to see the matches even sooner, to have more time to work with them. That helped. We were able to tell them what they were doing wrong and how to improve it and we showed them some of our favorite moves but we knew we needed more. Vic and I are only two people and while we have seen the best and learned some great moves from them over the years. We still have our favorites which work for us and which we rely upon heavily, but there is a world of techniques out there and what works for Vic and myself might not work for you, so we decided to tap into that wealth of information and concepts by going to our Black Belts.

When we began teaching by video, we had only a few Black Belts and our pool of talent was slim to say the least. Now, with the abundance of gifted people available to the IKCA, we are putting together a roster to be envied by any organization. We have people who can do things I only wish I could do. But even though I can't, maybe you can. A particular technique might be just right for you and even though I know it, I probably still wouldn't teach it because it simply doesn't feel right for me. In some cases I do teach what doesn't feel comfortable to me. I'll teach it because I feel it might work for you, but our normal tendencies lean toward doing what comes naturally.

From what we have on tape, as of now, I can see that we did the right thing. Our people are demonstrating and breaking down techniques that you could never pick up just by seeing them done in a freestyle match or tournament. Some are just too tricky or really too fast and get past you before you are ready for them. Now that we have several segments finished, we are showing what we have to those Black Belts we still want to contribute to the final production. We are doing this because several of the techniques done by our best people are very similar to what has already been videoed and we wish to keep the repetition to a minimum. The philosophy of teaching by video remains the same as it was with our first series: we don't have to shoot something over and over, just shoot it from the angles that you know cover it best and then move on. If the student wants to see a technique or just a part of a technique over and over, fine, rewind it and watch it as many times as you need to.

In other cases we will present a particular technique more than once, because people will often have different approaches and sometimes slight, but significantly different, ideas on its presentation. One instructor might add moves, before or after the technique that enhances it. The other instructor might cover a completely different aspect of the technique.

In one case, Mr. Robert Temple shows an attacking technique that the BKF calls "Check, over and under." Then in a later segment Mr. Steve Muhammad shows the same technique. The unique and exciting thing that makes their segments so different is that Mr. Temple demonstrates how to learn this technique by training with a partner and Mr. Muhammad shows a variety of follow-up offensive moves, as well as several defensive moves that can be used to counter the technique.



Robert Temple (L) working with Jarad Terry doing "Partnership Training" using focus gloves.

I feel so privileged to be the one who is directing the videotaping as well as doing the editing. As you may, or may not know, the process of editing is one of the most important elements in filmmaking, which is the same for video production and it takes hours upon hours to do, which is a great learning experience for me. I sometimes have to watch a particular segment half a dozen or more times to decide which angle would be best for the sake of the video and the viewing audience.

Then I watch it again when it's being placed into the production, then again to see how it fits in that particular spot. What a great job. I get to see it and learn it, all while doing functions vital to the final product. However, even before that, comes the process of deciding what to shoot and how to shoot it. Then comes the task of communicating those needs to the people who are going to be presenting their skills. This isn't like a movie where you write the story and dialogue and have professional actors to work with. Our people are pros at what they do but not necessarily professionals in front of a camera, which can be quite intimidating, so it's my job to put them at ease and get the best performance from them that they are capable of. On the up side is the fact that many of our people have been teaching for so long that if we can get them to approach this as just another class, it can eliminate the intimidation and make everything run very smoothly.



Steve Muhammad (R) with a front kick against Haaru Lee during demonstration in "Slow Fighting."



Vic LeRoux (R) shoots a hooking heel to John Barnett's head, demonstrating a "Blind Depth Zone" shot.

When Vic did his segment, he did it from beginning to end, with just one take per technique. No problem, but then Vic gets a lot of time in front of the camera doing the Video Test replies.

Glen Lyman who just tested for - and passed - his Sixth Degree Black Belt Test did, the same. He rolled in knowing exactly what he wanted to do and did it just as smoothly as it could be done. And wait until you see the material Glen covers. He has some moves that will fake you out of your you-know-what.

Some have told me that this was their best video experience yet. Mr. Temple said that he has never liked anything he has done on video before now, but loves his spot on this tape. And well he should, it's great. In fact, Vic and I were so impressed with it, the day he did it, we asked him if he could run a class on it at the Long Beach Seminar last March and it was the hit of the Seminar. Everyone who took his class raved about it.



Glen Lyman (L) exhibits an off-angle strike on Curtis Tate, from the technique "Up the Circle."

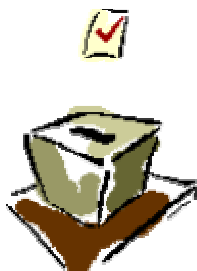
These tapes (yes, it looks as if this will be a *two-tape series*) will include more than just pure movement. We feel it's important for our people to know all of the whys and wherefores of freestyle fighting and how it differs from street fighting, as well as the

differences between freestyle in the dojo and tournament fighting. We want them to understand the difference between being primarily an offensive or defensive fighter. To me personally, a complete knowledge of the various zones, and how to use them, is one of the most important elements in freestyle, or for that matter, any other kind of fighting, which we feel is important to cover in detail, so there is some explanation before the actual moving begins.

The thing that has concerned us the most about Freestyle Fighting Videos is the fact that once you have them, how will you know whether you are doing it correctly or not? Well, first of all, we still intend to see all of our student's freestyle as part of the regular curriculum starting at their Blue Belt test. And secondly, because of the very nature of freestyle you should be able to figure it out for yourself. If you're doing a technique correctly you will be making the points you're supposed to be making, and if you aren't, your opponent will be getting the points he's going for. Or, on the street you'll be doing the thumping or you'll be getting thumped Either way, you should know after a short period of practicing them if these freestyle techniques are working for you or not. If the answer is that they are not, then when we see you trying to put them to use on your video test, we will be able to give you suggestions as to what you might be doing wrong or could be doing better.

We recently had some serious video equipment problems but with the purchase of the necessary new gear, we are now back on track and the entire production is once again progressing smoothly and steadily. This is high on our list of priorities and it would be great if we could announce the availability of these tapes as soon as the next Newsletter, but like anything of this nature, we hesitate making any promises because we've seen the devil jump up more than once under these circumstances. So, we will keep you informed and up to speed on this project. I guess you can tell how excited we are about it. It's been a long time coming.





THE VOTE IS IN AND THE DATES ARE SET

If you recall, in the last issue of the Newsletter, we asked you what dates you would prefer for the Seminar in Amite, Louisiana and for the Seminar/Tournament in Long Beach, California.

The response we got was practically unanimous. It went like this: just about any time in April, was okay with everyone for the Louisiana bash, so the upcoming one will be Friday the 11th and Saturday, April 12, 2003. The dates for Long Beach were very specific. Friday the 15th and Saturday, August 16, 2003, turned out to be the dates almost everyone wanted

In the past, we tried to make it easy to remember when these events would be held, by making them the *second* weekend of March for Long Beach, and the *second* weekend of June for Louisiana. We won't be able to do that with the Louisiana trip in the future because we will not hold any event on a holiday weekend. Because Easter Sunday is never on the same weekend, it will have to be determined each year when it will be for the following year, so that's what we'll do. Each year in Louisiana we will look at the calendar for the following year and choose the weekend then and there. In the meantime, don't worry about it. Because the Long Beach Tournament for 2002 has already been held, there won't be another until next August, which means you have the better part of a year to make your plans.

We will still be reserving a block of rooms at the SeaPort Marina Hotel for the event but remember, now that it's going to be held in the summer, the hotel will fill up more rapidly than it did in the past when it was held in March. That of course was one of the reasons people wanted it in August. It's summertime and vacation time. Now you can combine your favorite event with your vacation.

As far as moving the Louisiana Seminar to April, it just made good sense. The weather is better and it gives you more time between events to recoup your finances in case you would like to attend both, and many people do.





ANOTHER INTERNET INNOVATION

W

e have been trying to get our quarterly Newsletter onto the Internet for some time in its entirety because of the many advantages it offers. And we've finally done it, complete with a **Members Only Password** to access it.

Actually, the Members Only Password allows you access to an entire section for Members Only. The latest newsletter is only one of the things you will find there. In addition you will be able to download items such as the **Off Camera Dialogue Booklet** that you had to send for in the past if you misplaced yours. And the *forms* an instructor uses to critique the tests. The same with **Training Aids** such as the sheets that show the *Semi-circle* in the IKCA Black Belt Triathlon, done at the Long Beach Tournament annually. There are four sets of techniques that are the most popular in the competition and these are shown from the positions from which they are most often used. In the past you had to attend one of our Seminars or Tournaments to receive this material but now it's there on the Internet for you.

In the Members Only Section you will also find an **IKCA Member Feature Website**, this quarter featuring Cadena's Kenpo Karate.

There is also a **Graphics Library** that contains photos not found on the rest of the Website and other things such as the **IKCA Salutation Plaque** that describes what each movement and element of the Formal Salute means. The symbolism and philosophies behind each movement or hand position are described and broken down. This also is not found anywhere else on the Website.

We will be adding more as time passes. If you can think of anything that you would like to see in the Members Only Section, please let us know and we'll do our best to get it on.

In order to get the password you must be a "***Member In Good Standing***", which as you know means that you are abiding by the Bylaws and Creed of the Karate Connection and that you are current with your dues.

In the past we have admittedly been lax and remiss in keeping track of who is current and who has fallen behind on their dues, and while many members may still be receiving the Newsletter they will not be able to access the password until they become current. So take a look at your latest Membership Card and at the expiration date on the "From – To" line. In spite of the fact that you might be seriously behind or even if you have been dropped from the roles, we will be happy to reinstate you as of the date you send in your renewal dues. We don't ask that you make up the time between when your membership expired and now. That way you can access the future Newsletters on the website as well as all of the other information you will find there.

Another reason we put the Newsletter on the Website is that, if you don't mind getting it there instead of having it sent to you, the Association would greatly appreciate it because it will save time and money that can be put to other endeavors, such as ***more videos***. Our time and resources are limited and we would much prefer to spend them where they will do the membership the most good. We have tried to delegate a lot of the routine work to those not involved in video production so we can get as much product to you as possible. We feel our understanding of that aspect is much more valuable to you than our diligence in getting routine paperwork out to you. Or for that matter, even renewal notices about your dues.

So when you send in your email request for the password, please tell us that it would be all right to remove your name from the Newsletter database. The really great part of getting the Newsletter on the Internet is that it has exactly the same content as this printed version, and you don't have to turn pages and read it printed in a ten point font. You get to scroll down the page and read it in twelve point font or go to the percentage feature at the top of your screen, to the tools menu, and select as large a page size that you feel comfortable with. Mine goes all the way up to 500%. Of course that would only give you four or five words a line but you could read it from across the room. Another advantage of the Internet is that we can put the photos on in color and larger than we can in the printed version. God, I love technology! We can do so much more than we could just a few years ago, it blows us away. Every day that passes keeps getting better and better.

But we do feel that our greatest asset is our ability to do the most important thing we have to offer to you, and that of course is video training. It's video training that the IKCA was founded upon and it's still the heart and soul of the program. Without it, there is no program and we feel we should work as hard as we can toward bringing you as much as we can with the time we have left. We ain't gettin' any younger and we want to concentrate on that more than anything else. Time is relative of course and what seems an eternity, like when a kid is waiting for the bike he knows he's going to get at Christmas, a couple of months is a lifetime to him. For us, the next ten years can fly by in a wink and I personally don't want to have to look back and wish I had done more.

THANKS FOR YOUR COMMENTS ON THE UPCOMING AMENDMENTS TO THE IKCA BYLAWS



In the last issue of the Newsletter we wrote about the intended additions to the Bylaws for the purpose of assuring a smooth transition from the present leadership to what will come in the future. Remember, we said that we have no plans to stop doing what we are doing as far as the IKCA is concerned and if anything, at present, we are even more involved than we have ever been. We just want things to go easily from the current administrators to all of those in the future.

We received only one comment of concern, and it was voiced by a couple of people. It was of the possibility of someone of high rank coming into the IKCA from another style and passing all the tests at ninety percent having his or her rank recognized. The people expressing their concern thought that there might be some sort of time consideration put upon those of 5th Degree and above to make sure they have been IKCA people long enough to clearly understand what the organization is all about as well as appreciating the needs of the members from a longstanding members point of view.

I think those concerned were placing too much emphasis on the function of what we referred to as the *Committee* made up of the *Senior Black Belts* (those ranked 5th Degree and above). No individual in that Committee can change anything concerning the Bylaws. In fact, the entire Committee as a whole can change nothing in the Bylaws. It takes a two-thirds majority of the voting members, or in some cases the vote is limited to the Black Belts to make a change, add an amendment or delete anything presently in the Bylaws. All the Committee can do is organize the vote to elect an *Acting Chief of Affairs* who would be in charge of overseeing all promotions during his or her term in office. As to the powers of the Acting Chief of Affairs, he or she will be limited to granting or denying rank based upon the tests received, and nothing more.

As soon as that was clarified, all those expressing concern said they were satisfied and didn't read that part thoroughly enough.

That was the point of creating the Bylaws in the first place. Once a governing Proclamation is established and accepted by the membership, it stays in place permanently. It can't just go away or be changed by an individual or core group of individuals. It requires a vote and a majority to change anything. Once set in motion, even the founders and creators are bound by it, and are powerless to arbitrarily make changes.

Thanks for your comments and concerns. We are working on the final draft that will be voted on in the not-too-distant future.

BLACK BELT GALLERY



One of the unique facets of the International Karate Connection Association is the variety of backgrounds our members come from. It's one of the reasons this feature came about. The subject of our profile this quarter, 6th Degree Robert Barnett of Rossmoor, California comes from the background of business and finance.

A native of North Carolina, Bob was raised in Wilmington, Delaware. Attending college at USC, he went on to graduate school receiving an MBA from Cornell University. Seeking to utilize his degree, Bob embarked on a career with Union Bank as a vice president. Eight years ago he accepted an early retirement from Union Bank and for a short time worked with an IBM subsidiary. Bob now works as a full time fitness trainer while also managing a web site design business. Coming from an athletic family with his father being elected to the College Football Hall of Fame, Bob began weight training and was a competitive power lifter in the 1970s, rising to the #2 ranking in the world in his weight division. "A British lifter who I highly respected was #1. We were constantly neck and neck in the competitions," said Bob.

Bob's exposure to fighting arts began at a young age. Starting in Judo, he attained a brown belt ranking before moving on to Golden Gloves boxing. His first exposure to Karate came under Tonny Tulleners, the famous fighting student of Shotokan Master

Takayuki (Tak) Kubota. Bob went on to achieve his 1st Degree Black Belt in Shotokan in 1969. He began his study of Kenpo in the Tracy franchise system, continuing his studies through Rick Snyder and David German (TAI Karate). In the recent past he has supplemented his Kenpo background with studies in Gracie's Brazilian Jiu-jitsu, studying under Rorian Gracie. "I rely on my Kenpo for the standup fighting and my Jiu-jitsu for the ground fighting!" Bob relates.

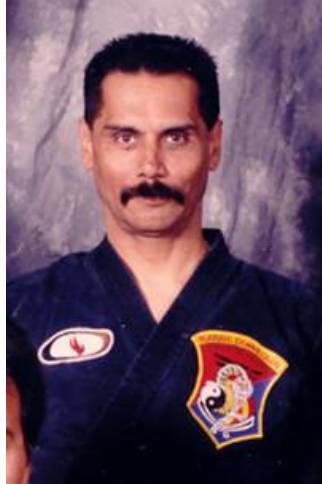
Bob's involvement with the Karate Connection began with ordering the preview video, like most of us, but then things took a strange twist. Bob lives near Chuck Sullivan and Vic noticed how close the addresses were when processing the video request. In fact, they had both seen Bob working out with his students. They invited him over to see what the IKCA was all about. Bob liked what he saw and is a regular student of Chuck's to this day. "I have thoroughly enjoyed my involvement with the IKCA", Bob says. "What I like most about the program is the feedback that it gives the students. That's what sets it apart. The diligence and scrutiny that the students undergo is intense", he continues. "The video feedback is a tremendous teaching device, and the interaction is excellent." Bob had the pleasure of attending a couple of Amite seminars and was given the privilege of being the head judge at the 2nd Annual IKCA Championships in Long Beach. "I was impressed with what I saw. The video students were very good", he said. "Keep up the good work!" When Bob praises video, he's not just talking, he puts it into practice. This is actually the second time that Bob has appeared in the IKCA newsletter. His private studio, complete with a built-in video taping system, was featured in the April-May-June 1996 issue.

When asked for words of wisdom to pass along to his fellow IKCA members, Bob says, "What impresses me the most about the Karate Connection is the fact that it teaches dignified behavior for the martial artist, not just the mechanics of the art. Character first and skills second, that's the way it should be. Those signs are the embodiment of the true martial artists, like our teachers." Thanks for the reminder, Bob.

-Bill Parsons, IKCA Member



BLACK BELT GALLERY



In the high-tech surroundings of the Silicon Valley of Northern California, there is good old-fashioned Kenpo action going on. The city of San Jose is home to Gonzales Kenpo Karate, with IKCA 6th Degree Roland Gonzales at the helm. Roland has the distinct honor of heading up the first affiliate school of the International Karate Connection Association.

Beginning in the martial arts when he was only 15, Roland came to Kenpo in a roundabout way, studying with various instructors and coming, in his words, “closer and closer to Kenpo”. Starting in Shotokan under Steve Garcia, he transitioned to Kenjubukai under Eddie Savadra. Roland then had the opportunity to study the Danny Pai system of Gung Fu known as Kou Shu. Under instructors Christopher Casey and James Craven, he describes learning Kou Shu as “Gung Fu with lots of Kenpo, and an emphasis on the Five Animal Forms.” After spending a short time in the Tracy system of Kenpo, Roland began studying the Parker system of Kenpo with John Sepulveda under the auspices of the IKKA.

During this time, Roland began to notice on the tournament circuit that Kenpo forms were not doing well against the Gung Fu forms. Sepulveda’s Kenpo Invitational was a well-known tournament sponsored by his instructor. Roland used this event to begin a tournament career showcasing Kenpo forms. Over a three-year period (1982-1984) he established himself as the one to beat in the California tournament scene when it came to forms, accumulating over 400 trophies! In his last year of competition, Roland was honored as Competitor of the Year by the California Karate League.

Roland's association with the Karate Connection began with a Black Belt Magazine advertisement. He had numerous phone conversations with Chuck and Vic before deciding to make the trip from San Jose to Los Angeles to check out this new "style" of Kenpo. Roland was pleased with what he observed. It turned out to be the first of many trips to the studio at Chuck's house. He recognized a system of Kenpo that was straightforward, streamlined but not diluted, and had techniques that could be mastered in 2-3 years. "It really is the best thing on the market," he says. But one thing impressed Roland more than anything else. "Chuck and Vic treated me like I was their brother. Really a class act. I have never forgotten that!" Roland continues, "One of my major concerns was that they were in it for the money. That's just not the case. They are in it for the Kenpo." It was at this time that the IKCA was being formed. "When I started with the Karate Connection, there was no association," Roland relates. "Chuck and Vic were making trips upstate to my school and Doug Meeks's school in Napa. Those were some intense weekends!" Roland and his students are avid supporters of the annual IKCA Tournament and Seminar in Long Beach. "I missed the third one due to circumstances, but you better believe I'll be there again."

Though Roland's commercial school recently closed, he still teaches about twenty-five students out of his home studio. "I teach the Karate Connection curriculum supplemented with the Parker system," he states. The one thing that he likes is that the Karate Connection is "developing and modernizing". Though the base requirements have not changed, more material is being considered, like the Two Man Set and the Staff Set. "It's not staying stagnant." Roland explains, "You can see that in the way the required extensions have changed and the requirement for the students to develop their own extensions. This the way the art grows and develops."

Roland's experience with the IKCA has been entirely on a face-to-face level with Chuck and Vic. Yet he realizes the challenges that video students face, primarily with motivation. "I've seen the video students at the tournaments and seminars, and they looked good!" he says. With that in mind, Roland offers some advice for those studying by video. "The first thing is to try to find other IKCA practitioners nearby. Work out times you can meet on a regular basis. Having a live body to practice on (and be practiced on) is very helpful. Also, don't speed down the course, take your time. Start at the beginning and go to the end. Don't jump around in the material. Each tape builds on the one prior to it. Most of all remember that there is no hurry! I recommend spending 3-4 months per tape before you even consider testing. Above all, don't ever hesitate to ask questions, that's what the IKCA is for."

One of Roland's favorite memories is mentioned in the very first IKCA Newsletter. The article Name That Technique came about as a result of Roland's visits to the L.A. studio. "We had always learned the Parker system techniques by names, and it was helpful to me. When I began studying with Chuck and Vic, the Karate Connection techniques had no names, so I was naming them myself so I could remember them. I remember calling what is now Beheading the Dragon by the name of The Immortal Man, or something like that. Chuck and Vic liked the idea, so they held the contest you see in the newsletter. I like to think it's a neat contribution. It was fun, and it makes learning easier." So the next time you catch yourself referencing the IKCA techniques by name, say a word of thanks to a true martial artist, Roland Gonzales.

-Bill Parsons, IKCA Member

DID YOU BLOW IT?

If you didn't buy an UltraMan Life-size Dummy –
you really did blow it!



The price on the UltraMan was just too incredible to last, and it hasn't. What was \$199.95 is now \$299.95. I know, you're saying, "Wow, a hundred dollar increase, how can they justify that?" Let us give you a little history on the UltraMan.

When we first contacted Ringside to manufacture the Dummy for us, it just happened that they already had a life-size upper-body that they had designed. It was different from our design in that it didn't have legs and couldn't stand independently. It was intended to be carried by someone. Unfortunately, it was too heavy and cumbersome and didn't work, or sell, the way they hoped it would, so the materials just got put into a warehouse and forgotten, until we came along and showed them our design. At that time they figured they could use what they had already written off as a loss, and their upper-body design incorporated really well with our overall design, so everyone came out a winner, because they were able to offer us a really fantastic price, which we passed on to you. What they had not figured on was that in time they would run out of those old materials and eventually need to reorder. When that time came they did what they needed to do and business went on as usual, with us ordering them and Ringside making them. Until someone on their side finally sat down and calculated what the new materials were costing them. When they did, they discovered that they were losing approximately twenty-seven dollars per unit. Not only had the canvas outer shell gone up in price, but so had the interior foam and their labor costs. About the only thing that had stayed close to the same was the steel for the frame. They told us that they would have to discontinue the UltraMan unless they could refigure the price, and the way it came out, the retail price would have to be raised by one hundred dollars to make it feasible for them to continue.

We knew our original price was too low from the outset but we were happy to be able to offer it to our members. When compared with the other life-size dummies even at \$299.95 it's still a bargain. Especially considering the price includes all of the shipping and handling charges. Plus, we have seen and used many of the others and still feel that the best design and materials have gone into UltraMan from the beginning.

If you were able to get yours at the original price, *good for you*. If not don't wait too long, even at this price. Nothing stays the same for long and who knows what lies in store for the future of UltraMan. The worst possibility is that Ringside would consider it too low a profit margin and discontinue making them. That would hurt us all because it is still the best piece of equipment you can have for your personal training regime. There is nothing that can replace hitting the targets we take for granted, with full power and force and being able to see, hear and feel the results of each strike.

We never get through a class here at Headquarters without spending at least some time on the UltraMan. *He is indispensable and irreplaceable!*



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.

Toni Burghout	Ontario, CAN	Green Belt
Sara Mireles	Corpus Christi, TX, USA	Yellow Belt
Sabrina Mireles	Corpus Christi, TX, USA	Yellow Belt
Riley Stowe	Corpus Christi, TX, USA	Yellow Belt
Jarett Ramirez	Corpus Christi, TX, USA	Yellow Belt
May Lin Meisenheimer	Corpus Christi, TX, USA	Yellow Belt
Brandon Everett	Corpus Christi, TX, USA	Yellow Belt
Ryan Hebner	Corpus Christi, TX, USA	Yellow Belt
Ricky Pro	Corpus Christi, TX, USA	Yellow Belt
Conrad Simmons	Corpus Christi, TX, USA	Yellow Belt
Lauren Ritter	Corpus Christi, TX, USA	Yellow Belt
Adam LeBlanc	Corpus Christi, TX, USA	Orange Belt
Michael Ritter	Corpus Christi, TX, USA	Orange Belt
Jaime Lee Davila	Corpus Christi, TX, USA	Orange Belt
David Beau Davila	Corpus Christi, TX, USA	Orange Belt
Patricia Perdomo	Corpus Christi, TX, USA	Orange Belt
Dave Martinez	Corpus Christi, TX, USA	Orange Belt
Jose G. Caceres	Corpus Christi, TX, USA	Orange Belt
Tracy Crownover	Pisgah, AL, USA	Orange Belt
Kyle Reese	Pisgah, AL, USA	Orange Belt
John D. Koeshall	Champlin, MN, USA	2nd Degree Black Belt
Derek Nobert	Edmonton, AB, CAN	Blue Belt
Kade Lloyd	Edmonton, AB, CAN	Purple Belt
Charles A. Gobs	Ashburn, VA, USA	Orange Belt
Lars Eriksen	Denmark	Orange Belt
Marty R. Josey	Durham, NC, USA	Blue Belt
Frank Wilkes	San Jose, CA, USA	1st Degree Black Belt
Enrique Resendiz	San Jose, CA, USA	1st Degree Black Belt
Arnold Arellanes	San Jose, CA, USA	1st Degree Black Belt
Thomas L. Driver	Silverdale, WA, USA	Orange Belt
Tony Ramon	Falfurrias, TX, USA	Purple Belt
Violeta Garza	Falfurrias, TX, USA	Purple Belt
Albert Garcia	Falfurrias, TX, USA	Purple Belt
Tony Ramon	Falfurrias, TX, USA	Blue Belt
Josh Valdez	Corpus Christi, TX, USA	Yellow Belt
Robert Gibson	Pisgah, AL, USA	Orange Belt

Kevin Johnson	Pisgah, AL, USA	Yellow Belt
Joe Pittman	Pisgah, AL, USA	Yellow Belt
Brenae Bradford	Pisgah, AL, USA	Yellow Belt
Hannah Pittman	Pisgah, AL, USA	Yellow Belt
Andy Allmon	Pittsburg, KS, USA	Yellow Belt
Tammy Allmon	Pittsburg, KS, USA	Yellow Belt
Dennis Totman	Pittsburg, KS, USA	Purple Belt
Mike Klein	Pittsburg, KS, USA	Yellow Belt
Brian Walrod	Pittsburg, KS, USA	Orange Belt
Mike Sisk	Pittsburg, KS, USA	Orange Belt
J.D. Webster	Pittsburg, KS, USA	Orange Belt
John Mynatt	Pittsburg, KS, USA	Purple Belt
Mike White	Pittsburg, KS, USA	Blue Belt
Amber Farris	Napa, CA, USA	Brown Belt
Nick Cavanaugh	Napa, CA, USA	Green Belt
Dennis Weir	Pittsburg, KS, USA	Blue Belt
Anthony Weir	Pittsburg, KS, USA	Blue Belt
Victoria Jackson	Pittsburg, KS, USA	Blue Belt
Holly Jackson	Pittsburg, KS, USA	Blue Belt
Brent Fox	Shoreview, MN, USA	Blue Belt
Roy Englund	St. Louis Park, MN	Blue Belt
David Ripple	Debary, FL	Brown Belt
Clint Brannon	McAlester, OK	Purple Belt
David R. Gallegos	Las Vegas, NM	Orange Belt
Joseph Boncato	Vallejo, CA, USA	Orange Belt
Meagan Mafnas	Vallejo, CA, USA	Orange Belt
Marielle Fabie	Vallejo, CA, USA	Orange Belt
Kristin Montecillo	Vallejo, CA, USA	Orange Belt
Melanie Cuesta	Vallejo, CA, USA	Orange Belt
Joshua Spangler	Vallejo, CA, USA	Purple Belt
Robert Whitlock	Vallejo, CA, USA	Purple Belt
Benjo Vilar	Vallejo, CA, USA	Purple Belt
Nathan Ednalaga III	Vallejo, CA, USA	Purple Belt
Andrew Sacdalan	Vallejo, CA, USA	Purple Belt
Russell Francisco	Vallejo, CA, USA	Purple Belt
Ryan Francisco	Vallejo, CA, USA	Purple Belt
Raymond Francisco	Vallejo, CA, USA	Purple Belt
Nicholas DiRobbio	Johnston, RI, USA	Blue Belt
Jessica Kozlowski	Johnston, RI, USA	Orange Belt
Daniel Kincade	Pittsburg, KS, USA	Blue Belt
Randy Rakestraw	Pittsburg, KS, USA	Purple Belt
Walter Kincade	Pittsburg, KS, USA	Orange Belt
Mike Walden	Pittsburg, KS, USA	Orange Belt
Kerry Hatley	Midland, TX	Brown Belt
R. Craig Hudson	San Jose, CA, USA	Orange Belt
Sean Mitchell	Holyoke, CO, USA	Purple Belt

Anthony Phung	Vallejo, CA, USA	1st Degree Black Belt
Lambert Cheung	Calabasas, CA, USA	Blue Belt
Jacob Hee	Vallejo, CA, USA	Blue Belt
Genesis Yrad	Vallejo, CA, USA	Blue Belt
Christopher Milan	Vallejo, CA, USA	Blue Belt
Stefan Empleo	Vallejo, CA, USA	Blue Belt
Roman Empleo	Vallejo, CA, USA	Blue Belt
Jed Umbao	Vallejo, CA, USA	Blue Belt
Jeffrey DeLuna	Vallejo, CA, USA	Blue Belt
James DeLuna	Vallejo, CA, USA	Green Belt
Chris Moises	Vallejo, CA, USA	Brown Belt
Kyle Reese	Pisgah, AL, USA	Orange Belt
Zachary Ward	Pisgah, AL, USA	Yellow Belt
David Caskey	Hermosa Beach, CA, USA	Yellow Belt
David Caskey	Hermosa Beach, CA, USA	Orange Belt
Ivan Salladay	Paramount, CA, USA	Orange Belt
Ryan Lockmen	Paramount, CA, USA	Orange Belt
William Moses	Paramount, CA, USA	Orange Belt
Ramsey Luke	Paramount, CA, USA	Orange Belt
Chris Grant	Paramount, CA, USA	Orange Belt
Cyrus Ghahreman	Paramount, CA, USA	Green Belt
Rubin Uribe	Paramount, CA, USA	Brown Belt
Michael Liddy	Australia	Yellow Belt
Tom Handley	Australia	Yellow Belt
Georgie Scrima	Australia	Yellow Belt
Barrie Townsend	Australia	Yellow Belt
Daniel Ptifield	Australia	Orange Belt
Thupten Asohar	Australia	Orange Belt
Nikita DeCristofaro	Australia	Orange Belt
Cory Knight	Australia	Orange Belt
Jake Spears	Australia	Purple Belt
Tim Barnes	Australia	Purple Belt
Joe Sabin	Spring Hill, TN, USA	Orange Belt
John Sabin	Spring Hill, TN, USA	Orange Belt
Randy Maker	Spring Hill, TN, USA	Orange Belt
Joseph Santana	Spring Hill, TN, USA	Orange Belt
Alec Laura	Spring Hill, TN, USA	Orange Belt
Brandon Alspach	Spring Hill, TN, USA	Yellow Belt
Harry Wilford, Jr.	Casa Grande, AZ, USA	3rd Degree Black Belt
Marty Ryan	Rockville, MD, USA	2nd Degree Black Belt
Dorothy Kelly	Ontario, CAN	Orange Belt
James Holan	Irving, TX, USA	Green Belt
Derael Advincula	Vallejo, CA	Purple Belt
Thomas L. Driver	Silverdale, WA	Purple Belt
Ray Soto	San Jose, CA	1st Degree Black Belt
Terry Rush	Manitowic, WI	1st Degree Black Belt



ix R. Najera
aheim, CA
liam Parsons
Jamie Corvaia
Chelsea Delorenzo
Eric Dietrich

Anaheim, CA, USA
Santa Ana, CA, USA
Raleigh, NC, USA
Franklin, NC, USA
Franklin, NC, USA
Franklin, NC, USA

Purple Belt
Purple Belt
Green Belt
Yellow Belt
Yellow Belt

AA

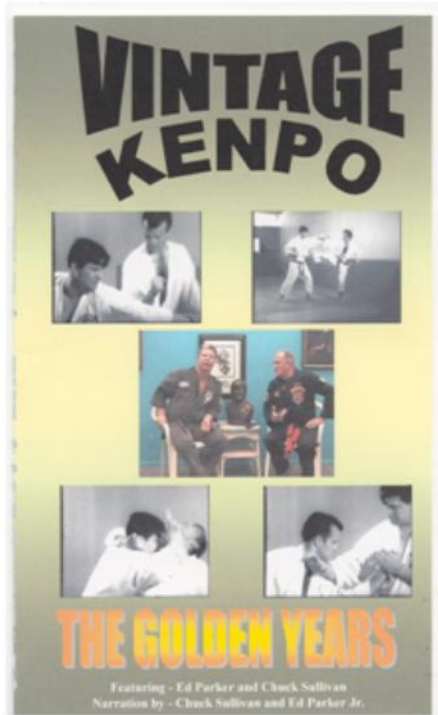
David Vanginkel	Manitowoc, WI, USA	Blue Belt
Bridget Vanginkel	Manitowoc, WI, USA	Yellow Belt
Bridget Vanginkel	Manitowoc, WI, USA	Orange Belt
Bridget Vanginkel	Manitowoc, WI, USA	Purple Belt
Bridget Vanginkel	Manitowoc, WI, USA	Blue Belt
Maureen Lehman	Manitowoc, WI, USA	Blue Belt
Maureen Lehman	Manitowoc, WI, USA	Green Belt
Cady Lehman	Manitowoc, WI, USA	Yellow Belt
Cady Lehman	Manitowoc, WI, USA	Orange Belt
Cady Lehman	Manitowoc, WI, USA	Purple Belt
Cady Lehman	Manitowoc, WI, USA	Blue Belt
Nick Lehman	Manitowoc, WI, USA	Purple Belt
Nick Lehman	Manitowoc, WI, USA	Blue Belt
Nick Lehman	Manitowoc, WI, USA	Green Belt
Nick Lehman	Manitowoc, WI, USA	Brown Belt
Terry Rush	Manitowoc, WI, USA	Blue Belt
Terry Rush	Manitowoc, WI, USA	Green Belt
Terry Rush	Manitowoc, WI, USA	Brown Belt
Chris Rush	Manitowoc, WI, USA	Blue Belt
Chris Rush	Manitowoc, WI, USA	Green Belt
Chris Rush	Manitowoc, WI, USA	Brown Belt
Dan Rush	Manitowoc, WI, USA	Purple Belt
Dan Rush	Manitowoc, WI, USA	Blue Belt
Dan Rush	Manitowoc, WI, USA	Green Belt
Dan Rush	Manitowoc, WI, USA	Brown Belt
Barb Rush	Manitowoc, WI, USA	Purple Belt
Samantha Gretz	Manitowoc, WI, USA	Yellow Belt
Samantha Gretz	Manitowoc, WI, USA	Orange Belt
Samantha Gretz	Manitowoc, WI, USA	Purple Belt
Samantha Gretz	Manitowoc, WI, USA	Blue Belt
Mary Liebe	Manitowoc, WI, USA	Purple Belt
Mary Liebe	Manitowoc, WI, USA	Blue Belt
Mary Liebe	Manitowoc, WI, USA	Green Belt
Mary Liebe	Manitowoc, WI, USA	Brown Belt
Dan Liebe	Manitowoc, WI, USA	Purple Belt
Dan Liebe	Manitowoc, WI, USA	Blue Belt
Dan Liebe	Manitowoc, WI, USA	Green Belt
Michelle Gretz	Manitowoc, WI, USA	Yellow Belt
Michelle Gretz	Manitowoc, WI, USA	Orange Belt
Michelle Kanzelberger	Manitowoc, WI, USA	Purple Belt
Michelle Kanzelberger	Manitowoc, WI, USA	Blue Belt
Destiny Meyers	Pittsburg, KS, USA	Yellow Belt
Brian Walrod	Pittsburg, KS, USA	Purple Belt
John Mynatt	Pittsburg, KS, USA	Blue Belt
Mike White	Pittsburg, KS, USA	Green Belt
J.D. Webster	Pittsburg, KS, USA	Purple Belt

Lambert Cheung
 Melinda Brooksher
 Amanda Mitchell-Carrier
 Kaleb Brooksher
 Mike Walden
 Jeremiah Jones
 Gary Dowse
 Steven Pannuzzo
 James Brooksher
 Glen Lyman

Calabasas, CA
 Pittsburg, KS, USA
 Pittsburg, KS, USA
 Pittsburg, KS, USA
 Pittsburg, KS, USA
 Pittsburg, KS, USA
 Australia
 Australia
 Pittsburg, KS, USA
 Cedar City, UT, USA

Green Belt
Orange Belt
Yellow Belt
Yellow Belt
Purple Belt
Orange Belt
Purple Belt
Yellow Belt
Green Belt
6th Degree Black Belt

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Back in 1962 a young Senior Grandmaster Ed Parker and an
 equally young Grandmaster Chuck Sullivan, who were just Ed
 and Chuck in those days, filmed a series of, what is believed to be,
 the first training films on the subject of Kenpo ever produced. These films
 were created primarily to show Ed Parker and his system of *Kenpo in
 motion*. Something that, through the fifties and into the early sixties, had
 not been seen by many people. The films did exactly what they were
 intended to do, at the time, and were eventually retired. In time they
 became a collectors item, for those who were fortunate enough to have
 purchased them during that period.



Recently, Ed Parker Jr. and Chuck Sullivan got together to view
 these films. They each have a lot to say about the times and content of that
 rare footage and about the founder of the American Kenpo system, Senior
 Grandmaster Ed Parker, each from a different perspective. Their
 conversation and reactions were video taped and have been edited together
 with the vintage film into this fifty three minute production. The film
 shows Kenpo in its infancy and where the system began. You'll recognize
 all of the basics and several of the techniques, many of which are the stem
 core of today's techniques.

Because the films were transferred to video some years back they
 have remained in remarkably good condition and very little has been lost
 between what they were when they were produced and what they are
 today. These were truly the Golden Years of Kenpo and if you weren't
 lucky enough to have been there, you can relive it through this video.
 Enjoy!

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