

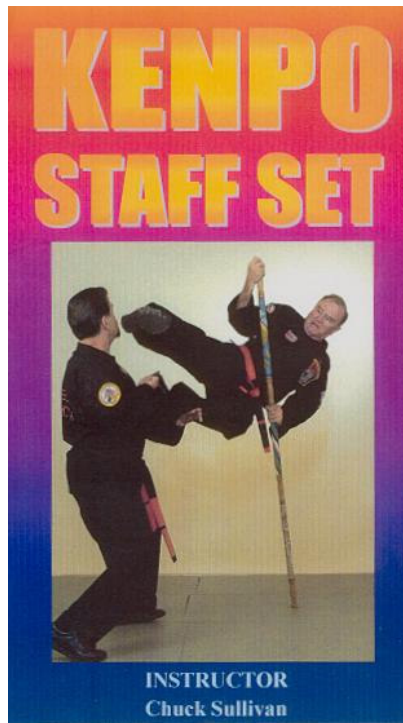
INTERNATIONAL KARATE
CONNECTION ASSOCIATION
NEWS



NEWSLETTER #35

2nd QUARTER 2003

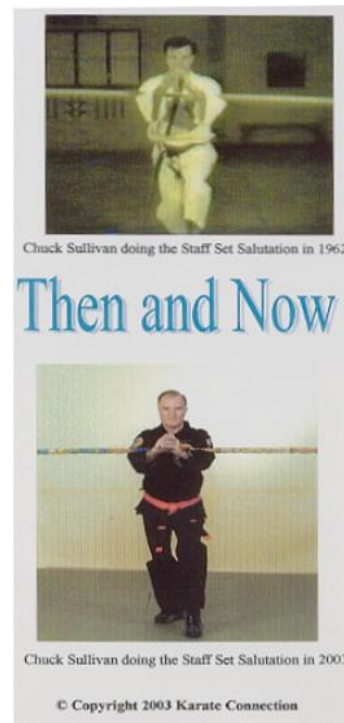
THE IKCA ANNOUNCES
TWO NEW VIDEOS
STAFF SET



Front Cover



Spine



Back Cover

Time certainly has a way of erasing certain memories. I really wish I could remember how long it took Ed Parker to teach me the Staff Set, but try as I may, I just can't remember a timeframe. It seems now like it didn't take any time at all, it's like he just showed it to me once and I had it. Yeah, right! We all know it didn't happen that way, but I just don't remember how long it really did take.

I wish I could remember because when I teach the Staff Set it takes a long time. I have tried teaching it at a seminar and didn't even come close to finishing it, and it isn't really that long a form. Every time I have taught it over the past few years, be it here at our regular workouts, to an individual student, or at a seminar I have been asked the same question, "Do you have this on video?" Up until now the answer has been "no" and I started feeling guilty because I knew it should be on video, so it got put on to the list of things to do. Well, it finally got done.

So now there is a video on the subject and if you have ever wanted to learn the Classical Kenpo Staff Set, here is your chance. Now you can learn it at your own pace and there isn't even a test. We would love to see how well you have learned from video and look forward to seeing you do it at one of our seminars.

From the tape you will learn each of the individual elements that make up the Set, as a drill, and then we will put the pieces together, with the transitions, transforming it into the final Set. At the end of the tape you will also see it as it was originally done back in 1962 when I performed it as Mr. Parker filmed it. Which is the beauty of this particular Set: it can't be changed, because the film tells the story and it's here forever in its original state.

Once again we are happy to offer a 25% discount to IKCA Members in good standing. The regular advertised price of this video is \$34.95 plus the usual shipping and handling, plus sales tax if you live in California, but for members in good standing of the IKCA, the price is only \$26.25 plus the S&H and tax for Californians. You know the drill.

Please send me the Kenpo Staff Set Video

NAME _____

ADDRESS

CITY _____ STATE _____ ZIP _____

PHONE _____ MEMBERSHIP # _____ EXP. _____

ENCLOSED PLEASE FIND \$26.25 per set
S&H \$ 7.90

A NEW BONUS VIDEO

We can't show you the cover for the new Bonus Video because there isn't one; at least not one like the Staff Set Video. You'll get this one in one of those plain white sleeves. But what is more important is the content of this video.

When we began teaching by video back in 1990, honestly, we didn't know to what extent we would be able to teach people using this method. We knew it was a viable means of teaching but we had no idea just how far we could go with it. We figured we would start with the basics and go from there. It seemed logical and it was. Begin with the single moves and build. So build we did.

Things started slowly at first. The first few tests that came in kind of surprised us, they didn't look bad at all. We checked them over and over and were pleased to discover that by-and-large the students were getting it. We had people who had never had so much as one class and they were doing the moves pretty well. They were actually doing them with an understanding, not perfectly but certainly well enough so that we could go back, and with a little coaching, get a much better performance on their next test. Then, of course, we eventually got some absolutely terrible tests. Some were so bad we actually wondered if they had even bothered to look at the Orange Belt tape at all.

Some of the most difficult cases involved people who had studied other Styles or Systems. They looked at our basics and saw only the similarities. At first glance they thought they had it. We lost some of them just as soon as we told them they had failed their first test. Others came back with a determination to get it, and they did.

Getting people past the basics is by far the hardest part of teaching any style of Karate but once you do, the rest of the journey is usually just a matter of time and dedication. Anyone who has that combination, generally speaking, can go all the way. But then the question becomes, where is all the way?

We thought that if we could just get the average student to master the basics, get a good handle on the Karate Connection techniques, perform the Master Form with smoothness and power and become fairly proficient at freestyle, we would have done our job. But in the back of our minds we had far greater aspirations. We didn't know if we would ever see it happen but we kept working toward it from the beginning.

What we wanted was for our students to be able to take the Karate Connection techniques and use them as what they were intended for, as a base for what was to come. And what was to come was the ability to do a base technique and then a portion of other techniques as the situation changed in the heat of combat. It has long been our belief that absolute control of a fight is lost after the first couple of strikes. Even the most predictable reaction, such as a kick to the groin can produce an unexpected result. Your opponent won't always double over as you would anticipate. He might do anything, from drop in a heap at your feet to simply keep on coming. You won't really know until it happens and when it does you had better be prepared for whatever comes. And the way to prepare for that eventuality is to do exactly what we do when we practice borrowing, blending and combining strikes onto our base techniques. It's that kind of

practice that gives the individual the ability to keep on striking no matter which way the opponent goes or what he does. You won't need to stop after the base technique and start again, which could give your opponent the opportunity to recover and retaliate. The instant you have decided that you must take action, the action doesn't stop until there is no longer a threat. Once you have your opponent on the defensive you never give him the opening to go back on the offensive.

One of the most advantageous elements of this kind of practice is that it forces you to "Think Kenpo", it gets your creative juices flowing, and that's so important when it comes to Kenpo and the Karate Connection. We don't want you doing things just because we say they work, we want you doing things that work for you, which you have proven to your own personal satisfaction through trial and error. Not everything we do works for everyone and not everything our people come up with works for us. What's most important is that it works for you!

If you are, or are planning to be an IKCA Instructor, you will be required to learn everything in the system so that you can pass it on to your students, but as far as your personal needs are concerned, you can take from the system what fits you best and concentrate on it for yourself. As an Instructor you will be encouraging your students to do the same for themselves. First, learn the system, then pick and choose for yourself what fits you best, to make you the most excellent you can be.

It's A Work In Progress

The implementation of blending, borrowing and combining began some time back and has been in the process of refinement for quite a while. Vic usually begins slowly, and then gradually builds upon the theme as you progress through the belt levels. These days he sets it in motion early and easily by suggesting something simple, to be seen on your Purple Belt test, when you pass your Orange Belt test. What he would like to see at Purple is that your breathing is smoothed out when you do the Orange Belt techniques on a partner for your Purple Belt test, meaning that your breathing and kiai are extended throughout the technique instead of a grunt with each block or strike, he calls it a *rolling growl*. If you make a sound only when striking or blocking, you will be doing what we call *the jerk*, meaning that your movements will come in spits and spurts instead of a smooth flow of motion.

When you pass your Orange Belt test he will also suggest that you begin to employ hand check positions, which we call *zoning*, and he'll show you how that's done. A parry will be added to one of the techniques as well as an introduction into leg checking. It's not a lot when you consider how much you have already learned and have accomplished to that level.

With the passing of your Orange Belt test you will receive your first Bonus Video. This is just a short segment that we used to dub onto the end of your private video lesson but that process became too time-consuming so we had the segment copied and put onto a separate cassette. It's only about five and a half minutes in length but it concerns something that is near and dear to our hearts, an in-depth discussion of the basics. We get to talk about the importance of the basics even more than we did on the original tapes, which we feel is extremely important.

At the passing of your Purple Belt test you will be shown the *double cover* and some *ending positions*, plus a couple of other things that are easily picked up at that level. You will also receive your second Bonus Video. This is also a segment that we used to dub onto the end of your video lesson but this one is a lot longer. It's a little over thirty-six minutes in length and is non-stop information. It has been called by some "the most informative half-hour on Kenpo" they have ever seen.

This bonus video contains five individual subjects, each taken in depth for the greatest understanding. The subjects are *The Elements of Power, The Elements of Speed, Breathing And The Kiai, Covering Out* and *The Master Form*.

The reason we call them *Bonus* videos is because they come to you *free* with the taking of those tests. We could easily have charged for the second video because of its length and content, but these are things that we wanted you to know and we wanted a way to present them to you outside of the regular series, but they are a part of what you are doing so we didn't think it right that we charge you extra for it. We just didn't know when to present certain things on the original series so we saved them for later and now we know how and when to do it.

With the passing of your Blue Belt test you will receive our latest Bonus Video. This one comes to us via two of our Black Belts. These two gentlemen are so good at borrowing, blending and combining that we thought we would let them show it to you. It will give you an idea of where other people have taken the subject. This tape is one hour and forty minutes and it also is jam-packed with information.

Jerry Brooksher, the winner of the Black Belt Triathlon that we held at the Amite, Louisiana Seminar this year will show you some borrowing, blending and combining from Yellow Belt all the way through Black Belt. Jerry is one of the most innovative practitioners there is when it comes to this subject. He will also show you knife and stick Forms *he* created by putting together Karate Connection techniques and integrating those weapons into them. He uses these forms for competition in his area, which has brought him trophies at several of the tournaments he has competed in.

Then there's Glen Lyman who, as you will see in the next section of this Newsletter, is featured in the Black Belt Gallery this quarter.

Glen does a number of things for the Bonus video that you are going to enjoy and learn from. It isn't all devoted to borrowing, blending and combining but it's all informative and educational. Glen is also a contributor to the Kenpo Fighting Videos we brought out last quarter. Everyone agrees that his is an exceptionally stimulating segment. He is a very exciting Martial Artist to watch work.

And remember, these videos come to you free of charge, just for taking and passing your tests. They can't be bought and paid for with money, you can only earn them through your affiliation with the Karate Connection and the testing program.



BLACK BELT GALLERY



More than a few of our IKCA Black Belts started their martial arts training in styles other than Kenpo. Such is the case with Glen Lyman who began the martial arts in the style of Isshinryu. Recently promoted to 6th Degree and contributor to the Freestyle Fighting Tapes, Glen was born and raised in Cedar City, Utah, USA. Glen was initially exposed to the martial arts at about 12 years old through a scoutmaster who held a Black Belt in the Okinawan art.

Glen, who is still residing in Cedar City, is an educator who teaches behaviorally challenged and at-risk high school students. His background before education included serving seven years in the Army National Guard as an artillery surveyor and combat engineer. He was also assigned to a Special Forces unit for a time. In addition, he was a Youth Corrections counselor for five years. In 1994 he received a Bachelors Degree in Education from Southern Utah University. He is married to Celesta, herself an IKCA Black Belt, and has four children.

Glen's first instructor was Dennis Stout, a 6th Degree in Isshinryu under Gordon Farnsworth, a local war hero in Cedar City. "Dennis was very interested in a student's progress, not in making money," says Glen. Glen was taught Isshinryu with elements of Aikido and Judo included. Achieving his 1st Degree Black Belt in 1987, he progressed to 3rd Degree Black Belt in 1992. After studying the Chinese art of Wing Chun and dabbling in American Kenpo for about a year, Glen spent some time in Galveston

Island, Texas, where he had the opportunity to train with a “true hard-core” Isshinryu group.

It was while he was in Texas; he was drawn to the art of Chinese Kenpo. “I had heard of Ed Parker and his art and knew that he was a fellow Utahan” relates Glen. “I saw the Karate Connection ad in Black Belt and knew that I wanted to supplement my knowledge, so I called the number and spoke to Vic. He was the nicest guy in the world.” After speaking at length with Vic, Glen decided to give the art of Chinese Kenpo a try. Glen admits that he didn’t think the first test would be that difficult. “I didn’t pay attention to the differences in the basics,” he says. “When I took the Orange Belt test I didn’t anticipate any problems and was totally shocked and surprised when I failed! It was at that point that I knew these guys were serious. Failing that first test was the best thing that ever happened to me. After that I was sold on the Karate Connection program. I knew that this wasn’t just going to be another certificate on the wall. One of my most memorable experiences was meeting Chuck and Vic for the first time.” When Glen broke the news to his Isshinryu instructor that he was switching over to Kenpo, his instructor watched Chuck and Vic on video and said, “Man, these guys are really sharp... go with ‘em!” After refocusing and retaking the Orange Belt test, Glen persevered and completed the video testing program. In accordance with the IKCA bylaws he was awarded the rank of 3rd Degree. He has been a staunch advocate of the IKCA over the years, often answering questions online from people checking out the Karate Connection as an option for their own martial arts training.

After returning to Utah and residing in the town of Enoch, Glen shared workout space with practitioners in the arts of Ninjutsu and Jiu-jitsu. “We called the area ‘The Pit’, and while there I developed a good core of students. I also trained with an American Kenpo group my cousin was involved with for about two years, and taught ground fighting and weapons at a local college.” Glen also had the opportunity to build a house and when he did, he included an 800 sq. ft. area for practicing and teaching. Though he maintains 45-65 students, a city ordinance restricts the teaching of martial arts to nine students at a time. “It’s a little strange,” says Glen, “but it helps to keep the class size small. Obviously that helps you to give students more personal attention.”

When asked about what he likes most about the IKCA Glen responded, “The simplicity of the system mixing with sophisticated moves. But remember there’s a difference between sophisticated and complicated, the system is not complicated. I like the teaching methodology. The techniques are the form. There’s virtually no wasted practice time. When you do the techniques the form is getting better; when you do the form the techniques are getting better.”

Glen wants to pass along encouragement and advice to the IKCA family: “Don’t rush the rank. Be consistent in your training. Work timing and distancing with a partner, fluidity and exactness in the air, power on the dummy and speed and accuracy always. Perform at all times with emotional content, make Kenpo yours.”

One of Glen’s favorite quotes comes from J.G. Hubbard (Chancellor of the Treasury of England, late 1800’s): “One thing at a time, all things in succession. That which grows slowly endures.”

-Bill Parsons, IKCA Member

ANOTHER AMENDMENT TO THE IKCA BYLAWS FAILS TO GET THE REQUIRED VOTE

In the last Newsletter you were asked to vote on another amendment to the IKCA Bylaws and you did.

As you know, it takes a majority of two thirds of the votes to add, delete or amend an IKCA Bylaw. In essence that means that twice as many people have to approve the change as oppose it, a simple majority won't do the trick.

In this case, there were twice as many votes *against* the amendment as there were *in favor* of it. Which means, it was not only defeated, it was soundly defeated.

In the years since the Bylaws were created, there have been a number of occasions where the system has been put to the test and it has yet to fail to satisfy all parties concerned. If an amendment passed it demonstrated that there was enough support from a wide enough segment of the membership to give it the necessary support, and if it failed it proved just the opposite.

Changes are not left up to an individual or even a small group. The process of presenting it to the membership and voting upon it takes longer but the results are worth it. No member can feel that his or her point of view or ideas are being ignored or disregarded because of individual bias. Given the opportunity to present them in writing and having them voted upon, by their peers, is the only way possible to give every member an equal voice in the way your Association is run. Win or lose, you got to speak your mind, present your ideas and let the chips fall where they may.

We were witness to a system where a single person was empowered with the making of policy and the changing of guidelines and procedure without the advice or consent of the membership. And what we observed were rules that were changed without regard to the wishes of the majority and then later amended or sometimes even reversed. To make matters worse, many of the changes were never published or even made known to the entire membership. Talk about the left hand not knowing what the right hand is doing.

From our point of view, we couldn't be happier that we came up with the idea of simply managing a self-governing organization, as opposed to one for which we were responsible for making all of the decisions without your help and guidance. It has made our jobs so simple; all we are responsible for is making certain that you have the means of changing how your Association is to be governed and the communication to do so. Communication is the foundation of every successful relationship and with the IKCA the means for change are the Bylaws, and the vehicle for communication is this Newsletter.

Speaking of the Newsletter, once again, we invite you to submit your requests for information to the Newsletter. If you have any questions or ideas for articles you would like to see here, please let us know and we will try to accommodate them. And

remember, there have been a great number of articles that have already been written for past Newsletters that are still pertinent which you might enjoy reading and gaining information from.

With the help of Mr. Bill Parsons we are in the process of reprinting all of the past Newsletters on our website, with the exception for the current year which will be reserved for our Members. These articles run the gamut from pieces that cover some particular event in IKCA or Kenpo history to informative works on something specific to Karate Connection Kenpo such as how and why we use the vertical fist as opposed to a horizontal one and why we cap it off with the thumb as opposed to wrapping it as in the past. We thought of reprinting some of the more popular past articles in current Newsletters but with the availability of the Internet we decided to put them all out there for you and whoever else might be interested. Many people from other styles or systems go to our website and are blown away by the volume of information they find there. If you haven't had the chance to check it out, you should at your earliest convenience.

LAST REMINDER FOR THE LONG BEACH KARATE CONNECTION INTERNATIONAL CHAMPIONSHIPS AUGUST 16, 2003

This is the last issue before the Long Beach Bash and now is the time to make your reservations at the Long Beach **SeaPort Marina Hotel**. The Karate Connection Championships is not the only event going on in Long Beach that weekend and the SeaPort Marina is a very popular hotel. There are so many things going on in Southern California at any given time, there is always a chance that the hotel will fill up. On one of our weekends in the past it did. And if it does again you'll find yourself staying somewhere down the road, making it a lot less convenient to attend the events and be with your friends.

If you are going to travel by air, now is also the time to make your reservations. The longer you wait the more it's going to cost you. So do it now and save.

The **SeaPort Marina Hotel** is located at **6400 East Pacific Coast Highway, Long Beach, California**, which is at the corner of Pacific Coast Highway and 2nd Ave. (which is also Westminster Ave., it changes names at that corner). The phone number for rates and reservations is **(562) 434-8451** and make sure to tell them that you will be attending the Karate Connection Seminar or Tournament for special rates!



THE MASTER FORM

When the Master Form was being created we didn't even have names for the techniques, which made it very difficult to refer to them quickly and easily. You had to go with something like, "the sixth technique in Brown Belt, the one for inside a right, left punching combination" which later simply became Eye of the Storm.

The idea for naming the techniques came from Vic. He had been talking about it for quite a while before we actually did it. My feelings on the subject were that Mr. Parker had named his techniques and it seemed to me that the idea belonged to him and should be reserved for his system alone. Then I remembered an old Chinese book that he had shown me, where all of the positions of the form it was teaching had been named, such as, woman peering into looking glass and waiter with serving tray. The book also named the weapons, like Tiger Claw, Monkey Fingers, Rhino Horn and the like. When it dawned on me that it was probably that book that gave Mr. Parker the idea, I lost my reluctance to repeat the process. I have thanked Ed for that idea many times over this past dozen years and Vic for his insistence that we do it. Unfortunately, that didn't come about until later on. When we were putting the form together it was much harder than it would have been had the techniques been named.

Another thing that made the Master Form difficult for us is the same that makes it difficult for everyone else. It was *brand new* to us too. We didn't have the luxury of having someone teaching it to us. We were learning it as we were compiling the techniques that it's composed of.

I can still clearly recollect driving sixty-five miles an hour on the San Diego freeway, trying to negotiate traffic while reading a list of techniques with lengthy descriptions, struggling to memorize the order and envision the transitions between them. The techniques themselves weren't a problem but the order and transitions were.

Being as new to us as it was, it shouldn't be too surprising that there might be at least a little confusion on our parts during the making of the videos. I believe there is a place or two where there is a difference between what we show while teaching a portion of the Form at a particular belt level and how the Form is put together at the end of the series. Most of the divergence is in the directions the techniques are done.

In an effort to standardize the directions of the Form once and for all; we are going to formally go with the directions that are called out when I do the Form in its entirety with Mr. Hugo Rojas at the end of the Black Belt Video. It is there that I call out the actual direction each of the techniques is done, using the points of the compass to pinpoint them. The Master Form doesn't use any angles except North, South, East and West and the 45-degree angles between them. We didn't use the clock formula because we didn't use any weird angles like 11:00 O'clock or 4:30. Every angle is either 90-degrees or 45-degrees. So, no matter what is said during the teaching phase of the Form at a particular belt level, just go with the directions at the end of the series.

Just a word about how easy it is to get off on an angle. It happened to us right here at IKCA Headquarters a few years ago. We actually got off on *two* angles

ourselves. It was so easy I couldn't believe it. While you are teaching the Form there are so many things to cover, such as the weapons you are employing, the targets you are striking, the stance changes, zone coverage, leg checks along with breathing and the kiai and at least ten other things that come up with each technique. So, when you are in the middle of all of that and someone asks, "is this at a ninety or a forty-five and two people immediately respond, "it's a forty-five," with all that's going on at the time it's easy to go with it, and I have a feeling that's just about what happened.

I certainly don't remember when it happened but we got off and it was quite a while before anyone began questioning it. When they finally did I said, "There's only one way we are going to know for sure, let's break out the Black Belt Video and take a look." We did, and low and behold we found out we had gotten off and had been doing it wrong for quite a while. So, we changed it back. No harm – no foul. No permanent damage had been done and if the same thing happens to you don't worry about it, just make the correction and get on with it.

One of the main reasons we are making a formal announcement about this is that we need total standardization for the Form because of the annual competition conducted in Long Beach. As far as being off on an angle or two when you are video testing, it's not a great big deal, we'll tell you about it and you'll correct it. Not to worry, no one ever failed just because they were off-angle on a technique. That's what the video testing is all about. You get off and we bring you back, that's all there is to that. When you make Black Belt it takes longer because you only test every three years, so if you are teaching and you get off, it will filter down to your students and as in our case it's just a little embarrassing but once you make the correction, all's well that ends well.

To take this a bit further we are going to give you a list of the techniques and the direction you will be facing when doing them. From this point in time this will become the official guideline for the form as far as direction is concerned. We will give you the actual compass designation such as North, South, East or West and the angles between like Northwest or Southeast along with an arrow for a visual reference. Actually, we will be using abbreviations for the directions. N=North, S=South, NE=Northeast, SW=Southwest, etc.

We are going to begin facing South because that's the way we did it throughout the Video Series as well as when I did it with Hugo. At times during that video performance I gave the direction I was facing and sometimes I gave the direction Hugo was facing, which could be a little confusing. So, in this version we will keep it absolutely consistent by using only the direction *you* will be facing when doing the technique. There are times when you will start facing one direction only to change almost immediately to another to do the moves; such is the case in Clashing Hammers. When you finish the previous technique Bridging Claw you are facing the West and when you are put into the Headlock you will immediately come around your opponent to slam him in the groin and kidneys and be facing South; similarly with the technique Raking Eight. You finish Dropping the Storm facing North and are choked from the rear so you'll do the technique to the opposite direction but in all cases the direction listed below is the one you will be facing while doing the bulk of the technique. In any event if there is any confusion you can always go back to the Black Belt Video and check it out visually. That should relieve any uncertainty. If you are the Instructor stand behind your

student facing South to check his or her angles, the arrows will naturally tell you which direction they should be facing.

ORANGE BELT

- Tech #1 Beheading the Dragon - S ↑** Defense against a left straight punch – outside
- Tech #2 Escaping Ram - E ←** Escape from a rear bear-hug, arms pinned
- Tech #3 Thrusting Release - E ←** Escape from a front bear-hug, arms pinned
- Tech #4 Returning Serpent - E ←** Defense against a right straight punch – inside
- Tech #5 Deflecting Thunder - NW ↘** Defense against a right ball kick – inside
- Tech #6 Thunder and Lightning – SW ↗** Defense against a left punch – inside

PURPLE BELT

- Tech #1 Stopping the Storm – S ↑** Defense against straight right or roundhouse punch – inside
- Tech #2 Hidden Wing – W →** Escape from a right flank shoulder grab
- Tech #3 Circling Serpent – E ←** Defense against a right back knuckle or straight punch – outside
- Tech #4 Hooking Thunder – E ←** Defense against a right ball kick – outside
- Tech #5 Captured Wing – NE ↙** Escape from a hammerlock
- Tech #6 Clapping Tiger – S ↑** Escape from a front bear hug – arms-free
- Tech #7 Raking Hammer – NE ↙** Defense against a left roundhouse punch – inside

BLUE BELT

- Tech #1 Bridging Claw – W →** Defense against a right straight or roundhouse punch – inside
- Tech #2 Clashing Hammers – S ↑** Escape from a left flank headlock
- Tech #3 Trapped Lighting – W →** Defense against a right straight punch – outside
- Tech #4 Universal Block – S ↑** Defense against a right roundhouse kick – inside
- Tech #5 Gripping Talon – W →** Escape from a cross hand wrist grab
- Tech #6 Blinding Dagger – NE ↙** Defense against a right back-knuckle
- Tech #7 Triple Kick – W →** Defense against a left roundhouse punch - inside
- Tech #8 Attacking Warrior – W →** Sparring Technique - Right back-knuckle fake etc

GREEN BELT

Tech #1 Fists of Fury – W → Defense against a right straight or roundhouse punch – inside

Tech #2 Gathering the Dragon – N ↓ Defense against a left punch – outside

Tech #3 Bolo – NE ↙ Defense against a right roundhouse or straight punch – inside

Tech #4 Up the Circle – NE ↙ Defense against a right roundhouse kick – inside

Tech #5 Rolling Thunder – W → Sparring Technique – low fake kick to head-high Roundhouse

Tech #6 Twirling Fans – E ← Defense against a right straight punch or jab – outside

Tech #7 Stinging Butterfly - W → Defense against a right straight punch or jab – outside

Tech #8 Escaping Wings – W → Escape from the arms captured from behind

Tech #9 Broken Lightning - S ↑ Defense against left grab, push or punch – outside to inside

BROWN BELT

Tech #1 Hooked Lightning – E ← Defense against a left starting or roundhouse punch – inside

Tech #2 Splitting Lances – N ↓ Defense against a front two-hand push – inside

Tech #3 Repeating Hammers – E ← Defense against a right straight punch – outside

Tech #4 Beating Disaster – NW ↘ Defense against a right overhead club attack

Tech #5 Wings of Freedom – SE ↖ Escape from a full nelson

Tech #6 Eye of the Storm – E ← Defense against right-left, straight or roundhouse punches inside

Tech #7 Opposing Dragon – SE ↖ Defense against a two-man attack - front and rear

Tech #8 Leaping Thunder – W → Defense against a straight or roundhouse right punch - inside

Tech #9 Bonzi Run – E ← Sparring Technique - forward skipping combination

Tech #10 Crenshaw High Five – S ↑ Defense against a right straight or roundhouse punch - inside

BLACK BELT

Tech #1 Dropping the Storm – E ← Defense against a right straight or roundhouse punch - inside

Tech #2 Raking Eight – S ↑ Escape from a two-hand rear choke

Tech #3 Speared Lightning – NE ↙ Defense against a left straight punch – outside

Tech #4 Controlling Disaster – NW ↘ Defense against a gun attack

Tech #5 Arm Bar Escape – W → Escape from a rear arm-bar choke

Tech #6 Inside the Storm – S ↑ Defense against left-right roundhouse punches – inside

Tech #7 Dragons in a Wedge – S ↑ Defense against two-man attack - in a wedge to the front

Tech #8 Rear Chicken Kick – W → Sparring Technique - rear chicken kick etc

Tech #9 Quick Kick – E ← Sparring Technique - quick kick etc

Tech #10 Circling Devastation – N ↓ Defense against a left straight punch – outside to inside

Tech #11 Twin Talons – W → Escape from a front two hand wrist grab

Tech #12 Flanking Dragons – E ← Escape from a two man flanking shoulder grab

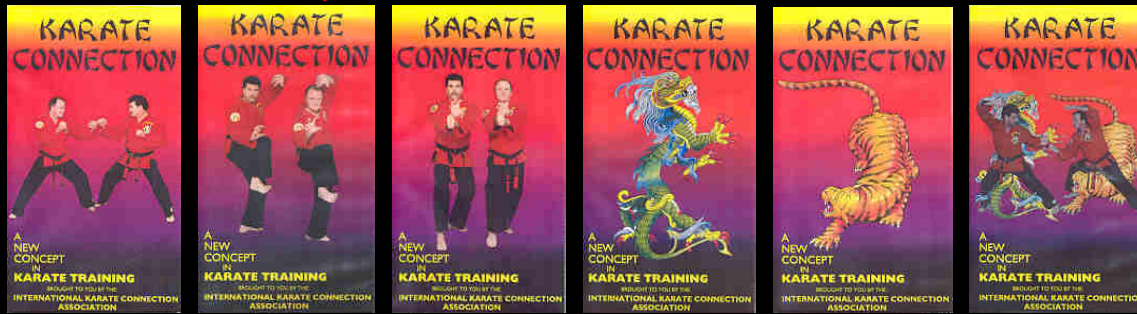
Tech #13 Chinese Longhand – E ← Offensive technique - longhand Chinese

Tech #14 Leaping Tiger – W → Defense against a right straight punch – outside

Tech #15 Thai Boxer – N ↓ Defense against a left straight punch – outside



KARATE CONNECTION VIDEOS, MERCHANDISE AND SERVICES



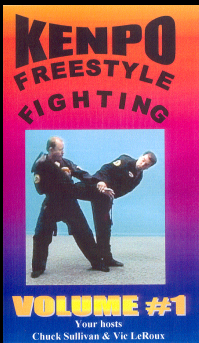
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VINTAGE KENPO

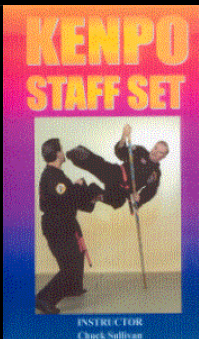
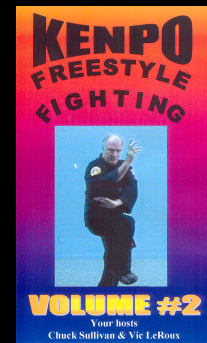
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\$34.95 (Special IKCA Members Only price) Running time 40 min.



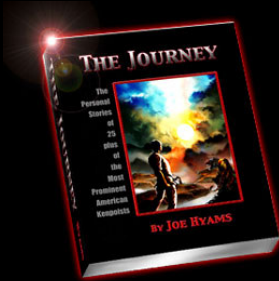
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PROMOTIONS



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.

Michael Lavback	Denmark	Purple
Lars Henning Lund Eriksen	Denmark	Purple
Allan Steven Back	Denmark	Purple
Jesper Boldt	Denmark	Orange
Christopher Massey	Johnston, RI, USA	Blue
Joseph Gambuto	Johnston, RI, USA	Orange
Raymond Gambuto III	Johnston, RI, USA	Orange
Karlton C. Butts	Redondo Beach, CA, USA	Yellow
Elizabeth Corman	Redondo Beach, CA, USA	Yellow
Brandy Cannon	Redondo Beach, CA, USA	Orange
Keith Blanchard	Orland, ME, USA	Purple
Rudy Corrales	Rialto, CA, USA	Green
Chris Jacobson	Lenexa, KS, USA	Purple
Chris Renaud	Ontario, CAN	Orange
Paul Gore	Tuscaloosa, AL, USA	Blue
Davis S. Huppert	Lawrenceville, IL, USA	Orange
Alan Nisberg	Lutz, FL, USA	3 rd Degree Black Belt
Damon Excell	Duluth, GA, USA	6 th Degree Black Belt
Tom Lewis	Morinville, AL, CAN	Green
Derek Nobert	Morinville, AL, CAN	Green
David Simpson	Morinville, AL, CAN	Blue
Cecile Lewis	Morinville, AL, CAN	Purple
Lee Lienau	Morinville, AL, CAN	Blue
Sam Lienau	Morinville, AL, CAN	Purple
Joe Lienau	Morinville, AL, CAN	Blue
Curtis Donald	Morinville, AL, CAN	Blue
Larissa Donald	Morinville, AL, CAN	Blue
Amanda Trimble	Morinville, AL, CAN	Blue
Jessica Trimble	Morinville, AL, CAN	Purple
Ben Ryder	Morinville, AL, CAN	Orange
Jerry Olesky	Garfield Heights, OH, USA	Purple
Michael Arcand	Quebec, CAN	Purple
Jay Kilgore	Edna, TX, USA	Purple
Wade Benson	Murphy, NC, USA	Orange

Jordan Weathered	Midland, TX, USA	Purple
Colton Cline	Midland, TX, USA	Purple
Laura Thornton	Midland, TX, USA	Blue
Selina Martinez	Midland, TX, USA	Yellow
Dennis Jones	Pittsburg, KS, USA	Purple
Vincent Gamble	Pittsburg, KS, USA	Purple
Mike Walden	Pittsburg, KS, USA	Brown
Chris Grant	Bellflower, CA, USA	Purple
Justin Carrasco	Bellflower, CA, USA	Orange
Jonathan Alvarez	Bellflower, CA, USA	Green
Derrick Flowers	Bellflower, CA, USA	Orange
Brandon Roberge	Bellflower, CA, USA	Orange
Kevin Atkins	Orlando, FL, USA	Orange
Kevin Atkins	Orlando, FL, USA	Purple
Ron Moran	Pittsburg, KS, USA	Yellow
Rhonda Moran	Pittsburg, KS, USA	Yellow
Alex Barnes	Pittsburg, KS, USA	Yellow
Hannah Ouinteros	Pittsburg, KS, USA	Yellow
Frankie Petrola	Pittsburg, KS, USA	Yellow
Larry Taylor	Pittsburg, KS, USA	Orange
Chris Cook	Pittsburg, KS, USA	Orange
Caleb Bouray	Pittsburg, KS, USA	Orange
Ashlie Redd	Pittsburg, KS, USA	Purple
Jonathan Wood	Pittsburg, KS, USA	Purple
Destiny Myers	Pittsburg, KS, USA	Purple
Nathan Bartlett	Pittsburg, KS, USA	Blue
Chris Dunlap	Pittsburg, KS, USA	Blue
Gino Gebelin	Pittsburg, KS, USA	Blue
Tom Handley	South Australia	Orange
Barrie Townsend	South Australia	Orange
Paul Aloisi	South Australia	Orange
Georgia Scrima	South Australia	Orange
Michael Liddy	South Australia	Orange
Daniel Craig Lyal Olsen	South Australia	Yellow
Michael Handran-Smith	South Australia	Yellow
Michael Handran-Smith	South Australia	Orange
Chad Knight	South Australia	Yellow
Chris Jacobson	Lenexa, KS, USA	Blue
Amy D. Miller	Everett, WA, USA	Orange
Derron Alexis	Lynnwood, WA, USA	Blue
Tony Mix	South Australia	Yellow
Joleen Brown	South Australia	Yellow
Mandy Linke	South Australia	Yellow
Steven Dutschke	South Australia	Yellow
Jake Stanley	South Australia	Orange

Dan Ogeletree	Bakersfield, CA, USA	Green
Jeremy Brown	Springdale, AR, USA	Blue
Chase Endsley	Springdale, AR, USA	Orange
Joshua Printz	Springdale, AR, USA	Orange
Jonathan Campos	Springdale, AR, USA	Brown
Chuck Thome	Springdale, AR, USA	Orange
Beth Wallis	Springdale, AR, USA	Orange
Jesse Canup	Springdale, AR, USA	Orange
Tristan Endsley	Springdale, AR, USA	Orange
Dustin Borrell	Springdale, AR, USA	Orange
Shannon Worthen	Springdale, AR, USA	Orange
Skyler Moore	Springdale, AR, USA	Orange
Sharon Saavedra	Springdale, AR, USA	Orange
Luis Saavedra	Springdale, AR, USA	Orange
Jacob Schumacher	Springdale, AR, USA	Orange
Jeremy Brown	Springdale, AR, USA	Green
Chase Endsley	Springdale, AR, USA	Purple
Janelle Mullis	Springdale, AR, USA	Green
Kris Toivola	Napa, CA, USA	Orange
Tonya Pena	Napa, CA, USA	Orange
Todd Fowler	Napa, CA, USA	Purple
Casper Jensen	Copenhagen, DEN	Yellow
Danny Jorgensen	Copenhagen, DEN	Yellow
Lukas Christoffersen	Copenhagen, DEN	Yellow
Marcus Skov	Copenhagen, DEN	Yellow
Mike Gronne	Copenhagen, DEN	Yellow
Sebastian Themsen	Copenhagen, DEN	Yellow
Spencer King	Copenhagen, DEN	Yellow
Giovanni Guerrero	Bellflower, CA, USA	Orange
Cesar Hino Josa	Bellflower, CA, USA	Orange
Nicholas Parks	Bellflower, CA, USA	Orange
Joey Kuni	Bellflower, CA, USA	Orange
Cyrus Ghahreman	Bellflower, CA, USA	Brown
Jonathan Alvarez	Bellflower, CA, USA	Green
Brad Endean	Pritchard, BC, CAN	Orange
Wade Benson	Murphy, NC, USA	Purple
Shawn Monday	Overland Park, KS, USA	Brown
Lisa Tolliver	Scottsboro, AL, USA	Brown
Laura Beth Massey	Scottsboro, AL, USA	Brown
Travis Condon	Pittsburg, KS, USA	Yellow
Leah Casselman	Pittsburg, KS, USA	Yellow
Karla Tyson	Redondo Bch, CA, USA	Yellow
Diane Lucio	Redondo Bch, CA, USA	Yellow
Joshua David Pacheco	Redondo Bch, CA, USA	Orange
Will Bowen	Scottsboro, AL, USA	Green

Robert Gibson	Scottsboro, AL, USA	Green
Bryan Hedrick	Scottsboro, AL, USA	Orange
Dennis Totman	Pittsburg, KS, USA	Brown
Adrian Sumner	South Australia	Brown
Glen Horn	Saskatchewan, CAN	Purple
Peter Specht	Lake Villa, IL, USA	Purple
Anthony M. Hockley	South Australia	2 nd Degree Black Belt
Mike Moss	Bakersfield, CA, USA	2 nd Degree Black Bell
William E. Melendez	Bakersfield, CA, USA	1 st Degree Black Belt
Brandy Cannon	Redondo Bch, CA, USA	Purple
Bill Anbrose	Long Beach, CA, USA	Orange
Kevin P. Murray	Carson City, NV, USA	Orange
Chris Jacobson	Lenexa, KS, USA	Green
Monica Pasquini	Napa, CA, USA	1 st Degree Black Belt
James DeLuna	Vallejo, CA, USA	1 st Degree Black Belt
Marc Dayan	Vallejo, CA, USA	1 st Degree Black Bell
Thomas Driver	Silverdale, WA, USA	1 st Degree Black Belt
Preston Koch	Two Rivers, WI, USA	Yellow
Joyce Lowder	Gardena, CA, USA	Yellow
Elizabeth Corman	Redondo Beach, CA, USA	Orange
Karlton C. Butts	Redondo Beach, CA, USA	Orange
Kevin P. Murray	Carson City, NV, USA	Orange
Joshua David Pacheco	Redondo Bch, CA, USA	Orange
Ryan Morihara	Redondo Bch, CA, USA	Yellow
Andrew Batley	Redondo Bch, CA, USA	Yellow
Jeffrey Wong	Redondo Bch, CA, USA	Yellow
Karlton C. Butts	Redondo Bch, CA, USA	Purple
Nicholas DiRobbio	Johnston, RI, USA	Green
Nicholas DiRobbio	Johnston, RI, USA	Brown
Nito Suarez	Johnston, RI, USA	Orange
Nicholas Horton	Johnston, RI, USA	Yellow
Evan Horton	Johnston, RI, USA	Yellow
Jesse Horton	Johnston, RI, USA	Yellow
Tyler Shippee	Johnston, RI, USA	Yellow
Christopher Shippee	Johnston, RI, USA	Yellow
Malene Frost Larsen	Copenhagen, DEN	Blue
Nina Lolk	Copenhagen, DEN	Blue
Jan Neilsen	Copenhagen, DEN	Purple
Frank Rasmussen	Copenhagen, DEN	Orange
Christian Sodergren	Copenhagen, DEN	Orange
Steve Henderson	Monroe, OH, USA	Purple
Henry Chaplin	Duluth, GA, USA	1 st Degree Black Belt
Greg Fletcher	Trenton. OH, USA	Blue
Lawrence A Lloyd	Roseville, MI, USA	Orange
Kyle W. Barclay	Shreveport, LA, USA	Blue

Michelle Sylvester
Philip D.P. Aldsworth
Jerome Hand
Vic Robertson
Timothy Barnes
Damion Linke
Jake Spears
Cory Knight
Paul Schwarz
Keith Blanchard

Atlanta, GA, USA
Napa, CA, USA
Scottsboro, AL, USA
Scottsboro, AL, USA
South Australia
South Australia
South Australia
South Australia
South Australia
Holden, ME, USA

1st Degree Black Belt

1st Degree Black Belt

Yellow

Purple

Blue

Blue

Blue

Purple

Yellow

Blue

