

INTERNATIONAL KARATE CONNECTION ASSOCIATION NEWS



NEWSLETTER #41

4th QUARTER 2004

Something New for The Karate Connection

KENPO WEEK

During our planning for the Second Annual West Coast Kenpo Confederation at the SeaPort Marina Hotel in Long Beach next August 6th we were asked to participate at BLACK BELT MAGAZINE'S FIRST ANNUAL FESTIVAL OF MARTIAL ARTS as the KENPO representative. We gratefully accepted the invitation and are looking forward to their event. It sounds like a lot of fun.

As it happens, they have planned their event for the weekend before our event, so we were presented with a unique opportunity. Being that THE FESTIVAL OF MARTIAL ARTS and THE WEST COAST KENPO CONFEDERATION will be held on consecutive weekends, it gives us the time in between to offer much more than we could possibly have done under any other circumstances.

There are many people who have already planned to come to our event who will also wish to attend the Black Belt Magazine event, which means they will be spending the week between the two here in Southern California taking advantage of all of the vacation and entertainment attractions that this area offers. But above and beyond those attractions, the Karate Connection plans to offer a lot more Kenpo to our people.

We have made arrangements with one of our local school owners, Mr. John Barnett of Redondo Beach, to use his school as a meeting and training place on the days between these two great events. He is going to suspend his regular classes for that week and turn it over to us. This is going to give us the time to really work on things that we could otherwise only touch on during a regular seminar period. And all of the curriculum during the week will be *FREE OF CHARGE* to those signed up for the West Coast Kenpo Confederation. We are calling it KENPO WEEK and we are very excited about having so many of our people here for that length of time. It's always a great pleasure to be able to spend time with our long-distance students but unfortunately it usually comes in such short periods. This will give us the chance to spend so much more time than we generally can and accomplish much more than we are normally able to.

Mr. Barnett has a great facility with ample room to diversify the activities during our time together. And it won't only be Mr. LeRoux and myself doing the teaching, although I personally plan on running classes on both Tuesday and Thursday evenings of that week and I know Vic wants to do a couple of nights too, but there will be other instructors coming in from all over the country who will be sharing their expertise as well.

We are also planning other activities for that week during the days. Vic is an avid deep-sea fisherman and he plans on putting together at least a half-day fishing expedition for those interested. We have only begun to plan things that we think you'll enjoy doing and if you have any preferences or ideas please let us know. The time and the weather will be right for just about anything you might think of. Somebody is already talking a Bar-B-Que, who knows? So if you can get the week off and would like to spend it with your Kenpo brothers and sisters, we plan on having one great time together.

BLACK BELT MAGAZINE'S 1st ANNUAL FESTIVAL OF MARTIAL ARTS will be held at Universal Studios Hollywood, California on July 29, 30, & 31, 2005. For registration and more information visit www.blackbeltmag.com or call 1-800-423-2874 ext. 33 and tell them you are from the Karate Connection. THE 2nd ANNUAL WEST COAST KENPO CONFEDERATION will be held at the SeaPort Marina Hotel in Long Beach, California on August 6th.

We will be giving you more information about the Black Belt Festival as it becomes available to us. As far as the Kenpo Confederation is concerned, it will be run similarly to the way it was this year; similarly, but not exactly. For one thing, we plan to expand the number of hours and possibly the number of rooms to accommodate our presenters and a greater number of participants.

Bringing Back the Competitive Events

Because we have diversified the Seminar from a strictly Karate Connection affair, to include the BKF and other elements of American Kenpo, we can no longer run our competitive events as they have been in the past, because they were geared exclusively for Karate Connection practitioners. No one outside our organization could compete because the rules were set up to be able to judge techniques unique to our system alone. Now that others are represented, and may wish to compete, the rules will need to be changed to accommodate them and their particular way of doing their self-defense techniques. This isn't nearly the challenge we thought it might be. We have come up with a series of changes that will not only accommodate them, but we feel will make the competition even more lively and entertaining.

Not only will the rules be changed but the method of judging will be revised as well. Instead of having a panel of selected judges, we plan to open the judging up to every Black Belt present. That's right, if you are a Black Belt from any of the systems represented you'll get a vote. If you are wondering how you will go about the judging process, it will be fully explained at the time, but let's just say here that it will be mostly subjective. The guy who looks the best to you, within your

own experience and background, is the guy you'll cast your vote for. We really feel at this point that this would probably be the best way to handle these unique circumstances.

We plan for this to be primarily an entertainment event, which will take place at midday during the one-hour lunch break. The number of competitors will be severely limited because the time we have scheduled for them dictates it, so the competition will not be open to all. The competitors will be chosen on a lottery basis. If you would like to compete, just put your name in the hat and if it's drawn, you're in. Otherwise you'll be judging with the rest of us.

Most practitioners from organizations other than ours have never seen or heard of the three events we do in our Black Belt Triathlon and this will give them the opportunity to experience it firsthand. We will be defining the rules as we experiment and work them out between now and then, but here is how it shakes out for now.

The Triathlon is Three Sepearate Events

1. The first event is RUNNING THE LINE DOING ESCAPE TECHNIQUES.

With the contestant's back to the attackers, each attacker applies a hold or lock and the competitor reacts to it. He or she is judged on their reaction time and how effectively they handle the attack. The combination of blows is up to each competitor, with ACCURACY, SPEED AND POWER (ASP) being the foundation of all techniques, which is what you (if you are a Black Belt) will be judging on. If a contestant blazes away with blinding speed but you can see he or she is obviously missing the targets you'll take that into consideration. If the accuracy is there but the blows are slow in coming, you'll take that into consideration. If the blows are on target and fast but obviously lack the power to do the job, you'll take that into consideration and lastly, and this is the most important, if the contestant allows the hold or lock to be fully applied before reacting, this also has to be taken into *serious* consideration.

2. The second event is the SEMI-CIRCLE.

This is where the policy changes drastically from the past, due to the diversity of systems and styles attending. In the past, if a technique was repeated it would cause a deduction. If a technique was not a recognized, named, Karate Connection technique there would be a *serious* deduction. Now, however, these two rules will be removed. The competitors are free to perform any and all of the techniques of their system and repeat them as they wish. All of the previous criteria, ACCURACY, SPEED AND POWER (ASP) will still apply as will the number of blows delivered. If a competitor delivers only a couple or a few shots but you deem them highly effective, vote that way. If another

competitor delivers several more and maintains the ASP, you'll probably want to change your mind and vote for that person. And again, if you see that the competitor's reaction was slow and he or she would have been hit by the attacker, you'll know that no matter how good he might look afterwards, it wouldn't make any difference because he's already been hit, so that also would seriously affect your judging. That's what we imply by subjective voting.

3. The third event is the STRIKING THE DUMMY event.

In the past Triathlon competitions, each of the contestants did exactly the same strikes on the dummy. They were the thirty-nine strikes and kicks of our Green Belt curriculum; this was so the judges could accurately judge them against one another. Now however, in its place each contestant will be given fifteen seconds to strike the dummy with as many blows of their choice, and in whatever order they feel best doing them. Again, subjectivity is the order of the day. The person that you feel strikes the dummy in a fluid manner and delivers sufficient blows to vital targets while maintaining the ACCURACY, SPEED AND POWER required, is the one you will cast your vote for.

The suggestion has also been made that we include freestyle fighting in the competition. We are seriously considering it, using the same format as the above. We feel that the entire Black Belt population in attendance should be responsible for choosing the winners. Each will see the match from a different angle and each will respond to who they perceived to be the most effective fighter, which means that the matches will need to be continuous in nature. The Black Belts will have to keep the score in their head until the end of the match.

Here again, because of the time limitations, this event will not be an open competition. There will need to be a drawing for those wishing to compete. We have calculated that these events will fit into the schedule, if the contestants are limited to a manageable number. And we know that the Black Belts attending will do a praiseworthy job in determining the winners. We are confident in their capabilities to ascertain the best performance and we are prepared to entrust them with keeping favoritism out of the judging process. If you can't trust your Black Belts, who the hell can you trust?

What Say You?

If you have any comments or suggestion for any of the above please let us know. We want the best competition we can have, and we have several months to get it right. Because if it can't be done right, we would rather not do it at all. The first West Coast Kenpo Confederation was such a success and so highly regarded by all who attended, we want nothing less, and a whole lot more, for the next Confederation.



IKCA BONUS VIDEOS

Back in the spring of 1996, in the IKCA Newsletter Number Five we announced the first Bonus Video. It is thirty-six minutes in length and contains five individual subjects that we thought should be studied out of context from the system as a whole because of their importance. Each of the subjects had been covered, to some degree, during the teaching of the system on the original video series, but we felt that because of the importance of each they should be examined more thoroughly as individual entities. We knew when we planned the initial series that we needed to spend more time on some subjects as single entities, but we also felt that it would slow the learning process in general and we wanted to get our students up and on their way without bogging their development down unnecessarily.

At first we envisioned this tape as a supplemental video which would be offered for sale, being that our primary business is video sales, but the more we thought about it the more we became convinced that it would be unfair to require our students to buy something that we felt they absolutely needed and should have, so we decided to give it to them free of charge, which is probably not a sound business practice but sometimes business has to take a back seat to doing the right thing.

In the beginning we just dubbed it onto the tape we were sending back to the student with their video test, but in time that became too time-consuming. Dubbing was definitely less expensive but time-wise it was killing us, so we bit the bullet and had the bonus video copied and professionally duplicated so we could just send it along with the video test. And over the years the outpouring of thanks and appreciation from our students has made it more than worthwhile. Not only that, but the improvement we've seen because of it let us know we did the right thing.

The five subjects taken in depth are **THE ELEMENTS OF POWER, THE ELEMENTS OF SPEED, BREATHING AND THE KIAI, COVERING OUT, and THE MASTER FORM.**

THE ELEMENTS OF POWER includes discussion and demonstration as to how we produce the power for our strikes, and how to increase that power through a greater understanding of the principles and concepts involved. The subjects under discussion are Rotational Force, Torque, Centrifugal Force, Back-up Mass Through Alignment and Mass In Motion, as well as the effects of Speed and Gravitational Force. When you understand all of the elements, it's a lot easier to analyze your bodily mechanics to see where you might be losing power. Knowing there is a problem is the first step. Recognizing that problem is the second step. Correcting it is the final step. On the other hand, you might just see where you can gain a little more and work on that.

THE ELEMENTS OF SPEED. The focus here is to pinpoint the methods of increasing your personal speed by combining multiple movements into one count, eliminating superfluous activity such as overextending, eliminating the telegraph and the very important element, the use of continuous motion.

BREATHING AND THE KIAI. This is almost an extension of the last subject because it relates directly to the gaining of speed. If you do the jerk with your kiai you can bet your life you will be doing the jerk with your movements as well. When you break up your kiai it will break up your flow of motion. This is an easy one to prove for yourself. Try striking your dummy with let's say, "Fists Of Fury". First, kiai with the block and then with each strike, then do it again, only this time yell *nonstop* through the entire technique. See? It's a lot smoother, isn't it? It really does work, doesn't it?

This is one of those subjects that became even further defined as the system became more refined. Vic has taken it to a new level and he has done so through the video testing and personally witnessing the improvement in the student's performances because of it. The other elements of the kiai are also discussed on this video. We touched on them briefly on the original series but here we cover them in depth as a separate subject.

COVERING OUT. Here is where we discuss the how's why's and wherefores of finishing each technique or combination of techniques with a covering out maneuver.

THE MASTER FORM. The last subject on this video is the Master Form. Here is where we cover the topic of how to view and practice the Master Form from a practicable as well as aesthetic perspective. This segment will help you transform the Master Form from a string of unrelated moves to a cohesive blend of techniques that would handle a consecutive fifty-eight-man attack (three of the techniques designed for two men). The moves are the same, only the focus is dissimilar; instead of being on just the movement it is shifted to the targets.

Most, if not all of the above, was mentioned or discussed to some degree during the original tape series, but usually only as far as individual strikes to specific targets were concerned. These subjects were not taken individually, as a whole, where the principles and their intricacies were dissected and explained. That's why we felt the need for a video devoted specifically to them was a necessity, and we felt that it was important enough that every one of our students should have a copy. We didn't want anyone having to pass on buying it, so to make certain everyone got a copy, we made it free. A bonus for being our student.

To be totally accurate, that five-segment video was the *second* free segment that we created. The first is only five or six minutes long and is sent when the student passes their Orange Belt Test. It's a congratulations along with a lot of reinforcement on how important the basics are and how to practice what you've just learned. This is something else we didn't have time to cover on the original Orange Belt Tape but information we wanted our students to have. In the beginning we also dubbed that segment onto the end of our private lesson back to the student, until it became too burdensome, then we began sending a separate tape.

Moving forward to more recent history, we have the one-hour and forty-minute Bonus tape that covers Borrowing, Blending and Combining. Only this time we had the good fortune of having our students do it for us. Mr. Glen Lyman and Mr. Jerry Brooksher do a bang-up job in explaining and demonstrating some of their distinctive talents and ingenuity. This tape comes with the passing of your Blue Belt Test and since receiving it our students preparing for their Black Belts are submitting far superior tests. Seeing your peers doing the moves has been far more inspirational than seeing Vic or I do the same material. You've come to expect a certain level of performance from us but seeing our people doing it at the level they do, automatically tells you that you can do it too. No one is born with this knowledge; we all had to learn it. We did, and so will you.

I don't know if there are any other organizations out there that send free videos to their students, for any reason, but I rather doubt it. And we are not doing it just to be different or unique. We are doing it because if you were here with us personally, you would have gotten this information during the course of your training and it wouldn't have cost you extra so we decided that it shouldn't just because you are long-distance students. Our students are our treasure, near or far, and we wouldn't dream of treating them any differently because of distance. It is our responsibility to help everyone who wants it, to become the best Martial Artist they can be and we can't do that if we hold information for ransom and try to squeeze every dollar from our people that we can.

The formation and development of the Karate Connection has been, without a doubt, the most fulfilling experience either Vic or I have ever been involved with, and it continues to be so, because of you, our students. You can't even imagine the pride we feel at our Seminars when we see you move and know you have those abilities, because of what you have accomplished, mostly due to your own self-motivation, but with our guidance from afar. We can only motivate you to a certain degree, and the rest has to come from within you. Witnessing the results of this past fourteen years, I would have to say that either we have been extremely lucky in attracting talented people, or we have done a pretty good job from our end. No doubt, a combination of the two, plus the fact that we had a great foundation ourselves, and something wonderful to pass on, which we now pass on to you, so that you may pass it on to your students and in time, them to theirs.

TAKE CARE OF YOUR PRINTING NEEDS THROUGH THE KARATE CONNECTION WEB SITE

Whether you need business cards, brochures, flyers, pamphlets or even stickers or banners this company offers excellent service and prices. Simply go to the Karate Connection website karateconnection.com and on the main menu click on Printing Partners. When the page comes up click on the box at the bottom and you will be taken to their website. On it you will find dozens of very creative templates for business cards and whatever else you might need in the way of printing. The IKCA and several of our members have used their service and find it unsurpassed. They deal professionally and promptly. They have made it quick and easy to purchase all of your printing through the Internet.

LET'S TALK PROTECTIVE GEAR

A few years back I saw a video where the training was being conducted in a very realistic manner. The attacker was wearing a giant protective outfit and was allowing those he attacked to strike him practically full out and to all targets. The only problem I saw was the outfit itself. It was just too large. I understand why it was that large because even before I saw that video we tried an outfit that cost a lot more than I thought it should and didn't even come close to doing the job it was advertised to do. It was called the Blue Man Suit. The company that manufactured it also put out another suit for law enforcement called the Red Man Suit. From what I understand, they were virtually the same suits but one was for law enforcement and the other for the rest of us. Either way, we were not only unimpressed, we were actually angry that it gave us so little protection.

The first time I put it on I was immediately aware of how restricted my movements were going to be and I was dying from the heat being generated inside that thing almost immediately. I couldn't kick at all, and could barely get a punch off either. I could swing a roundhouse punch but not very realistically or effectively and when one of our Black Belts did *Returning Serpent* against me, he rang my bell something fearful. The first thing I said after a couple of expletives slipped out was that he was going to have to pull back on those blows by about half. The next time he performed it was at about half power and the same expletives escaped my usually pure lips. (Yeah, right...) I told him that he was going to have to pull back another fifty percent. He did, and it was *still too much* so I began thinking it might be me. Maybe I couldn't take a shot like I thought I could, or like I was able to in the past, so I asked him to slip into the suit and see how it was for him. I did one technique on him and he said, "get me out of this @#&%\$!! thing." And we never used it again! We tried to talk others into wearing it but unfortunately they were there the first time and saw what happened to us, so they naturally declined. Our students are dedicated, not dumb.

Getting back to the guys in the huge suit, I think they could withstand a lot more punishment than we were able to because of the size of the gear itself. It left ample space between the outer layers of the suit and their bodies but I heard later that even that didn't compensate enough because they kept losing their attackers to injuries. The guys could only take it for so long and then it was, "so-long ... see-ya". Not only that, but the suits themselves were unrealistic. The head wasn't two or three times normal, it was more like nine or ten times normal. It gave the word humungous new meaning. It seemed as though if you were blindfolded and you swung wildly, you couldn't miss, with one hand tied behind your back. It was ridiculous.

Then along came Paul Metz and the suit he showed up in at the 1st West Coast Kenpo Confederation. Paul has had the suit for a while and at first he was using it more for demonstration purposes than as a training device. When we saw it for the first time in Louisiana he had not yet refined the drills he brought to Long Beach, which were fantastic. We wrote about them in the last newsletter and we said that, that was the direction we wanted to go with our spontaneity drills and the entire concept of the Karate Connection itself. We have wanted that for a

long time but the equipment has never been up to the task. We would love to have one of those suits ourselves and for all of our students to have one, but quite frankly, the cost is prohibitive. From what we are told the suit Paul was wearing costs a *thousand dollars*.

He let us punch several times into the solar plexus area and told us when we reached his limit as far as impact tolerance was concerned. When we got to about seventy percent of our striking power he asked us to please try not to hit any harder than that when we were doing the techniques. Not bad! I would actually be satisfied with that level of impact if the suit cost a couple of hundred bucks or so. But for a thousand dollars, I want more, a lot more, and I would imagine that you would too.

So, we have begun experimenting with materials and ideas as to how to protect our bodies from serious, or even incidental, injury from the techniques we do when done full out, or at least near full out on the body while wearing a protective suit.

We began by examining foam of all densities. Most of it was too soft and you would need to wear a foot or more of it to do the job, which would take it in the direction of the *giant suit* I mentioned earlier. In reality, the suit Paul Metz was wearing looks very good. We didn't actually examine it in detail, for one reason, because we don't want to copy it, because if a thousand dollars is what they need to charge for it, we don't want to have anything to do with any design that has that high a price tag on it. And if we were to design something similar, chances are that we would be forced to ask as much as well, so we just started out by going in a completely different direction.

The first thing we discovered through experimentation was no matter how dense a foam type material is, it alone just wasn't enough, until there was so much of it we lost the realistic size and the mobility we were looking for. And the shock of the penetration was still there to an uncomfortable degree. So, we had to go in another direction, the insertion of metal into the layers of foam to give it the impenetrability we needed but without adding too much weight. We went to aluminum and thus far it has met both those needs.

By using a thin but not too thin layer of aerospace-quality, heavy density, high tensile strength aluminum, we were able to distribute the shock of a full-out punch to the solar plexus over a broad area and thus, using the hypothesis of dissipation-versus-penetration, we were able to achieve our goal.

There is a certain psychology involved in seeing someone getting ready to, and then delivering a full out punch to your solar plexus that makes you tighten up that area, even though you are relatively certain you won't feel it to the degree you should because you are adequately protected. You tell yourself it's okay but you tighten up anyway. So, in order to prove to myself that the shots were being adequately dissipated I closed my eyes so I wouldn't know when a shot was coming and tried speaking in a steady stream, so that I would probably be breathing wrong when it came. It was interesting, because any one of those shots, without the necessary protection, would have dropped me had I not seen it coming and been able to tighten up to receive it. To be honest, they probably would have dropped me even if I had seen them coming and tightened up. As it

was, the punches came and I not only survived them but also was able to relax even more as they kept coming because of the confidence I gained as I realized they weren't going to hurt me. The guys hitting me were heavy hitters and recommended that we pad the outside with a layer or two more because they said it was pretty harsh after just a couple of shots, which brings up another point.

We will pad the outside as much as is reasonable but will probably insist in our own training that all the hitters wear gloves. Gloves, as we all know, are just as much for the hitter as the person taking the shots. Everyone is a winner when gloves are worn.

You Can Help

The Karate Connection is in the enviable position of having within its membership some very talented people. One of our in-house Black Belts is a highly experienced machinist who has been working with us on this project. He has a wide variety of materials at his disposal and the tools of the trade at his fingertips. But he's not the only one among us with the means to add to or enhance this project. We are but a few now working on developing this design and we know that the more minds at work, the more we are likely to be successful.

We don't intend to manufacture the suit ourselves. Once we have it developed to our satisfaction we will leave that up to the professionals, people who already know how to do what has to be done in a manufacturing environment. We intend to take our ideas and our final design to them, and let them do what they do best. So, if you have any ideas we might not have thought of yet, please feel free to tell us. If you know of any materials we might not be using or have tested, tell us about them and how to obtain them.

We haven't concerned ourselves with the protection of the arms or legs at this point because we have been working primarily on protecting the head and neck, the vital organs and bones of the upper body and of course the groin. I personally want that area encased in a bulletproof enclosure of some sort if possible. What we are working with at this time is a combination of metal and foam. At this point in our research I have yet to take a kick to the groin because each time I get to what I feel is that point I usually bang that region with my fist and if I can feel anything at all, I postpone an actual kick. The groin protection is coming along, slowly but surely, more slowly than surely right now, but it is coming along.

The purpose of this article is to enlist whatever help you feel you might be able to bring to this project. We are only aware of certain elements and materials and are guessing at an overall design. I told Vic when we started this undertaking that if we couldn't come up with a protective suit that was better than what was on the market for a lot less money, we should not even get involved. Unfortunately, you don't know what you are going to come up with until you come up with it. We could end up expending a lot of time, energy and money only to discover we can't do what we want to do, and it wouldn't be the first time that

something like that has happened. Not all grand schemes turn out to be so grand in the end, but if you don't give it a try you'll never know.

Right now we are working with sixteenth-inch sheet aluminum and cross-link one-quarter and three-eighths-inch thick plastic foam, which we are laminating into layers for greater strength and protective padding. We started out doing the body portion in sections, then went to a one-piece design but after experimenting with it will probably go back to a multi-piece design. We found the one piece is great for protection but would have to be custom made for each individual because of its not being at all adjustable, which would cost a fortune and defeat at least half of the plan. If we do it in a multiple section design we can probably get away with three or four general sizes like with T-shirts Small, Medium, Large and Extra Large.

One thing that comes to mind right off is that we are working with Lashing Straps and a roll of Velcro we purchased at Home Depot but we are going to need some adjustable quick-release devices, so if you are familiar with those things and know where to score them, we would be grateful if you would pass that information on to us. Thanks. It's a hassle working with the lashing straps and Velcro. They work but they are cumbersome and time-consuming.

Getting back to protection for the arms and legs; if you have any ideas on how to protect the knee joints from being injured by a side attack, without being too complex in design for mass production, let us know and we'll see if we can incorporate it into the final design. Also if you are thinking about arm and hand protection, be thinking along the lines that the man in the suit should be able to grab his opponent if he wants to, or be able to strike him with a fist, and that most of our attacks will be to the head, because head-hunters are the reality of the street. The head is the most popular target out there in the real world. *But*, and this is important, even though the man in the suit will be striking with control and not full-out we still want to be able to get the point across that if you don't block or at least deflect his attack you're going to get hit, and because we do not wish to see anyone injured we want the blow to be padded enough to allow striking without injury, but we still want to get his attention. Sometimes in the heat of this sort practice a blow might be a little harder than it was intend it to be because there has to be a certain degree of speed behind it in order to be authentic, so we want the practitioner taking the blow to be adequately protected at all times.

It's a challenge, if you don't hit hard enough it isn't real enough, hit too hard and it's too real. The solution: enough padding to be safe and yet get the point across. The problem: how much is too much, how much is too little and how much is just right, and who wants to take the blows to the head to find out. That's our job, so I suppose we will.

Here are some photos of the first, very rudimentary prototypes. The finished product won't look anything like this, but we needed to have a starting point and this is it.



Looks a little medieval doesn't it? It has a long way to go, but even as it stands you can take a pretty good shot to the head without getting your bell rung. Now you can see why we will have to wear gloves while striking this beauty, at least as it is now. The final version could be completely different.



Looking at the inside of the body armor you can see how the blows will be dissipated by the metal and not be allowed anywhere near the body.



This is the two-piece version and as you can see it would be very inflexible and it would need to be custom fitted individually to each practitioner. The next version will be a four-piece outfit. The front, back and both sides come with adjustment straps for a snug fit for each individual within each size range. The outside of each piece will be padded for extra protection for the hitter as well as for the man in the suit.

Thus far, even though it's early in the game, it seems we have chosen the right combination of materials to work with. The aerospace aluminum is wonderful because it can be thin enough to be light-weight enough and yet tough enough for our purposes and the same goes for the cross-link plastic foam. It only takes a few layers between the metal and the body to distribute the shock of the blows over the broad surface. Oh yeah, you're still going to get rocked, nothing can prevent that, but the penetration of the blow and the internal damage that would have occurred is totally nullified, and that's what we're looking for in a protective suit of armor.

THE 2005 WEST COAST KENPO CONFEDERATION T-SHIRT

Even though we are still in 2004 it's time to start thinking about 2005 and what the West Coast Confederation T-shirt is going to look like. It just takes time for these things to come together.

The back of the first Confederation T-shirt design included artwork from the head organizations. American Kenpo was represented by the Tiger, the BKF by the Cobra and the Karate Connection by the Dragon. On the front of the shirt were the patches themselves, in miniature, with the words West Coast Kenpo Confederation under them. The shirts themselves were black, which seems to be the favored color of Karate practitioners.

Next year we were thinking of having the same for the front of the shirt but changing the back. Instead of intertwined Tiger, Cobra and Dragon we thought of using the same patches as on the front but in full size. Then, over them, under them and possibly around them we would place the patches of the individual schools represented at the confederation.

We thought it would be great to see all the schools that sent people to the confederation represented. Many of the Karate Connection Certified Instructors who run their own schools also have their own club patch, which their students wear along with the Karate Connection patch. We did the same when we were under the general banner of Ed Parker's Kenpo. We wore his patch on the left side of our uniforms and the Karate Connection patch on the right, until such time that the Karate Connection left the status of being just a school to becoming an International Organization in its own right. Many of the BKF schools are also individual entities that have their own patch as well. Many people simply wear the patch of their main organization and many wear their own or both, it's usually a matter of choice.

If you have a school patch and would like to see it on the 2005 T-shirt please call Vic for full details. And do it as soon as possible. Remember, it takes time to get these things together and get them made.

We know that not all patches are the same size but with the tools at our disposal these days we will resize them to as close as possible for the sake of the balance of the design and the overall look of the T-shirt.

You might also want to put in your order for the number of shirts you think you'll need. All of the T-shirts from the first WCKC sold out and we won't be having any more made. If you have one, hang onto it, it's a collectors item



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.

Phyllip Parsons	Raleigh, NC, USA	ORANGE BELT
Will Koehler	Pittsburg, KS, USA	BLUE BELT
T.J. Ingram	Pittsburg, KS, USA	ORANGE BELT
Chandler Ewing	Pittsburg, KS, USA	ORANGE BELT
Lani Thammavong	Fresno, CA, USA	ORANGE BELT
Brandon Rouzaud	Redondo Beach, CA, USA	YELLOW BELT
William Taylor	Napa, CA, USA	PURPLE BELT
Jake Steely	Napa, CA, USA	PURPLE BELT
Ryan McEntorffer	Napa, CA, USA	ORANGE BELT
Eddo Accettola	Napa, CA, USA	ORANGE BELT
Eric Quast	Napa, CA, USA	PURPLE BELT
Iain Silverthorne	Napa, CA, USA	BROWN BELT
Ryan Newcomb	Pittsburg, KS, USA	YELLOW BELT
Jordyn Newcomb	Pittsburg, KS, USA	YELLOW BELT
Alex Risher	Raleigh, NC, USA	ORANGE BELT
Tim Sanders	Mansfield, TX, USA	ORANGE BELT
Matthew Beck	Redondo Beach, CA, USA	ORANGE BELT
Brandon Rouzaud	Redondo Beach, CA, USA	ORANGE BELT
Chuck Cason	Wright City, MO, USA	GREEN BELT
Jason Ferron	Kalispell, MT, USA	PURPLE BELT
Zackary Ferron	Kalispell, MT, USA	ORANGE BELT
Roel Alafa	Killeen, TX, USA	PURPLE BELT
Miguel Fernandez	Pittsburg, KS, USA	PURPLE BELT
Jess Lindsay	Calgary, Alberta, CAN	ORANGE BELT
Guillermo E. Silva	U.S. Military, APO	ORANGE BELT
Lynn Lane	Vass, NC, USA	1st Degree Black Belt
Marty Josey	Durham, NC, USA	1st Degree Black Belt
Michael S. Leske	Beaumont, CA, USA	1st Degree Black Belt
Austin Rhodes	Benicia, CA, USA	ORANGE BELT
Evan Gibbs	Benicia, CA, USA	ORANGE BELT
Max Vinecke, Jr	Whitesettlement, TX, USA	ORANGE BELT
Dr. David J. Brancato	Louisville, KY, USA	PURPLE BELT
Maya Slowinska	Redondo Beach, CA, USA	ORANGE BELT
Christopher A. Oliver	Redondo Beach, CA, USA	ORANGE BELT

Geoff Eldredge	Cedar City, UT, USA	1st Degree Black Belt
Edward Noises	Vallejo, CA, USA	1st Degree Black Belt
Tristan Olson	Cedar City, UT, USA	1st Degree Black Belt
Jesse Smith	Fritz Creek, AK, USA	ORANGE BELT
Jason Ferron	Kalispell, MT, USA	BLUE BELT
Jason Shumaker	Grovertown, GA, USA	GREEN BELT
Shervan Shahbodagloo	Redondo Beach, CA, USA	YELLOW BELT
Jared Hiram	Redondo Beach, CA, USA	ORANGE BELT
Donnie Chaffin	Hampton, GA, USA	ORANGE BELT
Stan Cresta	Westville, NJ, USA	ORANGE BELT
Doug Wheeler	Huntington Beach, CA, USA	5th Degree Black Belt
James Farris	Los Alamitos, CA, USA	Junior Black Belt
Jennifer Thomas-Hollenbeck	Redondo Beach, CA, USA	ORANGE BELT
Michael Toms	Pittsburg, KS, USA	YELLOW BELT
Ryan Newcomb	Pittsburg, KS, USA	ORANGE BELT
Cyler Aikman	Pittsburg, KS, USA	BLUE BELT T
Vincent Gamble	Pittsburg, KS, USA	GREEN BELT
Isaiah Miles	Pittsburg, KS, USA	ORANGE BELT
Kirbie McMurry	Pittsburg, KS, USA	ORANGE BELT
Andrew Woodbum	Pittsburg, KS, USA	ORANGE BELT
Dakota Harper	Pittsburg, KS, USA	YELLOW BELT
Jack Mendenhall	Pittsburg, KS, USA	YELLOW BELT
Zackary Ferron	Kalispell, MT, USA	PURPLE BELT
Wayne Wrath	Henderson, NV, USA	ORANGE BELT
Anthony Webb	Northport, AL, USA	BROWN BELT
Maria Roman Corbelo	Puerto Rico	ORANGE BELT
Emily Pair	Northport, AL, USA	GREEN BELT
Elliott Suttle	Northport, AL, USA	GREEN BELT
Zac Utley	Pittsburg, KS, USA	ORANGE BELT
Haley Uttley	Pittsburg, KS, USA	ORANGE BELT
Jordyn Newcomb	Pittsburg, KS, USA	ORANGE BELT
Scott Sumner	Severn, MD, USA	ORANGE BELT
Marty Milsap	Doniphan, MO, USA	ORANGE BELT
Robert R. Riek	Gardnerville, NV, USA	ORANGE BELT
Joe Raiguel	Ferndale, WA, USA	ORANGE BELT
Alan R. Swanson	Westminster, MA, USA	ORANGE BELT
Amanda Alexander	Napa, CA, USA	ORANGE BELT
Debra DeMartini	Napa, CA, USA	ORANGE BELT
Kris Toivola	Napa, CA, USA	BLUE BELT
Julie Luna	Edinburg, TX, USA	ORANGE BELT
May Lin Meisenheimer	Edinburg, TX, USA	BLUE BELT
Jeff Parks	Edinburg, TX, USA	ORANGE BELT
John Gonzales	Edinburg, TX, USA	ORANGE BELT
Albert Hernandez	Edinburg, TX, USA	ORANGE BELT
Alex Everitt	Edinburg, TX, USA	ORANGE BELT

Jarett Ramirez
Kedd Smith
Dale Delaney
Ryan Hofstetter
Victoria Mireles
Marco A. Pulido

Edinburg, TX, USA
Edinburg, TX, USA
Edinburg, TX, USA
Edinburg, TX, USA
Edinburg, TX, USA
Edinburg, TX, USA

BLUE BELT
ORANGE BELT
ORANGE BELT
ORANGE BELT
ORANGE BELT
ORANGE BELT

