



NEWSLETTER #51

2nd QUARTER 2007

Hail, Hail The Gang's All Here!

Or they will be, on August 4th 2007
At the SeaPort Marina Hotel
in Long Beach, California

Once again, your Karate Connection has put together a stellar lineup of teaching talent for our annual Seminar here in Southern California.

If you missed last year's gathering in Las Vegas, you missed a blast and we would have done it again in Sin City, but there were just too many people who asked us to please bring it back to what has become our home base in Long Beach.

The time and the added expense for a lot of our local people proved to be just too much and they couldn't make it, so in response, we're coming back home. This is a good thing in many respects. The facilities at the Seaport Marina Hotel are as perfect for our purposes as they can possibly be and the people there are as accommodating as they can be. All in all it's the perfect place for our people and us, not to mention that after all these years we all feel at home there. So, there it is. We're back.

One thing we did learn in Las Vegas was that the format we used last year was the best yet. If you were there you know, if not let me fill you in. We divided the participants up into only two groups, Black Belts and Underbelts (white through brown). The reasons being that Karate Connection Black Belts are not only welcome to investigate other Martial Sciences but are encouraged to do so. In fact, that's what the Seminar is all about for them. We bring people in for them to study with who we know are the finest to be found to give them the guidance and instruction they need, all in one place and at one time, so they don't need to fly all over the country or the world to find what they're looking for.

All of the classes for the Black Belts will be run twice because there will be A and B groups. We discovered in Las Vegas last year that this system worked out extremely well. The group of Black Belts is much too large to accommodate all of them

at once and by dividing them into two groups, the instructors were able to work with each group on a much more personal basis.

As for you Underbelts, we want to accelerate your progress through the system by giving you a day that is all Karate Connection Kenpo. We begin with a thorough overview of the basics and go from there. This is the most intensive and comprehensive day of Kenpo you could possibly imagine. Your progress and understanding of the system you are becoming a Black Belt in, will be enhanced in ways you never dreamed of. The concepts and principles will be gone over in fine detail as you go through the techniques, leaving no element unattended. Remember, the time you spend as an Underbelt is very little compared to the time you'll spend once you've attained your black belt. In the meantime, we want- you to get the best that the Karate Connection has to offer on your way to your black belt.

A NOTE to our Instructors in the field: If you have a student that you feel is close enough to his or her black belt that they would benefit more from joining the Black Belts in their training rather than wait another year for the next Seminar to roll around, they are welcome with your approval and ours. Contact Mr. LeRoux for more information.

Here Come the Guys

Now, as to the lineup of teaching talent I mentioned. Most, but not all, of the Instructors come from within the ranks of the Karate Connection and are names you'll easily recognize if you've been around for any length of time at all. So as to not show any perceived favoritism we'll list them alphabetically.

EDWARD BEDEROV- This is a name you won't recognize because he's not from the Karate Connection. Mr. Bederov teaches **RUSSIAN SAMBO**. Vic and I were introduced to the art of Sambo several years ago at one of our Seminars down in Louisiana and had the pleasure of training with an exponent of that discipline who was based on the East Coast. We found it fascinating to say the least and have been looking for someone local for some time to introduce our people to. So, if you've ever wondered what Sambo is all about, here's your chance to find out.

Mr. Bederov's class will be one-and-a-half hours in length because of the type of training it is. Some things just take a little longer to develop and cover than others.

JERRY BROOKSHER- If you have had anything to do with the Karate Connection's Video Correspondence Program within the past several years, you know the name Jerry Brooksher. Jerry is the guy who either passed you for your next belt or made you go back and, with his expert instruction and unparalleled patience, took you there. Jerry will be running the **KARATE CONNECTION DRILLS PROGRAM** at this year's Seminar.

The Karate Connection Drills are probably one of the most valuable assets we have to offer. Unfortunately, not all of our practitioners have the people available to them to do all of the drills all of the time, and if you are one of the fortunate ones who do

this, it will be an opportunity to intermingle with people outside your regular sphere of familiarity. It's always good to work with people you haven't worked with before because the unexpected always seems to happen and that's an element you can't get with your regular workout partners. People outside your regular sphere bring things that you haven't seen before and get a chance to try for yourself. Sharing is what the Karate Connection is all about.

VIC LeROUX - Naturally Vic will be there and once again, back by popular demand, he'll be sharing his expertise in the field of **TRAPPING**. Trying to get away from Vic, once he has you tied up, is like trying to get out of a straitjacket. You can do it if you really know how but it takes a lot of time and supreme effort. And if you don't know how, fudgetaboutit, you ain't goin' nowhere my friend. He's like a master chess champion; he's always two moves ahead of his opponent. He's into the next trap while you're still thinking about the one two moves ago and he'll teach you how to get that job done.

GLEN LYMAN - Get out your knives, because Glen is the one who will show you what to do with them. Glen has been dazzling the Seminar Participants with his **KNIFE FIGHTING** techniques for the Karate Connection for the past several years and brings a dimension to the art that is not only fascinating but also practical from several points of view. He'll teach you why you should never bring a fist to a knife fight.

Training with various types of weapons is an effective way of enhancing your weaponless self-defense tactic as well, plus gaining an understanding of what you might expect if you run into someone wielding one. Better the devil you know than the one you don't.

DOUG MEEKS - Is one of the Karate Connection's premier Master Certified Instructors with over twenty-five Black Belts under his name on the Family Tree. Mr. Meeks has made a personal study and specialty of **JOINT MANIPULATION AND LOCK FLOW**.

One of the places where Kenpo is definitely on the light side is when a practitioner wants to put an opponent into a world of hurt without striking and causing serious physical damage, and that's where Joint Manipulation and Lock Flow come into play and it doesn't necessarily need to happen on the ground. Mr. Meeks has taken the science of Standup Manipulation and Lock Flow and woven it into and around his extensive Kenpo background to make it into something that all Kenpo practitioners should avail themselves of, even if it's only to learn how not to let it happen to themselves. You may not be interested in doing it to the other guy but you sure don't want him doing it to you.

This class will also be one-and-a-half hours in length. All the others except for the Sambo will be one hour in duration.

PAUL PARKOSEWICH - Is the gentleman who taught Dan Maher, who is our regular **GRAPPLING** expert. However, Dan and his wife are expecting an addition to

their family this summer and will be unable to attend this year, so he's sending his teacher. Wow, what a bonanza for the IKCA.

The ground isn't where Kenpo practitioners want to find themselves and there are ways to keep from ending up there, which Mr. Parkosewicz will be teaching, so that if you do find yourself on the ground with someone sitting on your chest trying to turn your face into hamburger, you'll want to know how to handle the situation to possibly win the fight right then and there, or at least how to manage until you can get back to your feet and back into your own comfort zone. We're really looking forward to seeing the techniques taught by Mr. Parkosewicz that, Dan has been using so successfully in his UFC preliminary fights.

JAMES PARSON & EFREN PALACIOS - James and Efrain will share the teaching of **FREESTYLE FIGHTING**. We decided upon two Instructors for this very important element of the art because it will give each of them more time to deal with individuals on a more personal basis. Freestyle fighting is a very physically demanding activity so we only devoted one hour to it but by greatly increasing the teaching staff we hope to cover it much more efficiently.

Each Instructor will also be accompanied by some of their own people acting as trainers on their behalf. We want you to get as much out of the time you spend with them as possible and have found through experience that this is the best approach.

CHUCK SULLIVAN - I will be there as well and in the same capacity as last year in Las Vegas, doing the **KARATE CONNECTION MATERIAL WITH THE UNDERBELTS**. I have a passion for the basics and am willing to teach them whenever I can. They are, after all, the foundation of the art and a good personal system can't be built without them. The basics are where the art begins and, as far as I'm concerned, it's also where it ends if they aren't solid. Mr. Parker once said, having poor basics would be the same as trying to build a skyscraper on sand. It ain't gonna happen brudda.

Our intention as far as the Underbelts are concerned is to make absolutely certain that they have what they are supposed to have at the belt level they now hold in all categories: Basics, Techniques, the Master Form, Freestyle and Drills, and to take them into the next belt level if possible during the day of the Seminar. It's a full day of Karate Connection material geared just to them.

Remember, if you are still an Underbelt, that once you are a Black Belt you'll be a Black Belt for the rest of your life, so don't be in too much of a rush to get there, especially at the expense of a solid base, which is your Karate Connection training. It's the system that will protect you in the vast majority of situations you might encounter. What you learn beyond the Karate Connection material is what will help you with the other little surprises that life might throw at you.

ELBOWS

Kenpo's Choice for Close Quarter Combat by Brenda King, 4th Dan

Introduction

The Elbow, when used in Close Quarter Combat, is THE weapon for terminating a fight. There is no other weapon on the human body that is as versatile and dangerous as an elbow at close quarter range.

An elbow can strike circular, linear, upward, downward, horizontally and diagonally. The elbow can penetrate soft tissue as well as break hard bone.

IKCA Arsenal of Elbows

Below are some techniques and Kenpo Concepts that will help make each elbow strike more effective:

Horizontal Elbows - as found in "Controlling Disaster", will be more effective if the path is shortened. Reaching will turn the strike into a push and we don't want that. If you are holding onto the opponent's wrist or arm ... MOTION IN TWO DIRECTIONS can be employed (pulling on the arm while elbowing to the head). Keep the path of the elbow parallel to the ground.

Vertical Elbows - as found in "Stopping the Storm", will be more effective when used with a little "Body English". TORQUE your body slightly away while the elbow is delivered upward. Keep the path of the elbow along your opponent's centerline.

Rear Elbows - as found in "Captured Wing" and "Wings of Freedom", must be sent STRAIGHT BACK. A circular path can be easily countered or evaded. When rear elbows are executed along a straight path they WILL make contact. A straight path ensures DEPTH OF PENETRATION.

Vertical Elbows - as found in "Hidden Wing". To increase the chances of making contact apply the concept of "Body Contouring". Follow the path of the chest upward to target the area under the chin. This vertical elbow takes advantage of your opponent's BLIND DEPTH ZONE. He cannot see the elbow coming.

Downward Elbows - as found in the last strike of "Captured Wing". This elbow strike can be extremely effective when combined with the power principle of MARRIAGE OF GRAVITY. Don't just use your elbow, use your entire body and gravity will multiply the effectiveness of your strike.

Sandwich Elbows - as found in "Crenshaw High Five" and "Inside the Storm". This is Kenpo's signature combination. The Sandwich is more effective if the head is firmly braced while the tip of the elbow lands either at the base of your opponent's jaw line or

temple. BRACING the head ensures that "Brain Splash" will occur causing a KNOCKOUT or CONCUSSION.

Defensive Shield

Elbows not only make great offensive weapons. They can also make great defensive tools. If we add our forearms, elbows also make an effective defensive shield which cover our head and face from the onslaught of punches. The technique Inside The Storm is a classic example of using elbows and forearms as a defensive shield to protect the head and face while making the transition from defensive to offense.

Use Caution

Elbows are highly effective weapons in CQC range. Use caution when training. Train them in the air, on focus pads, on heavy bags or a training dummy. DO NOT train them on your partner.

Enjoy, BK

A Few More Thoughts Concerning the Elbow

Why don't we in Kenpo use one of the most popular punches in boxing, the hook? It's a very effective punch; it knocks guys cold all the time in the ring. The answer is quite simple. It's because we are not bound by the same rules and regulations that a boxer is. In the ring the rules don't allow the use of the forearm, which most of us simply refer to as an elbow, but it's really a forearm strike. We in Kenpo use the forearm strike quiet a bit but we do use the elbow as well, as Brenda pointed out, but it's usually to the rear as in Captured Wing and Wings of Freedom, as well as the last shot in Captured Wing coming down on the spine. It is also used to the rear against the rear arm bar choke, in the technique named Arm Bar Escape. You might even get lucky when doing Raking Eight against a two-hand rear choke coming down with the elbow and catch him in the face on your way to breaking the hold. The next to last shot coming up under the chin or into the face, if you have forced his head down, would also probably be more of a forearm strike than the elbow.

I have always considered the **elbow** just the point of the joint itself and anything from it to the wrist, would be the forearm, with anything above the joint to the shoulder, the upper arm, triceps and bicep included. Basically, if you want to call it an elbow it doesn't really matter, just so long as we both know which portion of the arm we're talking about, and use it properly.

But understanding the anatomy doesn't answer the question, which is why don't we use the hook, rules aside. We can figure out quite easily why a boxer isn't allowed to use the forearm. It's because it's too devastating a weapon to be allowed in the ring.

Now we know why the boxer can't use the forearm but the question still remains, why don't we use the hook? The answer is because the boxer's hooking punch and our forearm are thrown from approximately the same distance from the target and if you are going to expend the energy that it takes to strike someone, you're obviously going to use the best weapon you have for the job. A hook is good but a forearm is better, simple as that. With a hook you still have to contend with a weak point between the forearm and the fist, being the wrist. But the forearm is just simply this solid, unforgiving mass that can't be ignored, and as Brenda also pointed out, it can travel along several paths, whereas a hook is generally confined to a single looping motion. Effective? Yes. Devastating? Not as much as the forearm.

What Else Don't We Do That Boxer's Do?

We don't fight at the same distance that they do. A boxer is forced to stay roughly within an arm length in order to strike his opponent. So, one of the dangers that a Kenpo practitioner needs to be aware of when fighting a boxer is that if we allow ourselves to stay within his range, we have just negated our advantage and given it over to him.

Fortunately for us, we are accustomed to working at a much greater distance and are far more aware of distance and able to cover more of it than a boxer, which gives us the advantage of being able to hit him while he's trying to cover the distance between us by using our long-range tools, our legs and feet, as in Thunder and Lightning, and Broken Lightning.

When confronted with an extremely close-in situation the boxer will revert to a clinch, in which he tries to tie up his opponent's arms to keep from being hit. Works in the ring, doesn't work with us because that's when we will revert to our head butts and knees as we do in Thrusting Release and Clapping Tiger.

And then there are those times when we might find ourselves at a distance that's not close enough for a knee to the groin but at the same time too close for a ball kick to the same target. Welcome to the scoop, using the instep of the foot to scoop the groin from behind coming through, between his legs, as in the last shot in Stopping the Storm, which could also be used in several other techniques of which there are really too many to list. Or a rear heel scoop coming through the legs as in the next to the last shot in Circling Devastation, which could also be used as an add-on for numerous other techniques.

Those are just some of the advantages we have over those trained in boxing, but remember, when you are at his distance you are in his water and if he gets the first shot off you may never get out of it. Your most advantageous method of fighting someone trained in Boxing is to stay out of his range using your maneuverability and distancing techniques and keeping him out by using your long-range tools such as your legs and by attacking targets he's not accustomed to defending against such as his groin, thighs, knees and shins. Once you nail him there a few times, he'll suddenly forget about those targets he does defend against and make it easier for you to attack even those.



KENPO IN THE CAROLINAS

This past April, Kenpo practitioners from twelve different states gathered in Raleigh, North Carolina for the second annual **Kenpo in the Carolinas**. The event was hosted by IKCA Black Belts Marty Josey of Health Dynamics Integrated Wellness and Bill Parsons of Triangle Kenpo Institute. The featured guest instructor was our own Grandmaster Vic, along with other dynamic IKCA Black Belts.

The day started off with promotions reflecting the uniqueness of the IKCA. Two students from Triangle Kenpo Institute were promoted to Green Belt reflecting the traditional in-person, face-to-face instruction method. Then Grandmaster Vic, assisted by Mr. Jerry Brooksher, had the pleasure of promoting video student Mark Williams of Rockville, Maryland, to the rank of Black Belt. Mark has been video trained all the way through the system and Grandmaster Vic took the opportunity to remind the other video students present that while the goal of Black Belt is not easy, it is attainable. We're pretty sure that Mr. Williams didn't stop smiling the entire day. Well done, Mark! And of course, the kick-in's were "enjoyed" by all.

The first session of the day was based on *Relative Body Positioning* in Kenpo and was led by Mr. Larry Lauer, IKCA 5th Degree. Originally from Edmonton, Alberta, and now living in Connecticut, Larry has been with the IKCA for many years, almost since the inception of the video program. Larry took the opportunity to take selected IKCA techniques and break them down, showing how the Kenpo concepts of positioning your opponent can be used to set up power and speed principles. This allows a defender to maximize the effectiveness of each technique, greatly increasing the chances of success in a confrontation.

The second session of the day was an eye-opener for all involved, led by Mr. Jerry Brooksher, IKCA 3rd Degree, of Pittsburg, Kansas. You should recognize Jerry from the video testing program as he is in charge of all colored belt testing. His session, *Developing Kenpo Spontaneity*, exposed everyone to the benefits of training your reactions in dealing with the unexpected. The majority of the session concentrated on the Semi-Circle Drill, affectionately know as the "Circle of Humiliation", and believe me, it was enough! Jerry did an excellent job of pointing out the logic in how certain IKCA techniques lend themselves to certain angles of attack. While we all learn the techniques from appropriate angles, this pointed out how versatile many techniques are

when you're not attacked from 12 o'clock. Funny how the guy on the street never gets that memo!

After a short lunch break, the crowd was treated to a couple of brief demos. One was by Kaleb Brooksher, Jerry Brooksher's son, who will be testing for Junior Black Belt in the near future. The other was by members of Triangle Kenpo Institute reflecting different belt level IKCA techniques with a few favorite extensions thrown in.

The next session was taught by Bill Parsons, IKCA 3rd Degree, and head instructor of the host school Triangle Kenpo Institute. *Joint Manipulation 101* showed Kenpo practitioners how to use distraction, angles and circles to set up joint manipulations in the midst of a Kenpo technique. Emphasizing the structure of the body and how each joint is linked to other joints, Bill showed how effortless joint manipulations become when done properly. Practitioners then had the opportunity to take a couple of IKCA techniques and see how easily a defender could meld into a wrist or elbow lock takedown in the middle of those techniques.

The final session of the day featured co-founder of the IKCA, 10th Degree Grandmaster Vic LeRoux. Though GM Vic was around all day jumping in with pointers for individuals on a myriad of subjects, here is where he had everyone's undivided attention. He started off the two-hour session with *Kenpo Takedowns*. Stressing angles, stances and proper body posture, he showed how (with just minor adjustments) someone is able to go from merely defending oneself to total domination of an encounter. He repeatedly steam-rolled over his unfortunate dummy, showing how foot maneuvers set up strikes, that set up stances, that set up angles and wham! Down the attacker goes! Folks had a great time working these principles on each other. For the second hour of the session GM Vic demonstrated *Parker Knife Technique*. Rather than the defensive techniques of American Kenpo, he emphasized how Mr. Parker would use the knife offensively using Kenpo principles and concepts to literally dismantle an opponent. GM Vic also supplemented this material with drills from Kali to emphasize the importance of footwork and angles while defending with a knife. While live blades were in short supply, everyone was able to participate in drills with practice "knives". Let's just say it's a good thing the real thing wasn't being used!

The day wrapped up with the requisite "Passing of the Pain" and folks headed back to the four winds, with a few folks gathering for the traditional Chinese dinner get-together and some story-telling. A great time was had by all and everyone's looking forward to next year. So if you're east of the Mississippi keep an eye out for upcoming announcements next year for **Kenpo in the Carolinas 2008!**





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.

Charles Fiocoprile	Afghanistan	ORANGE BELT
Scot Thomas Baker	Vass, NC, USA	ORANGE BELT
Daniel C. Pace	Vass, NC, USA	BLUE BELT
Daniel Mercer	Olympia, WA, USA	BLUE BELT
Aaron Van Woert	Moses Lake, WA, USA	BLUE BELT
Geoffery Jensen	Fayetteville, AR, USA	ORANGE BELT
Joshua Greenway	Louisville, GA, USA	ORANGE BELT
Thomas Greenway	Louisville, GA, USA	ORANGE BELT
Trevor Crowell	Salinas, CA, USA	PURPLE BELT
Andrew Stevenson	Bakersfield, CA, USA	GREEN BELT
David Giomi	Honolulu, HI, USA	PURPLE BELT
Jeff Smith	Grovetown, GA, USA	YELLOW BELT
Matthew Wren	Grovetown, GA, USA	YELLOW BELT
Will Ratliff	Napa, CA, USA	BROWN BELT
Todd Lubash	Napa, CA, USA	BROWN BELT
Taylor Smithson	Pittsburg, KS, USA	PURPLE BELT
Michael W. Herrell	Evansville, TN, USA	ORANGE BELT
George DePuy	Sterling, IL, USA	ORANGE BELT
Tylik Ogdell	Manhattan, NY, USA	ORANGE BELT
John Lowe	Gun Barrel City, TX, USA	GREEN BELT
Zane Bachara	California City, CA, USA	ORANGE BELT
Caleb Bachara	California City, CA, USA	ORANGE BELT
Deborah Pilcher	California City, CA, USA	ORANGE BELT
Jeff Parks	Corpus Christi, TX, USA	BLUE BELT
Timothy Silva	Carrolton, VA, USA	BLUE BELT
Brianna Silva	Carrolton, VA, USA	ORANGE BELT
Leah Eubel	Australia	BROWN BELT
Dalton York	Gun Barrel City, TX, USA	PURPLE BELT
Josh Verbryke	Millbury, OH, USA	PURPLE BELT
Lee Bunch	Vass, NC, USA	ORANGE BELT
Jim Wimbish	Vass, NC, USA	ORANGE BELT
Jewell Case	Vass, NC, USA	ORANGE BELT
Derrick Case	Vass, NC, USA	ORANGE BELT
Michael A. Lieber, Jr	Woodgate, NY, USA	PURPLE BELT

Alex Risher	Raleigh, NC, USA	GREEN BELT
Phyllip Parsons	Raleigh, NC, USA	GREEN BELT
Kristie Ragland	Northport, AL, USA	BLUE BELT
Tess Francis Templin	Napa, CA, USA	ORANGE BELT
Zachery Hill	Napa, CA, USA	ORANGE BELT
James Tarkenton	Napa, CA, USA	PURPLE BELT
Garret Murphy	Napa, CA, USA	BLUE BELT
Todd Fowler	Napa, CA, USA	BROWN BELT
Brennen Conner	Henderson, NV, USA	YELLOW BELT
Kristen Bruno	Henderson, NV, USA	YELLOW BELT
Nick Bruno	Henderson, NV, USA	YELLOW BELT
Joe Moore	Henderson, NV, USA	ORANGE BELT
Joseph Capili	Henderson, NV, USA	PURPLE BELT
Jeffrey Capili	Henderson, NV, USA	PURPLE BELT
Marco Rodriquez	Henderson, NV, USA	PURPLE BELT
Kyle Sigmon	Henderson, NV, USA	PURPLE BELT
Ross Ridge	Marlow, OK, USA	PURPLE BELT
Breanna Brook	Australia	YELLOW BELT
Bradley Hann	Australia	YELLOW BELT
Calvin McEvoy	Australia	YELLOW BELT
Darcy Richardson	Australia	YELLOW BELT
Lacey Richardson	Australia	YELLOW BELT
Daniella Kersten	Australia	YELLOW BELT
Stephanie Kersten	Australia	YELLOW BELT
Kaitlin Kersten	Australia	YELLOW BELT
Hollie Coleman	Australia	YELLOW BELT
Imogen Pfeiffer	Australia	YELLOW BELT
Jake Pfeiffer	Australia	YELLOW BELT
Kaitlyn Shire	Australia	YELLOW BELT
Lindsay Shire	Australia	YELLOW BELT
Stanley Shire	Australia	YELLOW BELT
Dylan Goodwin	Australia	YELLOW BELT
Emily Kleemann	Australia	ORANGE BELT
Joshua Kleemann	Australia	ORANGE BELT
Sven Tilmans	Australia	ORANGE BELT
Tiarna Linke	Australia	ORANGE BELT
Jeff De Ruiter	Australia	ORANGE BELT
Kurt Lowke	Australia	ORANGE BELT
Matthew Kleemann	Australia	ORANGE BELT
Samantha Schultz	Australia	ORANGE BELT
Laura Helbig	Australia	PURPLE BELT
Clancy Helbig	Australia	PURPLE BELT
Ashley Baxter	Australia	PURPLE BELT
Tom Chmielewski	Australia	PURPLE BELT
Hayley Lane	Australia	PURPLE BELT

Emilie Evans
Geoff Sweeney
Lena Barna
Louise Milton
Matthew Coleman
Nathan Mc Guirk
Justin Schmidt
Ray Groenland
Josh Goodwin
Thomas McMahon
Tony Klix
Natalie Hobby
Anthony Helbig
Zac Wilinski
Leah Eubel

Australia
Australia
Australia
Australia
Australia
Australia
Australia
Australia
Australia
Australia
Australia
Australia
Australia
Australia
Australia

PURPLE BELT
PURPLE BELT
PURPLE BELT
PURPLE BELT
PURPLE BELT
PURPLE BELT
PURPLE BELT
PURPLE BELT
PURPLE BELT
PURPLE BELT
BLUE BELT
BLUE BELT
BLUE BELT
GREEN BELT
GREEN BELT
GREEN BELT
BROWN BELT

