



NEWSLETTER #58

1st QUARTER 2009

Growing Old Gracefully in the Martial Arts "No Pain - No Gain"

By now everyone has heard that tired old saying, "No pain - No Gain". Well, I've had a slightly different take on that saying for quite some time now. I prefer, "No Pain - No Pain!"

I learned a long time ago that pain is the body's way of telling us that something is wrong. When your body talks to you; listen. It will serve you well in eliminating even more pain down the road.

How many times have you ignored the warning signs of a downturn in your personal well-being only to have it worsen? I have, but I've tried to learn from those experiences and not to repeat them, and it has saved me a lot of grief and discomfort.

Pain and Kenpo

Pain has also been instrumental in changes concerning the art we all love, Kenpo. We don't necessarily take credit for his because it was an idea whose time had come, but there were a lot of Martial Artists that resisted the idea at the time, and unfortunately a few still do. Shoes!

Shoes, my friends, were not worn in the learning or practicing of Karate for the first couple of decades that I practiced it, and as a result over those years I broke or severely damaged several of my toes more times than I care to remember. And so it

was that in 1965 at the Second International Karate Championships in Long Beach that, acting as the Tournament Director, I was able to introduce shoes into the competition for the first time, which also happened to be the last time for several more years to come.

What happened at that Tournament was that when wearing shoes was suggested to the Rules Committee, they immediately rejected the idea out of hand but took a quick poll on the subject, which as it turned out was actually accepted better than I had anticipated, with about as many in favor as against, so someone had the brilliant idea of asking two of the most senior of the Judging Staff to break the stalemate, a couple of Japanese practitioners fresh over from Japan. The fact that they could barely speak English made it a bit of a challenge getting it across to them as to what the argument was that they were supposed to settle.

I personally felt that selecting these two men to decide the outcome of the debate was purposely intended to slant it toward no shoes, because it was suggested by the opponents of the idea, so I almost fell over when the judge I was standing next to uttered the words, "Sounds like a good idea" and that was that, for that tournament at least.

Once again however, I was to win the battle only to lose the war. In the years following, when I was not the Tournament Director and had no sway over the Rules Committee, shoes were not even mentioned again for the next couple of decades. In fact I doubt that very many people even remember that they were allowed in 1965. Even now, in most tournaments, they use the Macho-type Foot Protection Gear instead of actual shoes, which does protect both the person wearing them as well as his opponent but the protection still isn't as good as shoes are for the kicker.

Even though we were thinking about it at that time it wasn't until much, much later that they were accepted in most schools. In writing this article I needed to refresh my own memory on the subject so I watched an old piece of video that was shot in Vic LeRoux's original Karate Connection School in Hawthorne, California dated Oct. 3, 1981 for a promotion in which Ed Parker kicked-in Vic for his Fifth Degree and me for my Seventh. We were barefoot at that promotion, so even in the early eighties we were still not

wearing shoes. I must admit that I can't remember whether we put them on to freestyle or not but I do know for certain that we wore them when we would engage in a special freestyle session at the end of the class in the dark, in the driveway on asphalt between the dojo and the building next door, while also wearing street clothes for the event.

And why would anyone even want to wear shoes while fighting? **Duh!** Where's the gain in having your toes fractured, sprained or even just badly bruised? I'll never forget the first time I broke my toes. I thought, "Why am I working so hard to learn how to kick properly if I can't even use this foot to kick with now?" I also remember going to my doctor and being told that two of my toes were indeed broken. I asked what they were going to do about that and was told, "Nothing". I asked, "What do you mean nothing?" And the doctor said, "Oh there's nothing you can do for broken toes except to stay off them and let them heal." I couldn't believe it. But I paid the doctor for the visit and for the x-rays and never went back for broken toes again, therefore I don't really know how many times I've broken them. they'd get battered, hurt like hell, turn black and blue, then go to purple, then to yellow-green and finally back to flesh color and that would be that. My only solace is thinking of the money I've saved by not going to the doctor.

Our Own Worst Enemy

Pain doesn't necessarily need to come in the form of having the body battered by someone else; we can do it to ourselves just as easily, as in too many repetitions of an exercise for example. I'm a firm believer that past a certain age it's far better to do thing until they begin to give you discomfort, stop doing that particular exercise or move such as punches or kicks, then do some more later. But what's the age to begin using that strategy? It's different for everyone and something you're going to have to figure out for yourself. For me it was my late sixties. I began noticing that I wasn't healing as quickly between injuries as I had in the past. It was taking longer to completely get over a jammed finger, a deep bruise, a strained joint, a pulled muscle or whatever else I might do to myself or have done to me.

Another Saying To Live By

"Go for it." I love that saying, don't you? "Go for it", meaning, no matter the cost get it done, don't let anything stand in your way, beat all odds. Never mind the pain. Riiight!!! And then maybe die. That's what happened to a Kenpo brother of ours several years ago. Bernie Bernheim was in great physical condition for a man his age.

Bernie was past his sixtieth birthday when he began studying Kenpo and got his Black Belt at around sixty-six. Bernie was a fantastic person and had a background that included being a Fighter Pilot in WWII who was shot down over German-occupied Europe twice and captured. He escaped twice and was recaptured, spending the rest of the war in a German Prisoner Of War Camp. Bernie lived by the motto and was very often heard saying the words, "Go for it". He was famous for it. Nothing stood in Bernie's way. Bernie always wanted to be the best physical condition he could be in, which was usually better than most of the much younger men around him, Both in and out of the dojo, so he "went for it". He worked out constantly, again both in and out of the dojo.

Then one day Bernie discovered that he had a hernia, a simple, easy to repair hernia. He had the operation and his doctor told him to take it easy, giving him the usual instructions as to how much physical activity he could engage in and in what time frame. Bernie ignored the doctor's instructions almost completely. He began riding his bike on the beach, running and doing his regular Kenpo workout almost before he was out of the effects from the anesthetic. He died on Christmas Eve that year of massive hemorrhaging. He didn't even realize he had ripped himself open internally.

I recently had a hernia repaired and believe me when I tell you that I adhered to every word the doctor told me as to recovery. Someone once said that experience is the best teacher but that it's very expensive, so it's a wise man that picks it up secondhand. I hate that I had to learn that lesson that way, but learn I did.

Self-abuse

Then there's the act of putting yourself in harm's way intentionally, maybe not voluntarily but intentionally nonetheless. By that I'm referring to just about the only times I've ever been injured freestyling. Those times came when I was too fatigued to freestyle

effectively, like at the end of the night after working hard all day, eating on the run while beating feet down to the dojo to teach for three more straight hours, freestyling with my peers and then practically collapsing in the corner only to have a friend come and ask me to freestyle *just one more time*. Big mistake. Don't do it. If you're that tired just admit it and let it go. Forget being macho. I knew I shouldn't but I'd get back up and fight *just one more fight* so as not to look like a wimp in the eyes of my peers and students and as a result I'd naturally come up limping or bleeding or worse.

Now, let's talk about *true self abuse* such as "working your knuckles" as we used to call it back in the old days. I don't want to remember how many times I actually stood in line waiting my turn at the Makiwara board so I could pound my knuckles into oblivion trying to raise calluses on them only to have them cause me increasingly greater pain each time I did it until I just couldn't do it anymore. It finally dawned on me that after all the time I had put into it that if the calluses hadn't come by that time, they probably never would. Some people could do it and some couldn't and I was one of those who couldn't. Again, it took me a while to figure it out but it did come in time. Fortunately, it was in time to save myself permanent damage. It was several decades later that I screwed my right hand up so seriously that it's impossible for me to make a regular fist. The best I can do is a middle-finger-fist with my right hand, but that's another story.

Count The Years

Nothing lasts forever. There comes a time in life when the numbers tell you that it's simply time to put certain things behind you. In my case one of those things *ground fighting*.

The only serious injuries I have suffered, the kind that put you on crutches or force you to wear a brace for an extended period of time have come from ground fighting after the age of sixty. The ground is too unforgiving, the positions you find yourself in are too demanding, the strain on your joints too unusual and the whole experience too physically taxing after a certain age and for me that age was sometime in my early to mid-sixties. The only problem was that I loved being on the ground grappling around and getting the upper hand. It's a gas, I loved it but my body began talking to me, and then it began *yelling* at me, and finally it began *screaming* and the creams were due to

the pain I was suffering. Eventually, I had to listen to my body and I haven't had to endure that kind of pain since. I may be slow but I do get the message in time.

So, do it while you can and enjoy it while you can but when the time comes to hang it up don't just try to taper off, *hang it up*, you'll be better off if you do. Don't wait until your body creams out in pain and you're on crutches.

Make The Years Count But Also Count The Years

Build on your strengths while you're young and let that work for you in your later years. The beauty of Kenpo is that there is something at which everyone can excel. Kenpo is a balanced art. It doesn't rely exclusively on the feel and legs as do the Korean arts or a particular theory such as all fights end up on the ground, as the grapplers believe.

None of us will ever completely master the art of Kenpo. There are things in our art that simply aren't compatible to our abilities, things that we just can't do well and never will. I personally never witnessed Ed Parker jump higher than six inches off the ground in all the time I knew him and I met him when he was twenty-seven years old, which was at a time that if he had been *able* to do it he *would* have been doing it. And then there are those who can reach great heights and do multiple moves in the air.

What has one got to do with the other? Mr. Parker could never get that high but at the same time there are things that he could do brilliantly that the rest of us could do only marginally, if at all.

So, take from the art what suits you best and develop it and hone it for yourself. You'll be far better off in the long run than spending your time chasing something that wasn't for you in the first place. Then, even when the years are counting down you'll still have something going for you, something that still comes easily because it was natural for you in the first place.

Knowledge Is Forever

Let's not discount pure knowledge. It's something no one can ever take away from you. Even when you are no longer physically able to do the things you used to do, you can still teach them. The wonderful thing about teaching is that it keeps you in the art whereas you might have had a tendency to drop out if you found your physical abilities

beginning to diminish over time. And staying in the art will in itself give you not only physical benefits you otherwise wouldn't get, but teaching will also give you the gift of keeping up your involvement with some of the greatest people you'll ever have the pleasure and the privilege to know and to work with, your Kenpo brothers and sisters.

Don't worry that you might not be doing some of the elements of the art that you used to do very well. And remember, your most effective football coaches would never dream of putting on a helmet and shoulder pads and getting on the field with those they coach. The best swim coaches never even need to get wet, and what coach can shoot hoops as well as his players?

Why is it then that we in the martial arts feel as though we must always need to be the best in the room? It's ridiculous and counterproductive and it takes a long time to get over because it seems to be the nature of the beast.

The thing that we Instructors can enjoy with the advancement of age is the comfort in knowing that we can pass on the experience we paid such a high price for to the next generation of Kenpoists, so that they won't need to pay the price that we paid for it.



Customized Lessons for Black Belts

If you are a Black Belt with the IKCA you know that in order to advance in rank, all that is needed is your performance of the Master Form every three years, shown to be consistent with a Black Belt level of performance. It usually gets better as the years go by but even that isn't necessary. All we need to see is that you are still moving in accordance with the expectations of the organization, that you haven't forgotten what you initially learned and are still doing it to that level.

The reason we don't ask for any further material to be learned is that we realized a long time ago that everyone is different, and all of our needs are different as well. We couldn't possibly know what each individual's needs are and therefore we knew we would never be able to teach everyone *everything* about all of the Martial Arts even if we ourselves knew everything, which we don't. That's why it was left to you.

Our people consistently use Karate Connection Kenpo as their base but have gone on in directions as diverse as the number of Black Belts under our banner. When you keep the system pure, meaning you don't dilute it with a lot of other Arts, Styles or Systems, you have an assemblage of elements that allows your student's to advance at a pace that was unknown in the early days of the Art. You'll give them a stand-up fighting system second to none.

What you have gone on to learn after attaining your Black Belt should only be introduced to your students *after* they attain their Black Belt from you. Then and *only then* should you teach them what you have added to your personal repertoire, otherwise you'll be watering down what we have put so much time and effort in creating for you and for them. The time you spend introducing material outside the curriculum will take them just that much longer to learn the system and will make it just that much more

difficult because of the diversion of their attention from what's important and pertinent. Let them learn Karate Connection Kenpo the way you learned it, *pure and simple*.

But enough about your students, this article is for you. This is another idea whose time has come and again it didn't come from within, it came from you, our distance students.

Out Of Sight Out Of Mind

Some of our Black Belts have let us know that while three years is a reasonable period of time between promotions it's too long a period of time between communications with us. They would like more frequent contact. There are things they would like to ask about the system but feel it's an intrusion on our time to ask them. So, it has been suggested, that using the same concept as the Video Testing Format they might ask their questions on video and receive the answers the way an under belt gets his or her test results, *back on video*.

If it's a question concerning a teaching technique, or on a concept or principle, or a move, or series of moves, or a method for application in action, they can be asked on video and answered on video. Only you can come up with the questions on what you would like to know over and above what's on the Training Videos that are used as the basis of the Curriculum.

The lessons will vary in length due to the nature of the questions but most will probably average right around forty minutes. We have found after years of teaching private lessons that forty minutes seems to be a perfect length of time for holding one's attention and producing the greatest results.

In some cases you might simply choose to call Vic directly and speak to him personally about your needs or desires. If you don't have the need to show him something physically, then discussing it over the phone might just be the more expeditious method to follow. Calling him and talking it over might give him the ability to give you more of a personalized assessment of the charges and the time required to fill your individual needs. If you have a great deal of material to be covered, naturally it might take more than one private lesson.

Once again the value of video is utilized because there are distinct advantages over the in-person private lesson. You don't necessarily need to grasp *everything* your Instructor says or does on the spot. It's on video, so you can rewind it and view it again, or listen to it again and again and again, until you've got it and later if you've forgotten any part of it, slap your tape or disk into your player and study it again.

Give Vic a call. You come up with the questions and let him come up with the answers.



An Amendment for The IKCA Bylaws

All members of the IKCA are provided with a copy of the IKCA Bylaws as part of their package when they join the Association. The Bylaws can also be viewed on our website at any time by bringing up www.KARATECONNECTION.COM and clicking on BYLAWS.

The IKCA Bylaws are unique as far as we know because we don't know of any other organization that even has a set and I can never remember seeing any such thing when I was a member of the only other Association I've ever been a member of, which was the IKKA, the International Kenpo Karate Association that Ed Parker created back in the 1960s. I think if there were any Bylaws Mr. Parker carried them around in his head and was free to change them at will. No disrespect, but that's usually the way it is in the average dojo or association. And as far as changing the rules in the average dojo it will always be the Head Instructor who will make them. someone once said, "A dojo is not a democracy" and no truer words were ever spoken. If you've been around for any length of time you know.

Not so with the IKCA. You, the members are the *only ones* who can make changes and there has been a new amendment to the Bylaws submitted for your approval.

Mr. Jerry Bull, Mr. Jay Leon Guerrero and Ms. Brenda King have submitted the following:

An additional degree in Black Belt will be awarded with the attaining of the status of Certified Instructor. This added degree will have no effect on the three years required between tests for degrees and required no further test, only the attaining of Certified Instructor status. This amendment is to be retroactive to all persons currently holding the title of Certified Instructor.

Here is an overview of the Certified Instructor provision as it stands and has always been:

The Certified Instructors program is open to all Black Belts regardless of their degree status. In order to attain Certified Instructor status the Black Belt must submit for approval, directly to the Association, a student for each Belt Level Ranking from Orange (or Yellow Belt in the case of an under-sixteen year-old student) up to and including Black Belt.

When each level is successfully passed, the Instructor is then Certified to promote to that level without further approval of the Association, up to and including Brown Belt.

All Black Belt tests are conducted by the Association.

None of the above would be changed. The amendment to the Bylaws is that an *additional degree* would be given for achieving Certified Instructor status.

Part of the reasoning for the extra degree is that when a First Degree Black Belt becomes a Certified Instructor, he or she is the same rank as the person they have brought up and taught to Black Belt. The only distinction is time in rank but there will always come a time when they are of equal rank, and it is felt that, that shouldn't be.

The Association has always felt that the Certified Instructor program was one of the most valuable assets the Black Belts have because it gives that person and the Association the opportunity to work together through the entire process once again, which is a huge plus for both because it gives the Association the opportunity to see exactly how that instructor did with a student going through the entire system and how he or she continues to perform with each and every Black Belt Test they submit in the future, and it gives the Instructor feedback that he or she couldn't get any other way.

We have found that Certified Instructors are far more likely to keep up their skills than a non-Certified Instructor because his or her efforts are constantly being monitored. If the Association receives a Black Belt test and the student is really off the mark, we know the instructor must be failing in some manner because he or she stood there while the video test was being administered and allowed it to happen.

Our Certified Instructors are putting their reputation on the line with each and every test they submit and it shows in their own performances.

Why we didn't think of this ourselves is a mystery to us. This is such a great idea we wish we could claim it but that isn't the reality and this is just another example of why this organization is so far ahead of any other we know of. It isn't left up to the leadership alone, everyone is involved in the policy and decision making process.

However, we have had other ideas that have been submitted that we thought were great as well only to have the membership point out things about them that we had not thought of when they were voted down. So, here again we are in a position of going to the membership for a final decision.

One of the things that keep more amendments from passing is that it takes a *two-thirds majority* vote to pass any and all changes or additions to the Bylaws, not a simple majority. This make it more difficult if not impossible for anyone to stack the deck, so to speak. If an amendment were to be heavily lobbied by someone they might just pull off something that could be construed as self-serving to only a small group, but getting a two thirds majority to vote it in is greater insurance that the amendment is in the best interests of the membership by and large.

Please make yourself heard on this subject by using the ballot below (ballot removed for historical purposes) or if you have something specific to say give Vic a call and he'll be happy to take your vote over the phone.



The "50 Years in Kenpo" Celebration Was Fantastic!

Thanks to all who attended and to all who sent their best wishes via mail in the form of cards and mementoes from Schools around the world with the signatures of the Head Instructor and all of the students.

THANK YOU SO VERY MUCH!

Vic did a fantastic job in orchestrating the event, from informing everyone, to setting it up and running it.

The "Day of Kenpo" was incredible. We had such a diversity of students there that there was no way we could all work out together other than running lines and that we did in the usual Karate Connection manner. That's where the person running the line takes on the entire line which in this case averaged ten or so attackers, so by the time you got to the end you were ready for a break and only had to be an attacker every tenth attack.

When running the line we were able to see where our Black Belts have gone on their own and we saw some fantastic moves. With the under belts we saw what we expect and prefer to see, the Karate Connection techniques done in a manner consistent with the system and that's how it was.

There was a little freestyle as well and James Parson and his people put on their usual show of expertise in that area. James also spent some time showing and teaching some of his personal favorite entry moves. James will tell you what he's going to do so you can prepare yourself and then do it to you even though you're ready for it.

What a group and what a day.

As to the dinner at the Naples Rib Company, everybody said it was some of the best bar-b-que they'd had, and that's why we chose the place.

The Rib Company provided us with a DVD player and big screen TV so we were able to show our version of the Mind Fogging project I described a couple of Newsletters ago.

When I say that it went over big I'm not exaggerating. There was so much laughter during the showing I had to show it again at the following Monday night class because the guys said they missed a lot of the dialog and wanted to hear what they missed.

Mind Fogging is suppose to go onto Utube so if you want to see it just bring up Utube on the Internet and search Mind Fogging. It should be up by the time you get this Newsletter. I hope you get as big a kick out of it as everybody at the party did.

Thanks again to all who participated.





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.

Anthony Madrid	Midland, TX, USA	GREEN BELT
Jesse Madrid	Midland, TX, USA	ORANGE BELT
Ray O'Dell	Midland, TX, USA	ORANGE BELT
Jared Nitzschner	Redondo Bch, CA, USA	ORANGE BELT
Kekoa Schweitzer	Redondo Bch, CA, USA	PURPLE BELT
Sally Schweitzer	Redondo Bch, CA, USA	ORANGE BELT
Michael Armstrong	Redondo Bch, CA, USA	YELLOW BELT
Lauren Bingham	Napa, CA, USA	PURPLE BELT
Casey Chupinski	Napa, CA, USA	PURPLE BELT
Spencer Re	Napa, CA, USA	ORANGE BELT
Damion Linke	Australia	3RD DEGREE BLACK
Iain Silverthorne	Napa, CA, USA	2ND DEGREE BLACK
Todd Flower	Napa, CA, USA	1ST DEGREE BLACK
Rod Pruitt	Jacksonville, FL, USA	2ND DEGREE BLACK
Samantha Schutz	Australia	BLUE BELT
Dylan Goodwin	Australia	BLUE BELT
Justin Schmidt	Australia	BLUE BELT
Louise Milton	Australia	BLUE BELT
Danielle Kersten	Australia	PURPLE BELT
Stephanie Kersten	Australia	PURPLE BELT
Kaitlin Kersten	Australia	PURPLE BELT
Joshua Kleemann	Australia	PURPLE BELT
Emily Kleemann	Australia	PURPLE BELT
Lacey Richardson	Australia	PURPLE BELT
Darcy Richardson	Australia	PURPLE BELT
Jordon Barker	Australia	PURPLE BELT
Bradley Hann	Australia	PURPLE BELT
Arran Materne	Australia	ORANGE BELT
Jason Falkenberg	Australia	ORANGE BELT
Benjamin Falkenberg	Australia	ORANGE BELT
Justin Goodman	Australia	ORANGE BELT
Alex Goodman	Australia	ORANGE BELT

Alex Jermey	Australia	ORANGE BELT
Abel Schoneveld	Australia	YELLOW BELT
Michael Lorrai-Cody	Australia	YELLOW BELT
Sophie Lorrai-Cody	Australia	YELLOW BELT
Jayden Linke	Australia	YELLOW BELT
Garret Murphy	Napa, CA, USA	BROWN BELT
Steve Caldwell	Napa, CA, USA	GREEN BELT
Michael Lieber Jr.	Woodgate, NY, USA	GREEN BELT
Barbara Fear	Woodgate, NY, USA	GREEN BELT
Alex Guerrero	Napa, CA, USA	PURPLE BELT
Mario Guerrero	Napa, CA, USA	PURPLE BELT
Severo E. Saenz	Edinburg, TX, USA	PURPLE BELT
Joey Arvizu	Edinburg, TX, USA	PURPLE BELT
Patrick McNeeley	Edinburg, TX, USA	PURPLE BELT
Cordell Celtic	Fritz Creek, AK, USA	PURPLE BELT
Phil Celtic	Fritz Creek, AK, USA	PURPLE BELT
Michael Romanko	Fritz Creek, AK, USA	YELLOW BELT
Rachel M. Spagnuolo	Camden, NY, USA	1ST DEGREE BLACK
Andrew Stevenson	Bakersfield, CA, USA	1ST DEGREE BLACK
Jose Acosta	Vallejo, CA, USA	1ST DEGREE BLACK
Kay Kite	Riverside, CA, USA	BLUE BELT
Seth Kroll	Alaska, USA	ORANGE BELT
Lance Heam	Northport, AL, USA	PURPLE BELT
Dennis Bellavia	Monarch Beach, CA, USA	GREEN BELT
Michael Dale McGee	Gun Barrel City, TX, USA	ORANGE BELT
Danny Jergensen	Denmark	BROWN BELT
Jesper Hansen	Denmark	BROWN BELT
Victor Holck Abildgaard	Denmark	BROWN BELT
Peter Michael Holck Olsen	Denmark	BROWN BELT
Agnar Eskil Ting Jehn	Denmark	BLUE BELT
Jacob von Rosen	Denmark	PURPLE BELT
Steven Parker	Boonsville, NY, USA	BROWN BELT
David M. McGrew	Spring Hill, FL, USA	ORANGE BELT
Joshua McGrew	Spring Hill, FL, USA	ORANGE BELT
Jesse Diaz-Franco	Spring Hill, FL, USA	ORANGE BELT
William Snowden	Napa, CA, USA	ORANGE BELT
Dale Dennett	Napa, CA, USA	ORANGE BELT
Shanley Kezer	Napa, CA, USA	PURPLE BELT
Zach Lund	Napa, CA, USA	PURPLE BELT
Adam Easley	Napa, CA, USA	PURPLE BELT
Jeffrey Bushnell	Napa, CA, USA	PURPLE BELT
Mitch Frazier	Napa, CA, USA	PURPLE BELT

Rosanne Aranda	Beaumont, CA, USA	ORANGE BELT
Lisbeth Garcia	Beaumont, CA, USA	ORANGE BELT
Abir Naim	Beaumont, CA, USA	ORANGE BELT
Robert Scott	Beaumont, CA, USA	ORANGE BELT
David Thach	Beaumont, CA, USA	ORANGE BELT
Ricardo Romo	Beaumont, CA, USA	ORANGE BELT
Richard Lopez	Beaumont, CA, USA	ORANGE BELT
Faris Muhtaseb	Beaumont, CA, USA	ORANGE BELT
Rebecca Gamboa	Beaumont, CA, USA	BLUE BELT
Lorraine Pasamba	Beaumont, CA, USA	BLUE BELT
Gabriel Jolly	Ferndale, WA, USA	BLUE BELT
Todd Fowler	Napa, CA, USA	1ST DEGREE BLACK
Mike LeBree	Orange, CA, USA	1ST DEGREE BLACK
Manuel Reyes Barajas	Lompoc, CA, USA	1ST DEGREE BLACK
Robert J. Barnes	Lompoc, CA, USA	1ST DEGREE BLACK
Kade Lloyd	Alberta, CAN	JUNIOR BLACK
Larissa Donald	Alberta, CAN	JUNIOR BLACK
Mick Jolly	Ferndale, WA, USA	3RD DEGREE BLACK
Billy Hayes	Torrance, CA , USA	3RD DEGREE BLACK
Jennifer Thomas	Torrance, CA, USA	2ND DEGREE BLACK
Tony Glorioso	Torrance, CA, USA	5TH DEGREE BLACK
David W. Little	Orland, ME, USA	5TH DEGREE BLACK
Alex Risher	Raleigh, NC, USA	BROWN BELT
Walt Heckman IV	Raleigh, NC, USA	BROWN BELT
Phyllip Parsons	Raleigh, NC, USA	BROWN BELT
Devin Chissus	Seldovia, AK, USA	ORANGE BELT
Ernest J. Quinn	Weckiwachee, FL, USA	PURPLE BELT
Ben Muni	N. Smyrna Bch., FL, USA	GREEN BELT
James Muni	N. Smyrna Bch., FL, USA	YELLOW BELT
Dean Muni	N. Smyrna Bch., FL, USA	GREEN BELT
Dylan Lentner	N. Smyrna Bch., FL, USA	GREEN BELT
Tim Davis	Northport, AL, USA	PURPLE BELT
Kyle Bingham	Napa, CA, USA	ORANGE BELT
Jerry Boechler	Alberta, CAN	GREEN BELT
Andrew Elliot	Alberta, CAN	GREEN BELT
Joseph Dell	Alberta, CAN	GREEN BELT
Jason Donald	Alberta, CAN	PURPLE BELT
Jerry Bull	Vallejo, CA, USA	5TH DEGREE BLACK
Gary Lack	Cincinnati, OH, USA	2ND DEGREE BLACK
Dr. David J. Brancato	Louisville, KY, USA	1ST DEGREE BLACK
Chris Roman	Napa, CA, USA	BROWN BELT
Alex A. Fuentes Gonzales	Puerto Rico	YELLOW BELT

Sebastian A. Rivera Perez	Puerto Rico	ORANGE BELT
Juan E. Siberio	Puerto Rico	ORANGE BELT
Carlos Yram Ramos Mendez	Puerto Rico	PURPLE BELT
Edgar Xavier Ruis	Puerto Rico	ORANGE BELT
Efrain Dario Rivera	Puerto Rico	BLUE BELT
Daniel Hermosisima	Torrance, CA, USA	PURPLE BELT
Jared Nitzschner	Torrance, CA, USA	PURPLE BELT
Travis Carter	Torrance, CA, USA	ORANGE BELT
Amber Alvarez	Torrance, CA, USA	BLUE BELT
Amanda Alvarez	Torrance, CA, USA	GREEN BELT
Michael Armstrong	Torrance, CA, USA	ORANGE BELT
Jim Wimbish	Vass, NC, USA	GREEN BELT
Johnny Wimbish	Vass, NC, USA	BLUE BELT
Morgan Endean	Canada	YELLOW BELT
Joel Ellis	Northport, AL, USA	BROWN BELT
Michael Heine	Napa, CA, USA	BROWN BELT
Garret Murphy	Napa, CA, USA	BROWN BELT
Marc Mooday	Napa, CA, USA	GREEN BELT
Casey Clark	Napa, CA, USA	GREEN BELT
Charles J. Caruso	Smithfield, RI, USA	ORANGE BELT
Michael McGee	Gunbarrel, TX, USA	PURPLE BELT
Dylan McDonald	Gunbarrel, TX, USA	YELLOW BELT
Kooper Babrez	Gunbarrel, TX, USA	YELLOW BELT
Jacob Whitley	Gunbarrel, TX, USA	YELLOW BELT
Randall Bunger	Gunbarrel, TX, USA	YELLOW BELT
Travis Bowden	Gunbarrel, TX, USA	YELLOW BELT
Winter Lowe	Gunbarrel, TX, USA	YELLOW BELT
John Angel Lowe	Gunbarrel, TX, USA	YELLOW BELT
Larissa York	Gunbarrel, TX, USA	YELLOW BELT
Michael Long	California City, CA, USA	ORANGE BELT
Kinsey Bachara	California City, CA, USA	ORANGE BELT
Arden Meier	Binghampton, NY, USA	GREEN BELT
Seth Kroll	Seldovia, AK, USA	PURPLE BELT
Dan Suthers	Prairie Duchien, WI, USA	ORANGE BELT
Laurel Hilts	Seldovia, AK, USA	PURPLE BELT
Eli Jolly	Ferndale, WA, USA	BLUE BELT
Adam Jolly	Ferndale, WA, USA	BLUE BELT
Timothy Clark	Orland, ME, USA	ORANGE BELT

