



NEWSLETTER #62

1ST QUARTER 2010

THE 12TH IKCA SEMINAR

On August 14 of this year, the IKCA will be hosting its twelfth annual Seminar in Long Beach, California.

The Seminar is open to all members and even non-members who are interested in furthering their knowledge in and of our system and other martial arts not related directly to our system, which will be of special interest to all of our Black Belts. The groupings will, again, be one for the Black Belts and the other for the under belts. Those of you with the rank of Brown Belt may, at your own option, attend either of the groups or divide your time between them if you prefer.

The 1st IKCA Summit Meeting

In addition to the Seminar itself, this year we will also be hosting the first IKCA Summit Meeting for the purpose of setting the course into the new millennium for the IKCA, the System and its Members.

The Summit Meeting, which is reserved for IKCA Black Belts, is to be held on the Thursday and Friday before the Seminar for the purposes of determining what changes or additions should be implemented for the future, such as a proposed Master's Certification Course, Intense Courses for Colored Belts, New and Improved Drills and

Concepts for taking our system far above and beyond the competition to include elements of street fighting, as well as self-defense.

It will be the responsibility of the IKCA's Black Belts to determine which changes, additions or directions should be put to the General Membership for a vote. As you know, all changes, additions or even changes in direction must be approved by a vote of the General IKCA Membership before any of them can be implemented into the system. This unique element of the IKCA has been working since its inception more than a decade and a half ago. It has kept the organization and the membership strong. When you have a vote on how things work and all of your brother and sister members have the same muscle, it multiplies itself exponentially by the power of the number of members involved. So get involved!

Someone once said, "A dojo is not a Democracy" and he was absolutely correct, but the IKCA is more than just a world dojo. It's an organization Of the Members, By the Members, and For the Members.

All Black Belts please try to make it to the Summit Meeting which will run from TWO to SIX PM on Thursday, Friday's activities to be determined. We need your experience, your consideration and above all, your input.



The Other Half of the Bones

Well, not exactly half, because we have already covered thirty Karate Connection Techniques and there are only fifty-five, so that makes just twenty-five to go, but close enough for Rock-N-Roll.

So, let's, just for the heck of it, do a little review. Not the whole enchilada which would also include the Stances and Defensive movements which would consist of, but not be limited to, the blocking strikes, parries, barricades, pinning checks, etc. But, just the Weapons and the Targets we've hit so far in our quest to find those mysterious missing bones.

Thus far, these are the weapons the student has learned to use and has employed from Orange Belt through Green Belt. They are: **BACK-FISTS, STRAIGHT PUNCHES, HEEL PALMS, FOREARMS, CHOPS, HEAD BUTTS, THRUSTING BALL-KICKS, SNAPPING BALL-KICKS, HEEL-KICKS KNIFE EDGE KICKS, BUTT BUNKS, ELBOWS, HAMMER-FISTS, CUPPED HAND CLAPS, RAKING KNUCKLES, HEEL PALMS, THRUSTING CLAWS, INVERTED HAMMER-FISTS, FINGER POKES, RIDGE HANDS, FOREKNUCKLES, RAKING MIDDLE-FINGER FISTS, BOLO PUNCH, RAKING CLAWS AND THE INSIDE OF THE FOREARM**, some of them several times, others just a few and on occasion only once.

And how about the targets we've struck? They are: **THE GROIN, SOLAR PLEXUS, RIBCAGE, FLOATING RIBS, KNEES, TEMPLE, NECK, FACIAL MASK, INSTEP, SPINE, BACK OF KNEE, NOSE, EYES, JAW CHIN, THROUAT, SHOULDER JOINT, KIDNEYS, AND THE ELBOW JOINT** and again, some of these targets such as the groin several times, and others like the elbow joint only once.

But, enough with what we've done, now let's examine what the next twenty-five techniques hold for us.

From here to the end of Black Belt I'm going to concentrate on the unique principles or concepts involved in the techniques, not the elements themselves. I'll give you the box score at the end of brown Belt and then the grand totals at the end of Black Belt.

Brown Belt

HOOKED LIGHTNING is the first technique is Brown Belt, it's a technique that could have encompassed any beginning maneuver we wanted and we decided to make it staying in place, meaning that you don't drop away from the attack as you would normally, or go forward as you did on Stopping the Storm.

Why did we want you to drop in place?

Simply, so you'd know how to do it when you need it. When the range dictates that you should do it. If we were to have designed all of our techniques having you step away from the attack, which is the safest and most likely maneuver, and you never had the occasion to step forward or drop in place you would have missed an important element in maneuvering, that's our only motivation for having you drop in place for this particular technique, no other reason.

Could you move into the oncoming punch? Of course, if there's enough time and the distance allows for it. Could you step away from the attack? Again, certainly if you need the time and distance, and this goes for most of our techniques, not all, but most.

The beginning maneuver is actually up to you based on timing and distancing and that decision has to be made in a fraction of a second. Having you do them in certain techniques is just our way of making absolutely certain that you have them. It's easy to say, "Do whatever maneuver the situation dictates", but if you haven't practiced doing them at one time or another they won't be there when you need them.

The other strikes and maneuvers in Hooked Lightning are standard and don't need discussion here.

SPLITTING LANCES employs a rather radical maneuver, a spin of the entire body coming off the raking knuckles to the face, which builds up momentum for the back-elbow to the head.

THUNDERING HAMMERS. The way we learned this technique it ended with a back-fist to the head and a hooking claw under the face with a heel palm strike and it was named Thundering Hammers in the old Parker system.

For some reason I never liked the ending it had and after I discovered a better one, even in the presence of Mr. Parker, I always ended that technique with the takedown we do today. He never said a word about my special ending. But then, Ed Parker never was one to stick strictly to the written doctrine. If it worked, he liked it, if it didn't you'd hear about it. He knew, as we all do, that there are many ways to end any technique and if one of his Black Belts opted for something that suited them better, he was always one to allow it. At the same time, let me say that whenever I taught Thundering Hammers I taught it with Ed Parker's ending. But, I'd always throw mine in as an alternative and then let the students chose whichever they preferred. Some like the original, some the modification. It's a good thing.

Ed Parker was also the one who said, "Kenpo is like a fine suit, it should be tailored to the person wearing it".

BEATING DISASTER has taken on one significant change since we put it on tape in the original series of Karate Connection Training Videos.

The way we learned the technique against an overhead club attack was to step back with the right foot and do a cross-hand double-block, stopping the arm with the club, and then delivering a driving knee to the opponent's ribcage, or groin, depending upon his angle relative to us.

Over the years, through observation and getting struck on the arms with a club, we realized that the only way the technique was going to be truly effective was for the defender to literally be flying at the attacker. Dropping away from the attack would, in far too many cases, put you at a distance and in a position to be away also gives the

attacker a little extra time to adjust to your block, so that's why we made the change, because it works.

This is why the video interrelationship that we have with our students is so important. If something has been updated in the system we can still give it to the student, during his or her video private lesson when they video test with us. There hasn't been much, but there have been a few things that we've found that needed updating, so we've updated them.

WINGS OF FREEDOM again employs the double strike concept to kick it off. Vic likes to think of the two behind-the-head strikes as "cracking the coconut". I don't know if I'd put it quite that way but it does seem to get the point across.

However, before the strikes actually land there is a sharp drop in your height so as to bring your opponent's head closer to yours, which is what you want. It also then allows you to pop back up, after the double strikes, by bringing your legs back together and by forcing your arms down, while the rest of your body is coming up, it will greatly assist in breaking the Full Nelson Hold your opponent has on you.

One thing to remember before you attempt to strike your opponent in the head with a back-elbow is that a short step forward is required. Remember, he'll have his body right up against yours, so stepping back is not an option; you'll need to step forward.

This is one of the most often missed moves by the Black Belts doing their Master Form Test for Degrees in Black Belt. They blow that small step forward, and I get to ding them for it.

EYE OF THE STORM is another simultaneous block and strike counter-attack. It would be a good habit to get into after an inward block even if the other hand wasn't coming, because you never know and it's better to be safe than sorry. And, it puts the other hand right there in the action to be used for further striking or blocking as needed. There's nothing really unique about Eye of the Storm except for the unwinding twist stance for the last strikes, that's a little different. It's something the Old Man just loved to do, and do it he could. he was like a whirling dervish. To see a man his size unwind the way he could was awe inspiring.

OPPOSING DRAGONS utilizes one of the greatest time saving devices I can think of. It really stands out in this technique because it's so evident. You can't miss it. Having the same leg kick, first to the rear and then to the front, without allowing it to touch the ground, is without a doubt the greatest example of striking from the point of origin I can think of. Having the re-cock from the first kick become the cocking action for the second kick is wiping out one entire move and thereby making the combination of the two kicks a full third faster. That's thirty-three and a third percent faster my friends, and that's huge!

This technique also employs a principal not often used, a totally blind shot. The punch to the face is delivered while your head is turned in the opposite direction, and it's the principal of one hand returning to the last position of the other that makes it work. It's easy to prove for yourself.

Using your life size dummy, try punching him square in the face with your right hand and then turning your head completely away from him, to your right, and punching him square in the face with your left and you'll find, possibly to your own surprise, that you have indeed hit the mark with accuracy without even looking at your target. I call it the principle of "the right hand always knowing what the left hand is doing." Like, clapping in the dark when you can't even see your hands. One hand will never miss the other, you can count on it.

LEAPING THUNDER gives you the opportunity to fly, so fly if you can. I used to be able to leap into the air and come down if and when I wanted to. You'll notice I said, "I use to be able to". Past tense. But all good things must come to an end. These days if I really want to kick an opponent in the head I need to first kick him in the groin to bend him over so as to put his head in range, no more leaping, so do it while you can. It's great fun and it impresses the girls.

THE BONZAI RUN couldn't be simpler but one of the things that make it work is the trapping that goes on during the alternate punching to the head. When you go sailing swiftly at your opponent you can be sure he'll be putting up some sort of defensive action like blocking or parrying your punches, so in order to get an effective strike through his defenses you'll need to pin-check or grab-and-control of offending limbs.

And remember, as the name applies, the Bonzi Run is an all-out maniacal charge. This is a total attacking technique, there is not block, parry or maneuver prior to the technique, you make the first move and subsequently, you should also be making the last of the moves.

CRENSHAW HIGH FIVE was taken partially from the old Parker technique called Five Swords, or even earlier it was called, The Five Count, which was its nickname before Ed Parker named all of the techniques in his system.

It was one of our students, back in the day, that came up with the idea that all of the strikes could be done on the head because he had heard someone in the dojo say, "If you kill the head, the body dies". So Carl just applied all of the strikes that follow the Right Inward Block to the head, and he did that while we were training on Crenshaw Blvd. in Los Angeles at the dojo where Ed Parker and I were partners. I think that name might be one that Vic and I submitted when the voting took place to have the fifty-five techniques of the Karate Connection voted upon. We didn't get many but I think that one was one of ours.

Let's run a tab now and see what we find in Brown Belt.

Hooked Lightning.

Weapons - three punches - **Target** - face - **Stances** - two neutral bows one lunge stance with two stance changes - **Blocks** - one parry.

Splitting Lances-

Weapons - one raking knuckle, one back elbow - **Targets** - face, twice - **Stances** - two neutral bows - **Blocks** - two outward blocks.

Repeating Hammers

Weapons - one inverted chop, two hammer fists, one thrusting knife edge kick, one ball kick - **Targets** - groin, kidneys, back of neck, back of knee, face - **Stances** - one neutral bow, two close kneels - **Blocks** - one parry.

Beating Disaster

Weapons - two knees, one forearm strike - **Targets** - rib cage, elbow joint, face - **Stance** - neutral bow - **Blocks** - two upward blocks.

Wings of Freedom

Weapons - twin fists, back head butt, two back elbows - **Targets** - head, face - **Stances** - one riding horse, two neutral bows.

Eye of the Storm

Weapons - punch, finger hook, forearm, rising rake, chop - **Targets** - face, eyes, head, throat - **Stances** - two neutral bows, one twist stance - **Blocks** - one inward, one extended outward.

Opposing Dragons

Weapons - thrusting claw, straight punch - snapping ball kick, thrusting heel kick, swinging hammer fist, thrusting ball kick - **Targets** - eyes, torso, groin, solar plexus - **Stances** - neutral bow at the end - **Blocks** - one extended outward.

Leaping Thunder

Weapons - snapping ball kick - **Target** - face - **Stances** - one neutral bow - **Blocks** - one inward.

Bonzai Run

Weapons - three punches and a knee - **Targets** - face, hip or stomach - **Stances** - none - **Maneuver** - skip.

Crenshaw High Five

Weapons - forearm, chop, heel palm, finger rake, chop, hammer fist - **Targets** - bicep, side of neck, temple, other temple, raking claw, chop - **Stances** - two neutral bows, two lunge stances - **Blocks** - one inward.

Let's wait till the end to tabulate them all for a grand total.

Black Belt

Okay, let's go. **DROPPING THE STORM** is another example of the use of the double inward blocks. Which is reality is a single arm block and a simultaneous inward strike to your opponent's bicep.

The most important element to remember about the take-down is that the foot sweep has to be boot-to-boot. Don't try sweeping the leg itself, aim for the foot and once it's off the ground it's the opposing forces (pushing on the upper body in the opposite direction) that will allow you to take the person down.

Another important factor in Dropping the Storm is that the first shot, the back fist to the temple, has to really ring his bell or you'll be fighting harder than necessary to affect the take-down.

RAKING EIGHT is another of the techniques that has been upgraded since the video training tapes were made.

We were taught to loop our arm over the opponent's arms while he is strangling us from the rear. Unfortunately, we found that looping your arm over his is not effective in too many instances. Just the position of his arm can unintentionally block your arm from looping over and stop the rest of the technique from happening.

The solution is an easy one, instead of trying to take his hands off your throat by your arm by looping it over his arm, try instead simply raising your arm straight up next to your ear and using your entire body to take his hands off your neck. By stepping across your body and then twisting around to face your adversary you will break the choke hold. Your entire body is simply too great a force against his wrists force against his wrists for him to be able to maintain his grip. He'll either let go your partner in a similar choke hold from the rear and see how easy it is to keep his arm from looping over yours. Remember what the Old Man said, *"To hear is to disbelieve - to see is to be deceived - feeling is believing"*. I've always loved that one. So feel it.

SPEARED LIGHTNING employs a knee that strikes a really sensitive nerve in the thigh. It can cripple you in an instant, at least temporarily. Ask me how I know. It goes back to the last paragraph, I've felt it! The middle-finger- fist is also a great weapon, it is pure penetration, and remember it can be substituted for a regular fist any time you feel like it. Not in the Master Form but in reality.

CONTROLLING DISASTER is not one of our favorite techniques because we've found much better methods of managing a person with a gun. The concept of moving the muzzle of the weapon and yourself out of the line of fire is still absolutely viable and necessary but we have learned much more highly effective methods of extracting the weapon from his hand. So, rather than get into an in-depth discussion here we have opted to make that a subject at our seminars. So, if you wish to get some hands on training on the topic of gun disarming you'll have to come to Long Beach where we can give it the time it deserves.

ARM BAR ESCAPE is a technique we had a heck of a time naming. Of all the names submitted there was just nothing clever or unique enough so we had to call it just what it was, an escape from an arm bar hold across the throat. Novel eh? I do remember one name that was submitted. Because the technique involves a police type hold and there's a finger poke to the eyes, someone with a great sense of humor suggested, "Pig in a Poke", but the committee didn't think it fitting.

The thing I love about this technique is that I get the chance to talk about proper cocking for an arm delivering a shot. In this case, the shot is going behind you so the arm needs to be cocked in front of you and that means literally fully straightening out the arm before it's sent backwards. This is just about the only time I can think of where striking from the point of origin won't work. If your arm is hanging at your side when you are put into an arm-bar hold there won't be enough room between you and your opponent to properly develop the back elbow, so you've got to swing it out in front of you and then shoot it to the rear. Get the picture?

INSIDE THE STORM is taken straight out of the boxing ring with the hands held high protecting the head and shooting from there. We'll steal from anyone if the material is good enough, and this is good enough.

DRAGONS IN A WEDGE is another of my favorite techniques, because it employs, the not putting the foot down between kicks principle.

This technique was actually used by one of our Black Belts a while back. It isn't often that you get to use an entire technique on the street but his was one of them and he said it worked perfectly. He told us, he didn't know who was more surprised, him or the two guys he dropped. He said there were four guys all together but when he was done the other two just backed off, allowing him to leave, which he did, chuckling all the way.

REAR CHICKEN KICK is another of those techniques that was too difficult to name so it just got described. It's a rear Chicken Kick, that's all it is. And again, you better do this one while you're young enough to enjoy it. Too many of our students think of it as a cross-in-heel-kick, which it is not.

The first leg is a fake kick that is intended to bring your opponent's hand down for a block, the second kick then slips over his blocking had and is delivered to the head, and it's all done in the air. The kick should make contact when the other foot is planting, not after it has already planted. No one said it was easy and it isn't for everyone but if you can do it, it's a great technique, especially in freestyle.

QUICK KICK is a technique that I suppose became my bread-and-butter point getter. I could always rely on it for a quick point and to tell my opponent that the foot is quicker than the eye.

Some people get it right away and others never quite get it, and as good as I thought I had it, some of our people have beat me six ways from Sunday doing that technique.

I need to cheat my supporting leg under my center in order to get my kicking leg off the ground. I could never get that kick off while in a Neutral Bow fighting stance, my weight distribution wouldn't allow it, but I've seen people like James Parson of Lompoc pull the Quick Kick off from a full-out Neutral bow and slide six feet forward to nail his opponent in the groin before the guy could blink.

That goes far beyond technique; it's hard for me to even imagine what kind of physical command it must take to be able to do that. It has all my respect.

CIRCLING DEVASTATION is something I can still see Ed Parker doing in my mind's eye. He was great at that whole Crane thing, he could crane your arm down so powerfully he could put you on your face if he wanted to.

TWIN TALONS is just another example of extricating yourself from a wrist grab put this time both of them. The principle is the same whether it's one or both, you still need to come out against your opponent's thumb.

FLANKING DRAGONS does what the other two techniques against two opponents accomplishes. It promotes striking both of them as quickly as possible and in this case it can't get any quicker, because the face, simultaneously.

CHINESE LONG HAND embodies a great concept, that of twirling to generate power. it also revisits the use of the fore knuckle strike, which we consider a very useful tool.

LEAPING THUNDER uses the instep of our foot as a weapon and it didn't come any too soon. We had to work it in there somewhere and this is where it landed.

When we first developed that technique the instep was used mostly as a stop-kick as in JKD but later we applied Kenpo principles and it became a full-out leg-breaking stomp to the knee. We like it better that way.

THAI BOXER is our recognition to the great art of Thai Boxing, the rough and tumble sport practiced in Thailand. If you've never done any of those kicks or faced any of those kicks, you should, and now you do.

So, now it's time to tally up the Brown and Black Belt material.

DROPPING THE STORM

Weapons - forearm, back fist, heel rake, heel stomp - **Targets** - bicep, temple, rib cage
- **Stance** - neutral bow - **Blocks** - double inward.

RAKING EIGHT

Weapons - fore knuckles, back fist, elbow, heel palm - **Targets** - temple twice, chin, nose - **Stance** - neutral bow - **Blocks** - pin check.

SPEARED LIGHTNING

Weapons - middle finger fist, knee, shin - **Targets** - temple, outer thigh back of knee - **Stance** - neutral bow, lunge - **Blocks** - parry grab and control.

CONTROLLING DISASTER

Weapons - forearm, elbow, knee, ball of foot - **Targets** - back of elbow twice, face three times, wrist - **Stance** - neutral bow, twist - **Blocks** - parry grab and control - **Lock** - wrist lock to take down.

ARM BAR ESCAPE

Weapons - back elbow, rising elbow, two hammer fists - **Targets** - solar plexus, groin twice, under the chin - **Stances** - riding horse, forward bow.

INSIDE THE STORM

Weapons - straight punches twice, knee, fore arm heel palm sandwich - **Targets** - face twice, groin, head twice - **Stances** - neutral bow, lunge - **Blocks** - Boxer's head protection twice.

DRAGONS IN A WEDGE

Weapons - snapping ball kick, heel kick, snapping back fist, swinging back fist, thrusting ball kick - **Targets** - groin, rib cage, face twice, solar plexus - **Stances** - neutral bow.

REAR CHICKEN KICK

Weapon - heel kick - **Target** - head - **Stance** - cross stance.

QUICK KICK

Weapons - top of the foot, crane hand, straight punch - **Targets** - groin, rib cage - **Stance** - close cross stance.

CIRCLING DEVASTATION

Weapons - middle finger fist, forearm, back elbow, heel hook, rear heel kick - **Targets** - face twice, temple, groin - **Stance** - neutral bow, rear bow - **Defensive move** - crane hand.

TWIN TALONS

Weapons - two chops, ball kick, heel palm - **Targets** - inside forearms, groin, nose - **Stance** - neutral bow, forward lunge - **Defensive move** - breaking the hold.

FLANKING DRAGONS

Weapons - two hammer fists, three back fists - two rear heel kicks - **Targets** - groin twice, face three times, rib cage twice.

CHINESE LONG HAND

Weapons - fore knuckles, back fist twice - **Targets** - forearm, face twice - **Stance** - neutral bow, twist stance - **Block** - circular inward block.

LEAPING THUNDER

Weapons - palm of foot twice, heel palm, heels twice, knee, ball of foot - **Targets** - knee, shin, elbow, kidneys, spine, head - **Stance** - neutral bow, **Block** - parry grab control.

THAI BOXER

Weapons - ball of foot, shin - **Targets** - groin, back of knee - **Block** - extended outward block.

Okay, so now it's time to get down and count up the bones. These of course are not all of the bones in the system because there are ancillary moves that can't be described without going into great depth and that was never the intention of this article.

Rather than take the time and space to actually number the times a weapon, target, block or defensive movement was used I thought I'd simply list them. Those are the essentials that we are concerned with here. The actual numbers might be of interest to a person who deals with charts and graphs so I'll leave it up to you if you are one of the people who is so disposed.

I had to make a chart for myself to keep from getting lost in the maze of material that needs to be listed, so first I listed everything then I went back and listed it all over again alphabetically so as not to leave anything out or repeat anything. I hope it all comes out correctly; it was more of a job than I expected. So here they are, alphabetically.

The WEAPONS we use are:

BACK FIST - BOLO - BUTT (bunk) - CHOP - CUPPED HANDS - ELBOW - FOREARM - FORE KNUCKLES - FINGER POKE - HEAD BUTT - HAMMER FIST - HEEL KICK - HEEL RAKE - HEEL STOMP - HOOKING HEEL - PALM - INSTEP - INSIDE THE FOREARM - INVERTED HAMMER FIST - KNEE - KNIFE EDGE KICK - SHIN KICK - MIDDLE FINGER FIST - RAKING CLAW - RAKING MIDDLE FINGER FIST - RAKING KNUCKLES - RIDGE HAND - ROUND HOUSE KICK - SCOOP - SNAPPING BALL KICK - SPINNING OR THRUSTING HEEL KICK - STRAIGHT PUNCH - THRUSTING CLAW - THURSTING BALL KICK.

Here are the targets we strike:

CHIN - ENTIRE BODY (slam) - BACK OF KNEE (buckle) - EYES - ELBOW JOINT - FLOATING RIBS - GROIN - FACE (general) - INSTEP - JAW - KIDNEYS - KNEES - MOUTH - NECK - NOSE - RIB CAGE - SOLAR PLEXUS - SPINE - STERNUM - TEMPLE - THIGH - THROAT.

Here are the defensive elements we employ:

INWARD BLOCK - OUTWARD BLOCK - UPWARD BLOCK - DOWNWARD BLOCK - CRANE HAND - PARRY, BLOCK, GRAB - PIN CHECK.

And the stances:

FORWARD BOW - LUNGE STANCE - NARROW KNEEL - NEUTRAL BOW - REAR BOW - RIDING HORSE STANCE - TWIST STANCE - WIDE AND CLOSE KNEELS.

So there you have them, the Bones of the Karate Connection. If I've left anything out, and I don't doubt that I may have, you can fill in the blanks. And If the Gentleman who said that we were missing a few bones were to get hold of the Newsletter and the previous one please let me know what those Bones might be, I'd really be interested; in fact I'd be fascinated! Actually, the truth be known, there are a few more bones here than we got in the original because, over the years, we stole them from other systems. If it's good, we've got it, I don't care who it came from.

Having personally been in American Kenpo, and right at Mr. Parker's side as a student, business partner and companion, from February of 1959 until the time of his passing in

December of 1990, and considering as how Vic LeRoux taught full time at Mr. Parker's West LA school and was in fact, the School Manager for a long period of time, I believe it safe to say that collectively we should know, or have known, every aspect of American Kenpo during that period of time and were witness to all of its progress and transitions. And knowing that the American Kenpo System hasn't changed on iota from the time of his passing, I feel very confident in stating that we are as much an authority on the subject as anyone and respectfully say that if there are any Bones missing from our system it's because we wanted them gone.

I loved and respected American Kenpo as I loved and respected Ed Parker and over that period of years I had every opportunity to jump ship and study whatever other style or system of Martial Arts I might have wished to indulge in, but having seen them all and personally known the people engaged in them i made a conscious decision to stay the course with Ed Parker and his Kenpo, a decision I have never regretted.

Our choice to revamp the system came more from needing to teach it at a distance on video with a personal correspondence with our students than any other reason or set of reasons. Had it not been for the distance training aspect we would probably never have taken on the laborious two years necessary to go through and dissect everything we were taught or had picked up along the way. We would have, without a doubt, remain content to continue teaching it as we had been taught, because otherwise we would never have been challenged to examine what we had been taught or how it had been presented to us or how we were, at that time, teaching it to our students.

What we had been taught and how we had been taught it by Ed Parker worked for us, and it would no doubt have continued to work for our students of the future, as it always had in the past like when Vic LeRoux's School in Hawthorne, California was an Ed Parker Affiliate School directly under the sponsorship of Ed Parker himself.

The advent of Video Training is what demanded the introspective study of what the system had to offer and how it needed to be presented to accomplish what we wanted for our distance, and ultimately, our in-house students as well.

It was this introspection that led us to tear into every aspect of the methods of our previous training and the material itself. In doing so we condensed the system by

evaluating, dissecting, revamping and changing what needed to be changed and discarding what needed to be left behind. it wasn't done with the intention of making the system easier, although that did happen, it was done to make the system really doable, which had been lost by piling more and more material onto an already overloaded structure. In the eighties most people couldn't get beyond Blue Belt, the task had become too great for the average person.

All we wanted was a complete Stand Up Fighting System that was attainable by the average practitioner and, after all these years, the work we put in and changes we made have been solidly confirmed by the results we have witnessed.

It works, and has worked for over twenty years, and will continue to work for as long as people wish to learn it.





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.

Chuck Fisher	Downey, CA, USA	ORANGE BELT
Brianna N. Silva	Edmond, OR, USA	PURPLE BELT
Lawrence Crowfoot	Alberta, Canada	GREEN BELT
Isaiah Scott	Redondo Bch, CA, USA	YELLOW BELT
Ravi Patel	Redondo Bch, CA, USA	YELLOW BELT
Michael Armstrong	Redondo Bch, CA, USA	BLUE BELT
Ted Lee	Redondo Bch, CA, USA	YELLOW BELT
Tyler Tejada	Redondo Bch, CA, USA	ORANGE BELT
McKenna Jolly	Ferndale, WA, USA	BROWN BELT
Mark Schadwald	Vallejo, CA, USA	BLUE BELT
James Paule	Vallejo, CA, USA	BLUE BELT
Justen Santos	Vallejo, CA, USA	BLUE BELT
Cordell Celtic	Fritz Creek, AK, USA	GREEN BELT
Phil Celtic	Fritz Creek, AK, USA	GREEN BELT
Bianca Cruz	Edinburg, TX, USA	ORANGE BELT
Arturo Cruz	Edinburg, TX, USA	ORANGE BELT
Nick Cruz	Edinburg, TX, USA	ORANGE BELT
Daniel Alvarado	Edinburg, TX, USA	ORANGE BELT
Bill Stengele	Murilteo, WA, USA	ORANGE BELT
Ashley Mangan	Clermont, FL, USA	YELLOW BELT
David Lee	Reno, NV, USA	GREEN BELT
Reid Brown	Hudson, FL, USA	BLUE BELT
Britney Mangan	Clermont, FL, USA	YELLOW BELT
Richard Ruiz	Bellflower, CA, USA	ORANGE BELT
David Medina	Bellflower, CA, USA	PURPLE BELT
Jonthan Bellairs	Bellflower, CA, USA	PURPLE BELT
Steven brollie	Bellflower, CA, USA	PURPLE BELT
Michael Ares	Bellflower, CA, USA	PURPLE BELT
Nico Vandermeent	Australia	YELLOW BELT
Jordan Blee	Australia	YELLOW BELT
Alison West	Australia	YELLOW BELT
Daniel West	Australia	YELLOW BELT

Joseph Brown	Australia	YELLOW BELT
Isabella Brown	Australia	YELLOW BELT
Rhiannon Linke	Australia	YELLOW BELT
Trent Redden	Australia	YELLOW BELT
Tristan Redden	Australia	YELLOW BELT
Chelsea Hann	Australia	YELLOW BELT
Connor Busbridge	Australia	YELLOW BELT
Lenny Schiworski	Australia	YELLOW BELT
Ben Sparks	Australia	YELLOW BELT
Brooke Radzevicius	Australia	YELLOW BELT
Elliot Frick	Australia	YELLOW BELT
Cody Hollis	Australia	YELLOW BELT
Lane Blieschke	Australia	YELLOW BELT
Gus Blieschke	Australia	YELLOW BELT
Fynn Wilson	Australia	YELLOW BELT
Nicole Larsen	Australia	YELLOW BELT
Ryland Kungel	Australia	YELLOW BELT
Ben Sparks	Australia	ORANGE BELT
Jayden Linke	Australia	ORANGE BELT
Catlin Jerney	Australia	ORANGE BELT
Michael Lorrain-Cody	Australia	ORANGE BELT
Sophie Lorrain-Cody	Australia	ORANGE BELT
Bowen Fletscher	Australia	PURPLE BELT
Jake Pfeiffer	Australia	PURPLE BELT
Jason Falkenberg	Australia	PURPLE BELT
Bradley Hann	Australia	BLUE BELT
Jordon Baker	Australia	BLUE BELT
Jett DeRuiter	Australia	GREEN BELT
Ray Groenland	Australia	GREEN BELT
Dylan Goodwin	Australia	BROWN BELT
Anthony Helbig	Australia	BROWN BELT
William Kistner	Spring Hill, FL, USA	ORANGE BELT
Leonard Hensley	Spring Hill, FL, USA	ORANGE BELT
Chet Nelson	California City, CA, USA	ORANGE BELT
Brian Hemenway	California City, CA, USA	ORANGE BELT
Jesse Diaz-Franco	Spring Hill, FL, USA	BLUE BELT
Kathleen McDougal	Woodgate, NY, USA	BLUE BELT
Carl Baily	Woodgate, NY, USA	ORANGE BELT
Fred L. Croniser	Woodgate, NY, USA	ORANGE BELT
Frederick P. Croniser	Woodgate, NY, USA	ORANGE BELT
Damien Vanatta	Woodgate, NY, USA	ORANGE BELT
Brayden Poste	Woodgate, NY, USA	ORANGE BELT

Mareissa Lisowski	Woodgate, NY, USA	YELLOW BELT
Zackary Yauger	Woodgate, NY, USA	YELLOW BELT
Amber Palen	Woodgate, NY, USA	YELLOW BELT
Timothy Silva	Edmond, OR, USA	GREEN BELT
Johnny Wimbish	Vass, NC, USA	BROWN BELT
Jeff Moody	Napa, CA, USA	BLUE BELT
Jared Nitzschner	Redondo Bch, CA, USA	GREEN BELT
Mark Baker	Redondo Bch, CA, USA	ORANGE BELT
Ted Lee	Redondo Bch, CA, USA	ORANGE BELT
Cheney Springfield	Harden, MT, USA	BLUE BELT
Ernie Quinn	Brooksville, FL, USA	GREEN BELT
Fernando Avalos	Salinas, CA, USA	BLUE BELT
Adam Noggle	Salinas, CA, USA	ORANGE BELT
Matthew Rathbun	Salinas, CA, USA	YELLOW BELT
Jorge Bartolo	Salinas, CA, USA	ORANGE BELT
Aldredo Gomez	Bellflower, CA, USA	BROWN BELT
Luis Lopez	Bellflower, CA, USA	BROWN BELT
Ryan Lockman	Bellflower, CA, USA	BLUE BELT
Rick Chavez	Bellflower, CA, USA	GREEN BELT
Tanner Tersiner	Giard, KS, USA	BLUE BELT
Will Smith	Giard, KS, USA	GREEN BELT
Blake Marshall	Giard, KS, USA	GREEN BELT
Kevin A. Hirakis	Battle Creek, MI, USA	ORANGE BELT
Ravi Patel	Redondo Bch, CA, USA	ORANGE BELT
Brittany Dickerson	Redondo Bch, CA, USA	ORANGE BELT
Tami Khail	Manitowoc, WI, USA	PURPLE BELT
Jamie Khail	Manitowoc, WI, USA	PURPLE BELT
Gerard Spedding	Australia	GREEN BELT
Charles J. Caruso	Smithfield, RI, USA	PURPLE BELT
Jeffrey A. Howard	Vass, NC, USA	ORANGE BELT
Lori Wimbish	Vass, NC, USA	PURPLE BELT
Phil Musgrove	Northport, AL, USA	BLUE BELT
David Cunningham	Northport, AL, USA	GREEN BELT
Arturo Ramirez	Napa, CA, USA	ORANGE BELT
Jeff Parker	Napa, CA, USA	ORANGE BELT
Luke Silvertorne	Napa, CA, USA	ORANGE BELT
William Snowden	Napa, CA, USA	BLUE BELT
Spencer Re	Napa, CA, USA	BLUE BELT
Jessica DeHart	Woodgate, NY, USA	YELLOW BELT
Caleb Lisowski	Woodgate, NY, USA	YELLOW BELT
Ikia Cummings	Woodgate, NY, USA	ORANGE BELT
Nikolas Hughes	Woodgate, NY, USA	ORANGE BELT

Angelina Olds
 Fred L. Croniser
 Frederick P. Croniser
 Sierra Fear
 Richard Jones
 Jason Moore
 Garret Murphy
 Greg Satterfield
 Dennis Bellavia
 Guillermo Silva
 Raudel Villarreal
 Leanne C. Mathews
 Mary P. Holms
 Jeff Salzman
 Jesper Hansen
 Peter Frank Rasmussen
 John Barnett
 Rudy Corrales
 Gilmar Macabag
 Brent E. Fox

Woodgate, NY, USA
 Woodgate, NY, USA
 Woodgate, NY, USA
 Woodgate, NY, USA
 Rockland, MI, USA
 Napa, CA, USA
 Napa, CA, USA
 Torrance, CA, USA
 Monarch Beach, CA, USA
 USAF
 Edinburg, TX, USA
 Bakersfield, CA, USA
 Helena, MT, USA
 Irvine, CA, USA
 Denmark
 Denmark
 Torrance, CA, USA
 Beaumont, CA, USA
 Vallejo, CA, USA
 W. St. Paul, MN, USA

ORANGE BELT
PURPLE BELT
PURPLE BELT
PURPLE BELT
BLUE BELT
ORANGE BELT

1ST DEGREE BLACK
8TH DEGREE BLACK
1ST DEGREE BLACK
2ND DEGREE BLACK
2ND DEGREE BLACK
1ST DEGREE BLACK
6TH DEGREE BLACK
6TH DEGREE BLACK
1ST DEGREE BLACK
2ND DEGREE BLACK
7TH DEGREE BLACK
3RD DEGREE BLACK
1ST DEGREE BLACK
1ST DEGREE BLACK

