



NEWSLETTER #65

4th QUARTER 2010

## Revisiting an Old Article

Back in 2000 Vic and I had already been teaching by video for ten years and thought we had a pretty good handle on it, and we were right, but there were things that still had to be worked out and worked into the system. Well, I'm happy to report that those elements that we deemed important have indeed been worked out and worked into the system over this past ten years.

Whenever I have the time I like to read some of the past IKCA Newsletter articles to see how the IKCA has progressed over the years and I believe that this article typifies how we and the system have changed.

Back in 2000 we were still trying to instill the idea of Borrowing, Blending and Combining into the system because we knew how important it is. The fact that we ourselves were not specifically trained in its usage and had to learn on our own was something that we knew we could not allow to continue with our students so we began to instill it into the learning process while the student was still in the learning stages, not after they had the system and had to do it on their own, like we did.

It's so much easier to do it at that point and that way it becomes a natural part of the system rather than an augmentation after the fact. So, if you are a Black Belt with us give the following article a read and see if we have accomplished our goals or not. And if you are an under belt maybe this article will tell you how and why we're so strong on this point.

**THE FOLLOWING IS AN ARTICLE WRITTEN TEN YEARS AGO  
FOR NEWS LETTER #24, STILL VERY MUCH APPICABLE TODAY.**

# Communication and the IKCA

The idea of being able to teach by video came when it occurred to us that through the exchange of videotapes, we could have complete communication with any student. We knew that without a method of communication there could be no actual teaching, we would only be showing what we know and hoping the student was getting it. However, because of video exchange we are able to see what the student is doing, and we can guide him or her and then see if our guidance has produced the desired results. In simple terms, that's the process of teaching, whether you are standing six feet from your student or six thousand miles away, in front of a video monitor and camera.

Through this sort of contact, we have come to a place where eventually we found a free flow of ideas going back and forth. Because of this exchange of ideas we feel we have gotten as much from our students as we have given. I have said this many times in the past and I think it merits repeating; the best way to really learn something is to teach it. Teaching forces you to reach much deeper into yourself than you would have normally.

Everyone actively studying the system knows that there are only fifty-five techniques to be learned. The reason is because of the two years Vic LeRoux and I put into the overall plan. Taking what we had learned in over fifty years of combined study of the Art we aimed for a system that could be learned in a relatively short period of time and perfected in whatever time frame the student decided upon. The techniques we used, reworked or outright devised utilized every block, strike, maneuver, concept and principle we considered useful, from what we had learned individually over that period of time. Experience had taught us that the techniques should be brief instead of lengthy because of the obvious difficulty in controlling an opponent, beyond a reasonable point. When the situation changes we feel the action must change to fit it. So, from the very beginning, we conceptualized a system with techniques that would give the student a beginning, middle and an end to whatever situation presented itself, by utilizing all of the moves from all the techniques, integrated into one another upon demand. That keeps the techniques constantly flexible and adaptable to any circumstances, no matter what. It's called Borrowing, Blending and Combining and that is something that's almost exclusive to Kenpo.

In the beginning we found it challenging enough just to teach the basics and then take the student on to the techniques, via video. We were very pleased when we saw the basics begin to fall into place and the techniques being done, as we wanted to see them. It actually took quite a period of time before we ventured into the area of Borrowing, Blending and Combining. The intent was always there but the application had to wait for us to become convinced that the most essential part of the teaching system was in place and working well. It would have done us no good what so ever to have jumped into Borrowing, Blending and Combining before we knew whether the

basics and techniques were going to be grasped through distance video learning. Remember, to that time, nothing like this had ever been done.

The basics as well as the techniques were not only grasped but have been perfected brilliantly by people who have learned them exclusively by video with no other trainer in attendance. When we were convinced the video teaching concept was working we gradually began to venture into what the system is really all about. Once we knew that the primary elements were in place and that the average student was capable of learning them through video, we were ready to go.

It began slowly. Vic started by just talking about it and occasionally demonstrating how a piece from one technique could be Borrowed and Blended into, or at the end of, a base technique making it a Custom Combination. At first it was mostly talk, then as people began asking for more it became more and more demonstration with deeper discussions on theory. He would show them a portion of a technique that we felt just fit onto the end of a base technique. Example; at the end of Fists of Fury, without so much as a breath you can blend part of Gathering the Dragon, the part where you thrust back for the leg buckle, then when your opponent reacts you slam your forearm down onto the back of the neck. At that point we would usually show another little finishing technique such as; if your opponent were to put his hands out to break his fall, which is very likely, you can sweep his left arm out from under him and kick to the head or ribcage. That isn't actually part of any technique but something that fits at that point and is just an old Kenpo standby.

Many of the things that are taught during the private lesson back to the student after his or her video test aren't actually on the Training Videos but augmentations that fit into, or onto techniques just because they are there, and they work, and are part of the great Kenpo inventory of unlisted moves, little things that we've picked up from just being around for this many years. Another "very Kenpo" thing to do is the end of Circling Devastation, for whenever you find yourself between your opponent's arms, what we call, inside his defense. It consists of you turning away from him and doing a rising elbow under his chin followed by the scooping heel on your way out, finished by an adjustment step and a rear heel kick to his solar plexus, rib cage or even face. Or just that part without the elbow. Actually, it fits so well onto the end of so many techniques people have a tendency to overuse it. It doesn't have to be that way of course because there are dozens of follow up moves you can extract from other techniques. Something our students have been eager to show us.

With practice and experimentation you'll soon find that there are certain portions of techniques that just naturally fit into or onto other techniques but don't necessarily have to be there every time. They can be utilized or replaced with something else at the blink of an eye. That way you're not locked into anything, so you can change as the situation demands. Something else our students have been very eager to show us.

We begin the process slowly, usually at about Purple Belt. We want to make certain you have your basics in place and are moving as you should be. It begins with

the cover-out, simple at first and then in a more complete manner as time goes by. Vic will explain in detail what Borrowing, Blending and Combining is all about and demonstrate enough to get you started. For your Blue Belt test you will be expected to show an understanding of the concept with at least single moves or simple combinations. Many do much more but we don't require it at that stage. It's also at that point that you will be required to demonstrate that you have a kiai and know what that's all about as well. When that has been accomplished, we'll turn it up a notch.

Once we know you are comfortable with the concept, we will ask to you to repeat a possible combination of follow-up blows that we will show you. At a later point in time you will be asked to come up with one of your own blends for each technique, where it's feasible. Not all techniques can be added onto or into. Some are what they are. Some have a natural finish built into the technique itself. If the technique ends with your opponent on the ground you could add a kick or two at that point but borrowing is pretty limited.

The overall teaching of these elements to our video students took a while before we found everyone getting the message and performing these and other combinations with just as much ease as the base techniques. At that point Vic began asking to see what the student could come up with on their own. The results have been as varied as the students themselves. While a few have demonstrated very little creativity and stuck mainly with what they were shown, the mainstream has come alive with things even we didn't come up with. And they've done them well to boot, with some showing tremendous creativity and others a lot of athleticism. When we turn our students loose we're always amazed by the results.

Because we start slowly and progress at the students pace there haven't really been any problems at all in integrating this into the process. As I said earlier, it was always projected to be this way. The base techniques were never intended to have a completely annihilating effect. It takes the entire concept to do that. Everything has its time. If we had tried to initiate it too soon it could have had a very negative effect upon the overall program. Remember, all too often, less is more.

Unfortunately, those who trained with us in the early days didn't get the actual training in Borrowing, Blending and Combining that our later students have gotten. The only problems we have encountered have come when we haven't had contact with a student for a long period of time and then this is sprung on them. Even though we've been doing it for quite a while it's brand new to them. And because it's new to them and they didn't have the benefit of getting it in customized segments along the way, it can be a little overwhelming at first.

That's the way it goes with an evolving system. The Karate Connection never sleeps. It hasn't happened very often because of the lines of communication we have set up with our people. Our first line of communication with the membership is this right here, the Newsletter. This article is intended to inform all of those who didn't get Borrowing, Blending and Combining in the past that it's now available and to inform

those who haven't yet started, because the more you know about the system the easier it's going to be.

The most important line of communication is the video correspondence that we have with our students. Not only the initial video correspondence when you are actually learning the system and testing for your belts but the further communication we have, when a student of yours goes through the system. If you have read the IKCA Bylaws (and you should have by now) you know that in order to become a Certified Instructor you must bring a student of yours completely through the system, via video testing, so that we may once again check out what you are doing and how well you are doing it.

This is, in point of fact, our third line of communication. So, if you came up and didn't get this all-important element of the system, at this point you'll get it through your student. It becomes a double teaching process. We teach it to you and your student at the same time. So, even if we haven't had contact with one of our Black Belt students for quite a while, years in fact, he's still in the loop if he's teaching and sending in his students tests.

Our fourth line of communication is at the Seminars we hold at either end of the country each year. Long Beach, California This is when many of the individuals, regardless of status, Black Belts or under-belts, instructors or non-instructors, catch up on what's new and what's happening. This is where, in a few hours of real training and a couple of days of hanging out with the most wonderful people on earth, you will be brought up to date and right back into the fold.

In some cases, there are instructors who have not sent a video of an under-belt in quite a while. Certified Instructors, need only to send Black Belt tests for sanctioning before they make the promotion. It's was during these tests that we became aware of the widening gap between what we are seeing from their students and what we are accomplishing with our Video Students. By the time a Video Student gets to Black Belt now, he or she has been trained in the art of Borrowing, Blending and Combining, accompanied by a consistent kiai with a cover-out and finish that makes the dissimilarity look like the difference between a professional and an accomplished amateur.

### **When the differences became that noticeable we decided it was time to communicate with the membership at-large and let it be known.**

If you are teaching and have not yourself been trained in the above elements it's time to get in touch with us by phone so we can help get you over this little hump. It's no fun submitting a test of a student you are nominating for Black Belt only to be told he or she isn't ready because of something you didn't even know about. Vic has put together a video on these subjects that should take you through the process with ease, because you already have all of the other elements in place to work with.

If you are one of our students who is not teaching but keeping your skills up on your own, you'll want to get in touch with us to get this update of the system as well. Call Vic and he'll let you know all about it. Or make it to Long Beach for our next Seminar and get it all in one fell swoop.

For those of you who are already in the video testing program, you can see how seamless it all is. It's as natural to you as the rest of the system, because as far as you are concerned, it's always been there. As to those of you who have not as yet started the video testing program, don't give it a thought. You are in the same position as those already involved. It really is seamless. Just like the rest of Kenpo, it all just blends and flows like a river.

## So There You Have It

That article was written ten years ago and depending upon how long you have been with the Karate Connection you've seen it happen just as we've seen it happen. We've done just what we set out to do and if you could see what we've seen as to the overall results you would be as impressed as we have been.

It's nice to be vindicated, it's great to see your plans come to realization, it's wonderful to get the praise but it's even better just to know that you did the right thing.

We took a lot of flack twenty years ago, because of what we did. Back then people accused us of watering the system down. Somehow they just couldn't get it. They even used the phrase wrong. When you water something down you dilute it, what we did was to condense it. We took everything there was in the system and got rid of the senseless repetition and made it more functional. Instead of doing a large quantity of combinations a few times each we did a few combinations a large number of times.

There's an observation that one person made concerning the Karate Connection that I love to quote. He said, "The Karate Connection is a good system but it's a bare-bones system with a few bones missing." I love that play on words. Naturally, I had to come back at that, so my response was, "Show me a missing bone." I issued that challenge to anyone and everyone, "Show me a missing bone – show me a block we don't do, or a strike we don't use, or a target we don't hit, or a stance we don't employ or anything, anything at all, that Ed Parker taught that we don't have in the Karate Connection system.

I'm still waiting for a response to that challenge but it's been nearly twenty years that it was issued, so I doubt that it's coming. But I know how difficult it must be for some people to grasp the concept because there have been people that I thought got it that didn't quite get it and had to prove it, or try to disprove it, for themselves. There are people who learned the Karate Connection system from beginning to end and then just to satisfy their own curiosity went back and learned the entire Ed Parker system just to see what we left out, either intentionally or even better unintentionally.

There haven't been many because learning the Parker system is quite an undertaking, but there have been some who have done it and at this time I would like to introduce you to one of those people but am going to keep that person anonymous.

With his permission however, I am going to reprint a letter the Karate Connection received just recently. I am going to delete NAMES due to the personal nature of the material but otherwise this letter is unedited. The event he is referring to is the upcoming **KENPO BLACK BELT COMBAT ZONE**, in August of this year.

## A Letter to the IKCA

Vic,

This looks like an awesome event! I'm in for sure! I'm sure (Name) will want to be there too. I will call you tomorrow (Monday) to catch up and so I can get back on track with the IKCA stuff. I have some family stuff going on today with the in laws so I don't have time to talk.

FYI- I had an epiphany recently while I was working out. Now that I have actually gone through the entire Ed Parker American Kenpo system from white belt through third black, including all the sets and all the forms up through form 6, I have a new found appreciation for the IKCA system. I now know where the basis for many of the IKCA system techniques come from and I now see, appreciate and understand how all of the Parker principles and concepts are contained in the IKCA system.

What really blows me away is now that I have the big picture as far as knowing the entire Parker system, I am in awe at how you and Chuck were able to create the IKCA system and make it original enough to be a self contained system unto itself, while also containing all of the master key movements, concepts and principles that the original EPAK system contains. It must have been a monumental project but the end result is amazing. The IKCA system can produce a competent, knowledgeable Kenpo black belt in half the time it takes to learn the entire 158 plus technique system of the original EPAK system, without missing any of the principles that make the art "Kenpo" and without all the redundancy of the 158 technique, 24 techniques per belt system. I now see the "patterns" in the techniques that make it all Kenpo. I also have a new found appreciation for the athleticism in the IKCA Master Form. After learning all the Parker forms through form 6, I now see the "genius" of the IKCA system and the Master form is appreciated and more importantly "understood" better.

As I said, I have spent the past few years learning the "entire" Parker system up to form 6. I earned my 3rd degree black in American Kenpo in April of 2007 and look forward to getting caught up with my rank under the IKCA. All the while, I have still been practicing the IKCA system with (a person's name). In addition, I started training with (another

person's name), who is the trainer for former UFC Light Heavy weight champ (name). (Name) is a 10th degree black in Hawaiian Kenpo, which is similar to Kajukenbo but (person's name) has tweaked it for mixed martial arts. His instructor was a guy named (name) in Hawaii, who trained under Professor Chow. Anyway, I got certified in MMA fitness and fight training and started training (another name), who now has had seven (7) MMA fights and I have been his trainer and manager. I also started training a team of amateur MMA fighters in addition to (student's name). I got certified under (Name) as an MMA fitness and fight trainer, which has taken a few years to earn but it has helped me enormously with training (name) and several other fighters. I really enjoy taking Kenpo techniques and tweaking them for use in the cage or ring. A few of the one's (name) and I have had a lot of success within the MMA ring are Bonzai Run and Thai boxer, as well as Fists of Fury. All of them blend well for sport fighting in the ring and cage as well as street fighting. While I have to change targeting sometimes, to avoid hitting the groin or eyes, the techniques are still effective even with minor alterations to comply with the sport fighting rules (Name) is now also studying Brazilian Jiu-jitsu to help him with the MMA and is looking to eventually turn pro.

Again, I am really looking forward to getting actively involved in the IKCA again. I think the knowledge I have acquired with the American Kenpo training and the MMA training will only enhance my ability as a teacher of the IKCA system. Also, now that (Name) and I are no longer partners and he has moved out of State, I am now free to run my classes and my school the way I want to without having to butt heads with stubborn (Name)...lol. I do want to talk to you tomorrow in detail about what I need to do to get in good standing with the IKCA again, get up to date on registering my school, ask some questions about my current students, many of whom have already started and earned rank under the IKCA but for the past few years have been doing the American Kenpo curriculum.

For instance, one of my student's (Name) and his brother (Name) both are now brown belts in American Kenpo but I believe the last belt they tested for under the IKCA was blue. I would like to be able to get them back on track to get their black under the IKCA. The same is true for several other of my students. I believe (Name) and (Name) (who are now green) (Name) (now brown), (Name) (now green) and (Name) (now blue), all have earned rank with the IKCA but then switched to the American Kenpo curriculum when our school switched. (Name) and I had a big argument at that time and our relationship was never the same after that. I wanted to keep teaching IKCA but also offer to teach the American Kenpo stuff to a handful of transfer students who came over from a (School Name) school that had closed down. (Name) however, wanted to teach only the American Kenpo material. We had a big argument that almost came to blows at one point but because of the lease, I was locked in with him and I went along because it was easier than arguing with him anymore. You know (Name) well enough to know how stubborn he can be and I decided I was just going to ride it out, then go my separate way and do what I wanted, which is why I am now returning to the IKCA family, albeit, as the "prodigal son." My time away however, has not been wasted as I hope you can see and I think I am actually more of an asset for the IKCA now and a lot better teacher than I was 4 years ago.



I really look forward to being back with my IKCA family. It really is the premier "organization" and really is a family atmosphere that other organizations do not have and that I miss. I don't regret the time I spent under the (School Name) system because it allowed me to learn the entire Parker curriculum and that knowledge has given me a new found appreciation for the genius of the IKCA system. I also think that the knowledge I have in MMA training and American Kenpo will help me be more valuable to the IKCA. Anyway brother, I will stop rambling. I promise to call you tomorrow so we can talk in person. Thanks again for letting me come back!

## That's What It's All About!

It just wouldn't be the same if we had said it. This coming from an outside source makes all the difference in the world. We've known it all along but can't say very much because it would be seen as blowing our own horn.

We've seen the system work too many times to have even the slightest doubt. We know, because of the results we've had, because of the quality of Black Belts we've turned out, and because of the quality of Black Belts they have turned out as well. And that's the most important thing of all, that's how a system endures. We might have been able to turn out some wonderful Black Belts but if those people can't sustain the quality in the future then what's the point? In that case the Karate Connection would only be a "One trick pony."

The System and the Association were conceived and developed to be able to sustain and perpetuate themselves. What good would it be for us to have developed a great system that was good for us and the people we taught it to, if they in turn couldn't pass it on, to the following generations, with the same quality that was given to them. No good at all. We might as well not have bothered in the first place. But that isn't the case with the Karate Connection system or the IKCA. They will endure and they will flourish, because of the people we have coming up to take over the ship, when Vic or I are no longer at helm.

Oh, how I would love to come back, even if for only one day, a hundred years from now to see how this thing that we have created, has survived and with whom.

Hey, that sound like the kind of movie I'd like to write. How a guy comes back, for a day, a hundred years in the future to see how his brain-child has developed and whose great-great grandson (or granddaughter) is the current Senior Grand Master.

How 'bout it, would you like to see that movie? We'll call it.

**"The Karate Connection, 2111 - - With a Cast of Thousands."**



# 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.

Maricella Fraijo	Fresno, CA, USA	<b>ORANGE BELT</b>
Marco Palacio	Anaheim, CA, USA	<b>GREEN BELT</b>
Reid Brown	Hudson, FL, USA	<b>BROWN BELT</b>
Victor H. Abilgaard	Denmark	<b>BROWN BELT</b>
Adam Jolly	Ferndale, WA, USA	<b>BROWN BELT</b>
Joseph Good	Montrose, CO, USA	<b>ORANGE BELT</b>
Peter Garnica	Bellflower, CA, USA	<b>ORANGE BELT</b>
Matthew Lungen	Johnston, RI, USA	<b>ORANGE BELT</b>
Chuck Boyd	Inglewood , CA, USA	<b>9th Degree Black Belt</b>
Steve Turner	Australia	<b>PURPLE BELT</b>
Jeff Brown	Ft. Leavenworth, KS, USA	<b>ORANGE BELT</b>
Travis G. Kvjawski	Spring Hill, FL, USA	<b>ORANGE BELT</b>
Che Thompson	Sahuarita, AZ, USA	<b>ORANGE BELT</b>
Carl Schalyo	Sahuarita, AZ, USA	<b>9th Degree Black Belt</b>
Robert E. lee Hill	Ventura, CA, USA	<b>GREEN BELT</b>
Jeffrey Allen Howard	Vass, NC, USA	<b>GREEN BELT</b>
Garrett Gollehon	Vass, NC, USA	<b>GREEN BELT</b>
Fredrick P. Croniser	Woodgate, NY, USA	<b>BROWN BELT</b>
Khedron Deleon	Raleigh, NC, USA	<b>ORANGE BELT</b>
William Harris	Raleigh, NC, USA	<b>ORANGE BELT</b>
William Harris	Raleigh, NC, USA	<b>PURPLE BELT</b>
CJ Schalyo	Houston, TX, USA	<b>ORANGE BELT</b>
Michael Polard	Redondo Beach, CA, USA	<b>ORANGE BELT</b>
Ryan Corman	Redondo Beach, CA, USA	<b>YELLOW BELT</b>
Rayna Williams	Redondo Beach, CA, USA	<b>YELLOW BELT</b>
Kent Holland	Sahuarita AZ, USA	<b>ORANGE BELT</b>
Barbara Devine	Sahuarita, AZ, USA	<b>ORANGE BELT</b>
Steve Holt	Sahuarita, AZ, USA	<b>ORANGE BELT</b>
Monica Ruiz	Puerto Rico	<b>ORANGE BELT</b>
Gustavo A. Ruiz	Puerto Rico	<b>PURPLE BELT</b>
Lorenzo O. Santiago	Puerto Rico	<b>PURPLE BELT</b>
Jose Ruiz	Puerto Rico	<b>YELLOW BELT</b>
Liz Acevedo	Puerto Rico	<b>YELLOW BELT</b>
Erick Echevarria	Puerto Rico	<b>YELLOW BELT</b>
Fernando Gonzalez	Puerto Rico	<b>YELLOW BELT</b>
Jeremy Zeno	Puerto Rico	<b>YELLOW BELT</b>
Paul Zeno	Puerto Rico	<b>YELLOW BELT</b>

Arana Z. Ruiz  
 Adam Overbury  
 Dave Overbury  
 Mitch Woodruff  
 Angelina Olds  
 Amber Palen  
 Dave Sill  
 Dawson Green  
 Scot Baker  
 Ricardo Hernandez  
 Dylan Wallace  
 Marco Palacio  
 Victor Holck Abilgaard  
 Patrick Stenberg  
 Lorraine May O. Pasamba  
 Rudy Corrales  
 Simon Wooffindin  
 Kevin Lloyd  
 Adam Jolly  
 Kade Lloyd  
 Curtis Donald  
 Doug Wheeler  
 Carrie M. Godwin  
 Hugo Rojas  
 Ed Booze

Puerto Rico  
 Rossmoor CA, USA  
 Rossmoor, CA, USA  
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 Woodgate, NY, USA  
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 Anaheim, CA, USA  
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 San Bernardino, CA, USA  
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 United Kingdom  
 Alberta, Canada  
 Ferndale, WA, USA  
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 Huntington Beach, CA, USA  
 Buena Park, CA, USA  
 Hawthorne, CA, USA  
 Long Beach, CA, USA

**YELLOW BELT**  
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**ORANGE BELT**  
**ORANGE BELT**  
**BROWN BELT**

**1st Degree Black Belt**  
**1st Degree Black Belt**  
**1st Degree Black Belt**  
**4th Degree Black Belt**  
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**4th Degree Black Belt**  
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**1st Degree Black Belt**  
**1st Degree Black Belt**  
**8th Degree Black Belt**  
**2nd Degree Black Belt**  
**7th Degree Black Belt**  
**10th Degree Black Belt**

