

NEW YORK WAS A BLAST!

If you've never been to "The City that Never Sleeps" you gotta go someday, and I'm sorry it couldn't have been when the Karate Connection was in town.

All of the movies that portray the sea of people that populate the streets day and night don't lie, they're there, and then some. After dark, Times Square is lit up like daylight. The place is like none other in the world and it was ours to enjoy. I hope the Karate Connection gets back there someday.

The Seminar, held at the Pennsylvania Hotel across the street from the famed Pen Station was a perfect place to hold such an event. We had enough room to do what we wanted and not feel constrained nor at the same time break the bank. It couldn't have been any better. And the city offered a plethora of places to gather before and after the event. We chose a place named Carmine's, an Italian dinner house with a terrific bar area, which was recommended to us by the Concierge at the Pennsylvania Hotel. We met up with one of our East Coast Brothers there the first night we were in town and because of its central location on 44th Street, just two doors off Times Square, decided to make that our meeting place thereafter.

You know, it used to be that New Yorkers were said to be unkind to tourists and not friendly in general, well let me tell you, we didn't find it that way at all. We found them to be genuinly warm and accomodating. In fact when we went to board a city bus do go down 7th Avenuue to the Pennsylvania Hotel I was informed by the lady driving the bus tht they didn't accept any cash, you needed tokens or a pass. How were we supposed to know that? When the bus driver saw the perplexed look on my face she said, "Just sit down, this one is on the city." I couldn't believe it. Then I told her that there were two more of us, she said, "No problem... get on. Then I asked her if this bus went past the Pennsylvania Hotel and she told me that we would need to get off in another few blocks and catch the numbert 20 Bus, for which we would need transfers, so she clicked off three of them and handed to me. Here they are below. Now that was special!

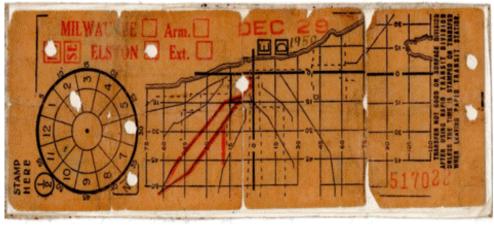


My my, how times have changed. I'm going to show you something now that very few folks in this world would remember, or for that matter have ever even seen.

If you lived in the city of Chicago from the 1930's to the 1950's you would no doubt have handled many of these. What you see below is a Chicago Transit Athority Transfer, which would take you from a streetcar to a bus, to the elevated train, to the subway and then back to a bus if need be. Chicago had a fantastic transit system back then.

These transfers only needed to be dated on the day of use, therefore there was no year printed on the transfer, but if you'll look very carefully beneath the day printed in red, "DEC 29" there is a very small hand written "1950" in pen and ink that I put there to remind me of when this was.

There's an entire story connected to this transfer about how I met my wife but that's another story for another time.



A little beat up but still legible.

Oh well, enough nostalgia and back to present day New York. Here are some more photos of the people and places we visited while we were there.



This sign made me feel welcome.



Coming into the city by cab. It seems like about every third car is a Yellow Taxi Cab and they all drive like there's no tomorrow, cutting each other off at will, with nobody blowing a horn at the other because there is a \$350 Dollar fine for blowing your horn, and there are signs all over the city informing everyone of that fact. From what I understand it wasn't like that in the old days and as a result you couldn't hear yourself think on the streets of New York until they implemented that law. Good move.



Carl Schalyo and Vic LeRoux with Times Square a couple of blocks behind them.



The gang from Texas in the forground and some of our other folks behind them.



This place is unlike any other in the world and as clean as it can be. The People there are obviously very respectful of their city.



There were a lot of other worthy points of interest in Times Square as well.



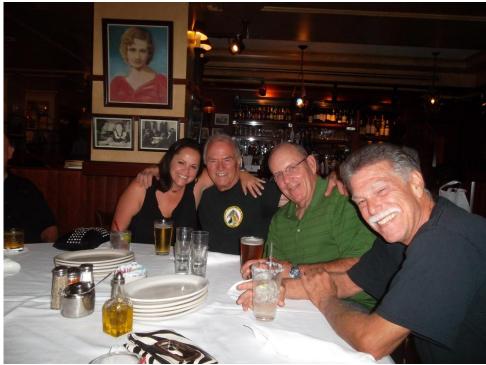
Dinner and drinks at Carmine's the first night we were there.



If this isn't one happy group, I've never seen one.



If we all look like we're having a great time it's not by accident



Elizabeth Corman - on the left, a student of Old School Kenpo in Torrance CA joined us for a late night-cap.



Vic, trying to get as naked as the "Naked Cowboy" I wonder where he keeps his tips. The Naked Cowboy, not Vic.



Central Park is great, every city should have one.



It's actually very tranquil in the park, unlike the city that surrounds it.



The Karate Connection goes to the famous Russian Tea Room --- not really --- it was just a good photo op to pass up.



Here's the main table at Carmine's in the upstairs dining room.



We couldn't all fit at the main table so we had to divide the group and take another.



Our group just kept getting bigger and bigger.



I spotted this shirt in a men's store window at 57th St. and 8th Ave, right across the street from Carnegie Hall. I asked Carl if he thought it might cost as much as a hundred dollars. He said, "This is New York, it could be more." He was right, it was a hundred and seventy eight, plus tax, putting it at right around two hundred bucks. I like it, but not two hundred bucks worth. I think I'll wait until JC Penny copies it and sells it for thirty-five.



We had to get at least one shot with the Empire State Building behind us



We also had to get a shot of our entire Karate Connection tour group with the Statue of Liberty behind us. Everyone agreed that the tour was a great idea.



We all got some great shots of the city from the water, which was included in our tour.



Wall Street was a kick – I looked for some of my money that got lost there in 2010 but didn't find any. Neither did anyone else.



The five hour Seminar was a roaring success. The plan was to allow each of the Senior Instructors fifteen to twenty minutes to demonstrate and teach their favorite aspect of Kenpo. What they came up with was a tribute to the Karate Connection System. Each Instructor had a personal observation on the elements they presented, but with an individual touch that made it intriguing and at the same time complimented the System and reinforced the Karate Connection concept, that Kenpo is flexible to the point of accommodating each and every individual, while keeping its core values and elements consistent.



Those red bars represent nearly TWO CENTURIES of knowledge and experience.



It comes as no surprise to anyone, who has been to one of our Seminars, that it's as much about having a great time as anything else. For a lot of our people this is their vacation and they save for it all year long for it, and if you're not having a great time why would you want to spend your hard earned money on anything less?

As far as learning new things is concerned, that runs a close second to having fun, which is fun as well. If you have been an IKCA member for any time at all, you know that we are firm believers in having our people go out and investigate other styles of Karate as well as other completely different Martial Arts. Then, when they have carefully examined and methodically tested what they have learned, they are invited to bring their refined version back home to their Karate Connection brothers and sisters. This way we get the best of the best without everyone having to go out and get it individually. It's a family effort and it works because it's several times more efficient than everyone trying to get everything on their own.

And then, there are those of us that continually dig deeper into our own system to further plumb its depths like Mr. Bill Parsons. I am constantly amazed at what's buried deep beneath the surface of our system and have been for the past twenty two years, ever since Grand Master Vic LeRoux and I spent the years of 1988 and 1989 concentrating on what we wanted as a comprehensive system, instead of what we had been teaching for all the years before that. And as a result, what we developed was a teaching method, and just as important, a method of testing that surpasses anything we had seen up to that time or has since. No other organization that we know of has the standardization of testing as that of the Karate Connection. Our students not only do the same moves the world over, they even hear the same words spoken during their test because of our off-camera dialog sheets that we provide.

There are some intriguing places we are thinking about having our Seminar next year but they're still in the formative stages. We'll be letting you in on them just as soon as they are a little more firmed-up.

BUT FOR NOW – MORE KENPO

The following is the second installment of Mr. Bill Parsons' contribution to his Karate Connection brothers and sisters. You might want to copy these segments and print them out to save them for future study and reference. Mr. Parsons has done you a great service in his efforts to further your understanding of our system. We thank him once again and so should you, I know he'd be happy to hear from you at info@trianglekenpo.com

IKCA KENPO A Comprehensive Evaluation

Prepared by: Bill Parsons 5th Dan, IKCA Kenpo

Before we begin discussing the individual IKCA techniques, there are two segments I would like to add to the structure of this work revealed in the last newsletter.

First, as part of the Technique Breakdown we discuss the Nature of the Attack. In the interest of being comprehensive, the Nature of the Defense should also be discussed.

<u>Nature of the Defense</u>. Each technique is meant to teach different skill-sets. It may be a sequence of movements, angles, range, circular vs. linear movement, or a combination of things. A brief description will be given of what may be unique to that particular technique. Throughout the system inter-relationships between various techniques will become evident, expanding the options that are available in the dynamic nature of self-defense.

Secondly, I felt it important to address the mind-sets that need to be recognized and that should be held in any self-defense encounter.

THREE REALITIES OF SELF DEFENSE

In any self-defense situation there are three things that must be remembered.

The first is that the attacker will only attack with an expectation of success. Whatever he does he will be committed to; because he expects to succeed at punching you, kicking you, grabbing you, stabbing you, shooting you. This means he also expects he will be in control of not only your body, but his as well. He expects to be in certain body positions and certain locations as the result of his actions. This expectation will actually work to your advantage.

The second is that you must be committed to your defense. When things begin to go down, half-hearted execution of your defense will decrease your chances of succeeding dramatically, and will actually increase the chances of your attacker. Your goal is to interrupt and interfere with the attacker's expectation of success, so that he will not be in

the positions or locations he expects to be; he will have to deal with being hit and the resulting body reaction, grabs and holds not being successful, being manipulated in ways he did not anticipate. This will disrupt his timing, his balance, his options, and most of all his intent. The first one to psychologically exit the fight is the loser.

The third thing to remember is that things will not go exactly as you plan. Body reactions may not be what you expect. Your position may not be what you expect. Anticipated targets may not be available. In spite of these things happening, proper training and the repetition of your training will expose you to different body reactions, expose you to different body positions, and reveal different targets to you. Bottom line, no matter what happens, keep moving.

Now, on to the techniques!

ORANGE BELT TECHNIQUES

BEHEADING THE DRAGON

NATURE OF THE ATTACK

• This attacker is throwing a left straight punch, jab or back-knuckle at the defender's head. The left leg is either coming forward or is already forward during the execution of the strike. Relative position will place the defender outside the attack on the attacker's left hand side.

NATURE OF THE DEFENSE

• This technique is first technique the beginner learns that specifically employs leg checks/buckles to attack the assailant's lower carriage, while incorporating three positional hand checks to monitor and control the upper carriage. The technique also teaches the ability to rapidly Close the Gap between the defender and the attacker.

TECHNIQUE DESCRIPTION

Stage 1

• a) Step the left foot to 6 o'clock into a right neutral bow. This is to move away from the attacker establishing distance and establishing the base. b) Execute a right inward block to the outside of the attacker's arm, ideally at or above the elbow. c) Position a left vertical check at your right shoulder, protecting the upper right quadrant and bringing the left hand forward. This positions both hands

forward should the attacker turn or spin to their right, whether intentionally or unintentionally, and also positions the left hand for the subsequent check in the next stage.

• Body Reaction - Deflecting the attacker's punch with the block should turn their torso slightly to the right and have a cancelling effect on both the attacker's width and depth zones.

Stage 2

- Execute a right step drag forward into a right lunge stance ending with a left knee check to the left side or front of the attacker's left knee. Employ a sinking of the hips during this maneuver to maximize Marriage of Gravity. b) Circle the right hand counter-clockwise down and to the right into a raking back-knuckle to and through the attacker's left forward rib cage. After raking the ribs the right hand continues it's arc ending up palm-forward near the right side of the defender's face. c) Transition the initial positional check of the left hand to a left waiter's check guide-lining up the attacker's left arm as the step drag is executed. This positional check will keep the attacker's left arm from coming back towards you as you close the distance.
- Body Reaction The left knee check should cause the attacker's left knee to collapse inward. This will cause the hips to move rearward. The raking back-knuckle to the left floating ribs will cause the attacker's shoulders to lean forward. This will place the attacker's shoulders out of alignment with their hips, severely disrupting their base.

- Pivot rapidly to the left into a left lunge stance simultaneous with a right knee check to the back of the attacker's left knee sinking the hips employing Marriage of Gravity. b) Execute a right downward hand-sword or lower forearm strike to the attacker's right trapezius muscle where it merges with the neck or a right horizontal hand-sword to the base of the attacker's skull where it meets the top of the neck. c) Transition the left waiter's check to a left vertical positional check at the attacker's left shoulder. This positional check will keep the attacker from turning back towards you as they collapse forward and down to their knee(s).
- Body Reaction With the attacker already in a position with a compromised base, the second leg check should drive the attacker's left knee forward and down into the ground, possibly causing the attacker to fall to both knees. This will also cause the attacker's shoulders and head to thrust backward in an involuntary attempt to retain balance. This will bring the head directly rearward into the final strike, using borrowed force to magnify the effect of the strike.
- Execute a right front crossover and cover out.

PRINCIPLES AND CONCEPTS

Stage 1

- Stepping away from danger
- Establishing a base
- Point of origin
- Power torque
- Angle of deflection (10)
- Angle of entry (12)

Stage 2

- Penetration vs. Dissipation; Surface Concentration (118)
- Positional check (95); Changing of the guard (24)
- Angle of cancellation (9)
- Angle of disturbance (12)
- Body Rotation (21)

Stage 3

- Angle of cancellation (9)
- Angle of incidence (13)
- Power Marriage of Gravity (60)
- Borrowed force (21)

COMMON MISTAKES

- Blocking too low on the arm. If the block is rushed the contact point of the block can end up being closer to the wrist. The end result being that you may affect the travel of the arm, primarily below the elbow, but not the attacker's core. The reason that the block is usually rushed is because the defender is afraid of getting hit. The remedy to this is to make sure your inward block is forward on the proper 45-degree angle. This insures two things will happen: 1) The blocking arm will get between the defender and the attacker quicker; and 2) The block will intercept the punch further away from the intended target.
- Leaning the head and shoulders back as the defender blocks. Many times this is caused by the defender unintentionally leaning forward as they initially step back into the neutral bow, reaching back with their foot as opposed to stepping back. When they lean forward, the punch is closing the distance faster than they expect and the defender over-compensates by throwing the head and shoulders to the rear to avoid the punch. This can be remedied by making sure the defender keeps the shoulders over the hips when initially stepping back.

• The left hand is not properly placed in the initial positional check at the head of the humerus.

Stage 2

- The core is not fully rotated fully forward in the lunge stance. The stance becomes a hybrid of a neutral bow and a lunge stance, doing neither stance correctly or efficiently. This can and usually does cause numerous problems in the execution of this technique: 1) Misalignment of the rear leg for maneuvering and the initial leg check, resulting in the first knee check being done with the side of the knee, not the front. 2) Closing off the travel of the right hand. The core needs to "open up" to allow free movement of the defender's arms for execution of the final move. 3) When the core is not fully rotated, it cuts the rotational force of the final hand strike and final leg check at least in half.
- Over-rotating the heel in the lunge stance. This misaligns the structure of the leg, making any strike or hand maneuvers weaker. The lunge stance requires the ball of the foot, ankle, knee, hip and shoulder to be on the same vertical plane.
- Not maintaining the depth of stance when executing the step-drag forward. This brings the feet too close together, disrupting the front-to-rear stability of the stance.
- Pressing down with the waiter's check without specific intent. This pressure gives an unnecessary sensitivity of your actions to the attacker. This "reading" of your intentions can be used against you and cause either an intentional or unintentional orbit on the part of the attacker.

- Not maintaining the depth of stance when transitioning to the second leg check. Note the comment in Stage 2 about maintaining front-to-rear stability.
- Disconnecting the final hand strikes from the rotation of the core. All movements in Stage 3 must be done simultaneously.

TECHNIQUE ALTERNATIVES

- Execute a downward pressure on the waiter check intentionally to cause the attackers head to come forward and down. This may open up the right side of the neck more readily to the downward hand sword/forearm strike.
- Execute a right diagonal downward strike with the front of the elbow to the attacker's right mastoid or base of the skull.
- Execute a right overhead downward elbow to the juncture of the trapezius muscle and the neck.

RETURNING SERPENT

NATURE OF THE ATTACK

• The attacker is throwing a right straight or roundhouse punch at the defender's head. The right leg is either coming forward or is already forward during the execution of the strike. Relative position will place the defender inside the attacker's right arm.

NATURE OF THE DEFENSE

• This technique teaches the ability to alternate levels of defense by employing a high-low-high sequence of striking. It also the first technique to teach Reactionary Anticipation where one strike will cause a body reaction that the next strike will take advantage of.

TECHNIQUE DESCRIPTION

- a) Step the left foot to 6 o'clock into a right neutral bow. This is to move away from the attacker establishing distance and establishing the base. b) Execute right inward block to contact below the elbow, creating a barrier between the strike and its intended target. c) Your left hand should be palm up resting at or slightly in front of your solar plexus. This positions the hand in a checking position and prepares it for the next strike. d) Rake the radial nerve of the attacker with a frictional pull toward the wrist. Immediately loop your right hand into a right back knuckle to the attacker's right temple or mastoid, striking the target on a trajectory forward and to the right. The "loop" should be executed as a flat oval allowing you to guideline directly up the attacker's arm to the desired target.
- Body Reaction a) Deflecting the attacker's punch (straight) or intercepting the punch's path of travel (roundhouse) both will have a cancelling effect on the

attacker's width zone and possibly the depth zone as well before it reaches its desired target. b) The frictional pull along the radial nerve should cause the attacker's lead shoulder and the head to be drawn forward. c) The back knuckle will ideally cause the attacker's head to snap back at a 45-degree angle this should cause a rearward motion of the shoulders bringing forward and exposing the right lower rib area.

Stage 2

- a) Pivot into a Right Lunge Stance. Fully pivoting into the forward facing stance will allow complete freedom of travel of the rear hand. b) Execute left lunge punch to right floating ribs c) Right fist positions at left shoulder.
- Body Reaction a) Striking the floating rib should result in the attacker collapsing forward over their right hip, bringing the head back into position for the final strike.

Stage 3

- a) Pivot back into a Right Neutral Bow. This allows for the principle of *direct* opposites to be employed for the final strike. The force of one movement can enhance the force of action of the action that is moving directly opposite it. b) Execute second right back knuckle strike to the attacker's right temple/mastoid.
 c) Left hand moves to a positional check of the high center torso to guard against an unintentional strike by the attackers right arm as the attackers body reacts to the defender's strike.
- Body Reaction a) The final strike should cause the attacker's head to violently snap back at a 45-degree angle. This action combined with the results of the first strike to the temple and the second strike to the ribs should cause the attacker to be unable to re-engage.
- Execute a right front crossover and cover out.

PRINCIPLES AND CONCEPTS

Stage 1

- Frictional Pull (57)
- Elongated Circle (47)
- Guidelining (32)
- Fitting (54)

- Reverse Motion (103)
- Body Rotation (21)

Stage 3

- Reverse Motion (103)
- Direct Opposites (42)
- Guidelining (32)
- Fitting (54)

COMMON MISTAKES

Stage 1

- Blocking too high on the arm. Blocking above the elbow will allow the attacker's punch to circle around the blocking arm and strike. Blocking at the elbow may actually accelerate the attacker's strike to the target.
- Leaving the shoulders facing forward while blocking. This results from not fully settling into a proper neutral bow. This will not only affect stability of the stance but the effectiveness of the block as well.
- Beginning the "looping" motion too soon. Complete the block first. The frictional pull begins from the point of contact of the block. This will also prevent the block from making contact past the optimum angle of efficiency.
- Improper hand position of the back knuckle strike, striking with the flat of the back of the hand. The knuckles must be in the lead to ensure maximum penetration of the strike.

Stage 2

- Not pivoting into the Lunge Stance. This separates the final two stages from the movement of the core and robs the rib strike of range and power and the final back knuckle strike of the counter torque necessary for power. The upper and lower carriages must work in unison.
- Dropping the right hand to the right hip when executing the rib punch. This takes the right hand out of position for the checking and follow-up back knuckle.

- Not pivoting back into the Neutral Bow. This eliminates the counter torque from the final strike, making the back knuckle an arm-only movement.
- Improper hand position of the back knuckle strike, striking with the flat of the back of the hand. The knuckles must be in the lead to ensure maximum penetration of the strike.

TECHNIQUE ALTERNATIVES

- Use open hand strikes on this technique. Use chops to the mastoid instead back knuckles; use a horizontal heel palm to the ribs. This can be used to lower the Ladder of Force considerations should you desire.
- On the final strike, use the left hand to contour the inside of the attacker's right arm and grab the wrist. Using opposing forces simultaneously change the final back knuckle to a forward chop to the right side of the trachea.
- After the final back knuckle, immediately sweep the attacker's right foot with your right foot along its original line, significantly lengthening the attacker's base additionally unbalancing them as you exit. This movement can also lead into a quick pivot to the left and execution of a left rear leg buckle accompanied by a left rear elbow to the centerline target of choice or left chop to the throat, depending on range.

Due to the length of this newsletter, the remaining four Orange Belt techniques will be included in the next newsletter.







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.

Israel Gonzalez Takeshi Morizono Norm Mathers J.P. Stevens **Doug Cullins** Mario P. Correia David Garza Francisco J. Espinosa Kathleen Kiepprier Dawson Green Paul George Israel Gonzalez **Courtney Griner** Ariana R. Barnett Ariana R. Barnett Troy Moore J.P. Stevens Danny Hiegel Michael D. Casner David R. Green Robert Pugh Erik A. Tarango Aaron Van Woert **Bill Parsons** Bill Parsons Walter Heckman IV Brad Endean Hugo Garcia Ernie Quinn, Jr. Buddy Palmer Jason Rhyan Erik Wedekind

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Alex Cuevas **Michael Cuevas** Frank Rasmussen Leah Eubel Savannah Andreasen Parris Andreasen Rachel M. Spagnuolo Danny Y. Rasmussen Gregory R. Satterfield Leah Eubel Efrain Dario Rivera Efrain Rivera Miranda Efrain Rivera Miranda Christopher (A.C.) Wiley **Courtney Griner Desiree Valles Teresa Covarrubias** C.J. Schalyo Carl Schaylo Joey Cadena Sandra Cadena Raudel Villareal Claus Hansen Ken Lewis **Jeffrey Hewes** Israel Gonzalez Viran Ranasinghe Michael J. Hudson **Clinton Jullens** David Morgan Jack Mullen Robert Pugh Gavin Logan Norm Mathers **Courtney Griner** Jason Rhyan, Jr. **Orlando Marquez** Mark DeLaRosa Jason Archer Stephanie Foley **Glenn Joergle**

Lompoc, CA, USA Lompoc, CA, USA Denmark Australia Lompoc, CA, USA Lompoc, CA, USA Camden, NY, USA Denmark Torrance, CA, USA Australia Moca, Puerto Rico Moca. Puerto Rico Moca, Puerto Rico Cibalo, TX, USA San Angelo, TX, USA Lompoc, CA, USA Lompoc, CA, USA Cypress, TX, USA Cypress, TX, USA Edinburg, TX, USA Edinburg, TX, USA Edinburg, TX, USA Denmark Coudersport, PA, USA Battle Ground, WA, USA San Jose, CA, USA Gaithersburg, MD, USA Fresno, CA, USA Columbia, MD, USA Keyser, WV, USA Keyser, WV, USA Reading, PA, USA Gaithersburg, MD, USA Fuguay-Varina, NC, USA San Angelo, TX, USA Australia San Jose, CA, USA San Jose, CA, USA Garden Grove, CA, USA Garden Grove, CA, USA Montague, NJ, USA

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