

INTERNATIONAL KARATE CONNECTION ASSOCIATION NEWS



NEWSLETTER #9

4th QUARTER 1996



THE KICK

If you are one of our video students you could possibly be missing one of the finer moments of the Art, the "Ceremonial KICK for Promotion". Mr. Parker would always preface the promotional KICK with the phrase, "We know you can dish it out... now we'll find out if you can take it."

I haven't the faintest idea where the KICK started, it was there from the first promotion, I witnessed, even before I myself was promoted to One Tip, which was the predecessor of the Orange Belt. Every time you went up

another belt level you got KICKED in the gut by Mr. Parker as part of the promotional ceremony. Later it became your instructor as well as Mr. Parker. In time it became every Black belt who was present at the ceremony regardless of whether they knew you or not. Mr. LeRoux is fond of telling of his promotion to Brown Belt, when over a dozen Black belts were present, over half of them unknown to him and weighing collectively over half a ton.

As to the KICK itself, it isn't meant to injure anyone or even hurt them. If you don't know my distinction between hurt and injury I'll reiterate it briefly. Basically, a hurt goes away in a short time, you rub it or shake-it-off and it's gone, An injury requires professional medical attention, x-rays, a cast, stitches or other medicinal procedure and it's with you for a while. The KICK isn't supposed to create either effect. It's "Ceremonial". It starts out very, very light in the Yellow and Orange Belt range. It gets a little stronger for Purple and Blue Belt. By Green the thought is that the student is progressing and has been hit enough times to know how to deal with a stout shot. It's solid but that's all. At Brown Belt you had better know how to breathe and Kiai. Fair warning and a practice shot for timing is always given. There are no surprises, at least there aren't supposed to be, although I must admit, I have seen some pretty astonished looks but the warning was always given.

The KICK is the only thing I can think of that we can't give you on video but if ever we are in your part of the world and you would like it, in keeping with tradition, we'll be happy to give it to you. Don't laugh, you would be surprised how many people wish to test in person because they know the KICK will be included and they feel the promotion without the KICK, is incomplete.

There are many stories I could tell about the Ceremonial KICK but space prohibits. However, I will pass this one along. Sometime in the mid-sixties one of my Black belts came to me and told me he had heard some of the students talking about the KICK and that they thought it was barbaric and should be eliminated from the ceremony. He said he agreed. He didn't see the value of it at all. What did it produce? What was its real purpose? How did it benefit the student? I try always to accommodate the wishes of the majority, so without further hesitation I put it to a secret-ballot vote, of the advanced class, most of which still had several KICKS coming for future promotions. I wanted to spare them what they saw as an unpleasant

prospect, if that's how they truly felt. As for myself, I would have hated to see it go away and I had no intention of forgoing it myself, upon any further promotions by Mr. Parker but I still wanted to do right by my own students. We distributed small squares of paper and passed pens around until all had voted. A 'Yes' vote meant you wanted to continue the practice and 'No' meant you wanted to abolish it. The vote came in at seventeen to one... YES. I didn't tell anyone specifically why I had the vote. I just thanked them and went on with business as usual. Later, I asked the man who had brought it up, what he thought. "I was wrong", he said. I told him if he didn't want the KICK he didn't have to have it. He said, "No, I was wrong, period, I'm sorry I brought it up, forget it". The KICK stayed.

Somewhere between the time I began this article and when this issue was finished, a couple more KICKS went down. While we were in New York we did the Ceremonial KICK for two of our video students, who were promoted long distance. They wanted the only part they missed. We explained that it wasn't an absolute necessity but they both insisted, so naturally, we were happy to accommodate.

Catching a photo of the KICK isn't the easiest thing to do and thanks to Doug Wheeler 2nd Dan, Kenpo we got some good ones. Below, Vic is delivering the KICK to Reggie Hamilton, who joined us in N.Y. from Thomasville, North Carolina. It was taken just a beat before it landed but you can tell Reggie is ready.



The shot on the right is Jeff Blay, owner and "Fearless Leader" of J.K. Kenpo in Schenectady, New York. This photo was caught just a beat after the KICK actually landed. It's a little hard to see, but Jeff is airborne and on

his way toward the "catcher" behind him. Oh, did I mention the kick for Black Belt is just a little bit stronger than for the lower belts?

My only regret is that my ankle can't look the way I'd like it to. The right ankle simply doesn't bend that way any more, ever since I sprained the hell out of it on Crazy George, back in the early sixties. Fortunately it still flexes enough to get good penetration; it just doesn't look as pretty as it once did. If you want to see perfect ankle configuration, check out the photo at the beginning of this article. Notice the flawless form and structure of Mr. Parker's ankle and foot, when he delivered his kick for my Seventh Degree in September of 1981. That was a GREAT KICK. It stayed with me for a long time. Too bad the hair didn't.

THE IKCA RING IS HERE!



As you may recall, several months ago a letter to the editor suggested the creation of a ring signifying involvement in the Karate Connection. We thought it was a good idea and took the task of designing it to the membership. We got some terrific design ideas in the form of drawings and written physical descriptions. Unfortunately some of them didn't work because they included the use of tigers and dragons. The drawings were great, but when they were reduced to the actual size of the ring, the tiger looked like a cute little mouse and the dragon like a fuzzy worm. They lost all of the ferocity of what they were supposed to represent.

One of the most impressive designs came from Glen Lyman, 4th Dan Kenpo, for which we thank him very much. It included the use of the shape of the Karate Connection patch that we proudly display on our uniforms and t-shirts. We changed the interior of the design to the Chinese characters which translate, "Law of the fist" or just plain "Fist Law". Alongside those raised characters the letters IKCA are carved into the face which has a brushed finished. On the top of the crest are the raised letters, **KENPO**.

Your IKCA ring is truly **DISTINCTIVE** and makes a **BOLD** statement. It automatically says who you are and what you do. To say it is **UNIQUE** would be the understatement of the millennium. You'll be as proud of it as you are of the system you engage in.

We want to extend our heartfelt thanks to everyone who participated in the design as well as all the encouragement we got to go ahead with the project. A great deal of time and effort went into seeking out the best people and companies to see this project to its end. We were **VERY** fortunate in having the kind of guidance we had. The jewelry designer who was recommended to work with our ideas turned out to be a genius, which helped immeasurably.

The ring is available in FOUR versions

FIRST, it comes in polished STERLING SILVER which is dazzling. It picks up light and reflects it all over the place in shining traces of silver sparks.

SECOND, for those who prefer understatement, there is the antique version. The background is antiqued black but the crest and Chinese characters are polished as is the **KENPO** on top of the crest and the nuggets on the sides and bottom. The contrast gives it a very rich appearance.

THIRD, there is GOLD. Cast in 14K gold the ring is naturally a great deal more expensive but for those who can afford it, it's the only way to go. Gold is unparalleled.

FOURTH, we were fortunate to have our designer recommend an electroplate expert who does a fantastic job. He tells us, that to plate gold onto silver is a marriage made in heaven. The two metals respond to one another like no others. The look is the same as if the ring were actually cast in solid gold but the reality is, with anything that is just a thin layer there's going to be wear and in time the silver will probably show through. If your intention is to wear the ring only on special occasions and not on a daily basis it should easily last for years without any show of wear but if you intend to put it on and not take it off you would be better off with the Sterling, Antique Sterling or the Solid Gold, which will last forever as they were made to do. There is one other option. If you get the ring gold plated and then decide you want to wear it more often than you had planned and in time it does show through to the silver, you could send it back to us and for current market cost plus postage we will have it re-plated for you. Please contact the Karate Connection directly for the current pricing on the IKCA Rings. **PLEASE MAKE SURE YOU HAVE YOUR CORRECT RING SIZE.** If you have to, go to your local jewelry store or to the jewelry department of a local department store and ask to use their ring sizer.

The Black Belt Ring is available to IKCA Black Belts only. We just wanted you to see what is in store for you when you reach that goal. Particulars will be furnished to all IKCA Black Belts and Brown Belts as well, so they may make plans to receive the ring at the same time they are promoted to Black Belt, if they so desire.

FITNESS AND THE MARTIAL ARTS

By Bruce "The Cat Man" Pahl



Fitness & Goal Setting

One day, when I was about 12 or 13 years old, I was browsing through the local book store & something caught my eye. There, displayed on the front cover of Muscle & Fitness magazine, (then known as Muscle Builder & Power) was a picture of the most incredibly massive & muscular person I had ever seen. It was Arnold Schwarzenegger proudly displayed. I idolized his prowess, power & attitude. His determination, goals, focus and success were something that started a fire burning inside me. As I started to read, study and apply the training advice of the various bodybuilders and authors, not only did my body change but my mind started to expand. I had a purpose and a direction to channel my abundant energy. I followed the sound advice and started a weight lifting, aerobic and nutritional eating & supplementation regimen. Within a few short months I started to see positive results, not only in my body but in my level of confidence.

Now, after twenty years of weight training experience, five years of martial arts training and over a hundred personal fitness consultations, here is my proven success formula on how you can reach your personal, fitness & life goals. **The journey starts not in the body but in the mind.**

1. Set clear goals in writing, with a realistic date for its accomplishment. .Example: "I will lose 15 pounds of fat, increase my muscle tone and improve my overall health by June of 1997."
2. Create a plan of action on how you will accomplish this goal. Example: "I will start a three day a week exercise program of strength training, aerobic exercise and I will cut back on my fat and sugar intake."
3. Prioritize this goal within your daily activities. Remember, we can only improve upon the areas that we pay attention to.
4. Perseverance. Without persistence, repetition and faith one cannot change a habit and create new healthy habits. Here's an interesting statistic: Out of everyone who starts an exercise program, seventy percent quit within the first seven weeks. Why do I bring this to your attention? Well, experts say it takes 21 repetitious acts to create a new habit. Simple math will tell you that if you exercise three times a week for seven weeks, that's 21 sessions. So program your mind that you will not give up for at least two to three months (hopefully not at all) and you have a high probability of not becoming a fitness dropout (or a dropout in anything else you endeavor).
5. Faith -Believing you can, even when your mind or programming says you can't. **Fake it until you make it.**

6. Align yourself with others who have similar goals. A workout partner, trainer or coach can make a world of difference. Ignore those around you who are negative (these can include family members and closest friends).

7. Mental attitude and programming -The programming of your subconscious mind, in my opinion, is the most important step of all these principals. Napoleon Hill said, "Whatever the mind can conceive and believe, it can achieve." Use daily positive self talk or affirmations to program your goals. We all talk to ourselves, the only problem is most of it is negative. Visualize your goals, create the picture in your mind of what your working to accomplish. See yourself as already becoming the person you want to be.

Next issue: Specific techniques on how to increase your energy .lose fat and use supplementation to improve your health and physical performance.

Thanks again Bruce, you write a fascinating column.

SEMINAR NEWS

BACK TO LOUISIANA

(May 31, 1997)

If you haven't made your plans to go to Amite, Louisiana this year for the Fourth IKCA SEMINAR it isn't too early. We already have our tickets.

Now is the time to make airline reservations. You can snag a really good price if you do it early enough. Otherwise they are going to get you for the full price. Unless you're driving. Filling the tank now won't do you much good.

This year promises to be the biggest and best yet. Each year we've been to Amite the attendance has doubled. If it does again it's going to be twice the fun. I know it sounds like a lot of hype to keep going on about how much fun we have at this meeting of the Kenpo Fraternity but I Just can't do it Justice writing about it. You have to be there. It's Incredible

Because of demands on our time we have had to limit the number of Seminars we are able to do annually. As of now, and probably into the foreseeable future, the scheduled stands: Louisiana in the spring, Schenectady, NY in the fall and Southern California in the winter. Our summer season is already too hectic to allow us any latitude there.

Just in case you don't know where Amite is in Louisiana, it's just about sixty miles north of New Orleans, one of the most unique cities in the United States. On Saturday night after the Killer Workout it's a great place to unwind, fill up and gather for some IKCA Brotherhood at Pat O'Brien's Pub in the world famous French Quarter.

Remember, if you're anywhere even close to the East Coast, South, Lower Mid West or just if you've never been to New Orleans and would like an excuse to go. This is it! Do it! We'll see you there. We've got a gang coming with us all the way from California, for just that reason.

TOURNAMENT NEWS

Lately the IKCA has been getting reports from all fronts concerning our people and their exploits in the field of competition. Here are a just a few.



Competing In the World Karate Association Kickboxing Circuit, Wes Albritton recently won the state Middleweight title, Defeating Travis Tucker in Clanton, Ala, to capture the championship.

In his state title bout, Albritton and his brother, Trace, the senior instructor at the Black Lion Kenpo Karate School, spent time before the match changing Wes' fighting style.

"Me and my brother worked on changing my strategy. I went a little more relaxed and comfortable." he said. "I let him bring the fight to me."

The result was everything Wes hoped for as he knocked out Tucker only 1:20, into the first round. As for the future, Albritton said he hopes to defend his title as an amateur for about a year before turning professional. That's a big step, and I want to make sure I'm ready for it, so I feel like I need another year of amateur fights to get ready," he said.

Since this article, Wes has become the Super Middleweight Champion as well.

CONGRATULATIONS WES!!

Joey Cadena and his Falfurrias, Texas crew has been at it again or should I say, still. Everywhere they go they come back with trophies, plaques or medals. This time was no exception. They did great at the Lloyd "Freight Train" Lister Karate Tournament. Sandra and Joey both took 1st place in Kata, Rene took 2nd in Intermediate Kata & 2nd in Kumite. Jason Schacherl took a 2nd in Kumite & a 3rd in Kata. Joey writes that "A lot of jaws drop when other instructors ask me where we learned and I say, 'through video correspondence'".



There's another crew going strong up in San Jose, California. IKCA Certified Instructor, Roland Gonzales came out of retirement. After retiring in 1993 as "Competitor of the Year" in the California Karate League, Mr. Gonzales attended an open Karate meet, hosted by Kajukenbo Stylists, an off shoot of Kenpo, where its founder Adriano Emperado was the main guest. Mr. Gonzales competed in the Masters Division using the IKCA Master Form with which he took 1st Place. Mr. Gonzales (left) has been with the Karate Connection for over three years and this August is eligible to

test for his 5th Degree Black Belt.

Willy Pascua (right) attended the Long Beach, California International Kenpo Karate Championships, the Granddaddy of all Tournaments and walked away with Forms Grand Championship as well as first place in his division. Willy also won using the IKCA Master Form.



Just a note here concerning
the IKCA Master Form.

When one of our people does the Master Form, or any part of it, in competition, unless the judges are also IKCA people, they haven't the faintest idea what they are looking at. Fortunately, while they don't recognize the techniques themselves, what they do perceive is Kenpo in its purest form. They can see a dedication to the execution of perfect basics. They can appreciate the continuous flow of motion within the techniques. The trained eye can distinguish and identify the logical progression and sequential stream of movement throughout the Form. While the judges might not know exactly what it is they have just witnessed, they demonstrate their appreciation for "Kata" which translates literally from Japanese as, "Perfect Form" and reward it with the kind of marks it deserves in competition.

What that means right now, is that you can enter open competition doing all or just a portion of the IKCA Master Form and probably walk out with a trophy simply because the Form itself is unique enough to give you several points the other competitors don't get.

Coming soon is the day when we will really know who's who in Master Form Competition. Already in the planning, is competition among Karate Connection people, using IKCA judges who know every correct angle, every correct target, every correct stance and stance change, every nuance, all or the errors that can be committed as well as the elements that can be employed to optimize the score. No more having to be judged by someone who's guessing because he doesn't really know. No more awarding points arbitrarily just because it looks good, or withholding points because they don't comprehend the concept. No more philanthropic points because the competitors Club patch matches the one the judge is wearing. In simpler terms, no more B.S. It's about time!



Last but not least is the story concerning the photo above. Ron Soils an old time, rough and tough Kenpo practitioner who recently joined the IKCA and is in the process of going through the system, hosted a great Open Tournament a short time ago. He asked the Karate Connection to put on a demonstration between competitive events. We were the only demonstration invited. A lot of IKCA people showed up to help support the tournament and either watch or participate in the demo. Most really didn't come to compete but once they were there and caught the tournament fever, they decided to go for it. They paid their entry fees dug their gis out of the trunks of their cars and warmed up.

For a group who didn't prepare in the least, they did a really outstanding job. In the photo are competitors and their instructors, some of whom entered and some of whom judged or were in the demonstration. The trophies don't necessarily match up with the person so we'll give you a run-down. Left to right: Abraham Chaidez 2nd –Forms, Ernesto Moreno 2nd Sparring, Hugo Rojas (2nd Dan Kenpo) 1st -Self defense, Sal Trivelli (CYKC Instructor), Louis Destefano -2nd Sparring, Thong Dang -1st Sparring, Christina Cortina -3rd Sparring -3rd Forms, Vic LeRoux (8th Dan Kenpo), Shannon Wesserling -1st Self defense, 1st Sparring, 3rd Forms, Doug Wheeler (2nd Dan Kenpo), Danny Quintana (student), Nabiev (student), David Jimenez (student), Rasaan Bowman -3rd Sparring, Sung Han Kim -three second place trophies (Sung Han had an off day, ordinarily they would have been firsts).

CONGRATULATIONS TO ALL !!



CERTIFIED INSTRUCTORS STATUS

If you have read the IKCA Bylaws you know that once a student passes their Black Belt Test, in order to become a "Certified IKCA Instructor", he or she must then teach a student and bring them up through the ranks all the way through Black Belt using the same process they themselves had to complete. We think of it as the next phase in their training and another opportunity for us to critique not only their knowledge but their ability to pass on what they have learned.

Not long ago a question was raised by one of our in-house Black Belts. His inquiry concerned the three year period between promotions for rank in Black Belt. Why, he wondered was every Black Belt held to the three year formula when some obviously put in much more time on a daily, week or monthly basis than others, thereby advancing at a more accelerated rate. A valid point to be sure.

We took the problem to the Board of Black Belts and examined it from all angles. It was readily conceded that some Black Belts were more involved than others. Some putting in more time because of teaching a youth outreach program, running a school or even a home program and others not as much time because of personal considerations. Quite often, the amount of time difference could be very dramatic. So how do we do what's right for all parties concerned?

At first, it was thought that some plan could be formulated that would accelerate the time for some and justify the wait for others. The only problem was that any such plan would require constant world-wide surveillance and that's impossible! There would be absolutely no way for the IKCA to know exactly how much time a given instructor or private Black Belt was putting in or how much faster they were progressing than their fellow Black Belts. **That's why the formula based upon time was devised in the first place.** However, we did see the necessity for a way of distinguishing one from the other.

A suggestion was made that a Certified Instructor should be able to show how many Black Belt students they have taken through the system. It was brought up that, a method already exists, the Family Tree. Under each Certified Instructors name appears the names of their Black Belt students. But the suggestion went further. How about a way of seeing it on the uniform, in the form of a patch?

I've said it before and I'm going to say it again. Whenever we need solutions for some of the complexities that confront us, all we have to do is go to the membership. We are blessed with some of the finest talent I've ever been exposed to. What a delight!

The picture on the preceding page is an example of the IKCA Certified Grand Master Instructor Patch. Now you can see, at a glance, exactly where an Instructor stands and know that it is an **earned title**, not an arbitrary one. Here's how the Certified Instructors will be recognized: A Certified Instructor has from one to nine Black Belt Students to their credit. A Certified Senior Instructor has from ten to nineteen. A Certified Master Instructor has from twenty to twenty nine and a Certified Grand Master Instructor has thirty or more Black Belt Students to their credit.

Many thanks to John Barnett, 1st Dan Kenpo for initiating the inquiry and helping come to, I'm sure you'll agree, a perceptive, intelligent solution. One that fulfills the needs of the membership and puts the organization another giant step ahead of the competition.



Letters to the Editor

Once again this past quarter the IKCA received numerous letters but not many directed specifically to this column. As stated in previous newsletters, unless there is a question or observation we feel would be of interest to the majority of the membership, it probably wouldn't make it into print. We thank you for your many wonderful comments concerning the program but this section of the Newsletter is reserved for the aforementioned only.

This didn't come in the form of a letter to the Editor. It was a question during a phone call. I thought you might find it of interest nonetheless. It was in connection with a letter to the Editor someone else had written.

When Reggie Hamilton, 1st Kyu Kenpo, read the letter to the Editor in the last Newsletter concerning motivation and how difficult it is to self achieve, he decided to try to help. Reggie called me and asked if it would be proper to send the writer of the letter a video he had made to try to encourage the individual toward getting going and keeping going.

Reggie told me that the reason he made the video was not to assume the role of instructor or anything like it. He said he'd leave that to us. All he wanted to do was to tell this person that he had been in the same position himself. He wanted to empathize with him and tell him how hoard it had been for him but how worth it it was to hang in there and get past that. He said he thought it would be better if he could talk to him as though they were face-to-face rather than write it. He felt his sincerity would come across much better. He said he wanted to show him the place he worked out in, all alone. He wanted to tell him how he kept hunting for workout partners, to no avail, until one day he connected and how that had grown into a group that now meets and works out regularly. I told him I thought it was a wonderful gesture and I'm sure it would be appreciated.

I'm constantly impressed by the overt displays of brotherhood and camaraderie associated with the people of the Karate Connection. I feel the operative word here is **Connection**. We really are connected. I've said it before and I'll say it again, "It's just like the old days in Kenpo, only better." Dealing with people via video gives us the opportunity to get to know them even before we actually meet them in person. It's a great start. What is astounding is that once they meet each other, they seem to unite and band together into fast friends almost immediately.

We know it takes a special kind of person with an uncommon kind of dedication to be able to do what our students do. With such great distances separating us and only video as our link, I can only surmise, it's that similarity of focus and dedication that is the common thread that runs through the fabric of the Karate Connection. I can't tell you how happy we are that we did what we did because without it we wouldn't have met and come to know you as we have. Believe me when I tell you, Vic and I are having the time of our lives.



To Our Students:

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.

CONGRATULATIONS!

Ron Ovadia	Torrance, CA, USA	Brown
Charles Shad	Torrance, CA, USA	Brown
Ryan Langan	Garden Grove, CA, USA	Yellow
Eric DeGroot	Hawthorne, CA, USA	Yellow
Bill Jones	Whitmore Lake, MI, USA	Purple
Mark D. Hannah	Deland, FL, USA	Purple
Mark Blumenfield	Torrance, CA, USA	Blue
Bob Hurd	Harwington, CT, USA	Orange
Rolando Longoria	Falfurrias, TX, USA	Orange
Ricardo C. Saavedra, Jr.	Fremont, TX, USA	Orange
Ricky Roberts	Hawthorne, CA, USA	Orange
Ashley Perez	Falfurrias, TX, USA	Orange
Timothy Charles Anderson	Alberta, CAN	Green
Charles M. Permenter	Austin, TX, USA	Purple
Athos Antoniades	London, ENG	Brown
Claus L. Hansen	Sundby, DEN	Green
Kendra Taylor	Everett, WA, USA	Yellow
Mark Olsen	Everett, WA, USA	Purple
Greg Slater	Lynnwood, WA, USA	Blue
Glenn Lower	Susanville, CA, USA	Purple
Keith D. Hessler	Pasadena, MD, USA	Brown
Bradley Price	Modesto, CA, USA	Green
David H. Bean	Farmington, UT, USA	1st Degree Black Belt
David W. Little	Brewer, ME, USA	1st Degree Black Belt
Derek A. Smith	Military APO	Blue
Daniel L. Bradley	Carlsbad, CA, USA	Orange
Steven A. Crawford	Kansas City, KS, USA	1st Degree Black Belt
Jason Subiate	Torrance, CA, USA	Brown
Chris Wharton Hood	South Africa	Purple
Chris Wharton Hood	South Africa	Blue
Keith Barker	South Africa	Orange
Debbie Franklin	Maggie Valley, NC, USA	1st Degree Black Belt
J.P. Keith Breazeale	Leland, NC, USA	1st Degree Black Belt
Anthony M. Johnson	Excelsior Springs, MO, USA	Brown
Russell Mattison	Everett, WA, USA	Brown
John Beeton	Mt. Jackson, VA, USA	Orange
Phillip Wolf	Plant City, FL, USA	Orange
Alan Nisberg	Tampa, FL, USA	1st Degree Black Belt

Jim Park
 Gerard Perez
 Heith Lang
 Toby Albritton
 Cindy Morrow
 Shannon Groda
 Tommy Lee Ford
 Wes Albritton
 James A. Nichol
 Jon Paul Wakamatau, M.D.
 Lauren Joy Glorioso
 Chuck Sullivan
 Vic LeRoux
 Eddie Booze
 Jeff Salzman
 Phil Gagnon
 Rusty Perdue
 W.E. Bill Tharp
 Paul R. June
 Dennis Schulze
 Brandon Freeman
 Brandon Faulkner
 Joey Jimeno
 Joey Jimeno
 Frank Smith
 Jose Cruz
 Boyd Davezac
 Bill Jones
 David A. Brown
 Troy Leavitt
 David G. Herman
 Charlaine Engelhardt
 Chris Barnett
 Dalan Haas
 John Kortman

Houston, TX, USA
 Howell MI, USA
 Pisgah, AL, USA
 Pisgah, AL, USA
 Pisgah, AL, USA
 Bothell, WA, USA
 Everett, WA, USA
 Pisgah, AL, USA
 Saegertown, PA, USA
 Evanston, WY, USA
 Redondo Beach, CA, USA
 Seal Beach, CA, USA
 Seal Beach, CA, USA
 Lakewood, CA, USA
 Irvine, CA, USA
 Nassau, BAHAMAS
 Nanticoke, MD, USA
 Lancaster, OH, USA
 Kansas City, KS, USA
 Perry, UT, USA
 Perry, UT, USA
 Redondo Beach, CA, USA
 Hawthorne, CA, USA
 Hawthorne, CA, USA
 Cleveland, TN, USA
 Vallejo, CA, USA
 Montrose, AL, USA
 Whitmore Lake, MI, USA
 Howell, MI, USA
 West Jordan, UT, USA
 Sand Point, AK, USA
 Findlay, OH, USA
 Rossmoor, CA, USA
 Rossmoor, CA, USA
 Zuid-Beijerland, HOL

Orange
 Brown
 Blue
 Orange
 Orange
 Purple
 Blue
 Blue
 Orange
 Orange
 Yellow
 9th Degree Black Belt
 8th Degree Black Belt
 7th Degree Black Belt
 2nd Degree Black Belt
 Purple
 Orange
 Blue
 Orange
 Orange
 Purple
 Green
 Yellow
 Orange
 Brown
 Orange
 Orange
 Blue
 Blue
 Orange
 Orange
 Orange
 Blue
 Blue
 Green

