

# DETAILS

The Official Publication Of The United Fighting Arts Federation January~2008

Dear UFAF Friends,

ITC2008

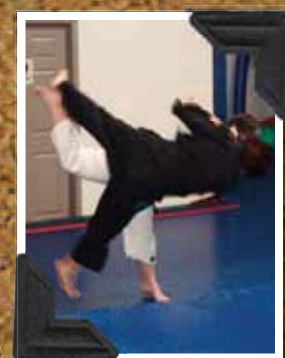
You won't want to miss it!  
Mark your calendar NOW!

See you there!



## Inside this edition

- Conferencia Mexicana de Entrenamiento (MTC)
- Taking CKD to the ground
- The Dynamic Throw
- Region News
- Kiai Corner





## United Fighting Arts Federation Mission Statement

The United Fighting Arts Federation (UFAF) is dedicated to providing and facilitating quality martial arts instruction, leading to the most prestigious black belt ranking certifications in the martial arts world.

Through the disciplined, internal growth of its membership and the development of world class teaching ability and leadership within its ranks, UFAF seeks to make Chun Kuk Do one of the most recognizable and respected martial arts styles in the world.

Building on these principles, UFAF is committed to assisting its member schools in providing a quality martial arts training experience to every student of Chun Kuk Do, and to enriching and serving the communities in which it is represented by cultivating high character in the lives of its members.

## The Octagon

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To all Chun Kuk Do students,

As we begin the New Year, I cannot help but be excited about CKD and our growth. I have been reviewing the program for this year's ITC, and once again it looks like it will be incredibly successful. We are going to have a great time of camaraderie and learning. As always, you will learn from great competitors, teachers, practitioners, and business experts. You will be challenged physically and mentally as you learn techniques that will help you in every aspect of CKD. Whether for self defense, sport, business, health, or just a great hobby, all that you learn and participate in will give a feeling of fulfillment as well as growth in our art. As always, I would like you to know that it is a great honor to be associated with you.

Gena and I and our family look forward to being with you each year, and 2008 will be the best yet!

Sincerely,  
Chuck Norris  
Founder



To all students of CKD,

This has once again been a busy year for all of us - personally, and in UFAF. As we begin this New Year, I am sure it will continue to be busy. As all of us know, life continues to move fast with many activities, and because of this I would like to write about a subject that has been a big part of my life's success, not only as a martial artist but in running karate studios, in my business, my health, and most importantly in my family and spiritual life. I would like to write about goals and goal setting.

Without goals we very seldom achieve anything of great consequence. Many studies at major universities and businesses show that those who set goals, even if they do it haphazardly, will achieve more than those who do not. There are six areas of goal

setting that will help you achieve a more balanced and fulfilling life:

**Spiritual** - This will mean different things to different people, but a strong spiritual life will always bring more peace in your life.

**Family Life** - Regardless of the makeup of your individual family, it is important to remember that "No other success can compensate for failure in the home."

**Physical** - Physical fitness is certainly important for our energy, as well as our self concept.

**Economical** - Our finances have an impact on our business, family, and even our moods. It's important to be as fiscally responsible as possible and to have short- and long-term goals for financial stability and retirement.

**Social** - For a truly fulfilling life, social interaction is one of the most important experiences we can ever have.

**Intellectual** - It is important to grow intelligently in our career, and as black belts and students.

Remember to make your goals:

- Achievable
- Challenging
- Measurable

And be sure to write them down!

I am sure that if you set your goals and really go after them, 2008 will be your best year ever.

Yours for a better UFAF,

Ken Gallacher  
Executive Vice President



# SPOTLIGHTS

## ITC 2008 at a glance:

**When:** July 17<sup>th</sup>-20<sup>th</sup> (some members will start as early as the 14<sup>th</sup>)

**Where:** South Point Hotel and Casino, Las Vegas, NV

Go to [www.southpointcasino.com](http://www.southpointcasino.com) for information about the location.

**Who:** UFAF members, Blue belt and up. Yes! You read that right! Blue belts are now cordially invited to attend. There will be rank- and age-specific seminars.

Keep an eye on [www.ufaf.org](http://www.ufaf.org) for details and information as it becomes available!

**Check out a new section on the ufaf.org website-** Chuck Norris in the News! It gives you links to articles about our founder! A great way to keep informed about Mr. Norris, KICKSTART, and UFAF!

Anyone can access this section; you do not need to be a black belt. Just go to [www.ufaf.org](http://www.ufaf.org). It's right on the home page - just click on the words Chuck Norris in the News!

**2008 Black Belt Membership Registration Open!** Go to [www.ufaf.org](http://www.ufaf.org). Remember the registration deadline Jan 20<sup>th</sup>, 2008.

**Congratulations to Mr. David Meyer!** Recently, he was in Los Angeles competing at the 2007 IBJJF Submission Grappling Championships, and he is now the Black Belt Senior 2 World Champion. Mr. Meyer and Mr. John Will, are the instructors of the CKD Grappling Program. Would you like information about the program? Contact Steve Nelson. [snelson@ufaf.org](mailto:snelson@ufaf.org)

**Training Tip by Mr. Chuck Elias:** To help reinforce the idea of straight line kicks, have the stu-



*Happy Belated Holidays! I hope everyone had a fulfilling holiday season, not to mention a fun one!*

*My first major oops surfaced with the last issue - I offer a humble apology to Region 7, whose promotion results were inadvertently omitted. They are in this one - I made sure!*

*This issue is packed with great information, including news about the 2008 ITC, the very first Mexican Training Conference (Thank You Ms. Alma Stuckey for the Spanish translation!), Team CKD, and a new section - a book review. Let me know what you think!*

*Sincerely,  
Astrid Fabian*

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dent kick through a box. I use boxes that are about 12x16 and about 14" tall. Then I open the top and bottom so that the foot can travel all the way through, not just in. Let the student lightly hold on to a rail; start out slowly, then pick up speed. Progress to free standing kicks through the box.

**Chuck Norris Fun Fact:** Chuck Norris CAN in fact 'raise the roof.' And he can do it with one hand.

To view the Octagon online, go to [www.ufaf.org/octagon](http://www.ufaf.org/octagon).

information with the regional chairs in Mexico, I think I actually heard the cheering from Mexico in Niagara Falls!

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## 2008 International Training Conference South Point Hotel and Casino, Las Vegas, NV

### A Training Blueprint for Success!

Great News! Blue Belts are invited to join the Green, Red, and Black Belts (all age 8 and up) at the 2008 ITC and Tournament. You are in for a treat and we hope you'll make your summer plans now! Watch your emails and [www.ufaf.org](http://www.ufaf.org) for more details including registration information, instructor lineup, and tournament information!

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## 2008 International Training Conference (ITC) Schedule

Monday July 14<sup>th</sup> and  
Tuesday July 15<sup>th</sup>

UFAF Master Development Series™ (MDS) - for 4<sup>th</sup> degree & higher

Teacher, Trainer, Coach - Levels One and Two - will run concurrently

Wednesday July 16<sup>th</sup>

CKD Grappling Program  
Mid-term/Final Evaluation  
(Blue Belt Program)

Thursday July 17<sup>th</sup>

Professional Development Series (PDS) - for all black belts\*\*\*NEW\*\*\*

Instructor Development Series (IDS) - for all black and red belts\*\*\*NEW\*\*\*

Master Rank Induction Ceremony (MRIC) - everyone welcome

Pool Party - for UFAF members and guests only Thursday 7-10pm after the MRIC.

Pool area will be reserved exclusively for UFAF! Music! Cash barbeque(s)! On-duty lifeguards!

Friday July 18<sup>th</sup>

Continuing Education Series (CES) - rank- and age- specific seminars

Demo Team Competition

Kata Competition

Saturday July 19<sup>th</sup>

Continuing Education Series (CES) - rank- and age-specific seminars

Team Fighting Competition

Annual Awards Dinner

Sunday July 20<sup>th</sup>

Individual and Group Photos with Mr. Norris

Demo Team Competition Winner (encore performance)

Fighting Competition

### Headline Presenters:

Ken Gallacher - Mr. Gallacher will unleash a workout that is guaranteed to make you sweat!

Raffy Pambuan - From Standup to Takedown - the Pambuan Edge

Pambuan Arnis is a classical family system from the Laguna Province of the Northern Philippines. This traditional Filipino-based martial art teaches you to not just destroy an attack, but to use your grappling techniques to control your opponent. Aggressive and destructive aspects of the system are tempered with the creative flow of circular and angular footwork that allows your personal strengths to emerge. Empty hand joint locks mesh with stick grappling and allows a seamless integration of techniques learned in other grappling arts. The practical aspects of this fighting method will enhance your skills in footwork, eye-hand coordination, and speed.

Ama-Guro Pambuan will teach a blend of stick, stick grappling, and edge weapon methods that will take you to the next level of your training. He will introduce two-man drills designed to increase

sensitivity to your surroundings, and he will teach you to attack your opponent's weapons while keeping yourself safe from counter attacks. You will learn how to use footwork to place yourself in the optimum range to attack, counter, unbalance/destabilize, and take down your opponent. The stick grappling/joint locking techniques will bridge the gap between weapon and empty hand techniques, and ground fighting.

John Will and David Meyer - Brazilian Jiu-Jitsu

Back by popular demand, these premier Brazilian jiu-jitsu instructors return to share more grappling knowledge with UFAF members.

Ed Saenz - Training with Champions

UFAF's Director of Training and Advancement will coordinate a unique fighting seminar with assistance from current and former CKD Grand Champions! An awesome opportunity to get "hands-on" (and feet!) instruction from such great fighters as:

- Chip Wright (in a league by himself - winner of 14 CKD grand championships in 17 years!)

- John Kurek (winner of 4 CKD grand championships in a row!)

- Van Frasher (current CKD grand champion AND former NBL world champion!)

- Shantell Dawson (multiple CKD world and grand championships, including 3 in one year!)

- Steve Giroux (one of very few others to win a grand championship during Mr. Wright's 17 year reign - against Mr. Wright!)

- Clayton Ferguson (one of UFAF's most consistent and longest running multiple grand champions!)

- and many more great CKD champions!

This is an event not to be missed!



## Mexican Training Conference (MTC) – A Dream Come True! October 26<sup>th</sup> – 27<sup>th</sup>, 2007

**Mr. Victor López**  
*Region 12 Chair*

This event is now, without a doubt, a part of history. The first Mexican Training Conference (MTC) took place at the Aeropuerto Camino Real Hotel, in Mexico City, which offered great facilities, and



excellent hospitality. People traveled from Baja, California; Ciudad Juarez, Chihuahua; Ixtapa Zihuatanejo, Guerrero; Estado de México, and México City, to learn and to pay respects to Grandmaster Chuck Norris and the UFAF Board of Directors.

One of the great moments was at the banquet when the founder of CKD, Grandmaster Chuck Norris, gave a speech in almost-perfect Spanish. The black belts from Region 12 organized a demonstration team, and gave a dynamic ten-minute performance; they also gave two Mexican hats to Mr. and Mrs. Norris. Another highlight was a photo session with Mr. Norris after he shook hands with everyone who attended, table by table. Some people thought they were dreaming; we'll never forget those moments.

We would all like to express our gratitude and appreciation to all those who made this event possible: Grandmaster Chuck Norris and Mrs. Gena Norris, Masters Aaron Norris, Ed Saenz, John Presti, David Rodríguez and his staff, Mr. Jorge Alonzo (who did an impressive job as translator), Master Javier Garcia, Region 9 chair, and Master Rodolfo Varela, Region 10 chair. And, of course, to all those who attended!



What an event! It exceeded our expectations! We are looking forward to the next MTC!

**Mr. John Presti**  
*Director of Special Events*

I had a thought, a dream. So I did some research on our black belts and students residing in Mexico, and presented this information to the board of directors at

the February 2007 meeting. It is very difficult for our Mexican friends to travel across the border, and we realized that they are missing out on great Chun Kuk Do training. To my surprise, Grandmaster Norris was so excited, he opened up his date book and we proceeded to schedule the very first Mexican Training Conference.

The next step was to contact Mr. David Rodriguez, who serves on the Advisory Board as Spanish Language Liaison. He was assigned the hardest task of all - do some research for me without telling anyone why. If things did not work out, I did not want anyone to be disappointed. So for about two months, Mr. Rodriguez did his homework and retrieved information for me and the rest of the board.

Needless to say, when I told him he could now share the information with the regional chairs in Mexico, I think I actually heard the cheering from Mexico in Niagara Falls!

Even though there was a language barrier, it did not seem to divide us; actually, I felt like I was at my own family function. It was fantastic. All the seminars were great. Everyone was so willing and eager to learn and improve. Thank you to everyone who made this event a success. See you all at the next MTC!



**Mr. David Rodriguez**  
*Region 9*

This dream began with an email sent to me from Master John Presti, asking for my view regarding the organization of an event in Mexico; an event to share with UFAF's Mexican members. For the majority of them, it is practically impossible to travel to Las Vegas, due to migratory status and other issues. I told him that it was a great idea, and in fact this had been mentioned among us...but it was only a dream. I was then assigned to organize this event. The primary goal was to find the best location for both the participants and the UFAF Board of Directors. After reviewing approximately 15 different hotels, and some intense negotiations, we decided to have Aeropuerto Camino Real Hotel in Mexico City host our first CKD training conference.

Friday's activities





consisted of registration and the formal dinner. The seminars took place on Saturday:

Mr. Ed Saenz: taught a basics session, and encouraged the participants to understand the idea of perfection.

Mr. John Presti: taught fighting techniques and left us all amazed with his sweeps technique...as a result, it has been added to the curriculum of our schools.

Mr. Rigoberto Cárdenas: taught part of the Kong Sang Koon form, ending the session with a remarkable presentation of the entire kata.

Mr. Rodríguez, Mr. Jorge and Mr. David Alonzo: presented a two-and-a-half hour fighting technique session.

What began as a dream became an amazing event, and we are all looking forward to the next MTC. I would like to thank my supporting team, and in particular, my wife. I could not have done this without them.



## Conferencia Mexicana de Entrenamiento (MTC) — Un Sueño Hecho Realidad! 26 - 27 Octubre, 2007

**Sr. Víctor López**  
*Presidente de la Región 12*

Este evento es ahora, sin duda, parte de la historia. La primera Conferencia Mexicana de Entrenamiento (MTC) tuvo lugar en el Aeropuerto Hotel Camino Real, en la Ciudad de México, El cual ofreció muy buenas instalaciones, y excelente hospitalidad. La gente viajó desde Baja California; Ciudad Juárez, Chihuahua; Ixtapa Zihuatanejo, Guerrero; Estado de México, y Ciudad de México, para aprender y para rendir homenaje al Gran Maestro Chuck Norris y a la junta de directores de la UFAF.



Uno de los grandes momentos sucedió en el banquete cuando el fundador de CKD, El Gran Maestro Chuck Norris, pronunció un discurso en casi-perfecto español. Los Cintas negras de la región 12 organizaron una demostración en equipo, y dieron una dinámica actuación de diez minutos; también dieron dos sombreros mexicanos al Sr. y Sra. Norris. Otro evento destacado fue una sesión de fotos con el Sr. Norris después de estrechar su mano con todos los que asistieron, mesa por mesa. Algunas personas pensaban que estaban soñando; nunca olvidaremos esos momentos.



Todos quisiéramos expresar nuestra gratitud y reconocimiento a todos los que hicieron posible este acontecimiento: Al Gran Maestro Chuck Norris y a la señora Gena Norris, Maestro Aaron Norris, Ed Sáenz, John Presti, David Rodríguez y su personal, Jorge Alonzo (quien hizo un trabajo impresionante como traductor), Maestro Javier García, Presidente de la Región 9, y Maestro Rodolfo Varela, Presidente de la región 10. Y, por supuesto, a todos aquellos que asistieron!

Qué evento! Se superaron nuestras expectativas! Estamos muy interesados en la próxima MTC!

**Sr. John Presti**  
*Director de Eventos Especiales*

Tuve un pensamiento, un sueño. Entonces hice algunas investigaciones sobre nuestros cintas negras y los estudiantes que residen en México, y presenté esta información a la junta de directores en la reunión de Febrero del 2007. Es muy difícil para nuestros amigos mexicanos viajar a Estados Unidos, y nos dimos cuenta de que están desaprovechando el gran Entrenamiento Chun Kuk Do. Para mi sorpresa, el Gran Maestro Norris estaba tan entusiasmado, que abrió su agenda y procedimos a programar la primera conferencia mexicana de entrenamiento.

El próximo paso fue contactar al Sr. David Rodríguez, quien sirve en la Junta Concejal como enlace al idioma español. Se le asignó la tarea más difícil de todas - hacer algunas investigaciones para mí, sin

*MTC2007continuado en la página 15*



## Judo – The Dynamic Throw

by Ms. Alice McCleary  
Region 7

A dynamic throw has three basic components supported by a lot of other little details. Those components are: off-balance, entry, and execution.

### Gripping

In order to obtain off-balance you first need to get a good grip on your partner's gi. The right hand grasps the lapel, using the bottom three fingers like you are holding the butt of a pistol. The thumb and index finger remain relaxed so the wrist will be supple. This is important because most off-balance is created by small wrist movements. The left hand grasps the sleeve of your partner at the elbow with a similar pistol style grip.



Most throws are also easily done without a gi. You will use body hooks instead – rather than grasping the lapel you will put your right arm under your partner's left arm or around their head. Instead of grasping your partner's sleeve, you will let your left hand slide down to your partner's right wrist. All other elements of the throw remain the same.

### Off-balance

Initiate off-balance by bending the lapel wrist so that the thumb points at your own shoulder – much like a simulation of a pistol's recoil. This is not a biceps curl – it does not require that much muscle. It's just a simple flip of the wrist. Next, continue the off-balance by raising the elbow and wrist of your sleeve hand, turning the wrist over as if you want to look at a watch. The lapel hand initiates the off-balance; the sleeve hand controls it and sets up the entry and execution of the throw. The sleeve-holding arm should remain up across the chest until execution, which keeps the person receiving the throw light on their feet (un-rooted).



### Entry

While executing off-balance with your hands, swing your right leg or lapel side leg across your partner's center line. (This means your right foot will land approximately in front of your partner's own right foot.) Leave some space between you and your partner. The left foot follows in somewhat deeper, and should be lined up on your partner's center line. As you step in, transfer weight to your left leg. This sets up the execution of the throw.

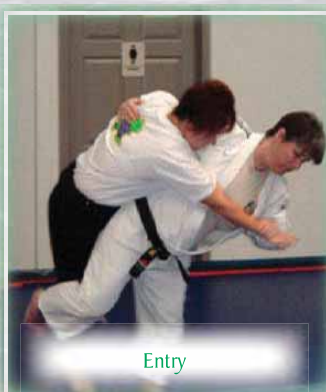


## Execution – Three Variations

**1** Harai Goshi (Sweeping Hip Throw) - As you transfer weight to your left leg, raise your right leg along the outside of your partner's legs, sweeping him up onto your hip. At the same time bring your head forward so your body acts like a pendulum and your partner rolls off the side of your body and onto his back. Maintain control of the sleeve as your partner falls by pulling sharply as you regain a standing position. This helps your partner to fall safely and sets up your ability to follow into mat work.



Off-balance (Using Body Hooks)



Entry



Execution

**2** Hane Goshi (Spring Hip Throw) - As you transfer weight to your left leg, place your right leg just inside your partner's right leg. Continue to pull on the sleeve as you raise your right leg, loading your partner onto your hip. Your left leg acts as a spring as you again lower your upper body like a pendulum. Finish the same as throw #1.



Off-balance



Entry



Execution

The beauty of these throws is that it does not really matter where your right leg ends up; if you have completed your off-balance and entry correctly, your partner will take a nice fall. Often if you miss one throw, you can simply transition right into the next without ever letting your partner regain balance.

### Training Tips:

Develop rhythm and timing by using a swing back motion with the right leg – swing back and then as you come forward across your partner's center line execute off-balance with your hands and follow through by planting the left foot between your partner's legs. This should be repeated many times before moving on to execution. When practicing, be sure contact is made by your partner's body coming to you so he is leaning forward, rather than you going to him, which pushes him back on his heels and unbalances him in the wrong direction.

When practicing without a partner, get a bicycle tire inner tube – tie it around a sturdy post and grasp it as you would the sleeve and lapel. In this way you can develop strength, timing and rhythm while you practice by yourself.

**3** Uchi Mata (Inner Thigh Reaping Throw) - As you transfer weight to your left leg, place your right hamstring against your partner's left inner thigh. Raise your right leg very high as you bring your upper body forward like a pendulum. Depending on where you make contact with your partner, this will either load him onto your hip, or his legs will run out of length and be lifted from the ground. Finish as in throw #1.



Execution



# Bringing Your Chun Kuk Do to the Ground

by Mr. Daniel Semeraro, Jr.  
Region 8

**T**ae Kwon Do, Tang Soo Do, Boxing, Savate. What do all these styles have in common? They are 'standup' styles where most of the fighting is done, you guessed it, standing up. Many fights, especially those against a grappler, will very likely end up on the ground, so if you have not trained in ground fighting and you get taken down, you are like a turtle on its back - in big trouble.

Luckily, you train in Chun Kuk Do, one of the first 'mixed' martial arts. Our system of fighting is truly The Universal Way. Mr. Norris has added Brazilian jiu-jitsu to our style, giving us a more complete fighting system. No matter where we decide to take the fight we have the tools to compete effectively.

But if you train standing up and on the ground separately all the time, there is a gap between the two. The following drills will help you bridge the gap between stand up and ground fighting. They provide examples of closing distance between you and your opponent in order to take him to the ground. It is very important to link standup and ground fighting in your training.

Use your own combinations and take downs, and have fun with it! Remember, you fight like you train.

About the author: A CKD black belt since 1992, Mr. Semeraro Jr. has been competing and training in mixed martial arts (MMA) for over 10 years. The United States Martial Arts Hall of Fame awarded him 2007 MMA Instructor of the Year, and 2005 Full Contact Fighter of the Year.

He is the captain of Team Thunder, which competes in the North American Grappling Alliance (NAGA) circuit, in Reality Fighting, and throughout Massachusetts and New Jersey. The team is currently undefeated. For seminars contact him at MA3CKD@gmail.com

## Set 1



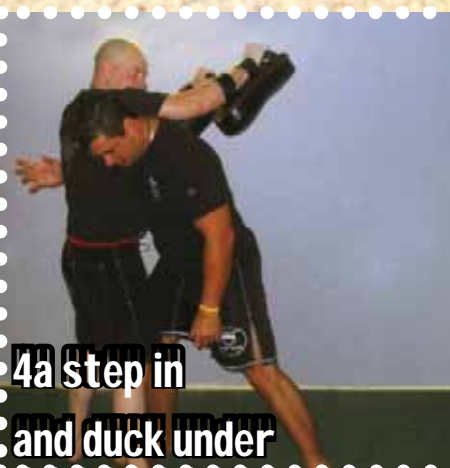
1a jab



2a right cross



3a high round kick



4a step in and duck under



5a hook leg



6a lift with hips



7a land in side mount



# Set 2



1B jab



2B cross



3B knee



4B shot to double leg



5B lift to slam



6B push legs off to side

7B side mount



Do you want to increase your grappling skills?

Do you want to earn a sanctioned Brazilian jiu-jitsu blue belt?

YOU CAN!



contact Mr. Steve Nelson, [office@ufaf.org](mailto:office@ufaf.org)



# KI AI ~CORNER

## The Lesson of Nothingness

The young student had been studying the Art of Kara-te for six years. She started when she was seven and she was now thirteen. During those six years she had diligently practiced the physical forms, excelling in this part of her study. One day she was called into her teacher's private meeting room. The student wondered why the teacher had summoned her. Perhaps she would be promoted to a higher rank.

The teacher sat quietly for a moment with the student. "Young lady," the teacher spoke with respect, "you have been an excellent student. You have learned the forms well. But this is only a very small part of the Art of Kara-te. Today I want to show you the essence of this wonderful art."

On the table between the young student and her teacher was a ripe red apple.

"Here is an apple, take it."

"Yes, teacher," replied the girl.

"Break it open."

"It is broken, teacher."

"What do you see there?"

"Some small seeds, teacher."

"Break one of these."

"It is broken, teacher."

"What do you see there?"

"Nothing at all."

The teacher said, "Student, that nothingness which you do not see is the very essence of the apple tree. That nothingness is also the essence of all things, even you, young student, for all things come from it and go back to it."

"Tell me more, teacher," said the student.

The teacher gave the student a small bag of salt, saying, "Place this salt in a glass of water and come to me tomorrow with the glass."

When the student came back the next day, the teacher said, "Bring me the salt which you put in the water."

The student brought the glass of water to the teacher, saying, "The salt has disappeared."

"Taste the water from the lip of the glass and tell me how it is."

"Salty," said the student.

"And from the middle?"

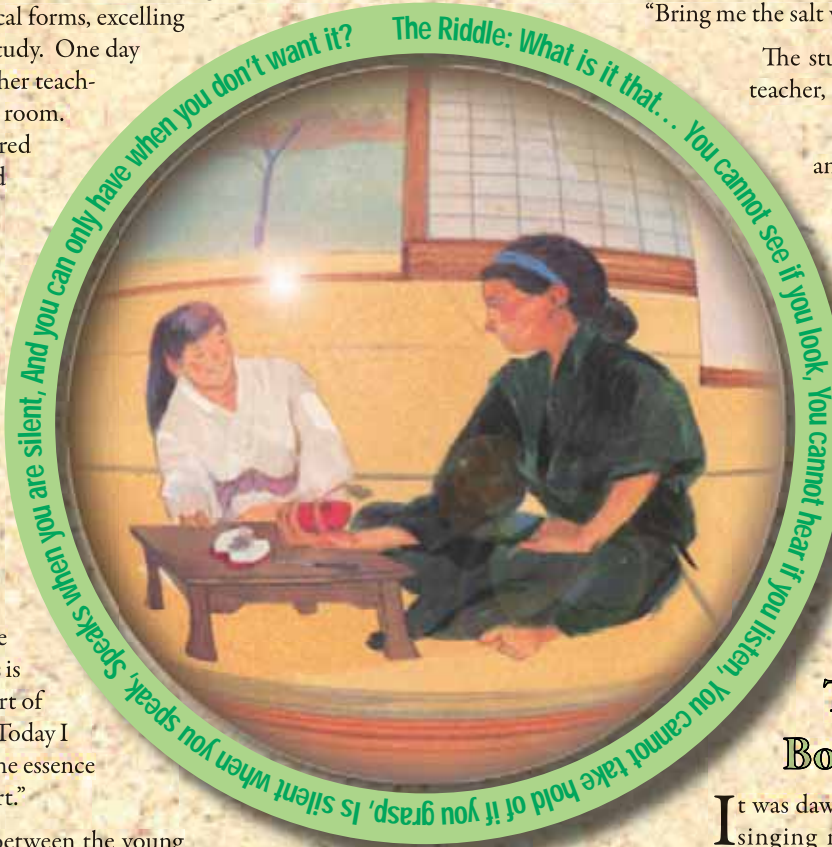
"Salty."

"And from the bottom?"

"Salty also."

The teacher said, "Like the salt in the water, everything fills everything; all is in all and you are that."

The young student bowed to her teacher and left silently.



## The Empty Boat

It was dawn and birds were singing morning songs.

The faint mist on the lake was rising and the sun was beginning to shine through. A beaver's lodge, one of the dwellings of the forest, stood out where a small river fed the lake. An occasional fish jumped out of the water, breaking the mirrored surface, sending ripples outward until they disappeared into stillness again. A red-tailed hawk soared overhead and the cool air felt soothing.

"Suppose you are in a boat crossing this lake," said the teacher gently, barely breaking the silence, "and another boat, an empty one, comes out of nowhere and is about to collide with your boat. Would you lose your temper on seeing this empty boat, or would you simply change the course of your boat so as to avoid the collision? But suppose there was someone in that other boat. Would you shout at that person to watch out? And if that person did not respond, as you called out again and again, would you yell still louder and even threaten that person? With the empty boat there was no anger, but when the boat was occupied there was ill feeling. Can you,



Welcome to Kiai Corner! Here are the next two tales from Dr. Terrence Webster-Doyle's *Eye of the Hurricane: Tales of the Empty Handed Masters: The Lesson of Nothingness and The Empty Boat*, both of which will help you with the riddle! *The Empty Boat* is my favorite – my children used to remind me of it whenever I became angry about someone else's driving!

oh students, go through life as if coming upon an empty boat?"

The mist was rising and the hawk cried out. There was a feeling of great joy, as if the sky and earth were endless. The heart opened and the brain was quiet.

"Teacher, how do I understand Kara-te, the art of Empty Self? Where do I start?" a student spoke up.

"Do you hear the sound of that hawk's cry?"

"Yes, I do."

"Start from there."

Far in the distance, nestled against the green mountains, a small cottage could be seen. The breeze had picked up and moved the mist from the lake. A single robin chirped its morning call. Bright yellow dandelions dotted the fresh, wet green fields. The order of nature seemed timeless and the green mountains sloped softly, gently carving out the space between earth and sky. A curious ant crawled over the foot of the teacher.

"Teacher, what is death?"

"Who dies?" replied the teacher.

"But I am afraid to die," said the student.

"Tell me, student, what you think death is."

"It is a black hole, a dark room, a big door closing, the end of everything."

The teacher closed his eyes as if he were resting. "How do you know what you say is true?" he spoke gently upon opening his eyes.

"I have been told this by others, Teacher."

"Is that death? Isn't death the unknown? What you tell me of death is the known, what others have told you it is. And now this is what you know. So what is death?"

On hearing this, the student bowed.

The sun was moving up the sky as the students began to practice their forms.

## Martial Arts Trivia

Congratulations to the following students who were the first to correctly answer the trivia questions from the last issue! Belle Wang, Logan Chase Wriston, Andrew Achter, Christian Garza, Jennifer Shearer

The correct answers to the questions in the last issue are:

1. One method of fighting the Hand Man is to counter his blitz. (The other three are: manipulate the lead hand, take the lead, and double kick.)
2. Mr. Jim Brogan emphasized goals, courage, and attitude as three characteristics of a great instructor.
3. To view past issues of the Octagon, go to [ufaf.org/octagon](http://ufaf.org/octagon).
4. The Director of Professional Development is Mr. Stephen Hammersley.
5. The 2007 Junior Forms Grand Champion is Mr. Eric Jones.

**The answers to the following five questions can be found in this issue. Be one of the first five students (14 and under) to email me the correct answers along with your complete mailing address and you'll win a prize! Remember, you must be a UFAF member in order to qualify. Check with your instructor if you are not sure.**

1. Who serves on the UFAF board of directors as Administrative Director/Corporate Secretary?
2. Name the book that is reviewed in this issue.
3. What are the three places in which women are most frequently abducted or attacked?
4. The 2008 International Training Conference will be held on which dates?
5. What are the three basic components of a dynamic throw?



## Who's Who at UFAF

UFAF is governed by a group of loyal individuals who work together to make our organization the best it can be. In this continuing series, we will get to know each member of the UFAF Board of Directors. Please meet Mrs. Tara Bidwell, Administrative Director and Corporate Secretary.

### UFAF ~ REPORT



**Octagon:** What is your role on UFAF's board of directors?

**Mrs. Bidwell:** Well, as Administrative Director, I do a little bit of everything.

My main focus throughout the year is the International Training Conference (ITC). I help plan and organize contract negotiated regarding are in, the Stardust I handle catering

it. I handle all the tions and decisions whatever venue we or the South Point.

details, room rental details, and room reservations for our room block, just to name a few. I also help lay out the schedule for the event and I handle travel for our guest instructors. I plan and organize the UFAF Board of Director's meetings, including travel arrangements. Basically, I help out wherever I am needed, and I love doing it!



personal satisfaction.

My worst moment in karate was when my dad's instructor, Mr. Dick Douglas, passed away over a year ago. Not only was he a very close family friend but he also played a big part in what the martial arts means to me in my life. It was a sad day.

The times I get to work out with my Dad create my most fulfilling karate moments. It is great daddy-daughter time that I always cherish.

**Octagon:** Do you have any secret talents that people would likely not know about?

Something that most people might not know about me is that I love music, and I love to sing. I was in choir all through middle school and high school. I have had tons of solo performances, and have also performed in duets, quartets, and choirs. I think music is great!

**Octagon:** How did you get started in the martial arts?

**Mrs. Bidwell:** I began studying martial arts at the very young age of five years old, with my dad. I came up through the ranks under him, and began teaching with him when I was 15. After I got married and moved out, I opened a school of my own and I have been running it for 12 years. It is one of the great things in life for me.

I started back in the days when our study consisted of Tang Soo Do, and I have seen UFAF evolve and change throughout my life into the great organization that it is today. UFAF is a huge part of my life. I feel like some of the closest and dearest friendships I have are members of this organization, and they are truly like family to me.

**Octagon:** Tell us about some of your more memorable (good or not-so-good) karate moments.

**Mrs. Bidwell:** I think my best moment or moments were each of my rank promotions. I felt a great sense of accomplishment, and

<b>Chuck Norris</b> Founder / Chairman	<b>UFAF BOARD OF DIRECTORS</b> Each UFAF Board member has many individual and shared responsibilities, and is assisted by other board members, advisory board members, regional leadership, and/or member volunteers.
<b>Aaron Norris</b> President Director, Corporate Development	
<b>Ken Gallacher</b> Executive Vice-President Executive Director	
<b>Ed Saenz</b> - Director, Training & Advancement	
<b>Tip Potter</b> - Director, Regional Chairs	
<b>Chip Wright</b> - Vice President; Director, Tournament & Competition Development	
<b>John Presti</b> - Director, Special Events	
<b>Steve Nelson</b> - Director, Operations & Development / Corporate Treasurer	
<b>Stephen Hammersley</b> - Director, Professional Development	
<b>Tara Bidwell</b> - Administrative Director / Corporate Secretary	
<b>Regional Chairs</b> Region 2 - Joe Gemma Region 3 - Diane Huntemann Region 4 - John Kurek Region 5 - Kevin Hibbs Region 6 - Clayton Ferguson Region 7 - Chuck Elias Region 8 - John Presti Region 9 - Javier Garcia Region 10- Rodolfo Varela Region 12- Victor Lopez	<b>Advisory Board</b> Reggie Cochran- Special Projects Chuck Elias- Competition Eric Hensley- Professional Development David Rodriguez- Spanish Language Liaison Robert Sapp- Technical Development Steve Brown- Marketing & Technology Howard Munding- Special Projects Astrid Fabian- Octagon Editor





MTC2007continuado de la página 7

comentarle a nadie las razones de la misma. Si las cosas no funcionaban, yo no quería que nadie se decepcionara. Entonces en aproximadamente dos meses, el Sr. Rodríguez hizo su tarea y recaudó información para mí y el resto de la junta.

Es Innecesario mencionar que, cuando le dije que ya podría compartir la información con los presidentes regionales en México, creo que se oyeron las porras de México hasta las Cataratas del Niágara!

Aun cuando hubo una barrera idiomática, no pareció dividirnos; en realidad, me sentí como que estaba en la función de mi propia familia. Fue fantástico. Todos los seminarios fueron buenisimos. Todos estaban tan dispuestos y deseosos de aprender y mejorar. Gracias a todos los que hicieron de este evento un éxito. Nos vemos en la próxima MTC!

**Sr. David Rodríguez**  
**Región 9**

Este sueño comenzó con un mensaje que me envió el Maestro Juan Presti, pidiendo mi opinión acerca de la organización de un evento en México; un evento para compartir con los miembros mexicanos de la UFAF. Para la mayoría de ellos, es prácticamente imposible viajar a Las Vegas, debido a condición migratoria y otras cuestiones. Le dije que era una gran idea, y en realidad esta había sido mencionada entre nosotros...pero era sólo un sueño. Entonces se me asignó a mí la organización de este evento. El objetivo primordial era encontrar la mejor ubicación tanto para los participantes como para la junta de directores de la UFAF. Después de revisar aproximadamente 15 diferentes hoteles, y algunas intensas negociaciones, decidimos seleccionar al Hotel Aeropuerto Camino Real en la Ciudad de México como anfitrión de nuestra primera conferencia de entrenamiento CKD.

Las actividades del viernes consistieron en el registro y la cena formal. Los seminarios tuvieron lugar el sábado:

Sr. Ed Sáenz: enseñó una sesión básica, y alentó a los participantes a comprender la idea de la perfección.

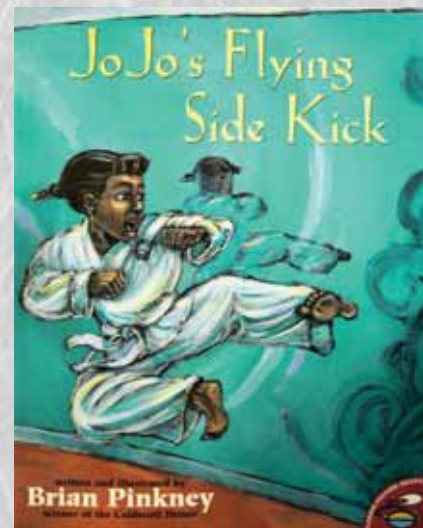
Sr. John Presti: enseñó técnicas de combate y nos dejó a todos sorprendidos con su técnica de barridos...como resultado, se ha añadido al currículum de nuestras escuelas.

Sr. Rigoberto Cárdenas: enseñó parte de la forma Kong Sang Koon, terminando la sesión con una notable presentación de toda la kata.

Sr. Rodríguez, Sr. Jorge y Sr. David Alonzo: presentaron sesión de técnicas de combate de 2 horas y media.

Lo que comenzó como un sueño, se convirtió en un sorprendente evento, y todos estamos en espera del próximo MTC. Quisiera agradecer a mi equipo de apoyo, y en particular, a mi esposa. No podría haber hecho esto sin ellos.

## BOOK~REVIEW



### JoJo's Flying Side Kick by Brian Pinkney

OCTAGON BOOK REVIEW  
BY MS. GAIL BLUHM

Ever get a little scared before testing for your next belt? Little JoJo knows just how you feel. Her master tells her that it is time to test up from her white belt to her yellow belt in Tae Kwon Do and guess what? She has to do a flying sidekick and break a board as her test! Besides her fears about promotion, she also has a very scary tree in her front yard that keeps her awake at night. Poor JoJo can't focus with all her fears. JoJo's Granddaddy, who once was a boxer, knows the butterflies in your stomach feeling, and offered up his trick to calm her down. JoJo's friend PJ tells her that a good, strong Kiah (Kiai), helps with the power and focus, and her Mom suggests that she visualizes (sees in her mind) a perfect flying sidekick during her test. Can you guess which technique helped her? Find out how JoJo not only aces her test, but conquers her fear of the scary "bandit" tree, and continues on her road to black belt!



## TEAM~CKD~news

by Mr. Chip Wright, Captain  
by Mr. Chuck Elias, Coach  
by Mr. Robert Sapp, Coach

### The Survivor

August 24<sup>th</sup>-25<sup>th</sup>, 2007  
Savannah, GA

The results:

**Michael Holstein**- 2<sup>nd</sup> continuous fighting, 2<sup>nd</sup> creative forms, 7<sup>th</sup> Korean forms, 5<sup>th</sup> weapons, 3<sup>rd</sup> point fighting  
**Tanya Hunt**- 4<sup>th</sup> continuous fighting, 3<sup>rd</sup> weapons  
**Madison Santos**- 2<sup>nd</sup> weapons, 6<sup>th</sup> Korean forms  
**John Malone**- 2<sup>nd</sup> continuous fighting, 5<sup>th</sup> point fighting, 4<sup>th</sup> weapons, 8<sup>th</sup> Korean forms, 6<sup>th</sup> Japanese/Okinawan forms

ous fighting, and the injuries were bad enough to prevent them from doing all the events for which they signed up. Eric, Aaron, and Falon Hensley were also in attendance (along with several students). Eric was also unable to compete due to an injury.

Congratulations to the Team CKD members who competed in the Survivor Tournament, the last NBL tournament of the year. Unfortunately, injuries were a factor in this event. Van Frasher was unable to attend due to a rib injury. Both Michael Holstein and Tanya Hunt were hurt on Friday while competing in continu-

The Super Grands are now history and again, Team CKD represented Grandmaster Norris and all of CKD very well. Super Grands has a unique way of letting the top two finishers go head-to-head in the nighttime finals. Therefore even a competitor who finishes second in his/her division can still win the competition in the finals.

We are very proud of the way all of the team members have conducted themselves at every event, and for the opportunity to work with such a great group of people. Thanks to Mr. Norris for his continued support, and we are looking forward to next year!

### Super Grands

November 19<sup>th</sup>-23<sup>rd</sup>, 2007  
Myrtle Beach, SC

Last year's heavy weight 35+ point fighting World Champion, **Van Frasher**, had an "off" day and placed 8<sup>th</sup>, as well as taking home 4<sup>th</sup> place in 18+ point fighting, and a strong 3<sup>rd</sup> place in continuous fighting. Team member **Tanya Hunt** was recovering from an illness, and has not been able to work out during the last couple of months; her doctor advised against fighting. However, she placed 3<sup>rd</sup> in weapons. **Michael Holstein** has really improved his game in all of his divisions. His hard creative kata was judged 0.01 behind the 2nd place finisher. Sooo close! Mike also won 3<sup>rd</sup> place in point fighting, and 3<sup>rd</sup> in continuous fighting.

John Malone Sr. traveled from OH to support his son; Tom & Pam Hunt, Kathi Santos, and Kathy & Daniel Knighton (second place red belt weapons) all traveled from FL to support the team.

## REGION~NEWS

### Region 2 News

by Mr. Joe Gemma  
Region Chair

Region 2 held a black belt testing on Friday, November 9<sup>th</sup>, 2007 in Boulder City, NV. Congratulations to the following individuals who were all promoted in rank: John Pettitt- 3<sup>rd</sup> degree black belt, Jonathan Sha- 2<sup>nd</sup> degree black belt, Aaron Hoggan- 1<sup>st</sup> degree black belt

Further congratulations to Mr. Pettitt. After the ceremony, Mr. Gallacher, on behalf of Mr. Norris and myself, invited Mr. Pettitt to sit on the Region 2 Board. Mr. Pettitt has been training since 1987, and currently runs his own Chun Kuk Do school in Boulder City, NV. At the 2007 ITC, Mr. Pettitt instructed a successful one-step seminar. We are fortunate to have an individual of Mr. Pettitt's caliber assisting the black belts that keep Region 2 "up and running."



Front Row, L-R: Mike Hoggan, Aaron Hoggan, John Pettitt, Jonathan Sha, Kobie Webb, Cecil Bridgewater Back Row, L-R: Doug Ingram, Eric Freebairn, Joe Gemma, Tara Bidwell, Ken Gallacher, Jim Chandler, Vic Matera



## Region 6 News

by Ms. Karen Rine

Precision Martial Arts in St. Clairsville, OH, hosted the Region 6 Fall black belt test on November 4<sup>th</sup>, 2007. Congratulations to those who earned the following promotions:

Mr. Holtzhauer performs a jump spinning outside crescent kick. He is the first student from Champion Martial Arts (Ms. Halina Modelski, instructor) to earn the rank of 4<sup>th</sup> degree; an extra special moment as the promotion occurred on the eleventh anniversary of the studio.



**Front Row, L-R:** Mike Anderson, Donna Sullivan, Devin Burchill, Doug Maslowski, Billy Teufel, Teddi Maslowski, Ian Wolf **Back Row, L-R:** Jason Marsh, Kevin Spivey, Jeff Loy, Karen Rine, Rick Rine, Clayton Ferguson (Region 6 Chair), Halina Modelski, Charles Comas, Andrew Holtzhauer, Jason Wilcox, Duane Bartsch

SCHOOL	CITY	REGION
CHAMPION MARTIAL ARTS	STAFFORD, VA	6
NAME	Andrew Holtzhauer	RANK EARNED
NAME	Kevin Spivey	4 <sup>th</sup>
SCHOOL	CJ KARATE	2 <sup>nd</sup>
NAME	Jeff Loy	RANK EARNED
SCHOOL	WHEELING, WV	6
RINE STUDIO	WEIRTON, WV	2 <sup>nd</sup>
NAME	Devin Burchill	RANK EARNED
NAME	Doug Maslowski	1 <sup>st</sup>
NAME	Teddi Maslowski	1 <sup>st</sup>
NAME	Donna Sullivan	1 <sup>st</sup>
SCHOOL	PRECISION MARTIAL ARTS	1 <sup>st</sup>
NAME	ST. CLAIRSVILLE, OH	6
NAME	Billy Teufel	RANK EARNED
NAME	Mike Anderson	1 <sup>st</sup>
SCHOOL	FAMILY MARTIAL ARTS	1 <sup>st</sup>
NAME	BECKLY, WV	6
NAME	Ian Wolf	RANK EARNED
		1 <sup>st</sup>



**Front Row, L-R:** Brandon Norrod, Geoffrey Bennett, Sydney Bennett, Alyssa Forth **Back Row, L-R:** John Malone, Rob Lockhart, Ben Norrod, Beth Haynes, Justin Triplett

## More Region 6 News

by Mr. John Malone

On October 13<sup>th</sup>, 2007, eight of my students and myself participated in the National Martial Arts Day Kick-A-Thon. We performed 14,237 kicks in one hour, and raised \$220 for Project Action.

## Region 8 News

by Mr. Steve Brown

Congratulations to all who tested in Region 8! The last black belt test of 2007 was held at Mr. Vic Bosch's school in Ontario, Canada on Saturday, October 20<sup>th</sup>, 2007. The test was preceded by a great wristlock and arm bar seminar presented by senior instructor Mr. John Mease on Friday evening at Mr. Presti's Niagara Falls school for approximately twenty-one students and black belts.

The testing board was one of the largest in some time, with several 3<sup>rd</sup> degree black belts taking part as training for future inclusion on the test board. The board consisted of Mr. John Presti (Region Chair), Mr. Steve Giroux, Mr. Steve Brown, Mr. Pat Davis, Ms. Nicole Farah and Mr. Chris Moore. Observing the test on the board were Mr. Doug Shaffer, Mr. Gennaro Villella and Mr. John Mease.

Thank you to Vic and Jeanette Bosch for hosting the test and congratulations again to all the new ranks!



On Saturday morning the candidates for 2<sup>nd</sup> degree black belt tested first with Ms. Shannon Myers and Mr. Mike Cannon, both from Presti Karate, being promoted to 2<sup>nd</sup> degree black belt.



Promoting to 1<sup>st</sup> degree were Ms. Amber Denman, Mrs. Jane Dixon and Mr. Jim Lageman (a cross-over black belt), from Presti Karate, and Mr. Beau Eltringham from Top Form Karate.



# REGION~NEWS

## Region 7 News

by Ms. Lindy Woods

Region 7 rocked Ridgeland, SC as Dunamis Karate hosted the Regional black belt tests and seminars on June 22<sup>nd</sup> & 23<sup>rd</sup>, 2007. The weekend kicked off with Master Chuck Elias, from Club Karate on Lady's Island, SC, teaching a seminar on kicks to the green belt & under kids. Participants worked on thrusting by practicing front kicks through a cardboard box. Then, pads were flying all over as they worked on their round kicks. As usual, Master Elias taught a great class, and those participating and watching had a blast!

After the kid's seminar, the 1<sup>st</sup> degree test began, and six candidates demonstrated their skills to the testing board. This had to be the youngest group of test candidates ever for Region 7. The oldest candidate was only 16 years old.



Passing and receiving their 1<sup>st</sup> degree CKD black belts were (in Front Row, L-R): David Avar (14) from Club Karate in Lady's Island, SC; Alex Gardner (15) and Andi Woods (9) from Dunamis Karate in Ridgeland, SC; Sarah Durance (16), Danielle Pepe (11), and Samantha Guptill (12) from American Martial Arts in New Smyrna Beach, FL. Back Row, L-R: Lindy Woods, Chuck Elias (Region Chair), Stephen Hammersley, Eric Hensley.

Saturday morning, five candidates endured and passed the 2<sup>nd</sup> & up black belt test.



Front Row, L-R: Portia Hammersley (2<sup>nd</sup>) and Paulo Santos (3<sup>rd</sup>) from American Martial Arts, Kyle Valentino (2<sup>nd</sup>) from Dunamis Karate, Rob Reaney (3<sup>rd</sup>) and Kathy Knighton (2<sup>nd</sup>) also from American Martial Arts. Back Row, L-R: Lindy Woods, Chuck Elias (Region Chair), Eric Hensley, Stephen Hammersley.

Following the 2<sup>nd</sup> & up test, the red and black belt kids, and all adults worked up a nice sweat as Master Eric Hensley, from Martial Arts America in Evans, GA, lead a seminar on balance and flexibility. After that seminar, the kids were dismissed and the adults kicked it up a notch as Mr. Matt Robinson, Region 7's newest school owner from Charleston, SC, taught a class on jiu-jitsu and a double leg take down. Wrapping up the day was Master Steve Hammersley from American Martial Arts in New Smyrna Beach, FL, who taught a hardcore, proven, realistic approach to self-defense called Haganah.



The weekend was a huge success and the future of Chun Kuk Do and UFAF was strengthened as we reinforced our knowledge, skills and friendships. Congratulations to the test candidates

and thank you to all the students and school owners for traveling and participating in this event. The success of CKD in Region 7 is because of your continued commitment!

## More Region 7 News

by Mr. Chuck Elias  
Region Chair

On October 13<sup>th</sup>, 2007 Master Eric Hensley hosted a Region 7 workout in his brand new school. Martial Arts America has moved to a larger facility about a mile away from the old location. The Hensley's did a great job on the design and décor.

The six-hour seminar covered test material for CKD black belts. Masters Hensley, Hammersley, and Elias took turns presenting the material. They were inspired by the "Blood, Sweat, and Tears" format at the 2007 ITC, and did a "Moe, Larry, and Curly" presentation. But seriously, every kata and each part of the test was broken down to make sure that there is consistency from school to school. There was good representation from most of the schools in Region 7 including Martial Arts America (GA), American Martial Arts Training (FL), Club Karate (SC), and Monroe Karate (NC).





## Region 4 News

by Mr. Tommy Crouch

On November 2<sup>nd</sup>, 2007, Mr. Tommy Crouch celebrated the grand opening of his new Chun Kuk Do School called *The Dojo Experience*. The grand opening festivities included free BBQ, tours of the new facility, a demonstration by The Dojo Experience Demo Team, and ended with the testing of

CKD student Jonathon Waugh for 1<sup>st</sup> degree black belt. A special congratulation goes to Mr. Waugh for a job well done. He did an excellent job dealing with the normal pressure and anxiety that usually accompanies a black belt test, not to mention dealing with the pressure of being the first black belt candidate at a brand new



Jonathon Waugh



The Dojo Experience Demo Team

school's grand opening. Mr. Crouch and The Dojo Experience family are extremely proud of the dedication, effort, and courage Mr. Waugh displayed during his test and throughout his training.

## Region 3 News

by Ms. Jeannie Newfield

The Region 3 black belt test was held in September 2007. We have two new 1<sup>st</sup> degree black belts, Nisha Terrill and David Carroll. Forrest Wells achieved his 2<sup>nd</sup> degree black belt and Jeni Feinberg and Kendall Case achieved their 3<sup>rd</sup> degree black belts. Congratulations!!



On October 20<sup>th</sup>, 2007, Chip Wright Champion Karate hosted a very successful tournament. Many of our own students walked away with trophies. Among our teen black belts taking a 1<sup>st</sup> place are: Michael Holstein, Michael Bates, and Kendall Case. Good job!

The sweet results of a pie throwing contest at our annual pool party!



Front Row, L-R: Kendall Case, Nisha Terrill, Jeni Feinberg Middle Row, L-R: Diane Huntemann, David Carroll, Forrest Wells, Shantell Dawson, Nick Sheats Back Row, L-R: Jeannie Newfield, Bill Philp, Richard Dodge, Chip Wright





# KICKSTART Celebrates 15 Years!

by Mr. Chris McLean  
Region 4

An idea! A dream! A vision! That's all that existed 15 years ago. But now, KICKSTART, the organization founded by Grandmaster Norris, has established successful martial arts programs in inner city schools. On December 6<sup>th</sup>, 2007, at Delmar stadium in Houston, TX, more than 600 students presented their karate to Grandmaster Norris and 4000-plus spectators, which included past alumni. The Houston citywide demo team started things off with an awesome demonstration, which was followed by Master John Kurek leading the students in techniques on the call.

The task of training instructors to handle the highly specialized needs of inner city youth seemed, at the time, a daunting task. Master Rick Prieto and Master Ed Saenz, with the help of Masters Robert Sapp and John Kurek were chosen to begin the program in four original schools. Now, 15 years later, the instructors of KICKSTART represent Chun Kuk Do, Shorin-ryu, Japanese and American Karate, Okinawan Karate, Tae-Kwon-Do, and Kenpo. They all work in harmony teaching a curriculum that has stood up in competitions all over the United States, and internationally. Thousands of students have gone on to college and have become successful and productive members of society, leaving behind lives of multi-generational poverty.

This was Grandmaster Norris' vision. Congratulations to all KICKSTART instructors and the leadership teams, under whose tutelage and guidance KICKSTART will continue to succeed.



Mr. Joe Espinosa-Principal Burbank M.S., Mr. Chuck Norris, Ms. Connie Hebert-Principal Central M.S., Ms. Imelda Medrano-Principal Hogg M.S., Mr. Roger Bunnell-Principal Hamilton M.S.



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