

THE OCTAGON



OCTOBER 2003

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Message From Our Founder

To All Black Belt and Student UFAF Members

As we go through life, we have certain events that become hallmarks of success. Universally, a 25th anniversary, which is also the silver anniversary, is considered one of the true benchmarks of a successful business, a successful educational institution, and especially a marriage.

Talked about for years before, 1979 is the year everything came together to formally organize The United Fighting Arts Federation, home base for the evolution of what would later become known as Chun Kuk Do. The year 2004 is our hallmark 25th anniversary. Throughout these 25 years, Chun Kuk Do has established itself as a unique and complete system - one with its own strong foundation and traditional roots, and an openness toward evolution and inclusion of influences from many areas of the martial arts world. Our martial arts roots have intertwined with the most innovative arts in the world today.

The 2004 convention is going to be our Silver Anniversary celebration. We would like to see all of our black belts and red belts throughout the entire organization involved in the coming year's celebration.

We are also making an historic announcement. We are inviting all student members, from white belt and up, to attend our very special banquet celebration for our 25th anniversary. Twenty five years is just the beginning for the greatness of what Chun Kuk Do is going to become. Make sure you plan to attend, as it will be an exciting, fun, and as always, great learning experience. Come join us!

Sincerely,

Chuck Norris

Founder

Message From the President

Where to begin? Is it possible that the UFAF conventions just keep getting better and better every year? You bet! Like a family reunion or a weekend with old friends, this year's UFAF 2003 convention was a blessing to my heart. What an amazing sight - to see the training floor filled with some of the greatest martial artists in the world, coming together to perfect their craft. Receiving the "Wieland Norris Award" from my UFAF family was a humbling and emotional moment for me. Thank you for your kindness.

I could not be more excited looking forward to 2004 - as we celebrate our Silver Anniversary. If you have never attended a UFAF convention, now is the time to start! If you are a regular attendee, get ready for an even better event. This Championship Weekend will be the greatest in a long illustrious history of great conventions. This is the time to start planning for summer 2004 in Las Vegas!

When you look back on your life, it is very likely that you won't be asking yourself how much money you have made or how many possessions you have managed to collect. What you will see, I believe, is the quality of your relationships: family, friends, and the life achievements and goals you have reached. I am so very proud of all of you. Your achievements in the martial arts set the standard for all other martial arts systems to follow. All of the members of UFAF are an extension of my family and a very important part of my life.

Let us all dedicate ourselves this year: pursue your dreams, realize your potential, become the greatest martial artist that you can become. Remember, you are ALL a part of this wonderful UFAF family and together we will make Chun Kuk Do the greatest, most comprehensive, and progressive martial arts system in the world.

See you in 2004 - OUR SILVER ANNIVERSARY THE CHAMPIONSHIP WEEKEND !!

Blessings,
Aaron Norris

Message From Mr. Gallacher

To UFAF and CKD members,

As you read Mr. Norris' invitation and announcement to attend this year's convention, along with his special announcement of opening up the banquet and portions of the convention to all ranks, I hope that you are as excited as I am about the incredible growth of our art and our organization.

However, I do need to give a few points of instruction. Depending on the availability of facilities there may be a limit on the number of people that can attend the banquet. I would ask that when you receive the convention registration flier for the next convention either in the Octagon, the mail, or from your instructor, be sure to register early to reserve your spot at the banquet as well as the convention.

Remember this is an historic announcement and celebration of our past and our future. Come join us for all of the festivities!

Yours for a better UFAF/Chun Kuk Do,

Ken Gallacher
Executive Vice President

Letter from the Editor

Whew! I think I am just about recovered from the convention! I had a blast! The instruction this year was exceptional. I never fail to come home inspired and rejuvenated.

My congratulations to all of those people out in front and behind the scenes without whom our convention would not be possible. I encourage every black and red belt to come next year and eat from the banquet table of knowledge that our leaders work so hard to prepare for us.

It is too easy to sit back in our own schools, in our own little town, in our comfort zone. We are at the top of the heap (so we think) in our schools. We become complacent about our gift of martial arts education and live on past glory.

Well I am hear to tell you, one trip to the convention will wipe those cobwebs out of your brain and ignite that spark in your belly. You'll realize that you are not God's gift to karate and if you didn't know where the rocks were in the river, you'd sink in the water like a mere mortal.

Further in the Octagon (page 9) you'll find a quote of Mahatma Gandhi that is a touch stone of our art. Mr. Potter is always telling me that the reason he loves karate so much is because you NEVER learn it, you only get better at it.

If I had to focus on one event at this year's convention that most inspired me, it would only take a second to come to an answer. It would be when Mr. Howard Jackson walked into the arena with strength, honor, dignity, and humility.

This man has faced many an opponent and has emerged from each contest, a victor. We were all saddened last year when we heard the news that Mr. Jackson was fighting against his most fierce opponent, and one that we all will have to face, our own mortality.

Just like the parable of the man that built his house upon the sand, a man without strength, honor, compassion, integrity, perseverance, humility and an indomitable spirit, and a strong faith in God, as his foundation, would crumble in the face of this storm.

Like the true champion he is, Mr. Jackson has once again come out victorious! In my mind's eye he is the ultimate example of a UFAF Black Belt. I am humbled to be a part of such an organization that cultivates and produces such outstanding men and women.

Like General George S. Patton so eloquently said, "Accept the challenges so that you may feel the exhilaration of victory."

See you next year!

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"Accept the challenges so that you may feel the exhilaration of victory."



Sharing the experience

Black Belt Jeremy McQuivey, was unable to attend the 2003 Convention. Feeling bad that he could not attend, he reached out to others and arranged for sponsorships that made it possible for two KickStart students to attend, who would otherwise not have been able to participate. They were Gordon Daniel and Andrea Thies.

There were four major sponsors who donated a significant amount, and several others who donated smaller amounts. The four major co-sponsors were: Nicholas Reid, Samantha Byram, Walter Ziegler, and Allen Wood.

Mr. McQuivey posted the following message to the UFAF message board:

"I want to start by saying I missed everyone at convention this year. I heard that it was awesome from everyone I have talked to. Those of you who know me know I joined KickStart (formerly KDOOA) last year. It is in regards to KickStart that I want to talk to you. This year we had two KickStart students at convention. It was the generosity of the UFAF members that made it possible for them to even get there, thanks to donations made by black and red belts. The hospitality and the family feeling that is shared between those of us in UFAF made the convention one they will never forget. Andrea (one of the sponsored students) e-mailed me to tell me how convention went and she said it was one of the best experiences she has ever had and that she did not want it to end. I want to thank you for helping bring joy to the life of another. I want to thank you for bringing joy into the life of many people. I found a family in UFAF, myself, and these KickStart students are just the latest to be embraced by you. Your brother in UFAF - Jeremy McQuivey"

This is another prime example of what being a UFAF Black Belt is all about!

Visiting a Karate School

By Mr. Eric Hensley

Lately, I have been doing more consulting so I decided to visit a school that belongs to an acquaintance of mine. (This is not a CKD school.) He has been running a school the same size as my son and daughters' (Aaron & Falon) school.

His school has been in operation for eight years and he is a high-ranking black belt from a reputable instructor and his wife is also a black belt and helps him teach. This guy is also a very talented competitor with many wins in national competition. They are both in their late 30's to early 40's. In contrast, my son Aaron is 22(4th degree) and my daughter Falon is 18 (1st degree). Their school opened in April 2002.

The first thing we noticed when we walked in was the offensive odor!!! It was nauseous! He teaches two classes per week-kids ages 12 and under, all ranks and ages 13 and above, all ranks. Within that first group, he had the class separated into three groups with an instructor for each group. So it was like three classes going on at one time (white, gold, and orange belts.) The noise volume was incredible and students were having a hard time focusing since the room may have been 600 sq.ft. with parents packed in also. (This class was supposed to be all ranks but the highest was only orange. That tells me the drop out level in his program is at orange belt.)

Aaron and Falon have ages 4-5 separated in their own class, ages 6-12 which is separated into three completely different classes (beg., int., adv.). They also have age 13+ separated into three completely different classes. Their classroom floor is 33x33. They already have blue and green belts in their school.

I noticed that the teaching methods used in the first school was draconian at best. We use special teaching methods taught in our Instructor Certification program. These methods are geared toward long-term student retention.

I observed the adult class and noticed there were eight students; one black belt, one brown belt, one purple belt, one green belt, two orange belts, one gold belt, and one white belt. How do you teach such a diverse class and meet every student's needs in that same class? If you have a complex curriculum, it can't be done. Someone will leave being overwhelmed or not challenged enough.

The first school has been in business for eight years and has 35 students. Aaron and Falon have been in business 16 months at the time this article was written and have 75 students. Their school gross is already 300% higher than the first school.

I could give them (the first school) tons of information and specifically tell them everything they need to change, fix, improve upon so that they could have the same level of success that Aaron and Falon are already experiencing. But what I have learned through the years of consulting is that telling someone in a one-seminar format is not effective overall. You have to supervise, hand-hold, cajole, review, give on-going feedback, spoon-feed the material, show them over and over, help train the staff, and basically work with the school for a long period of time to implement the changes gradually so they have time to adjust along with the students. This is hard work and most school owners would rather not go through this trouble because they can't comprehend the revenue that could be realized if they made just some of the adjustments. It's just easier to stay in a comfort zone.

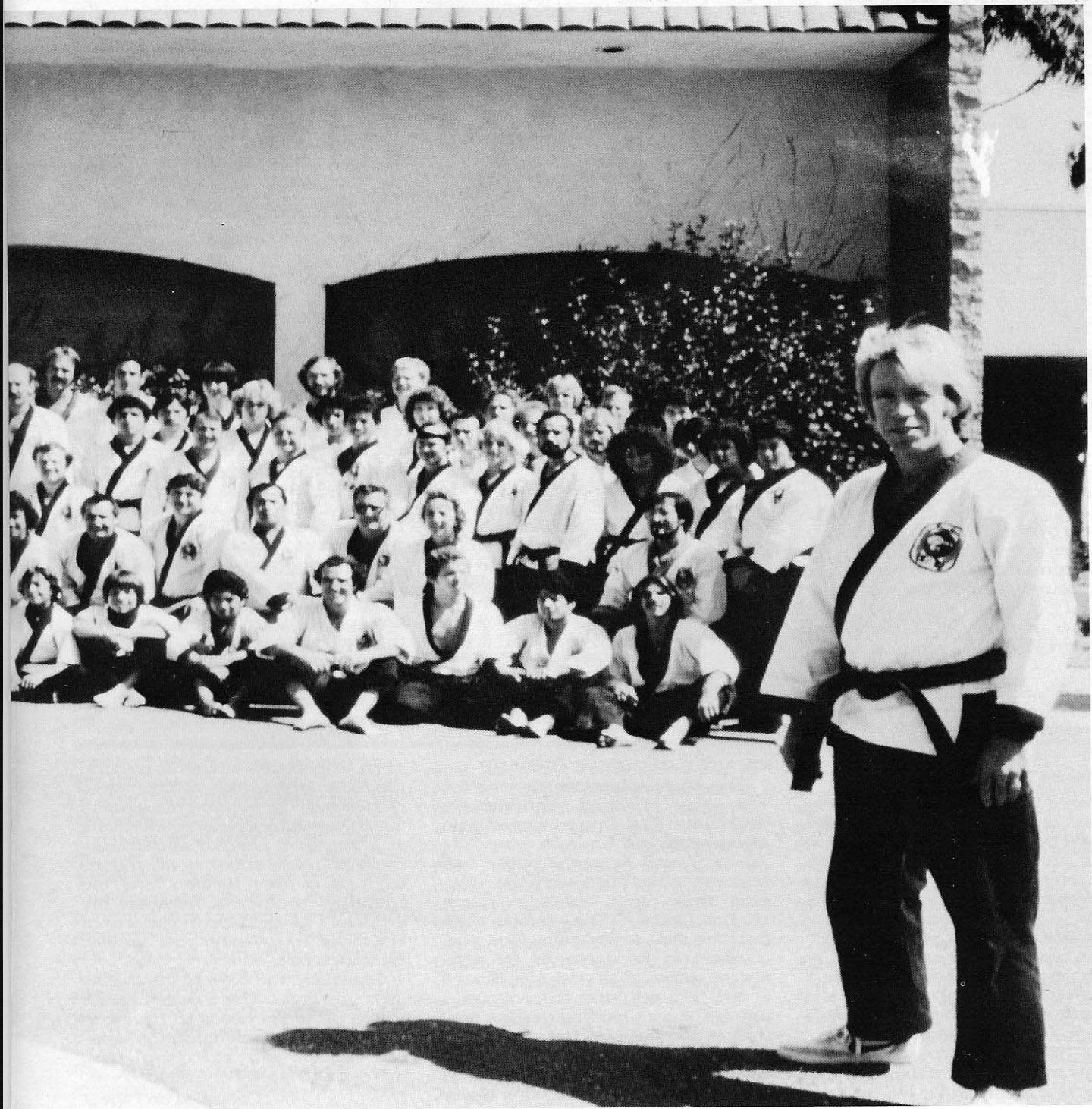
Are you in a comfort zone? Does change scare you? What are you going to do this year to raise your level of success?

“Are you in a comfort zone?”

“Does change scare you? “



Whether or not you were in this picture or at the first convention....



...don't be left out of the next year's
25th Anniversary!

You CAN teach an “Old Dog” new tricks!

By: Mr. Tip Potter

Same old boring classes at the convention again this year. I know this never is said in your region, only in some others. I have been attending the convention for the past 100 or so years now. I can honestly say that I have ALWAYS come home from the convention having learned something from each instructor and from all of you too!

This year was no exception. Each of the instructors provided me with ideas, thoughts, skills, and concepts that I have brought back to my school and have already seen improvements. My students that came with Gretta and I, have been sharing the techniques and skills with the lower belts in my school. The intensity and energy levels have increased substantially.

I couldn't choose just one seminar or instructor that stood out from the rest. That is why karate is so wonderful. We are all students of karate. Each individual, regardless of rank, has something that they can teach and something that they can learn.

If you haven't been to a convention in awhile or have never been, then 2004 is the year to start the tradition! Only a toe tag may be considered in Region 5 (emphasis on *may* be considered) as a valid reason to miss the Silver Anniversary Convention in 2004!



Salute To Our Active Duty Military Black Belt Members.

As we wrap up another year culminated by another fantastic convention, UFAF would like to formally recognize all of our members that have recently been or are currently serving our country on active duty in the US Armed Forces:

Jeffrey Pries
Jim Chandler
John Comito
Keith Gardner
Mark Leach
Chuck McLeod
Blane Newfield

Thank you for your service to our country and for your sacrifice! The Editor

2003 Las Vegas Tournament Results

Region # 1	total 6	(0) first places (3) second places (3) third places
Region # 2	total 11	(4) first places (3) second places (4) third places
Region # 3	total 14	(3) first places (7) second places (4) third places
Region # 4	total 10	(5) first places (1) second places (4) third places
Region # 5	total 18	(7) first places (6) second places (5) third places
Region # 6	total 26	(11) first places (6) second places (9) third places
Region # 7	total 54	(24) first places (18) second places (12) third places
Region # 8	total 7	(0) first places (6) second places (1) third places
Region # 9	total 33	(10) first places (14) second places (9) third places
Region # 10	total 7	(3) first places (1) second places (3) third places
Region # 11	total 1	(0) first places (1) second places (0) third places

RED BELT FORMS

	1ST PLACE	2ND PLACE	3RD PLACE
11	Ryan Egan	Kyle Solloway	Zach Shada
12-13	Juan Oropeza	Gustavo Maldonado	Josh Shada
14-15	Andrea Theis	Ryan Gamble	Enoc Torres
16-17	Kristin Guilmain	Nita Gerson	Joel Perez
Women	Sandra Nevarez	Katie Guthrie	Tina Mock
Women 35+	Kathleen Knighton	Kathy Santos	
Men	Travis Bowling	Timothy Songer	Nathan Allen
Men 35+	Paulo Santos	Rosaly Lugo	Butch Jones

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“ Satisfaction lies in the effort, not in the attainment.
Full effort is full victory.”

Mahatma Gandhi - Leader of the Indian Nationalist movement against British rule.

psyKICKinfo By Ms. Lora Janik

Mental, psychological, emotional, (and of course, physical) are important growth areas in UFAF/CKD emphatically endorsed by Mr. Norris and Mr. Gallacher at the convention. This column is dedicated to them and to all masters and students of our style.....Lora Janik, #1073

As soon as you step in the ring, you become acutely aware of 'its' power- without noticing 'it' at all. Although success in a sparring match or kata performance highly depends upon 'it', we don't give 'it' a second thought. We are totally focused; which by the way, 'it' controls too! The IT I'm referring to is our wonderful, powerful brain!

Since the beginning of time, mankind has sought to understand itself: How do we work? How do we think? What exactly is the mind? Over the past several decades, brain research has brought us closer than ever to answering these and other questions: What makes emotion? What causes memory loss (as in Alzheimer's)? What causes mental disorders such as depression, ADHD, and schizophrenia? The discoveries made in neuroscience have contributed greatly to the understanding of the brain, which in turn, has led to a greater understanding of the 'mind.'

Why should research in neuroscience be important to martial artists?? Well.....because it addresses both mind and body. In short, everything we do!! How we learn, think, and feel; and how chemical systems (i.e. neurotransmitters) within the brain itself communicate 'messages' to our minds, as well as our bodies, are key components to our overall well-being and healthy function as a person, (student or teacher). When we stress the importance of the mental, psychological, and emotional aspects of martial arts, what we are really talking about is 'mental health.'

The study of mental health includes learning about brain structures, chemical make-up of brain systems, and dysfunction of these systems (mental disorders or illnesses). Since approximately 1 in 5 people, including children, are affected by some type of mental disorder, there is an extremely high chance that a person with an anxiety or depressive disorder is one of your students. And an even higher probability that a child or teen with ADHD or ODD is within your ranks. This is why it is so important for instructors to be aware of these types of situations and disorders.

We already know that student success depends not only on physical ability, but also on personal attitudes, motivation, feelings, learning and personality styles. Unfortunately, mental disorders can affect or interfere with a student's processing of information, perception, or emotions that can drastically affect their self-esteem and ultimately, their success. Instructors may not be able to see this "interference" (internal feelings or thoughts), but they will be able to observe the external expression in their student's behavior.

It is this observation that can be most helpful to instructors, parents, and even to the students themselves. When working with a student with mental disorders or learning difficulties, instructors who are more aware of their student's needs and situation, including any medications the student may be taking, will be more effective in making a 'connection' with the student on a mental, psychological, and emotional level - thus, "building a better person" from the inside-out. This connection creates an atmosphere for enhanced success for the student, teacher, parent, and studio.

My goal for this column is to share information that will hopefully benefit you as an instructor, as well as a person, and to illustrate how these mental health areas are directly involved in our martial arts and our daily lives. In the next psyKICKinfo column, we will touch upon the thought-emotion-behavior relationship and cover some basic brain anatomy! Until then, consider this: What happens first? Emotion or Thought?

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RED BELT WEAPONS	1ST PLACE	2ND PLACE	3RD PLACE
13 & Under	Martin Hernandez	Gerraro Camacho	Margaux Thenault
14 - 15	Joseph Lugo	Amy Weimar	Enoc Torres
16-17	Kristin Guilmain	Nita Gerson	Cory McCormick
Women	Tina Mock		
Woman 35 +	Kathleen Knighton	Kathy Santos	
Men 35 +	Paulo Santos	Butch Jones	
Special Demo kata	Ashton Santos		

RED BELT FEMALE FIGHTING	1ST PLACE	2ND PLACE	3RD PLACE
13 & Under	Margaux Thenault	Chelsey Dunn	Beth Carter
14 - 15	Britni Torquato	Samantha Byram	Andrea Theis
16-17	Daisy Arenas	Kristen Guilman	Nita Gerson
18-35	Sandra Nevarez	Katie Guthrie	Debbie Witt
35+	Kathy Santos	Kathleen Knighton	

RED BELT MALE FIGHTING	1ST PLACE	2ND PLACE	3RD PLACE
11 & under	Michael Lewis	Genaro Camacho	Ryan Egan
12	Martin Hernandez	Juan Oropez	Gustavo Maldonado
13 - 14	Enoc Torres	Joseph Lugo	Herberto Moreno
15-17	Cory McCormick	Joel Perez	Andrew Warrick
18+ Lightweight	Javier Lopez	Timothy Songer	Travis Bowling
18+ Heavyweight	Jeffery Jette	Brandon Aguilar	
35+	Paulo Santos	Rosaly Lugo	Bill Witt

BLACK BELT FORMS OPEN	1ST PLACE	2ND PLACE	3RD PLACE
13 & Under	Andrew Holtzauer	Kyle Froehlich	Jonathan Ellmore
14 - 15	Kendall Case	Jose Martinez	

CONTINUED ON PAGE 12

16-17	Dylan Loureiro	Sergio Gonzalez	Brian Furguson
Women 18+	Amber Brown	Lauren Kennedy	
Men 18-34	Tim Clark	Eduardo Carrion	Nick Sheats
Men Senior	Clayton Ferguson	Juan Ferman	Victor Lopez

TRADITIONAL	1ST PLACE	2ND PLACE	3RD PLACE
13 & Under	Tanya Hunt	Madison Santos	Ian Kitchens
14-15	JR Haggard	Michael Holstien	Carmen Blanchard
16-17	Brandon Pope	Michael McKenzie	Danielle Sombati
Female 18-34	Tara Bidwell	Sonia Moreno	Falon Hensley
Female 35+	Astrid Fabian	Jeannie Newfield	Miki Marino
Male 18-34	Roy White	Gilbert Hamilton	David Gamble
Male 35-41	David Cochrane	Jerry Kitsmiller	
Male 42+	Eric Hensley	Steve Nelson	Brian Gordan

BLACK BELT WEAPONS	1ST PLACE	2ND PLACE	3RD PLACE
13 & Under	Andrew Holtzhauer	Tanya Hunt	Rachel David
14-15	Michael Holstein	Carmen Blanchard	Jose Martinez
16-17	Brandon Pope	Jazer McFarland	Brian Furguson
Women 18-34	Falon Hensley	Amber Brown	
Women 35+	Astrid Fabian	Jeannie Newfield	
Men 18-34	Aaron Hensley	Nick Sheats	Eduardo Carrion
Men 35+	Eric Hensley	Juan Ferman	Victor Lopez

BLACK BELT FIGHTING FEMALE	1ST PLACE	2ND PLACE	3RD PLACE
13 & Under	Tanya Hunt	Rachel David	Madison Santos
14 - 15	Kendall Case	Christina Cummings	Emily Elmer
16-17	Katelyn Budrick	Ashley Benton	Danielle Sombati
Featherweight	Sonia Moreno	Shelly Russo	Robin Lang
Lightweight	Adriana Varela	Nicole Farah	
35 +	Astrid Fabian	Lauren Kennedy	Clara Melendez

CONTINUED FROM PAGE 12

BLACK BELT

MALE

FIGHTING	1ST PLACE	2ND PLACE	3RD PLACE
12 & Under	Ian Kitchens	Jared Magnone	Matt Robinson
13	Eric Juntunen	Charles LaConte	Andrew Holtzhauer
14-15	JR Haggard	Jose Martinez	Mike Lucido
16	Stephen Smith	Brian Furguson	Sergio Gonzalez
17	Brandon Pope	Bernado Arenas	Jazer McFarland
Super-light	Tim Clark	Marco Hernandez	Nick Sheats
Lightweight	David Rodriguez	Steve Giroux	Roy White
Middleweight	David Alonzo	Javier Varela	Gilbert Hamilton
Light/Heavyweight	John Kurek	Van Frasher	Chris Stachowiak
Heavyweight	Doug Shaffer	Dan Lutz	Rigo Cardenas
Senior Lightweight	Clayton Ferguson	David Cochrane	Jerry Kitsmiller
Senior Heavyweight	Robert Sapp	Adolfo Gomez	Rodolfo Varela
Executive Lightweight	Victor Lopez	Juan Ferman	
Executive Heavyweight	Steve Nelson	Lang Boston	Eric Hensley

Team Championships

1st Place	Jorge Alonzo, David Alonzo, Marco Pedro Hernandez, Ruben Crespo and David Rodriguez
2nd place	Robert Sapp, John Kurek, Chuck Elias, Roy White and Rigo Cardenas

GRAND CHAMPIONSHIPS

Junior Forms/Weapons	Michael Holstien
Adult Forms/Weapons	Aaron Hensley
Women Fighting	Sonia Moreno
Men Fighting	John Kurek
Men Senior Fighting	Clayton Ferguson

Class vs. The Street

By Daniel Semeraro Jr.

It is sparring night. You put on your gear, step into the ring, bow to the instructor and your opponent. The instructor raises his hand and yells, "FIGHT." With the speed of a puma you throw your back fist, stopping it a fraction of an inch from your opponent's face.

"Break, judges call, point red!" You've scored your first point of the match. The end of class has come and you've dominated everyone you faced. Feeling like the greatest fighter alive, you leave class on cloud nine.

On the way home you stop at the corner store for a cold drink, only to be hassled by a local punk looking for a fight. As you go to walk in, he pushes you, but you walk away. He calls out to you, but you ignore him. As you exit the store he is waiting. No worries, you just beat everyone in the class. What threat could this untrained thug be?

As you attempt to leave he squares off with you. You are left with no choice but to defend yourself. You get into your stance, but before you're set, a fist is flying at your face. You try to move but out of nowhere another lands hard on your nose, then another in your ribs. It's a barrage of pain. You start to think, why hasn't anyone yelled "Break?" Why didn't he pull his punch?

The reality is, that in the classroom and the tournament setting no one really wants to hurt you. On the street it's a lot different. The person attacking you doesn't want a trophy or a medal, they want to do you serious bodily harm!

How do we train for that? No one wants to fight in the street. Unfortunately, in today's society we may be forced to defend ourselves. So you better be ready!

Here are a few drills to help both you and your students survive a street confrontation:

1. Body Conditioning - put those pads away and let's take a few hits. Most people are thrown off their game after a good shot lands, especially if they aren't used to it. Face your partner both with the same leg forward. Start by throwing light kicks to the body. You can throw every basic kick you know. The key to this drill is to tell your partner, to hit harder or softer. This will let you progress at your own rate and help avoid injury. Practice taking shots to different parts of your body (stomach, lats, arms, legs, etc.)

2. Sucker punch drill - Face each other at different ranges, grabbing, punching, kicking. One person will be the attacker. Each person chooses a number from 1- 5. When the instructor calls a number, the person that chose that number attempts to attack his/her partner. The defender should block and counter the attack. This drill will help get used to being attacked without warning. For an advanced drill start the same way only this time talk about something with your partner. Whenever you are ready, attack! This will simulate a real street situation.

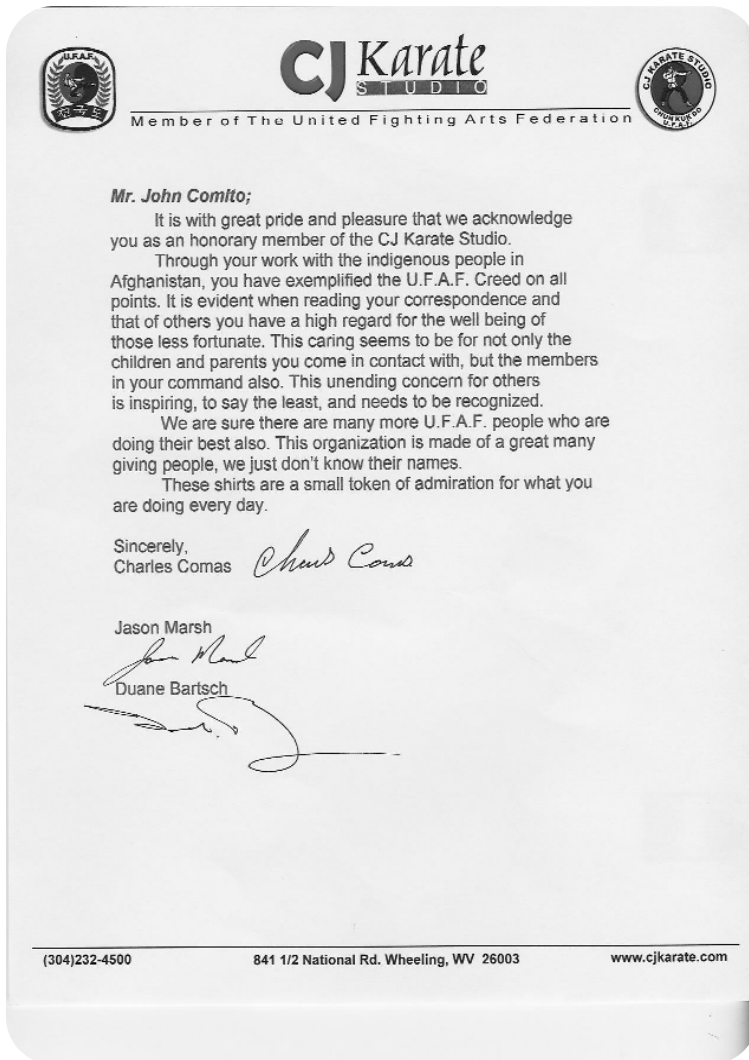
3. Free sparring - this is just what it sounds like. Glove up with boxing gloves and mouth piece and let the leather fly. Keep in mind that these are still your friends and fellow students. So keep some semblance of control.

4. Pad Drills to a take down - Have a partner hold two focus shields. Fire off your favorite combination, then step in and take him down.

Nothing will totally prepare you for the street, but having a little edge can't hurt. Keep in mind that there are no rules in the street, so be ready for anything.

CJ Karate makes Sgt. John Comito a honorary member.

By Mr. William Jones



The students and instructors of CJ Karate have sent Mr. Comito a framed letter making him a honorary member of the school.

This honor was extended to Mr. Comito because of his efforts overseas with the people of Afghanistan. His actions, especially with the children, show how much he cares about others.

Responding to a request for donations by Mrs. Comito, Cj Karate students sent some 30 boxes of clothes, candy, shoes, and personal items for the US troops and the villagers in Afghanistan.

While the membership and T-shirt were small in size, they were large in heart and sincerity.

We know that there are more UFAF members serving God and country in the armed services throughout the world. We all can honor them by following their example of service to others.

Editor's Note:

Because he is too humble to admit it, I feel compelled to "rat" him out.

This program and project was spearheaded and organized by Mr. Butch Jones.



Want to know what's kicking in UFAF ? Find out in the Region Reports

Region 2 News

By Mr. Joseph J. Gemma Jr



Above: Front Row (L-R): Jonathan Trimble, Carson Stinson, Kristi Tanner, Kevin McDougal. Back Row (L-R): John Foster, Steve Nelson, Joe Gemma, Eric Freebairn

Right: Back row L to R: Doug Sherman, Tara Bidwell, Ken Gallacher, Joe Gemma, Adolfo Gomez. Front row L to R: John Petit, Melissa Rothermel, Tim Yates, Kenny Gallacher

Region 2 held a Black Belt testing on June 6, 2003 in Layton, UT, and again on June 28th in Henderson, NV.

Congratulations to the following individuals who were promoted in rank:

Kevin McDougal 2nd Degree Black Belt
Kristi Tanner 2nd Degree Black Belt
Carson Stinson 1st Degree Black Belt
Jonathan Trimble 1st Degree Black Belt

Melissa Rothermel 1st Degree Black Belt

The next scheduled Black Belt test for Region 2 will be in November 2003.



Region 3 News

By Ms. Karen Dorey

There were 3 red belts testing for black and two black belts testing for higher degree of black at the June testing in Region 3. All those testing passed with flying colors.

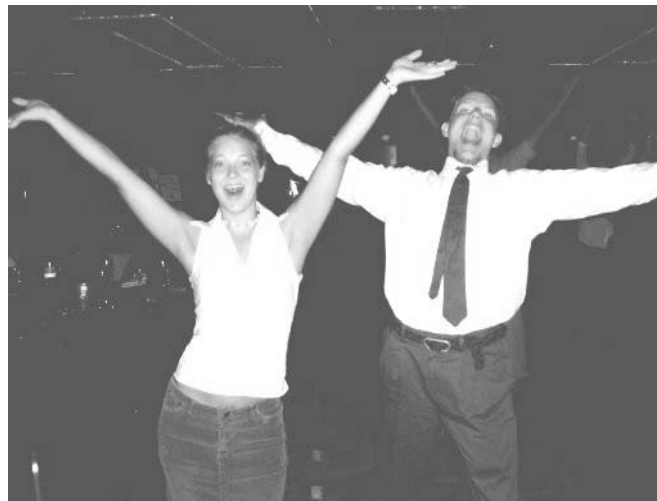
Congratulations to Julie Pearne, Dan Skomerza, and Alexandra Reed for passing their 1st degree black belt tests. Josh Wilcox passed his 3rd degree black belt test and Richard Dodge passed his 4th degree black belt test. Miss Pearne is now preparing to go to college in Pennsylvania.

Chip Wright's Championship Karate held its annual family picnic and swimming party on August 16th. Besides a great time and good food, the kids participated in some good old-fashioned healthy competition in the pool with diving contest, races, and other water games. (continued on page 17)

(continued from page 16)

The students and instructors are already planning for next year's UFAF convention. Mr Wright wants to inspire as many students as possible to go to the convention. There are plans for fund raisers to help with the expenses, as well as extra training time next spring.

Everyone who has gone to a convention in the past agree that it is well worth the time and money. It motivates everyone to train harder and many of the students come back excited and energized, ready to put in the time needed to achieve black belt or a higher degree of black belt.



Region 5 News By Mr. Tip Potter

June was a busy time in Region 5. Mr. Charles Allen, Mr. & Mrs. Wamsley, Mrs. Jordan, and myself all had students participate in the Regional Black Belt Test at the Arizona Fighting Arts Studio.

Mr. Tharin Condon, Ms. Danielle Sombati, Mr. Alex Weekley were all successful in attaining the rank of 1st Black. Mr. Michael Payton, Mr. Corey Finn, Ms. Kathryn Hum, Mr. Immanuel Ryan Morales, Ms. Katelyn Budrick, Mr. Skip Rhoades, Mr. Gary Doyle, and Mr. Robert Reiter advanced to 2nd Black. Last, but certainly not least, Mr. Jason Wiseman earned the rank of 3rd Black.

This was an excellent test. The Regional Board extends its congratulations to all of the examinees. We would also like to offer our heartfelt thanks to those, family members, fellow students, and instructors behind the scenes that carried the load allowing these individuals to concentrate and prepare for their exam. A black belt is worn by an individual but represents the work and support of a team.

Region 7 News By Mr. Steve Hammersley

Region 7 held its Black Belt test and Seminars June 27,28, 2003. Students traveled to Sunny Florida for a weekend of Testing/Seminars held at American Martial Arts, Special recognition to Mr. Tony Benton, Ashley Benton and Gail Benton they traveled all the way from Japan to take part in the event!

Congratulations to Mr. Benton on your second degree black belt test you did a great job (sorry no picture ?). also to Mr. Wayne Malcolm for his 1st degree black belt Mr. Malcolm has a condition called Down Syndrome and he is not only looking forward to his 2nd degree black belt but helps out at his school American Martial Arts weekly.

Special thanks to all Region 7 schools and their instructors for their support and loyalty to Chun Kuk Do:

Dunamis Karate, Mrs. Woods; Club Karate, Master Elias; Martial Arts America, Master Hensley, Mr. Aaron Hensley; Monroe Karate, Mrs. Plantand; and American Martial Arts, Master Hammersley.

Thank you for all of the positive feedback and participation in our regional school owners meeting.

Region 8 By Mr. Steve Grioux

Summer was sizzling at Giroux Bros. Martial Arts in the month of June.....

On Wednesday, June 11, 2003 Giroux Bros. Martial Arts hosted a Black Belt Test. The studio's first children students were promoted to 1st Degree Black Belt. All four candidates have been students of Steve Giroux since he opened his Newton studio in January of 1999. Students promoted were Grant Rheingold (8 years old), Scott Leung (11 years old), and Garth Nilsen (12 years old). One adult student was also promoted. Robin Lang, age 27 from Brighton made it to the level of 2nd Degree Black Belt. Approximately 15 more red belt children are working diligently to attain their black belts in the upcoming year.

On Saturday, June 14th, 2003, Giroux Bros. Martial Arts hosted it's 4th Annual Kick-A-Thon for "Kickstart. Approximately 65 children participated in the event. There were 4 divisions in total, which were split according to age. (4-6, 7-8, 9-11, 12-15).

The Giroux Bros. Martial Arts Team raised \$8,253.00 to help fight the war against drugs and youth violence by kicking targets in a 30-minute timed session. The group kicked a total of 142,831 kicks! First, Second, and Third Place Winners all received trophies. First Place Winners barely got through the door with their 6-foot tall awards. All students that participated received medals with 'Champion' engraved on the back. The overall winner and returning Champion from last year was 8-year old red belt, Charlotte Levine kicking over 4,200 kicks in 30 minutes, setting a new kicking record at the Newton, Massachusetts studio!!

Other 1st place winners included Ben Porter, Jeffrey Fishman and Kyle Kahvecki. 2nd place winners were Douglas Abrams, Lilly Xian, Joseph Trask, and Boye Akinwande. 3rd place winners were Jonah Samuels, Grant Rheingold, Coleman Wadsworth and Rohan Vahalia. For most money raised Grant and Curtis Rheingold tied for first, each raising \$850.00. 2nd Place went to Elise Benson who raised \$411.00, and 3rd place went to Jesee Gottesdiener who raised \$400.00. The kids had a great time pushing themselves to their limits and, more importantly, helping out kids that were less fortunate than them. As one little boy told his Mother, "getting a trophy doesn't matter to me, these kids really need our help."

Region 10 - Weekend Warriors

By. Mr. Victor Manuel Lopez (victor_ckd@ufafmexico.org)

Mexico City--Almost 50 black belts get together every Sunday in the morning for a 2 hour workout.

These special workouts have had a wonderful effect on every one of us, it allows us to renew our friendships every weekend.

Mr. Victor Lopez, Rafael Cervantes, Eduardo Gonzalez, Julio Montalvo, Nestor Badillo, Robert Garfias, Marco Felix, Enrique Vazquez, Ismael Arenas, Diego Perez and Jamie Torres are but some of the instructors that share their knowledge and skills with us so that we can continue to improve. Even though they are many miles away, Mr. & Mrs. Tip Potter are the driving force of this group of UFAFers.

We are very proud to be part of this big family and to have the best martial artist in the world as our founder, Mr. Norris.

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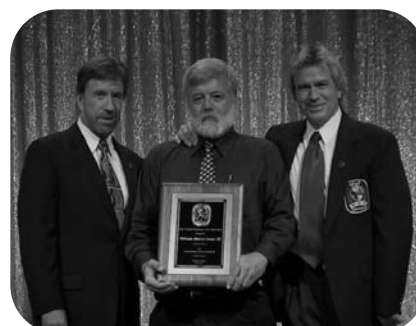
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2003 Convention Photos





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