

UFAFCDN

THE OFFICIAL PUBLICATION OF THE UNITED FIGHTING ARTS FEDERATION CHUN KUK DO - SEPTEMBER 2006



INSIDE THIS EDITION INTERNATIONAL TRAINING CONFERENCE 2006





Dear UFAF Members,

As I reflect on yet another great ITC, I would like each student of Chun Kuk Do to know how much I enjoyed being on the mat, teaching a class, and meeting with my black belts afterwards. I treasured the opportunity to circulate and visit with students of all ranks, and it made me feel good to see their enthusiastic desire to learn. The future of Chun Kuk Do is in great hands.

Even though our ITC is the highlight of the year, it is exciting to hear the reports of black belt promotions, regional seminars, and other training events that occur throughout the year. So until next time, may God bless you and keep you.

Sincerely,

Chuck Norris

Chuck Norris

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.



SPOTLIGHTS

☛ The professional photos that were taken throughout the ITC 2006 by Mr. Derek Banks are available for purchase online. Log on to ordermyphotos.net and enter UFAF as the event name. The prices shown are special introductory prices and will increase after December 1, 2006, so order soon!

☛ Congratulations to Mr. David Rodriguez who was named to the UFAF Advisory Board as Spanish Language Liaison.

☛ School Owners – are you a member of N.A.P.M.A? In the next N.A.P.M.A. package, which will be distributed to karate schools around the world, watch for an interview with Mr. Rob Colasanti (President of N.A.P.M.A.) and Mr. Eric Hensley on the "Sounds of Success" C.D. Mr. Hensley and Mr. Colasanti discuss professional school operations. Talk about making Chun Kuk Do more recognizable! Way to go Mr. Hensley!

☛ To the 2006 World Champions - would you like extra World Champion patches? They are only $5.00 each (includes shipping), but hurry, quantity is limited. At this time, the limit is 3 per person, but additional patches may be available upon request. Make your check payable to UFAF and send it to:
UFAF, P.O. Box 437, Orem, UT 84059.

☛ To all 4th Degree Black Belts and above - have you certified in MDS Level 1? If you have, set your sights on ITC 2007 where MDS Level 2 will be introduced. Don't miss this fabulous offering from our leaders to further your education and make you a better Trainer, Teacher and Coach.

☛ Talk about dedication! Christina Jenkins, an orange belt student of Ms. Mari Bliss, from Presti Karate Centers in Corning, NY drove 3000 miles to Las Vegas just to be present for Grandmaster Norris' seminar!

☛ Chuck Norris fun fact. According to Einstein's theory of relativity, Chuck Norris can actually roundhouse kick you yesterday.

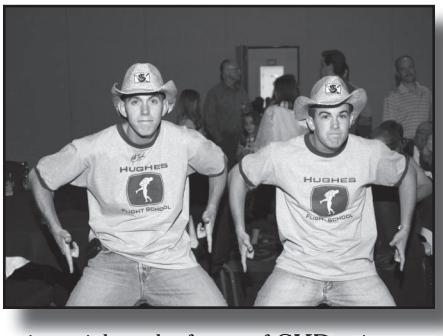
☛ Safety Tip. If a robber asks for your wallet and/or purse, DO NOT HAND IT TO HIM. Toss it away from you - chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. RUN LIKE MAD IN THE OTHER DIRECTION!

Editor's Note:



At this year's ITC, it impressed me that everyone seemed to be having so much fun – probably because we are all doing something we are passionate about. To me, it is remarkable that we know how to have fun, yet are completely serious about our art, our work, and about being students, no matter what rank we have attained.

The two young gentlemen in this photo are obviously having fun, but don't let the hats fool you! They are two very serious, talented, and enthusiastic young men. Please meet Joey Smith and J.R. Haggard (two of Mr. Potter's black belts). I had the honor of getting to know, and working out with them; they willingly gave their time to help me. Mr. Norris, in his letter, is so right – the future of CKD *is* in great hands. Thank You J.R. and Joey.



Thanks to Derek Banks, the photographer, this issue has *lots* of photos of ITC 2006. Enjoy!

Sincerely,
Astrid Fabian



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2006 International Training Conference and World Championships

Editor's Note: Every conference gets better and better! For those of you who attended, this will bring back fond memories; for those of you who could not, this will give you an idea of what goes on, and what to look forward to next year! I would like to extend a special Thank You to UFAF leaders for the mats! With all the rolling around we did, it made all the difference in the world!

Start planning now for next year! Save the dates! See page 17 for some early highlights!

Master Development Series (MDS) – for 4th degree and above

by Ms. Jeannie Newfield
Region 3

There is nothing more powerful than an idea. Ideas created, and now control, the world in which we live. When an idea is conceived it is called a thought; when a thought is conceived it is called a concept. Human communication is solely dependent on concepts; the purpose and goal of communication is to transfer ideas and concepts from one mind to another. Therefore, communication is only successful when the sender's concepts are received accurately, and properly understood by the receiver, and vice versa.

I attended the MDS *Teacher, Trainer, Coach 501* course in Florida and again in Las Vegas, and I felt like I could sit in Mr. Saenz's class everyday for a year and still be learning new concepts about martial arts! We just observed the tip of the iceberg. When Mr. Wright taught the Coach section of the MDS (at the Florida event – he was unable to attend the Vegas MDS event), we all got a rare glimpse into the genius that lurks in the unassuming essence of this great teacher. We were all truly spellbound and hung on his every word. Mr. Nelson, as we all know, is very analytical and he heavily researched the best fitness programs for martial artists, and presented us with helpful information regarding preventative and preparatory conditioning for participation in the martial arts. We should all include his warm-ups in our classes! And last, but certainly not least, our beloved Mr. Sapp with his boundless energy and sidesplitting sense of humor, gave us a terrific, high energy view of getting in touch with the real power within, as only Mr. Sapp can.

I recommend that all of our higher-ranking black belts go to the MDS classes. It will change your life!

The following CKD black belts certified in MDS Course 501:

David Alonzo, Jorge Alonzo, Tara Bidwell, Amber Brown, Tim Clark, Patrick Davis, Aaron Hensley, Diane Huntemann, Alice McCleary, Halina Modelski, Jeannie Newfield

Professional Development Series (PDS) – for school owners and business staff

by Ms. Astrid Fabian

Mr. Stephen Hammersley, Director of Professional Development for UFAF, arranged a wonderful day of exciting and informative seminars for school owners and staff. If you are a school owner, and have not attended the PDS, make plans to do so next year. You will gain valuable information to make your school better!

The day started with a presentation by Mr. John Worley who owns thirty-one schools nationwide. He gave excellent guidance on how to keep yourself and your students motivated, how to keep your passion for the martial arts while making a living, and critical business advice. Key in Mr. Worley's presentation was his advice to dig deep into our style as students and instructors. Sometimes martial artists hurry through some elements of their training – elements which could yield tremendous personal and business benefits if studied, practiced, and taught more carefully and patiently. Mr. Ken Gallacher spoke about our personal and business finances. He started by sharing statistics that *scared* us into thinking about our financial future! and then provided excellent planning counsel. Mr. Tommy Lee spoke about providing a good service for a good fee, while keeping your martial arts integrity. He delved into specific business issues such as student agreements, retail sales, advertising, the enrollment process, instructor development, and how to interact with parents and students. At one point he quoted his mother, who said it all: "You have two ears and one mouth. Use them accordingly."







Mr. Hammersley introduced a new program, currently under development, called the Values Curriculum. He described how the program will be set up, how to implement the program in any school, and explained that this curriculum is a win-win situation for school owners, instructors and students alike. Mr. Chip Wright and his team of flexible, young black belts gave us a 'tricks and flips' demonstration, which wowed and tired us all! They explained how to get the skills necessary to teach this class, and how to implement such a program. Mr. Eric Hensley concluded the day with a very informative seminar on pro-shop sales. He presented detailed information on setup, inventory, and add-on sales.



The Octagon

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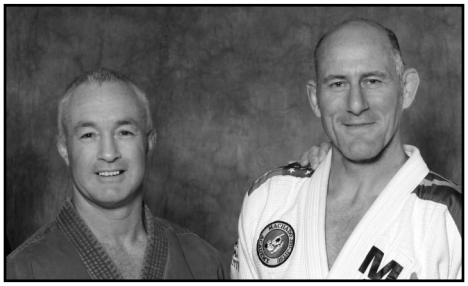
CKD Grappling Program Mid-Term Evaluation and Training Session

by Mr. Steve Nelson
Region 2

The Chun Kuk Do Grappling Program (with Brazilian Blue Belt Certification) is off and running with well over 40 of our members enrolled, and more coming in. Grappling is new to many of these program participants, while others have some previous experience in jiu-jitsu, wrestling, or some other form of ground fighting. The program is a great way to add some ground fighting ability to one's martial arts skill set - something Mr. Norris has strongly encouraged us for many years to do.

Five of the 40+ participants, Mr. Jeff Giroux, Mr. Aaron Hensley, Mr. John Malone, Mr. Steve Nelson, and Mrs. Kristi Tanner, reached a program milestone at the 2006 ITC by qualifying themselves for the mid-term examination, conducted by our grappling partners Mr. John Will and Mr. David Meyer - each an experienced Machado Jiu-Jitsu black belt. Congratulations to all five students, as they each passed the mid-term by the maximum margin. Mr. Will and Mr. Meyer were pleased with how the program is working for UFAF members, and had many valuable suggestions and teaching points to make everyone better.



Many of you experienced Mr. Will and Mr. Meyer's outstanding teaching ability during general ITC seminars on Friday. Now imagine that level of instruction in a small group for six straight hours! The five mentioned above had just that kind of experience. It was a lot of work, but also a lot of fun, and even included a lot of laughs. Besides being world-class instructors of the highest order, Will and Meyer are a very funny team!

We are excited to welcome Mr. Will and Mr. Meyer back to the 2007 ITC to host a final blue belt exam for those who have reached that point, and another mid-term for a new group of grapplers in the program!

If you are interested in the Chun Kuk Do Grappling program*, please contact Mr. Steve Nelson at office@ufaf.org for details. Oh, and if you want to make the mid-term in July 2007, don't delay!

** UFAF member black belts may purchase the program directly from UFAF. UFAF member under belt students may also purchase the program in the same manner, but require instructor approval to participate. Contact Steve Nelson at office@ufaf.org for details and ordering.*





Instructor Development Series (IDS) – for all black belts

by Ms. Astrid Fabian

The IDS is designed for all black belts – school owners, instructors and students alike. These seminars will help you become better instructors and practitioners, and offer ideas to help you improve your schools.



Mr. Chip Wright, along with Mr. Nick Sheats, Mr. Michael Holstein, Mr. Michael Bates, and Mr. Jeremy Pasimio started things off with a *Tricks and Flips* seminar. When they jumped, flipped, and spun so effortlessly, I admit that gravity and a little bit of age made me skeptical. However, the way they broke things down was excellent, and I actually got in the air! A little. I also really liked the core strengthening exercises and the plyometrics. Mr. Saenz kept us on the ground, and fine-tuned our sidekicks, and Mr. Hammersley talked about our youngest martial artists, and how to run a successful Lil' Dragons program.







General Education Series (GES) – rank and age specific seminars

by Mr. Steve Nelson, Region 2
by Ms. Astrid Fabian, Region 7

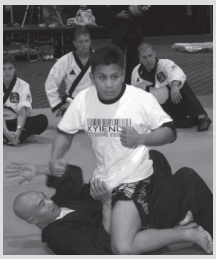
Eight great hours of fabulous instruction! Of course the highlight was Grand Master Norris' seminar for all black belts, and the meeting with him that followed. It was an inspiring way for us newer black belts to be more connected to the founder of our style.



Mr. Norris led the black belts through a progressive series of fighting techniques. This was a uniquely historical experience. Learning and practicing these fighting techniques gave all of us a tiny glimpse into the martial arts genius of the founder of Chun Kuk Do. During Mr. Norris' fighting career, he made a practice of observing opponents he knew he would eventually have to face. He would study their strengths and weaknesses, and then devise specific combinations of techniques to defeat them. After practicing



these combinations until they were automatic, he would invariably defeat any of these opponents in the ring. In Mr. Norris' seminar, we were actually able to participate in a small part of this process, which made him and many of his students such awesome competitors.



Black belts and red belts (w/stripe) were also treated to seminars by famous San Shou fighter Cung Le, who focused on bridging the gap between the stand-up and grappling arts; John Will and David Meyer, who presented a taste of what the CKD Grappling Program is all about; and Rick Prieto, who presented relaxation and visualization techniques to help us reach our full martial arts potential.







Every year at the ITC many people willingly share his or her knowledge. Thank you to all of the following seminar instructors: Jim Chandler, Mike Holstein, Howard Munding, Vic Matera, Vic and Sydney Bosch, Lindy Woods, Doug Ingram, Jorge Alonzo, and Adolfo Gomez. Thank you for your dedication to the future of CKD.

World Championships 2006

by Ms. Astrid Fabian

The World Championships took place over three days: kata on Friday, team fighting on Saturday, and individual fighting on Sunday. Many thanks to Mr. Elias and his staff; the tournament gets better every year. Thank you as well to all those black belts who judged – to have five judges in each ring was phenomenal. Congratulations to all those who competed - see the results starting on page 7.



Kick Start students, CKD students and members of Team CKD, treated us to an exciting demonstration, where they showed excellent martial arts skills and great teamwork. This demo was put together in a short period of time, and it was very evident that they worked hard in preparation. Thank you to the UFAF Board, and to coaches Derrick Stinson, Jason Bradley, Derek Gutierrez, Gustavo Perez, and Rigo Cardenas.

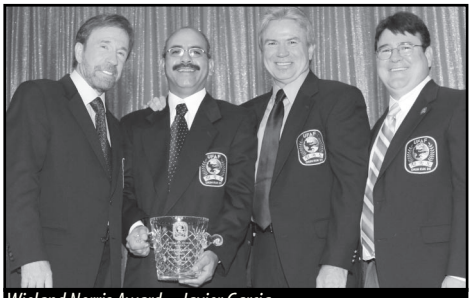
Annual Awards Dinner

by Ms. Astrid Fabian

It was so nice to see everyone in his or her dress uniform at the Annual Awards Dinner. The food was good and plentiful, and the deserts were fabulous. The slide show was a hit (thanks to photographer Derek Banks), and the awards were inspiring! Congratulations to the following UFAF members:



Promoted to 7th Degree Black Belt - Chuck Elias, Stephen Hammersley



Wieland Norris Award – Javier Garcia



Instructor of Year Diane Huntemann



School/Studio of the Year Tara Bidwell



Female Competitor of the Year Shantell Dawson



Male Competitor of the Year - Eric Hensley and David Rodriguez (tie)



Junior Competitor of the Year Tanya Hunt



Most Inspirational Joe Krause

Congratulations to CPMA Designation recipients: Cheryl Axelson, J. Blanchard, William Breckenridge, Karen Dorey, Katherine Gibas, Derek Gutierrez, J.R. Haggard, Michael Holstein, Marcia Jaramillo, Alice McCleary, Michael McKenzie and Barry Nelson

Master Rank Induction Ceremony

by Ms. Astrid Fabian

This very special ceremony celebrates the achievement of select students who have attained the Master rank of 5th degree black belt. Each candidate spoke briefly about their martial arts journey, and then presented us, and the UFAF Board of Directors, with a demonstration of their choice. It was exciting and fun to watch! Congratulations to: ***Mr. Vic Bosch, Mr. Richard Dodge, Mr. Alan Olds, Mr. Warren Scott, Mr. John York.***

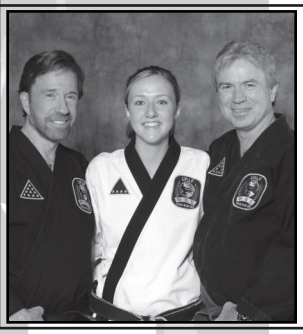
Mr. Gallacher eloquently expressed the deeper meaning of the process toward master rank when he said that the idea behind a 1st degree black belt is proficiency in the basics, while the idea behind a 5th degree black belt is mastery of the art.

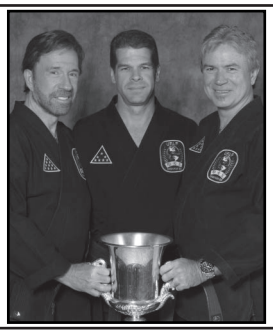


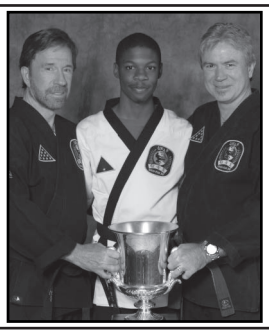
Front Row: Alan Olds, Warren Scott, Richard Dodge, Vic Bosch, John York Back Row: Ed Saenz, Aaron Norris, Chuck Norris, Ken Gallacher, Tip Potter, John Presti, Stephen Hammersley, Chip Wright, Tara Bidwell, Steve Nelson

ITC 2006 World Championships - Kata

GRAND CHAMPIONS: ADULT: SHANTELL DAWSON | SENIOR ADULT: STEVE NELSON | JUNIOR: ERIC JONES







BLACK BELTS					
EVENT	AGE	GENDER	1ST PLACE	2ND PLACE	3RD PLACE
TRAD	10-11	M/F	MAKITA ZARAGOZA	PORTIA HAMMERSLEY	CODY SMITH-LANKFORD
TRAD	12-13	F	MADISON SANTOS	SARAH THOMSEN	CHELSEA VANBEBBER
TRAD	12-13	M	MICHAEL BATES	ZACHERY GRANILLO	TRAVIS POGG
TRAD	14-15	F	TANYA HUNT	KATHRYN HUM	DEONDRIA CAY
TRAD	14-15	M	JOSE LARA	GARETH WHITE	KYLE VALENTINO
TRAD	16-17	F	CARMEN RAYNES	MARYSSA EMILEE BALL	AMANDA CARACCIOLO
TRAD	16-17	M	J. R. HAGGARD	SAMUEL JUDD	CHARLES J LACONTE III
TRAD	18-34	F	SHANTELL DAWSON	TARA BIDWELL	LINDY WOODS
TRAD	18-25	M	RIGOBERTO CARDENAS	DERRICK STINSON	DAVID GAMBLE
TRAD	26-34	M	DAVID RODRIGUEZ	JASON BRADLEY	DOUG SHAFFER
TRAD	35-44	F	MARCIA JARAMILLO	KATHI SANTOS	MARI BLISS
TRAD	35-44	M	JAVIER GARCIA	ROY WHITE	DAVID COCHRANE
TRAD	45+	F	ASTRID FABIAN	JEANNIE NEWFIELD	CAROL PARENTI
TRAD	45+	M	STEVE NELSON	JOE GEMMA	MARLIN ATHEARN
OPEN	10-13	M/F	SYDNEY BOSCH	ADAN ROBLES	
OPEN	14-17	M/F	ERIC JONES	RYAN GAMBLE	MORIAH CHATMAN
OPEN	18-34	F	AMBER BROWN	ASHLEY BENTON	KATIE GIBAS
OPEN	18-34	M	NOAH HEWITT	NICK SHEATS	TIM CLARK
OPEN	35+	F	CLARA MELENDEZ	LAUREN KENNEDY	
OPEN	35-44	M	CLAYTON FERGUSON	VIC BOSCH	GLEN COLLINS
OPEN	45+	M	VICTOR LOPEZ	JUAN FERMAN	PAUL BUSTAMANTE

WEAPONS	10-11	M/F	SYDNEY BOSCH	MAKITA ZARAGOZA/ PORTIA HAMMERSLEY	CODY SMITH-LANKFORD
WEAPONS	12-13	M/F	MICHAEL BATES	TRAVIS POGG	MADISON SANTOS
WEAPONS	14-15	F	KATHRYN HUM	DEONDRIA CAY	NATALIE KING
WEAPONS	14-15	M	KYLE VALENTINO	JOSE LARA	THOMAS GATLIN
WEAPONS	16-17	F	CINDY ARZOLA	MORIAH CHATMAN	MARYSSA EMILEE BALL
WEAPONS	16-17	M	MICHAEL HOLSTEIN	ANDREW HOLTZHAUER	MARIO BEKER
WEAPONS	18-34	F	SHANTELL DAWSON	AMBER BROWN	LINDY WOODS
WEAPONS	18-34	M	DERRICK STINSON	RIGOBERTO CARDENAS	JOHN MALONE
WEAPONS	35-44	F	KATHY KNIGHTON	KATHI SANTOS	
WEAPONS	35-44	M	PAULO SANTOS	JAVIER GARCIA	ROD SAFFER
WEAPONS	45+	F	ASTRID FABIAN	CAROL PARENTI	CHERYL AXELSON
WEAPONS	45+	M	STEPHEN HAMMERSLEY	JIM CHANDLER	JUAN FERMAN

RED BELTS					
EVENT	AGE	GENDER	1ST PLACE	2ND PLACE	3RD PLACE
TRAD	8-9	M/F	KIANNA HAMMERSLEY	JAZMYN HORTON	REBECCA RICHARDS
TRAD	10-11	M	ARIEN RAMIREZ	SCOTT GAMBLE	JUAN JEZREEL FERMAN
TRAD	10-11	F	MACKENZIE COOLER	DERINDA CAY	AURORA DANN
TRAD	12-13	M	ETHAN G. LESTER	BRYCE HOULIHAN	SAMUEL NEDZA
TRAD	12-13	F	NANCY POHL	NAYELLI SAUCEDO	AMANDA MEISNER
TRAD	14-15 LT	M	MATTHEW GARZA	DAMIEN SAUCEDA	AGUSTIN AYALA
TRAD	14-15 HV	M	VICTOR GUERRERO	CAESAR PAZ	ROBERTO RODRIGUEZ
TRAD	14-15	F	NICOLE HICKL	SELENA MUNOZ	ASHLEY CAMERON
TRAD	16-17	M	ALVARO PEREYDA	DANNY GONZALEZ	ISRAEL PEREZ
TRAD	16-17	F	JULIA LLANOS	CYNTHIA BARCLAY	JENNIFER CASTANON
TRAD	18-34	M	FRANCISCO SILVA	ABEL BANDA	MIKE CANNON
TRAD	18-34	F	BASILIA GONZALEZ		
TRAD	35+	M	MICHAEL SHEA	BRUCE BOWLING	
TRAD	35+	F	ROBBALEE NAFZIGER	CATHY MINDIOLA	
WEAPONS	8-9	M/F	REBECCA RICHARDS	DANIEL KNIGHTON	ANDI WOODS
WEAPONS	10-11	M/F	SCOTT GAMBLE	DARREL MANJARREZ	ANTHONY VALENTINO
WEAPONS	12-13	M	RICHARD VILLANUEVA	BRANDON BRADLEY	CHATRIN "PHIL" SOIMORA
WEAPONS	12-13	F	JESSICA RICHARDS	AMANDA MEISNER	LEILA TORRES
WEAPONS	14-15	M	NATHAN LUFSEY	MATTHEW GARZA	CAESAR PAZ
WEAPONS	14-15	F	NICOLE HICKL	ASHLEY CAMERON	SARAH DURRANCE
WEAPONS	16-17	M	DANNY GONZALEZ	KHOA NGUYEN	TRAVIS PATTERSON
WEAPONS	18+	M/F	ROBERT FRANCIS	JOSE MARTINEZ	MICHAEL SHEA

GREEN BELTS					
EVENT	AGE	GENDER	1ST PLACE	2ND PLACE	3RD PLACE
TRAD	8-9	M/F	SEAN FITZGERALD	JESSICA GARCIA	JULIEN TABAREZ
TRAD	10-12	F	ANA CRITTENDEN	JOVANKA GARCIA	ANGELICA LANNAMANN
TRAD	10-12	M	MATHEW BALLMAN	DANTE ARROYO	JOSEPH PARSONS
TRAD	13-16	F	KIAH L. BUTCHER	RACHEL M. MALOY	BRANDI GOJKOVICH
TRAD	13-16	M	GENNARO R. VILLELLA	JIMMY CHI	SERGIO MARTINEZ
TRAD	18+	M/F	DAVID RIOS	LINDA DANN	NICK OWEN
WEAPONS	10-12	M/F	HUNTER D. BOWMAN	JOSEPH PARSONS	
WEAPONS	13-16	M/F	SERGIO MARTINEZ	KIAH L. BUTCHER	PETER LANDREVILL
WEAPONS	18+	M/F	JOE KRAUSE	RYAN WYATT	ALVIN C. MCCULLY JR.

ITC 2006 WORLD CHAMPIONSHIPS - FIGHTING

TEAM FIGHTING

ADULT MALE



1ST PLACE TEAM: VAN FRASHER, TIM CLARK, CLAYTON FERGUSON, JEFF GIROUX, STEVE GIROUX

2ND PLACE TEAM: JASON BRADLEY, DERRICK STINSON, TOMMY CROUCH, RIGOBERTO CARDENAS, DEREK GUTIERREZ

ADULT FEMALE



1ST PLACE TEAM: SHANTELL DAWSON, ASTRID FABIAN, ALICE MCCLEARY

2ND PLACE TEAM: AMBER BROWN, TIFFANY CLARK, DANIELLE SOMBATI

RED BELT MALE

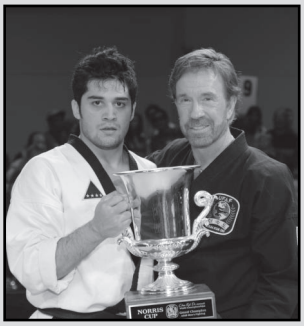
1ST PLACE TEAM: FRANCISCO SILVA, ABEL BANDA, MICHAEL SHEA

2ND PLACE TEAM: ALEX CHI, JOSE MARTINEZ, BRUCE BOWLAND

INDIVIDUAL FIGHTING

GRAND CHAMPIONS:

ADULT MALE: DAVID ALONZO



SENIOR ADULT MALE: JOHN KUREK



ADULT FEMALE: SHANTELL DAWSON



BLACK BELTS

EVENT	AGE	GENDER	1ST PLACE	2ND PLACE	3RD PLACE
FIGHTING	10-11	M-F	MAKITA ZARAGOZA	JOYCELYN MACKINS	JENNIFER SHEARER
FIGHTING	12-13	F	MADISON SANTOS	MELANIE GILBERT	YULETH CAMACHO
FIGHTING	12-13	M	ALEX BUZATA	ZACHERY GRANILLO	MATTHEW SMITH
FIGHTING	14-15	F	TANYA HUNT	BETH CARTER	DEONDRIA CAY
FIGHTING	14-15	M	JOSE LARA	ERIC BEARE	GARETH WHITE
FIGHTING	16-17	F	MORIAH CHATMAN	AMANDA CARACCIOLO	CHRISTINA CUMMINGS

continued on page 18

KAI CORNER

Each story in Dr. Terrence Webster-Doyle's *Eye of the Hurricane: Tales of the Empty Handed Masters* has a lesson, and all the lessons will help you with the riddle. Any ideas yet?

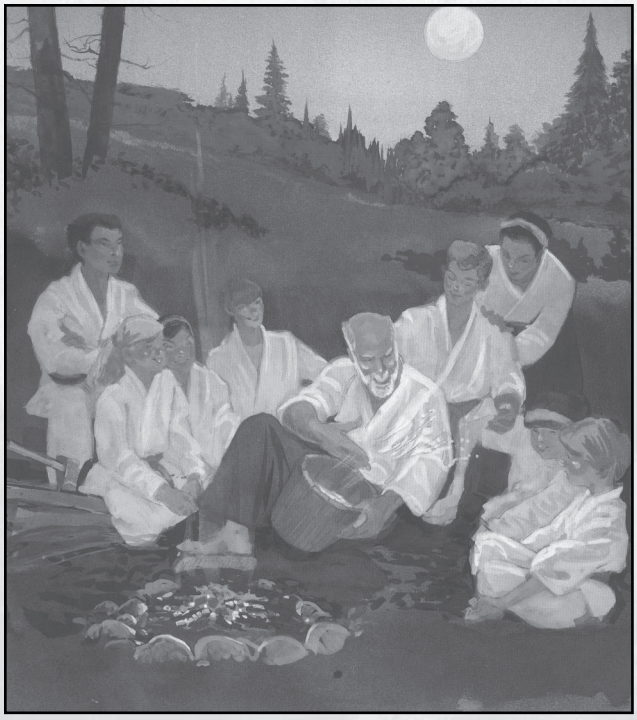
The martial arts trivia questions are a little different – you can find the answers in the articles (including this tale) throughout this issue. Good Luck!

The Riddle:

What is it that…
You cannot see if you look,
You cannot hear if you listen,
You cannot take hold of if you grasp,
Is silent when you speak,
Speaks when you are silent,
And you can only have when you don't want it?

The Warrior's Bucket

It was evening as the students met in a circle near the small campfire. The hot sun was gone; the intense heat of the day had let up. The students were vividly aware of pleasant odors: pine trees, grass, flowers-even the wide river running by the camp smelled fresh and clean. They sat quietly for a few minutes, each wondering what would happen next. They had heard stories from others of being tested for skill and courage. The students were in the midst of the meadow, with trees surrounding them. The sky was dark blue with a full moon lighting the countryside in a soft white glow. One of the students was daydreaming about what was to come when she felt a sudden presence behind her and something touching her right shoulder. The student jumped and quickly turned to find a very large man with a white beard and bald head standing behind her. He had a long *shinai* (bamboo sword) in his hand, with the tip pointed towards her. The student looked up into a stern but open face. The man was dressed in a Karate *gi* (typical Karate jacket), yet he wore the traditional, more formal *hakama* (Japanese Martial Arts "skirt").



Across the other side of the circle, an older woman with dark skin and hair had appeared. She was dressed in the same outfit as the man, carrying a *shinai*, held tip down. She looked attractive and strong in her *gi* and *hakama*. The students were asked to stand and bow as these two older teachers joined them. The teachers bowed back to the students, their eyes attentive to each one of them in succession.

They all sat down. For what seemed like an hour, no one spoke. At first the students felt awkward and wanted to say something – anything! The silence was almost too much! Their minds raced with thoughts. *What are we going to do? When are we going to say or do something?*

The silence was suddenly broken by one of the teachers: "Would one of you be so kind as to fill this bucket half full of water from the river?" He held out a wooden bucket. Without thinking, the student stood up and said, "I will!" She walked over to the older man. He smiled and handed her the bucket.

"Good, young lady. You are very eager." The student walked rapidly down to the river, feeling the eyes of the whole group upon her. *Why did I volunteer?* she thought.

She felt she had to break that silence; she'd do anything just to talk again! She knelt down at the river's edge and placed the bucket into the water, almost losing it in the rushing water. The water filled the bucket quickly, overflowing its brim. It was so heavy that she strained to pull it back out of the river. She tipped the bucket and let half of the water fall back into the river. Then she walked lopsidedly, with the bucket splashing out water, back to where the group was waiting, the bright moon lighting her way.

What does he want with this water? Are we going to drink it? Or is this one of the "tests" I've heard about? The student's brain rushed with thoughts. She placed the bucket in front of the two teachers. The older man motioned to the older woman and she shook her head *no*, then gestured approval to him. He looked at his students, especially at the student who had brought the water from the river, and slowly began rolling up the right sleeve of his *gi*. All the students were wondering what was happening. Then the teacher raised his arm above the bucket and slowly let his arm drop down toward the bucket until his hand disappeared inside it. He began to stir the water around, splashing some of it out on the ground, smiling as he did so. The student could stand it no longer. "Sir, excuse me for asking, but why are you doing that?"

"For the joy of it! Because it feels good!" he replied seriously… then he laughed. The student's mind suddenly stopped thinking, as if it had hit a brick wall! *What?* was the only question that rang in her brain.

"Young lady, you cannot get here from there," he said. He then took his arm out of the water, stood up and walked away into the woods.

Printed with permission. Dr. Terrence Webster-Doyle.

Martial Arts Trivia

Nice job! The following students correctly answered the martial arts trivia questions from the last issue!

Jordan Graham
Asha Washington
Jabari Washington
Sian Ard
David Avard

The correct answers are:

1. **Chun Kuk Do means Universal Way,**
2. **The primary martial art style from which Chun Kuk Do evolved is Tang Soo Do.**
3. **The name Chun Kuk Do was established in 1990, but our style has been evolving since the sixties.**
4. **The name of the Governing Body for Chun Kuk Do is the United Fighting Arts Federation (UFAF).**
5. **The highest award given at the annual International Training Conference is the Wieland Norris Award.**

The answers to the following questions can be found somewhere in this issue. Be one of the first five students (14 and under) to email me the correct answers and you'll win a prize. Please include your name, full mailing address and phone number.

1. **What is a "shinai"?**
2. **What is the name of an Israeli system of self-defense?**
3. **Who serves on the UFAF Board as Director of Regional Chairs?**
4. **When will the 2007 International Training Conference be held?**
5. **Who won the 2006 Wieland Norris Award?**

Please email me your answers at: afabian@ufaf.org

B R D F S X P P I S D F O C U S V T H J
A S T S P Z O P M T N E C W L S Y O J C
S O W J A E S T H F U F W Z I W K M N H
S M U E R L T D A P Q C E A X O A A U U
A L Z X R B U C K R L S Z K Z R T R N N
I A Q G I O R J Q I Y I G A E D A T C K
I S R D N W E E V Y D W V R X P R I H U
G V N E G V G E M P T Y H A N D G A A K
C E B Y I N T E G R I T Y T N P X L K D
N G T I M I N G N P X P H E T O P A U O
T A V M S K R Q I Y I N Y A N G U R V V
Z S F P U N I V E R S A L W A Y N T M I
J I O N H A B L A C K B E L T N C S Z Z
Y R R F J U M P K I C K P F X I H G O F
P V P A L M H E E L E Y E G O U G E L S
V A N S F W E S T A R D U S T O W Y H R

1. eyegouge
2. punch
3. elbow
4. palmheel
5. emptyhand
6. kata
7. sparring
8. jumpkick
9. posture
10. focus
11. timing
12. ChunKukDo
13. sword
14. universalway
15. integrity
16. yinyang
17. gi
18. bassai
19. blackbelt
20. nunchaku
21. martialart
22. lasvegas
23. stardust
24. karate
25. jion

In case you missed this year's ITC 2006, here is a reprint of the CKD word search.

If you did make it to this year's Conference, you probably remember the autograph page that gave you space to record your memories, thoughts and inspirations. HOW ABOUT SHARING WITH THE REST OF US!

EMAIL: **afabian@ufaf.org**







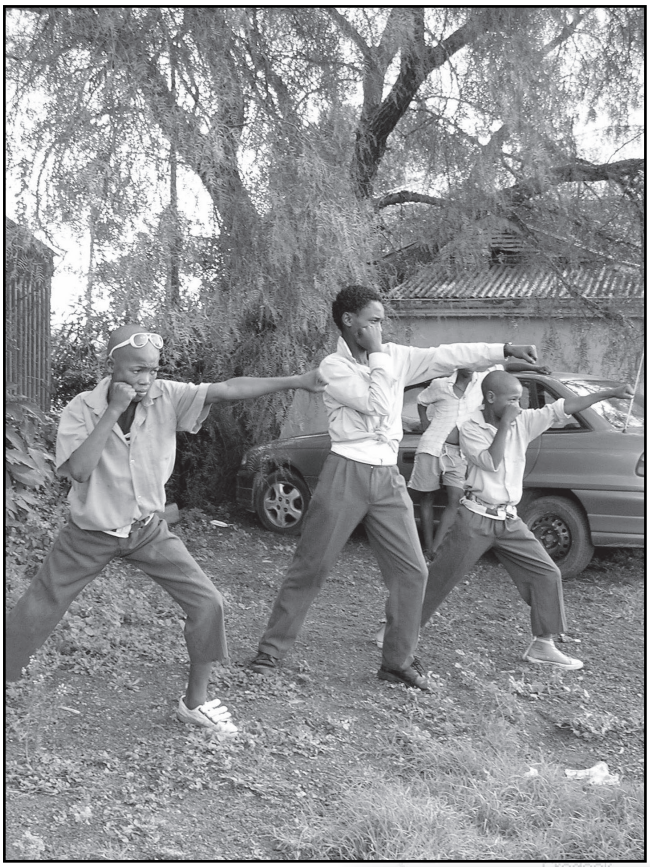
Punching with a Purpose

by Mr. Jason Torreano
Region 8



This karate studio has no UFAF flag or emblem hung on whitewashed walls. It is not air-conditioned, nor does it have any padded mats, bags, focus pads, or mirrored walls. It does however, have a group of dedicated young individuals eager to learn about karate.

This karate studio is located at Amasango School for Street Children in Grahamstown, South Africa. The tattered, crumbling school buildings are nestled in South Africa's poorest province (the Eastern Cape Province) and caters to over 100 children, many of whom are homeless. For some of these children, the AIDS crisis in the country has taken a particularly personal toll claiming the lives of their parents and leaving the kids homeless. For other children the situation at home has become so unbearable as a result of poverty, domestic violence, or any number of factors that they run away hoping to find a better life on the street.



None of the kids in this class could ever afford to pay for karate lessons. However they all have hope that they may one day graduate not only from Amasango, but also from the shackles of poverty and despair that have gripped their lives and stripped them of any normal childhood. For three hours a week, karate has allowed these children to forget about abysmal poverty, about violence, about everything.

My name is Jason Torreano. I'm a 1st degree black belt from Presti Karate Centers in Niagara Falls, New York. For six months, I have studied abroad at Rhodes University in Grahamstown, South Africa. Although Grahamstown is a relatively small community, two sharply different worlds exist here. At one extreme, Rhodes University contains extravagant gardens, stunning architecture, and thousands of privileged, ultra-wealthy South African students protected by guards who stand, around the clock, at nearly every entry point on campus. The fences at Amasango, on the other hand, are topped with razor wire to keep the bad guys out – and the children in.

I would walk through Amasango's main gate to see some of my students waiting. When we could get a classroom, we'd hold class inside. Otherwise we would bow in and have class under the shade of a tree. We learned kicks, but never had a bag to practice on. We did punching drills, but never once with a focus pad. We learned takedowns, but had only wooden floors of the schoolrooms or dirt to break our fall. We had nothing that any normal karate studio would have, so I had the kids focus at a mark in the wall when they punched or kicked; I used the end of a broom, swinging it slowly and allowing them to block it. One student held out a punch, another did a takedown, and a watchful third student stood guard catching the person just before they hit the ground.

I did not overly focus on the details of the techniques - something I do whenever I teach in New York. I occasionally fixed, corrected and helped with major things, but most details I let go. Due to their circumstances most of these kids already knew quite a bit about defending themselves. The time we spent together under the shade of the tree in the schoolyard was more important than any flying sidekick I could teach them. The Reese's Peanut Butter Cups shipped to me by friends and family made them—and me—just as happy as a well-executed low block. The details were not of primary importance—but the karate was essential.

The fact that I could teach karate is what got me into Amasango. The black belt got me the respect and interest of the kids, and the moves we learned captured their attention. Karate was the common ground we shared that allowed for a truly life changing experience for them, and for me.









Chun Kuk Do and Krav Maga

by Mr. Matt Robinson
Region 7



I am often asked about my journey in the martial arts world. I thank the higher powers that I drove by Presti's School of Karate in Niagara Falls, NY in search of a place to train. This road led me to further training with Master Elias in Port Royal, SC (it's a lot warmer here), and it is because of these two wonderful instructors that I, too, wish to be a school owner. I could not imagine my life without Chun Kuk Do.

Through my training in Chun Kuk Do I have learned how to be a better martial artist; I have increased my flexibility and strength, and I have learned how to generate power in my techniques with proper form. I have also learned to deal with adversity and rise above obstacles. I can now push myself beyond my limits. I think all this has made me a better person as well.

In addition to my CKD training, I have also studied Krav Maga, an Israeli self-defense system based on the principle of eliminating an immediate threat in the most efficient and effective way possible. In Israel, both men and women must serve at least two years in the armed forces. It is no secret that the Israeli armed forces are among the best hand-to-hand combat fighting units ever assembled because they have created a system that can be learned in a relatively short period of time. The techniques, easy to learn due to the fact that they rely on a person's natural instinctive movements in order to perform them, allow a small person to defeat a big person. In order to better prepare students for the streets, the contact is a little more intense; Krav Maga students are put into realistic high stress situations and are taught the methods with which to safely escape while eliminating any further threat. Krav Maga is a great system of pure self-defense and self-protection.

Krav Maga and Chun Kuk Do have very similar philosophies. Both systems believe in utilizing techniques that work, and incorporating the best methods of multiple systems. Both systems emphasize tremendous respect, discipline, and integrity. As with CKD, there is incredible loyalty among Krav Maga members. Krav Maga training has made me a better martial artist by providing additional opportunity for real-world application of my Chun Kuk Do skills. If you would like more information, please contact me at mrobinson@ufaf.org.

The Universal Way
Chun Kuk Do™

One



Mr. Alston attacks Mr. Robinson with a head-lock from the side.

Two



Mr. Robinson bases out with his foot in order to avoid being taken down or further off balance. Simultaneously he executes a groin strike and uses his other hand to protect his face.

Three



Mr. Robinson immediately uses the hand that was protecting his face to grab beneath the septum of the nose and the eye sockets in order to force the head back and away.

Four



As the head is being forced back Mr. Robinson immediately begins striking with a series of hammer fists to the throat and sternum area.

Five



Continuing to force the head back while constantly striking, Mr. Robinson performs a spinal compression, which will send Mr. Alston to the floor.

Six

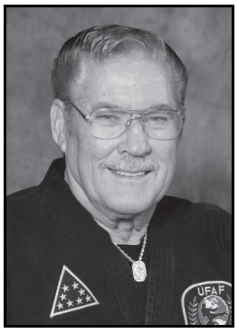


Once on the ground Mr. Robinson knows that the conflict may not be over. To ensure that his attacker will not continue to fight he kicks and stomps vital areas to discourage any further attacks.

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 series of articles, we will "meet" these dedicated members in random order to help us learn who's who. In this issue, the *Octagon* would like you to meet Mr. Tip Potter.

Mr. Potter serves on the UFAF Board as the Director of Regional Chairs, and is a liaison between the Regional Chairs and the Board. He also serves as chair of Region 5 and runs his own school, the *Arizona Fighting Arts Federation*, in Peoria, AZ. Over the years he has been honored with UFAF's *Man of the Year, Studio of the Year, Extraordinary Service* and *Wieland Norris* awards. He has been on the UFAF Board since its inception, and is one of this organization's most respected and honorable leaders.



Together with his wife Gretta and their children, the Potters started their martial arts training with the late Mr. Dick Douglas during the era where Mr. Norris did 90% of the belt testing. Mrs. Potter, now a 7th degree black belt, was Mr. Douglas' first female student. The Potters have been with Mr. Norris for thirty-seven years and have trained more than 70 students to the black belt level throughout the United States, Mexico, and Australia.

Recently, the *Octagon* received a touching account by 2nd degree black belt Mr. Mark Marino about Mr. and Mrs. Potter's visit to the Rine Karate School in Weirton, WV. Here are some excerpts:

"This past spring, some of us in the Chun Kuk Do family were paid a visit by Tip and Gretta Potter, with their show car (which Mr. Potter built himself) in tow. They called it a "Thank You" tour – a nationwide trek to personally thank as many as possible for the generous donations of money to help defer their medical costs due to Mrs. Potter's health issues."

"The day came and the Potters arrived. The car, naturally, was an instant hit. As students took time to introduce themselves to our guests, Mrs. Potter sat stoically in her wheelchair, with her husband at her side, and patiently smiled as she shook hands with each and every one of us. We then went inside for the seminar and Mr. Potter wheeled his wife to the front corner of the studio and turned her around to face us."

"She started with small talk, mostly about their trip, the schools they had visited and, of course, their dogs. Then, as tears welled in her eyes, she mentioned the generosity of the UFAF family and her voice cracked as she thanked us for all that we had done for her. As I stood in that line, in my ready stance, I realized how incredibly ironic those words sounded because *we* should be thanking *her* for all she does for us."

Chuck Norris
Founder / Chairman

Aaron Norris
President
Director, Corporate Development

Ken Gallacher
Executive Vice-President
Executive Director

UFAF BOARD OF DIRECTORS
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.

- **Ed Saenz-** Director, Training & Advancement
- **Tip Potter-** Director, Regional Chairs
- **Chip Wright-** Vice President; Director, Tournament & Competition Development
- **John Presti-** Director, Special Events
- **Steve Nelson-** Director, Operations & Development Corporate Treasurer
- **Stephen Hammersley-** Director, Professional Development
- **Tara Bidwell-** Administrative Director Corporate Secretary

Regional Chairs
Region 1 - Jim Chandler,
Region 2 - Joe Gemma,
Region 3 - Diane Huntemann
Region 4 - John Kurek
Region 5 - Tip Potter
Region 6 - Clayton Ferguson
Region 7 - Chuck Elias
Region 8 - John Presti
Region 9 - Javier Garcia
Region 10- Rodolfo Varela
Region 11- Reggie Cochran
Region 12- Victor Lopez

Advisory Board
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

"Her legs may be gone, but her heart remains. Her will to survive and win this life long battle should serve as a beacon of strength to inspire us to work extremely hard, to hold unshakable faith, and to always, under any circumstances, be as strong as we can be. Mr. Potter has won many fights in the street, in the studio, and in tournaments, but even he would certainly admit that it's his extraordinary wife who is the real fighter."

Mr. Potter has presented his years of knowledge in four books: *Compilation of Fighting Techniques*, *Effective Guide to Street Fighting*, *Leather Belt Fighting*, and an *Instructor's Manual*, which is a three volume set (Beginner, Intermediate, Advanced). If you are interested, contact the Potters at tipngretta@afaf.net.



Team CKD News

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

Team CKD has been very busy representing our style, and competing with fabulous success! Remember, anyone can be a member of the team and based on your results, sponsorship may be in your future. To be considered for sponsorship, you must be a strong example of quality CKD, and you must be ranked in the top of your NBL divisions. Sponsored members will be chosen by Mr. Wright, Mr. Sapp and Mr. Elias and will be decided on an annual basis according to the NBL schedule. Items that will be sponsored are solely dependent on the current level of sponsorship and the number of members, and may include:

a. Hotel room
b. Flight expense
c. Tournament fees
d. Two National NBL tournaments and the SuperGrands

Train hard and this could be you! Go Team CKD!

The 2006 team has competed in three recent tournaments.

Golden Gate Nationals

On April 21-22, 2006 Team CKD attended the *Golden Gate Nationals* in San Francisco, CA. Wow! What an event. The organization and the running of the tournament were fantastic, and the attitude of the competitors was phenomenal- humble, polite, and respectful. The camaraderie was similar to what exists at our ITC, and the competition was off the charts. There were players in every division and where you would usually see a maximum of 8-10 players, at this tournament there were 12-16! Thank You to Team Captain Mr. Chip Wright, Mr. Paulo Santos who videotaped everyone, and Mrs. Hunt who collected results and took photos.

Results:
Mike Holstein – 6th Open Form, 5th Open Weapon, 2nd Point Sparring, Continuous Sparring
Tanya Hunt – 1st Open Weapons, 4th Continuous Sparring, 15- 17 Point Sparring
Rigoberto Cardenas – 4th 18+ Korean 18+ Heavy
Madison Santos – 5th Hard & Soft Creative Weapon, Korean Form
Nathaniel Green - 15-17 Korean, 15-17 Point Sparring
Eric Jones – 8th 15-17 Creative Hard Weapons, 7th 15-17 Creative Open Hard
Derrick Stinson – 10th 18 + Weapon Contemporary, 4th18+Music Choreograph

The Pacific Jewel

The Pacific Jewel was held on May 5-6, 2006 in Portland, OR and Team CKD rocked! In the weapons kata on Friday, Tanya Hunt won 1st place, Madison Santos placed 5th, and Michael Holstein placed 7th in their divisions. Ms. Hunt also placed 5th in continuous fighting. In Saturday's competition Madison Santos placed 4th in point sparring, and Michael Holstein tied for 2nd in Hard Creative forms, and ended up with 3rd place in the run-off. Van Frasher placed 4th in the 35+ men's heavyweight point sparring. Madison Santos and Michael Holstein went on stage Saturday night at the finals, fighting for first place (in their divisions) in continuous fighting. Both Michael and Madison fought really well with Michael winning 1st place and Madison earning 2nd place. Mr. Wright had several of his students make the 4-hour drive to compete and most faired very well at this well-attended and very organized tournament.

Kumite Classic

What an incredible time we had at the *Kumite Classic*, held on May 25-26 in Pittsburgh, PA. Those who attended were: Rigo Cardenas, Derrick Stinson, Van Frasher, Chuck Elias, Vic Bosch, Sydney Bosch, Jeanette Bosch, Paulo Santos, Tanya Hunt, Madison Santos, Mrs. Pam Hunt, Mr. Holstein, Mike Holstein, John Malone, and Chad and Mark Carroll. Everyone placed in the top 10 in their divisions, and at a National tournament these points really help your seeding for the SuperGrands. Highlights were John Malone's jump spinning heel kick that earned him three points, and Tanya Hunt competing, throwing up, and competing some more - can we say yummmmmy? The final results:
Sydney Bosch - 3rd Japanese Kata, 4th Korean Kata, 5th Point Sparring
Vic Bosch - 3rd Traditional Kata, 5th Point Sparring
Michael Holstein - 5th Creative Kata, 3rd Continuous Fighting
Tanya Hunt - 2nd Weapons
Rigoberto Cardenas - 4th Korean Kata
John Malone - 5th Korean Kata, 2nd Continuous Fighting
Derrick Stinson -5th Weapons
Madison Santos - 5th Weapons, 5th Point Sparring
Mark Carroll - 4th Weapons, 3rd Point Sparring
Van Frasher - 2nd Point Sparring, 2nd Continuous Fighting
Frasher, Stinson, Cardenas - 3rd Team Fighting


GOLDEN GATE NATIONALS


GOLDEN GATE NATIONALS


PACIFIC JEWEL


KUMITE CLASSIC

Region 7 News

by Mr. Chuck Elias

Region 7 rocks on! Club Karate of Port Royal, SC hosted Black Belt tests and seminars on June 2nd and 3rd, 2006. Ms. Lindy Woods of Dunamis Karate kicked off the long weekend with a seminar on break falls and applying them to self-defense. Over twenty kids (green belt and below) took turns throwing and being thrown.

The house was packed as twelve red belts put their skills on display, leaving nothing on the mat. It was a little after midnight when the happy, but tired new Black Belts went home. Congratulations to:

Lee Craig
Laura Craig
(McCleary's Martial Arts)

Kyle Valentino
(Dunamis Karate)

Travis Pogg
Portia Hammersley
Brad Evans
Joycelyn Mackins
(American Martial Arts Training)

Asha Washington
Jabari Washington
Matthew Smith
Jordan Graham
Julie Eckstrom
(Club Karate)

Saturday morning arrived early and Master Eric Hensley woke up the young Red and Black Belts with some high energy drills. He pushed them all hard and I am sure they all slept well that night. Charlie La Conte from American Martial Arts Training led the adult green belts and below through some takedowns and wrist locks. After lunch (and a regional board meeting) the 2nd and 3rd degree testing got under way. There were tears for the essays and cheers for the action as each candidate had their time to shine! Six hours later, the results:

Earning 2nd degree Black Belt:
Kathi Santos
(American Martial Arts Training)
Dorris Johnson
(Martial Arts America)

Earning 3rd degree Black Belt:



Front Row: *Joycelyn Mackins, Portia Hammersley, Travis Pogg, Lee Craig,* ***Middle Row:*** *Eric Hensley, Jabari Washington, Laura Craig, Asha Washington, Julie Eckstrom, Chuck Elias* ***Back Row:*** *Stephen Hammersley, Brad Evans, Kyle Valentino, Lindy Woods, Jordan Graham, Matthew Smith, Alice McCleary*

Chris Stachowiak
(American Martial Arts Training)

Cheryl Axelson
Carmen Blanchard
(Martial Arts America)

Matt Robinson
Vincent Alston
(Club Karate)

Master Stephen Hammersley led over 30 adult Red and Black Belts through some fun, yet very informative drills to help define release of power, and focus. This seminar started over an hour late due to the length of the test before it, yet so many (including most of those who just tested) stayed and learned. What a tribute to their fire for knowledge!

Thank you to all the family, friends, and fellow students who showed up to support these candidates and also to those who participated in the seminars and workouts. Having other Regional CKD students and instructors at our school gave all who attended a wonderful opportunity to gain valuable knowledge of our system, and strengthen the friendships within our Region.



Front Row: *Kathi Santos, Cheryl Axelson, Dorris Johnson, Carmen Blanchard* ***Middle Row:*** *Vincent Alston, Chris Stachowiak, Matt Robinson* ***Back Row:*** *Eric Hensley, Stephen Hammersley, Lindy Woods, Chuck Elias, Alice McCleary*

Region 8 News

by Mr. Steve Giroux

On June 9th and 10th, 2006, Giroux Bros. Martial Arts hosted the Region 8 Black Belt testing and seminars. On Friday, Master Presti taught two great seminars covering, in detail, Bassai and United Fighting Arts Federation Form 1, along with core techniques and proper form. In attendance were Steve Giroux and three of his students: Jakob Levin, Todd Morton, and Jerry Dwyer. Also in attendance from Connecticut were Jim Pelletier, John Sweeney, Phil Calo, and Phil Zhuta. We all learned a lot and look forward to more seminars from Master Presti.

Saturday started with the 1st Degree Black Belt testing. We are happy to report that we have added four great, new black belts to the United Fighting Arts Federation. Our new 1st degree black belts are Brian Myers from Master Presti's studio in Niagara Falls, NY and Donny Frost, Sarah Thomsen, and Stephen Jaffe from Giroux Bros. Martial Arts in Newtonville, MA. Everyone was very impressive. Especially inspiring was Stephen Jaffe who tested at the age of 64! Congratulations to all new 1st Degree Black Belts!

Shortly after the 1st Degree testing, Nicole Farah, also from Giroux Bros. Martial Arts tested and passed her 3rd Degree test. Even with a foot problem, she managed to give an excellent performance. Congratulations Nicole!

Special thanks to everyone who made the trip! Master Presti and Mr. Davis traveled over eight hours, and Mr. Jeff Giroux, who sat on the testing board, traveled all the way from Connecticut. This dedication contributes to the continued exciting growth of Region 8!



Front Row: *John Presti, Sarah Thomsen* ***Back Row:*** *Steve Giroux, Brian Myers, Donny Frost, Stephen Jaffe, Jeff Giroux, Pat Davis*

Region 3 News

by Ms. Diane Huntemann

Region 3 held its Black Belt test for the June cycle at Master Chip Wright's Champion Karate Center. Congratulations to the following students who were promoted:

1st degree Black Belt:

J.J. Bates, Forrest Wells
Travis Hardey
Wendy Fountain

2nd Degree Black Belt:

Katie Guthrie
Brenda Kizzire



Front Row: *Katie Guthrie, Brenda Kizzire* ***Middle Row:*** *Wendy Fountain, Forrest Wells, Travis Hardey, J.J. Bates, Zack Sheats.* ***Back Row:*** *Shantell Dawson, Dave George, Jeannie Newfield, Richard Dodge, Diane Huntemann, John DeVore, Bill Philp, Chip Wright.*











Region 1 News

by Mr. Jim Chandler

Region 1 held a black belt test at Mr. Dunn's Sidekicks Academy in Santa Clarita, CA in June 2006. The following individuals were promoted to their respective ranks in Chun Kuk Do, by the regional board:

2nd black

Jason Taylor
Danielle Sombati

1st black

Fabiola Garduno
John Garduno
Melissa Mendoza

We look forward to many more black belts being promoted in the very near future.

Region 2 News

by Mr. Joe Gemma

On June 9th and 10th, 2006, Region 2 held its Black Belt testing and seminar in Salt Lake City, Utah. Mr. Gemma started the weekend with an exciting and informative seminar on one-steps, and the promotion took place the next day. Congratulations to the following individuals who were promoted in rank:

2nd Degree Black Belt

Tyler Cox

1st Degree Black Belt

Karen Cox
Madison Cox
Phillip Morrill
Leslie Trimble
Georgina Wheadon



Front Row: *Madison Cox* ***Middle Row (L to R):*** *Phillip Morrill, Georgina Wheadon, Leslie Trimble, Tyler Cox, Karen Cox* ***Back Row (L to R):*** *John York, Alan Olds, Eric Freebairn, Joe Gemma, Steve Nelson, Kristi Tanner*

2007 CKD International Training Conference

July 16th-22nd

Save the dates and make your plans now! UFAF leaders are already at work on next year's ITC with the goal of making it the best ever! Highlights:

- Mr. Aaron Norris, together with Mr. Ed Saenz and Mr. Rick Prieto will be teaching a seminar.
- A yearbook highlighting the last ten years will be distributed to all attendees - per Grand Master Norris' specific request and instruction.
- The conference cost will remain the same as 2006! The ITC will be held at a brand new location!

The South Coast Hotel & Casino is a fabulous new resort located just minutes away from the famous Las Vegas Strip. Some of the many amenities include a 16-screen Century Theatre movie complex, 64-lane bowling center, a Spa & Fitness center, a nightclub & showroom, a Bingo room, a child-care facility, video arcade, outdoor pool, jacuzzi and activity area as well as many restaurants that cater to all appetites and tastes. The 80,000 ft. casino features a large selection of table games and the latest slot machines. This distinctive hotel features spacious rooms and suites with 42-inch plasma televisions, and Wireless Fidelity throughout. A unique feature to this property is its Equestrian Center, which is the finest horse facility in the country. Check out the website southcoastcasino.com for more details!

While other events in town are paying $175, $250, and more per night for their rooms, UFAF has managed to secure fabulous rates of $74.00 for weekdays and $114.00 for weekends. This is a small price to pay for a fabulous facility with so many amenities. See you there!

A New Class of Hotel Casino

INTERNATIONAL CONFERENCE 2006- TOURNAMENT RESULTS (CONTINUED FROM PAGE 9)

FIGHTING	16-17	M LT	RICARDO CAMACHO	RYAN GAMBLE	TOBIAS CONDON
FIGHTING	16-17	M HV	CARL FLORES	J. R. HAGGARD	BRADFORD EVANS
FIGHTING	18-34	F LT	AMBER BROWN	ASHLEY BERARDI	
FIGHTING	18-34	F MID	SHANTELL DAWSON	TIFFANY CLARK	ADRIANA VARELA DOMINGUEZ
FIGHTING	18-34	M LT	NOAH HEWITT	JASON BRADLEY	TIM CLARK
FIGHTING	18-34	M MID	DAVID ALONZO	STEVE GIROUX	STEPHEN (JOEY) SMITH
FIGHTING	18-34	M HV	VAN FRASHER	TOMMY CROUCH	BRANDON BOWLING
FIGHTING	18-34	M SP HV	RIGOBERTO CARDENAS	DERRICK STINSON	JORGE ALONZO
FIGHTING	35+	F LT	LAUREN KENNEDY	CHERYL HUTCHISON	ASTRID FABIAN
FIGHTING	35+	F MID	MARCIA JARAMILLO	CLARA MELENDEZ	KATHI SANTOS
FIGHTING	35-44	M LT	CLAYTON FERGUSON	DAVID DUNN	VIC BOSCH
FIGHTING	35-44	M HV	JOHN KUREK	ADOLFO E. GOMEZ	ROD SAFFER
FIGHTING	45+	M LT	VICTOR LOPEZ	DAVID HARSHBERGER	STEVE NELSON
FIGHTING	45+	M MID	MARLIN ATHEARN	HOWARD MUNDING	JUAN FERMAN

RED BELTS

EVENT	AGE	GENDER	1ST PLACE	2ND PLACE	3RD PLACE
FIGHTING	8-9	F	KIANNA HAMMERSLEY	ANDI WOODS	KASSANDA RAMIREZ
FIGHTING	8-9	M	WAYLON POGG	DANIEL KNIGHTON	
FIGHTING	10-11	F	MACKENZIE COOLER	DERINDA CAY	
FIGHTING	10-11	M	JUAN JEZREEL FERMAN	KEVIN RUDOLPH	SCOTT GAMBLE
FIGHTING	12-13	F	BRANDY RICE	AMANDA MEISNER	NANCY POHL
FIGHTING	12-13	M LT	RICHARD VILLANUEVA	ETHAN G. LESTER	BRANDON BRADLEY
FIGHTING	12-13	M HV	"PHIL" SOIMORA	OLEH TRITENICHENKO	BRYCE HOULIHAN
FIGHTING	14-15	F	SARAH DURRANCE	SELENA MUNOZ	NICOLE HICKL
FIGHTING	14-15	M LT	CAESAR PAZ	MATTHEW GARZA	JOSE LOPEZ
FIGHTING	14-15	M HV	ROBERTO RODRIGUEZ	AGUSTIN GARIBAY	VICTOR GUERRERO
FIGHTING	16-17	F	CYNTHIA BARCLAY	JULIA LLANOS	JENNIFER CASTANON
FIGHTING	16-17	M	HENRY MARTINEZ	LOUIE O'NEAL	TRAVIS PATTERSON
FIGHTING	18+	F	BASILIA GONZALEZ	ROBBALEE NAFZIGER	
FIGHTING	18+	M LT	FRANCISCO SILVA	MICHAEL SHEA	JOSE MARTINEZ
FIGHTING	18+	M HV	ABEL BANDA	ALEXANDER CHI	MIKE CANNON

GREEN BELTS

EVENT	AGE	GENDER	1ST PLACE	2ND PLACE	3RD PLACE
FIGHTING	8-9	M/F	JOHN THOMSEN	JESSICA GARCIA	JULIEN TABAREZ
FIGHTING	10-12	F	ANA CRITTENDEN	JOVANKA GARCIA	ANGELICA LANNAMANN
FIGHTING	10-12	M	DANTE ARROYO	ZACHERY DULL	MATHEW BALLMAN
FIGHTING	13-16	F	KIAH L. BUTCHER	RACHEL M. MALOY	BRANDI GOJKOVICH
FIGHTING	13-16	M	JIMMY CHI	SEAN WARREN POSVISTAK	PETER LANDREVILL
FIGHTING	18+	F	APRIL WASS	LOIS GARRETT	
FIGHTING	18+	M	ROBERT AMES JR.	TODD MORTON	DAVID RIOS


















GOT GRAPPLING?

DO YOU WANT TO INCREASE YOUR GRAPPLING SKILLS, BUT DON'T HAVE ACCESS TO QUALIFIED INSTRUCTION?

BJJ America's John Will and David Meyer, Machado Jiu-Jitsu black belts and instructors extraordinaire, have partnered with UFAF to bring us the Chun Kuk Do Grappling Program (with Brazilian Jiu-Jitsu Blue Belt Certification). That's right! After all the reps, sets, sweat, work, video training, live coaching, and testing included in the program, you can actually earn a sanctioned Brazilian Jiu-Jitsu blue belt - Mr. Norris' dream for all his CKD black belts.

Full details about the program, including how to sign up, are available by contacting Mr. Steve Nelson at office@ufaf.org.

LET'S ROLL, UFAF!

CKD LOGO-GEAR IS HERE!



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