

OCTAGON

The Official Publication of the United Fighting Arts Federation

May 2007

If a picture paints a 1000 words,



the 2007 International Training Conference,
Southpoint Hotel, Casino & Spa, Las Vegas, Nevada

will be indescribable!

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United Fighting Arts Federation Mission Statement

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

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

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

The Octagon

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Deadlines:

January Publication (December 1 deadline)

May Publication (April 1 deadline)

September Publication (August 1 deadline)

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Dear UFAF Members:

As I reflect upon the growth of UFAF, I cannot help but think about the men, women and young students who are participating on Team Chun Kuk Do (CKD).

During our early years of competition, the team at that time made our art a "household" name within the American karate world. As I watch our new team, and see how they compete and wear the CKD uniform so proudly, I am once again convinced that our art of CKD is becoming more recognized as a style synonymous with quality martial arts. Our creed, Discipline, Integrity, Loyalty, and Respect, describe the characteristics for which we have become known, along with a winning spirit, and high achievement.

It is exciting to me, as I attend the ITC, to see not only those on Team CKD, but also those who compete for the fun, joy, and betterment of our art. I am proud to know that wherever its members represent Chun Kuk Do, we are viewed with respect, and as an up-and-coming force in the modern world of martial arts. I would be remiss if I did not emphasize that this happens because of our dedicated instructors who are running outstanding schools, and developing phenomenal martial artists.

As is always the case, this year's ITC is going to be a great event of learning and giving, for both students and instructors. One of the things I am most excited about is that you will have the opportunity to learn from three of my most trusted and respected instructors: my brother Aaron, Mr. Rick Prieto, and Mr. Ed Saenz. These masters of Chun Kuk Do will inspire you, and leave you with an experience you will never forget.

May God bless each of you.

Sincerely,

Chuck Norris



Dear UFAF Members:

I recently read about a nameless 11th century Japanese Master from the Kama Kura. I could not help but be impressed by his ancient wisdom:

"The release of the hand should dissolve a kind of spiritual tension. It must seem to occur of itself, without deliberation, almost as if it was independent of the body. This is possible because the martial artist's mind focuses on his actions. He is riveted in concentration. This is not done through aiming – although the fighter does aim – rather the fighter's spirit must be burned into the target. Be one with it, so that the hand is guided by the mind, and the strike guided to its goal by the intense concentration of the mind."

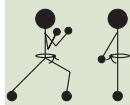
At its core, martial arts is a physical, mental, and spiritual practice; it drives us to make this "art form" a positive influence in the world, through its application. In other words, the true martial artist cannot separate his art from his life, because he knows that the same principles are required to achieve excellence in all areas of life. Whether the aim is to be a good parent, loyal friend, passionate employee, or proud patriot, the same attributes - physical, mental, and spiritual - play a decisive role.

As we apply all we have learned through our years of martial arts training, we start to understand the 'gentle warrior' wisdom that "every day is a new beginning." This awareness pushes our better selves to the surface so we can develop into the 'master' we have always imagined.

It is my privilege to be the President of an organization that makes me more proud of its members each and every year. I can barely contain my excitement about teaching a seminar at this year's International Training Conference (ITC) with my lifelong friends Mr. Rick Prieto and Mr. Ed Saenz, and I am honored to be sharing the mat with such gifted martial arts instructors. I look forward to seeing you at the ITC!

Blessings on you all,

Aaron Norris



Spotlights

ITC 2007: By now you should have received the ITC flyer! Didn't get one? Ask your instructor, or go to www.ufaf.org. There are several new things happening, and deadlines you need to know about! See pages 4-6 for details!

Baby News:

On April 2 at 1:00 pm, two of Mr. Presti's Black belts became proud parents of a baby boy. Mr. Gilbert Hamilton, 3rd degree black belt and Mrs. Shelly Hamilton, 2nd degree black belt welcomed a white belt named Aiden Hamilton. Aiden is a heavy weight for his age – at 2 hours old he was 8lbs 5oz and 21 inches long. Congratulations!

Chuck Norris Fun Fact: Chuck Norris is the only man to ever defeat a brick wall in a game of tennis.

Safety Tip: If the predator has a gun and you are not under his control, ALWAYS RUN! Statistically, the predator will only hit you (a running target) 4 in 100 times - and even then, it most likely WILL NOT be a vital organ. RUN! Preferably in a zig-zag pattern!

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Editor's Note

You know you're doing something right when people start taking the time to write about their positive experiences with our members. The *Octagon* has received a number of letters from grateful and enthusiastic students, excerpts of which I share with you below:

Regarding Mr. Steve Nelson:

My name is Kenneth Fjeld, and I am a proud student of Mr. Steve Nelson. I live in Norway and have recently been on my first trip to the USA, to learn and practice Chun Kuk Do. I wish to express my gratitude of the fantastic lessons in CKD given to me by Mr. Nelson, and of my visit in total.

I have been training in Shotokan karate for 19 years. While I am not going to put this training away, I know where my personal development and learning will be for the future years to come – Chun Kuk Do and UFAF. I hope every member of UFAF is a proud member, and I hope that you all know what a great style of martial arts you represent – after all, it is The Universal Way!

Very Best Regards,
Kenneth Fjeld

Editor's Note: Mr. Fjeld's complete story of his CKD crossover training will be published in a future issue of the Octagon.

Regarding Mr. David Dunn:

A few months ago, my daughter started classes with Mr. David Dunn in Santa Clarita, CA. I must say, we love the classes, and his teaching is more than just OK; he is a much dedicated and respected teacher. The love he and his assistant Mr. Neil Abrams have for their work, and their clients and

students, far surpass anything I have seen in my life.

I am telling you this because I feel it is very important that you know who represents your schools. You can be proud and happy to have Mr. Dunn and Mr. Abrams in your big family. While all children are special, mine is special in ways out of the norm, and I could not have picked a better place to bring her. Thank You.

In light and love, and many blessings to all,

Pamela and Zoe Rodriguez

Regarding Mr. Charles and Mrs. Teresa Comas:

I live in the northern panhandle of West Virginia, and recently we have experienced problems with predators preying on women of various ages. One unsolved case was recently carried on America's Most Wanted. While the crime rate in this area is relatively low, these occurrences have the community feeling on edge.

I am a student of Chun Kuk Do at CJ Karate in the Wheeling, WV area, and my instructors, Mr. Charles and Mrs. Teresa Comas, have tried to make a difference by offering free six-week self-defense programs for women of all ages. They have worked very closely with the local media to get the word out to the residents of our tri-state area, and the effort has really paid off; there has been such a large response that a second program has been added.

Throughout the past year I've had the opportunity to see what Mr. and Mrs. Comas and their assistant instructors have done for the community. Their continuing efforts are offered with the utmost humility and community spirit, and make me proud to be their student.

Sincerely,

Brad Stanford

The *Octagon* welcomes your letters anytime – send them to afabian@ufaf.org.

Thank You. Astrid Fabian

Cover Story – 2007 International Training Conference

by 'Too Many People to List'

By now you have received the 2007 ITC flyer that has all the information about this year's event. There's more you ask? Absolutely! What follows is other "stuff you need to know" so that the 2007 ITC will be a great experience. By the way, if you did not get a flyer, ask your instructor – he/she should have extras. All the information in the flyer is also on the website at www.ufaf.org. When the opening page is displayed, scroll down to the picture of the South Point and click on it.

First – a review of the deadlines (that means get on it!):

Registration for \$50.00 early bird discount: June 1
Registration to compete in the tournament: June 1
Hotel Registration for Group Rate: June 1 Code is UNI0716

If your rank changes after you have registered for the tournament, you must notify Mr. Elias of the change by: July 2
celias@ufaf.org or 843-524-8308

The South Point Hotel, Casino and Spa

Here's even *more* information about our new location! The most frequent comment seems to be that this location is off the Strip. This is true, but not a problem because there is a FREE shuttle to and from the Strip – it runs between the South Point and the Barbary Coast. From there you can take the monorail. There is also a FREE shuttle between the airport and the South Point. You must make reservations for both ways; the phone number is 866-796-7111.

The South Point is completely self-contained, with many restaurants, entertainment options, and even a childcare facility (please call ahead for requirements). For all the amenities, photos and general information check out www.southpointcasino.com. Also refer to the January 2007 and the September 2006 issues of the Octagon, which are now viewable online at www.ufaf.org.

CKD WORLD CHAMPIONSHIPS

To view complete and up-to-date tournament rules, go to www.chunkukdo.com/tournament, or www.ufaf.org (in the registration section under "Learn all about this year's event"). **Below are the changes to the rules for this year!**

TOURNAMENT FIGHTING RULES

4. It takes a majority vote of all judges to earn a point. Any judge may yell "POINT" when he/she sees a point, but ONLY the center judge may call "STOP" or "BREAK" to stop the fight. The center judge then calls for a score, and all judges must simultaneously call the point (or indicate that they didn't see the point).

12. Weight Divisions

Adult Black Belt Male (18-34)
Feather _____ up to 138
Light _____ 152
Middle _____ 174
Lt Heavy _____ 202
Heavy _____ 224
Super Heavy _____ 225+

All other adult males

Light _____ up to 174
Heavy _____ 175+

Female Divisions TBA

TEAM FIGHTING RULES

All teams must register by 6:00pm, Friday, July 13th. Black Belt Male teams will consist of four players. Black Belt Female teams will consist of three players. Red Belt Male teams will consist of three players.

The fighting rules apply except all fights will be two minutes long. The winning team will be determined by adding the total number of points at the end of each team match.

TOURNAMENT KATA RULES

3. Kata Divisions

Weapons: All ranks may enter weapon kata, and may perform a traditional or an innovative weapon form. Note: A dropped weapon is not automatic disqualification, but may result in a lower grade based on the difficulty level of the technique.

Empty-Hand: Black belts may do either a traditional or an open form, but not both.

Open: ANYTHING other than listed below.

Traditional forms for Green Belts:

Giecho Hyung Il Bu
Giecho Hyung Il Bu Sang Gup
Giecho Hyung Yi Bu
Giecho Hyung Yi Bu Sang Gup
Giecho Hyung Sahn Bu
Pyong An Cho Dan
Pyong An Yi Dan
Pyong An Sahn Dan
Pyong An Sa Dan
Pyong An Oh Dan

Traditional forms for Red Belts:

Green belt list plus Bassai, UFAF I.

Traditional forms for Black Belts:

Red belt list plus UFAF II, Kong Sang Koon, Jion.

DEMO TEAM COMPETITION RULES

This year, there is a brand new division – Demo Team Competition. It will take place Friday, July 13th, right after lunch. The highest scoring team will perform for Mr. Norris, Sunday July 15th, just before the fighting competition. All teams should portray the martial arts in a positive way, and in a manner respectful to Mr. Norris. Register your team at the registration desk by noon on Friday, July 13; entry fee is \$50 per team.

1. A demo team must consist of a minimum of four UFAF members; no maximum. Members may be any age, green belt or above, and may represent individual schools, multiple schools, regions, countries, or any other member group within UFAF.

2. Demo teams may wear any combination of the following:

- Traditional unmodified CKD uniform appropriate to individual rank
- School demo team uniform
- Team CKD Competition Uniform (black belts only) – see page 11. "Costuming" beyond the aforementioned list of acceptable uniforms may not be employed.

3. Music (including sound system, operator, cords etc), weapons, and props are optional, and must be completely supplied by the team. Note that a team may be disqualified for offensive music or unreasonable volume level. Bizarre or outlandish "props" are not permitted. Props should highlight and enhance the technical and artistic elements of the martial arts being displayed.

4. Demos shall be limited to seven (7) minutes or less, from the time your team's name is announced, through clean-up. Time overage will result in scoring penalties of one point per minute, beginning at seven minutes and one second.

5. Area available will be 60x60 (three rings squared).

6. Regional chairs will act as judges. The demo will be scored in four areas, using a 1 - 10 point system, with 10 being the highest. The total of the four equally weighted scores will be used to determine the placing. High and low totals will be thrown out; in the event of a tie they will be added back in.

Areas of scoring:

- a. difficulty/execution
- b. choreography/synchronization
- c. creativity
- d. overall performance

For Registration Questions: Mr. Steve Nelson office@ufaf.org

For Hotel Questions: Mrs. Tara Bidwell, 702-567-6393, tbidwell@ufaf.org

For Tournament Questions: Mr. Chuck Elias, 843-524-8308, celias@ufaf.org

For Event Questions: Mr. John Presti, 716-285-9242 (6:00am – noon, est.), jpresti@ufaf.org

2007 ITC SCHEDULE

Monday July 9th

8:30am-9:00am	ITC Event Registration for MDS Attendees Only
9:00am-12:30pm	MDS Classes
12:30pm-2:00pm	Lunch (on own)
2:00pm-5:30pm	MDS Classes

Tuesday July 10th

8:00am-Noon	MDS Classes
Noon-1:30pm	Lunch (on own)
1:30pm- Finish	Certification testing

Teacher, Trainer, Coach – Levels One AND Two – for 4th Degrees and Higher!- The Master Development Series is a unique and powerful educational offering for our upper ranks. Its purpose: deepen our understanding of Chun Kuk Do, both as practitioners and instructors, help us and our students prepare for the physical demands of martial arts training and increase athletic performance, provide coaching tools for instructors to assist students through the many challenges they face in their training.

Wednesday July 11th

9:00am	PDS Attendees Registration
10:00am-11:00am	Joe Landreville
11:00am-Noon	Ken Gallacher
Noon-1:30pm	Lunch on own
1:30pm-2:30pm	Wayne Nguyen
2:30pm-4:00pm	Tommy Lee
4:00pm-5:00pm	Stephen Hammersley

Professional Development Series – for School Owners and Staff- An informative day of instruction! If you own a school – don't miss it! This year, learn about medical issues, training your students mentally and physically, growing your school, and securing your financial future!

Mr. Norris is Honored by the Marine Corps

Recently, Commandant Gen. James Conway made Mr. Norris an "Honorary Marine". This was the first such award to be given by Conway, who personally hosted Norris for dinner. Norris's connection with the Corps includes a November 2006 United Service Organizations (USO) tour with Marines in Iraq, which Corps officials say was one of the best received. The entire account of the event can be read at http://www.marinecorpstimes.com/news/2007/04/marine_chuck_norris_070403/

Here is Mr. Norris's response, as sent to the UFAF office by Mrs. Norris:

April 2, 2008

During my November, 2006 USO "hand shake" tour of Iraq, the Marine Corps, which was then celebrating its 231st anniversary, offered to be my military sponsor. I was both pleased and grateful for the offer.

As a former Airman in the U.S. Air Force, the military has always been very close to me. It turned my life around. It helped me get on the right path. This tour was an opportunity for me to meet many of the brave young men and women who now serve our country and also get to know some of the skilled and dedicated warriors who lead them. Included in the latter category are Marine Corps Brig. Gen Robert B. Neller, Maj. Gen. Richard C. Zilmer, and General Robert Magnus, with whom I had the privilege of traveling with to Iraq and who has since then become a good friend.

When I was asked to come to Washington, D.C. to meet and have dinner with Marine Corps Commandant, General James T. Conway, that was honor enough. When he informed me I had been named an honorary member of the Marine Corps, I was speechless.

It is a great honor and I am humbled by it.

For all of those who thought of me for this recognition, I thank you. To all of our service men and women, I salute you. I support you, and I am so proud to now, in a small way, be one of you.

God bless you all.

Chuck Norris



Thursday July 12th

7:30am ITC Event Registration for CKD Grappling Program Only
 8:00am-1:00pm Brazilian Jiu-Jitsu Mid-term/Final Evaluation & Training Session
 9:00am-4:00pm ITC Event General Registration (IDS attendees need to register before noon)

CKD Grappling Program- A phenomenal learning opportunity for CKD grapplers!

Instructor Development Series – for all Black Belts- Learn to build character in your students, how to develop fighting skills in beginners, and the power of a great instructor!

12:30pm-1:20pm Javier Garcia
 1:30pm-2:50pm Ed Saenz
 3:00pm-4:20pm Jim Brogan
 6:00pm Master Rank Induction Ceremony and Welcome Reception (business casual attire)

Friday July 13th

8:15am Line up (all ranks together)
 8:30am-10:30am Richard Norton (2nd Black and up)
Real Self Defense in the Real World
 John Will & David Meyer (1st Black and Red/Black)
Brazilian Jiu-Jitsu for CKD
 David Alonzo (Adult Green and Red)
The Kicking Game
 Diane Huntemann (Youth Black and Red/Black)
Creative One-Steps! Effective One-Steps!
 Tanya Hunt (Youth Green and Red)
Gear Up!
 10:30am-12:30pm John Will and David Meyer (2nd Black and up)
Brazilian Jiu-Jitsu for CKD
 Van Frasher (1st Black and Red/Black)
Climbing the Ladder – Characteristics of a Champion
 Steve Nelson (Adult Green and Red)
Chuck Norris – Martial Arts Innovator!
 Shantell Dawson (Youth Black and Red/Black)
Drills for Skills (Bo Skills)
 John Pettitt (Youth Green and Red)
Dynamic Diamond One-Steps
 12:30pm-1:30pm Lunch
 1:30pm- Finish Demo Team Competition & Kata Competition

Saturday July 14th

8:15am Line up (all ranks together)
 8:30am-10:30am Van Frasher (2nd Black and up)
Climbing the Ladder – Characteristics of a Champion

Richard Norton (1st Black and Red/Black)
Real Self Defense in the Real World
 Jeremy McQuivey (Adult Green and Red)
One-Steps
 Carl Patrick Flores (Youth Black and Red/Black)
Be Fast! Be First!
 Clara Melendez (Youth Green and Red)
Give Me a Break!

10:30am- 12:30pm Aaron Norris (All Black Belts and Red/Black)
Blood, Sweat and Tears!
 Tommy Crouch (Adult Green and Red)
Kickin' It!
 Michael Holstein (Youth Black and Red/Black)
Flipped Out!
 Derrick Stinson (Youth Green and Red)
Bo Crazy!

12:30pm-1:30pm Lunch
 1:30pm-3:30pm Team Fighting Competition

Annual Awards Dinner

6:00pm Doors open
 6:30pm Dinner, Presentation of Awards, Dancing

New Black Belt Dress Uniform- The blue and grey dress uniform of the past, may still be worn for ITC 2007 only. The new uniforms, which must be worn in 2008 and beyond, are optional for 2007.



Men: Solid black slacks (no jeans) with solid black blazer (black buttons) OR solid black suit; white shirt and any color tie. CKD style patch over the left breast.

Women: Solid black skirt or slacks (no jeans) with solid black blazer and white shirt or blouse; OR solid black dress with solid black blazer. CKD style patch over the left breast.

Sunday July 15th

8:30am-11:00am Individual and Group Photos with Mr. Norris
Exciting new photo options available at this year's event!
 Noon Demo Team Competition Winner (encore performance)
 Noon- Finish Fighting Competition

COMING SOON!!!

**Team CKD
 Competition Uniform
 details on page 11**

Who's Who at UFAF

by Ms. Astrid Fabian
Editor

UFAF is governed by a group of loyal individuals who work together to make our organization the best it can be. In this continuing series, we will get to know each member of the UFAF Board of Directors. The *Octagon* had the pleasure of interviewing Mr. Ed Saenz, 8th degree black belt, Director of Training and Advancement.



Octagon: What is your role on the UFAF board?

Mr. Saenz: As Director of Training and Advancement, I establish and help implement testing requirements and procedures for all ranks. More importantly, I am responsible for teaching the core concepts and principles, which are scientifically based, that apply to any technique.

Octagon: Like, for example, my hips must travel in the same direction as my strike?

Mr. Saenz: That's right. It all goes back to the six elements of a technique: posture, lines of power, methods of generating power, footwork, timing, and focus. The principles and techniques build on one another. You learn core concepts and then, with more required at each rank, apply them. The new Master Development Series takes things a step further, focusing on the development of a martial artist as a teacher, a trainer, and a coach.

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

Mr. Saenz: I started karate with my dad and brother as a family activity. It was great bonding time with my dad. My first instructor was Mr. John Robertson, who is CKD black belt #11. I competed in a few tournaments per year, not winning at first, but with perseverance, I was quite successful. My most treasured win was as part of the US National Team; I gave my medal to my dad. I've been teaching most of my life; it keeps me centered. For me, there is nothing more satisfying than seeing my students succeed.

Octagon: I understand that you are very involved with Mr. Norris' KICKSTART program.

Mr. Saenz: Yes. I am the Director of Operations, and Head Instructor. The program has grown so much and has helped so many kids. Currently there are 5000 kids and 36 schools. I train instructors (which do not have to be CKD stylists) in KICKSTART procedures, teaching methods, and ethics.

Octagon: What was happening in this vintage photo?

Mr. Saenz: I was very involved with Mr. Norris's book *Winning Tournament Karate*. Here, he was demonstrating a one-step.

Octagon: Is there something about you that would surprise us?

Mr. Saenz: I am very educated about cheerleading and dance. My daughter was very involved in both, and I've probably attended almost as many cheerleading tournaments and dance competitions as karate tournaments. I really enjoy them!



Chuck Norris
Founder / Chairman

Aaron Norris
President
Director, Corporate Development

Ken Gallacher
Executive Vice-President
Executive Director

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 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 12- Victor Lopez

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Eric Hensley- Professional Development
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Robert Sapp- Technical Development
Steve Brown- Marketing & Technology
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Astrid Fabian- Octagon Editor

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.

International training and testing duties for the former Region 11 will be assigned to the other existing regions by the UFAF office on a case-by-case basis.

TRAINING

The ABC's of Self-Defense

by Mr. Chuck Elias
Region 7 Chair

You are walking along listening to your iPod when, all of a sudden, a van pulls up beside you. An assailant jumps out, grabs your wrist, and tries to pull you into the van. You quickly shoot a web hand to the throat of your attacker, loosening the grip on your grabbed hand. That elbow then smashes across their face. Grabbing behind their head with both hands, you pull their head down towards your rising knee. You bounce your foot off the ground as you smash your knee to the face a second time. Tossing the body face down, you finish with a stomp to the back of the neck.

You probably just saved your life.

Many martial arts students begin training with the goal of learning how to defend themselves, and most martial arts schools teach excellent techniques for worst-case scenarios. But what if a friend is just trying to scare you? What about the class bully "getting in your face" at school? How about a group threatening you, or "Uncle Charlie" who's had too much to drink? Each scenario requires a different response. Are you prepared?

I like to teach the ABC's of self-defense. Each letter stands for a word to describe a different scenario for the same attack.

- **A = Away**
Get away from your attacker. You are outnumbered, or it just makes the best sense to get away.

- **B = Beat**
You have no choice but to fight for your life, or perhaps the life of another.

- **C = Control**
Someone is messing with you, but you don't want to do damage to them.

Let's apply the Away Beat Control concept to a single wrist grab.

A = Away

While stepping towards the attacker, make your arms travel in two large circles. Usually they are loose by the first rotation. Turn and run.



DEFENSE

B = Beat

With your free hand, shoot a web hand to the throat of your attacker; this will cause him to loosen the grip on your grabbed hand. Smash your now free elbow across the attacker's face. Grab behind the head with both hands and pull the head down towards your rising knee. Bounce your foot off the ground as you smash your knee to the face a second time. Toss the body face down, and finish with a stomp to the back of the neck.

C = Control

This is usually the hardest to apply, because you want to get free of their grab, but without hurting them.

Picture this scene: You are at a family party. Ole Uncle Charlie has had one too many cocktails and is trying to hug you over and over again. He won't take "No" for an answer. He continues to grab or pull or hold you. Time to take **Control**.

Control from a wrist grab could be wrist flex into either a 1/2 nelson, come along, or a takedown to the ground to stabilize. A word of caution: remember that anyone intoxicated or on drugs, may not feel pain, so when you apply your control, make sure that it is not always a pain compliant move and that you move your body to a safe position.

Feed his hand into your free hand and perform a side wrist flex dropping him to his knees. Step to the side and guide him to the floor face down with an arm bar. While still holding on to his wrist, place your shin on the nerves just behind the elbow maintaining control.

Your instructor may teach other ways to handle a wrist grab – do as he/she suggests, but keep in mind that almost every self-defense escape that is taught can have the **ABC** concept applied. Whether you are leading the class in self-defense, or working out on your own, first "paint the picture" by explaining the scenario, and then add the grab.

It is as easy as ABC.

BEAT



CONTROL





1



2



3a



3b

How to Read Your Opponent and Fight Effectively - Part 2

by Mr. Joey Smith and Mr. J.R. Haggard
Region 5

In the last article we identified five possible styles of fighters that may be encountered: the Blitzer, the Runner, the Hand Man, the Kicker, and the Rock. Part 1 of this three-part series covered the Blitzer; in Part 2, we focus on the Runner and the Kicker.

Who is the Runner?

The Runner is a complex, defensive fighter, and does exactly what the name implies - he stays just out of his opponent's range in order to set up his attack. This is the fighter who backs up, or moves away from you each time you make any move to attack so as to interfere with the timing of the attack. This style of fighter prefers to keep his distance, and he tries to make his opponent over-commit or hesitate, so he can react with an attack.

How do you fight the Runner?

One possible way to fight the Runner is to pressure him. Be aggressive and close the distance because the closer you get, the more uncomfortable he will become. The easiest way to do this is to drive him into the corner of the ring or mat, so you know he only has two ways out - left or right. You can then determine which way you want him to go by choosing the direction of the strike you decide to throw.

The following scenarios set up the same way, but give you a choice of using a spinning back kick or a spinning bottom fist.

Picture 1: Drive the Runner into the corner of the ring. The lines of the ring are walls to the Runner, and he will do whatever it takes to stay in the ring.

Picture 2: Throw a lead hand jab to the right side of the Runner's face to force the Runner to move to his left.

Picture 3a: Once the Runner moves to the left, execute a spinning back kick. The objective is to get the Runner to run into the kick, so the kicking leg must stay bent and tucked. Follow up with techniques of your choice. OR

Picture 3b: Once the Runner moves to the left, execute a spinning bottom fist, making sure that the other hand is up protecting your face. Follow up with techniques of your choice.

Who is the Kicker?

The Kicker can be a defensive or an offensive fighter, who throws kicks all the time. When in defensive mode, this fighter likes to keep his distance. He will throw kicks to keep you from moving in and getting inside. The best way to figure out if your opponent is a defensive Kicker is to use an initial move (a fake); if his first response is lifting his leg, he is most likely a Kicker.

How do you fight the Kicker?

One way to fight a Kicker who is being defensive is to “step into” the kick. Bring your lead hand closer to your face than you normally would in anticipation of the kick and step in to the kick instead of backing away. The Kicker may not know how to react, thus making it easier to follow up with other techniques. The hardest thing to do is to know when to step into the kick, so this should be practiced many times before using it in a competition. **Note: Be sure not to over-anticipate and get set up for double kicks.**

Picture1a: Opponent throws a lead leg high round kick. Bring your lead hand AGAINST your head to cover/block.

Picture2/3: Keep blocking hand against your head, “stepping in” and throwing a left hand hook, right hand cross.

Picture1b: Opponent throws left leg high round kick. Bring right hand off to your right side making an “S” shape with your hand. Make sure that your elbow is up against your body.

Picture2/3: Bring your right hand against your head while “stepping in” and throwing a left hand hook, right hand cross.



If you would like more information, contact us at rs_sensei@yahoo.com. Practice hard!

Team CKD Competition Uniform

The new *Team CKD* Competition Uniform will soon be available for purchase through CKD school owners by any CKD black belt. All proceeds from the sale of this uniform will go directly to supporting *Team CKD's* sponsored members' and coaches' competitive activities. CKD black belts may wear this uniform...

- at the annual *CKD World Championships* in any weapons, open forms, or fighting division (including team fighting).
- at open events on any tournament circuit.
- at any UFAF general, regional, or school event where approval to do so has been given by the governing body or person for the event.

All proceeds from the sale of this uniform will go directly to supporting *Team CKD's* sponsored members' and coaches' competitive activities.



uniform back logo

DRAMA

Connecting the Dots: Traditional Techniques, Fighting and the Do in Chun Kuk Do, Part 2

by Mr. Chris McLean
Region 4

In the previous issue we discussed 'connecting the dots' in our journey as martial artists, and the importance of our physical training. But that is not enough. Sometimes, the mental and spiritual parts of our art, the Do (way) aspect of Chun Kuk Do, may be overlooked. A balance between the physical, the mental, and the spiritual is critical.

My early years were spent as a bouncer. I witnessed, and sometimes had to participate, in fights where people were really trying to hurt each other. I had been blessed with good genes, which gave me great instincts and physical attributes for fighting, but it seemed I needed more. I did everything I could on my own to be better prepared for those tough nights. The energy lost in an adrenaline dump is extreme, and to be able to do it repeatedly takes being in great shape. I spent hours in the gym lifting weights, doing cardio, and working a heavy bag, but it was not enough.

Then I met a man who transcended the physical techniques of karate; he taught hardcore Korean karate, which had become his way of life. From him I learned how to respect my opponents, and to grow spiritually, mentally, and physically through hard training. He made me realize the importance of character. If you approach people with a peaceful internal posture and have nothing to prove there is no reason for conflict. He said things like, "I am teaching you how to fight so you don't have to fight." My experience with this man is what really started to connect the dots for me.

The mental evolution that occurs during our physical training is very interesting. For example, during our performance of techniques on the call, we do not have time to stop and think, or have feelings about our performance; therefore this is a practical way to learn to control our emotions. We also learn to let go of mistakes because they are in the past. We learn to focus on ourselves and not be distracted by the other people around us. Responding to techniques on the call gives an opportunity to stay focused on the present techniques being executed. We learn that all we have control of, is ourselves.

Through the CKD layered method of teaching, we, as students, will learn to process information in a logical progressive order, achieving a more disciplined cognitive thought process. The combination of the call and the layering of techniques will increase our reasoning ability, which leads us to be more in control of our reactions to fear. We will have a higher level of self-esteem due to being in better control of our emotions, and this will enable us to make better choices for ourselves.

This leads us to the spiritual principles of the system:

- the willingness to let the martial arts change our way of thinking
- honesty through personal integrity
- open mindedness coupled with humility, which allows us to be teachable
- loyalty to God, our family, our country and our style
- the discipline to be consistent and persevere in our efforts
- the responsibility to the style unity to pass these principles on to future generations.

These spiritual principles can be found in most of the major religions of the world and they are represented in our Chun Kuk Do code of ethics. It boils down to this: do good, avoid evil, and purify your heart.

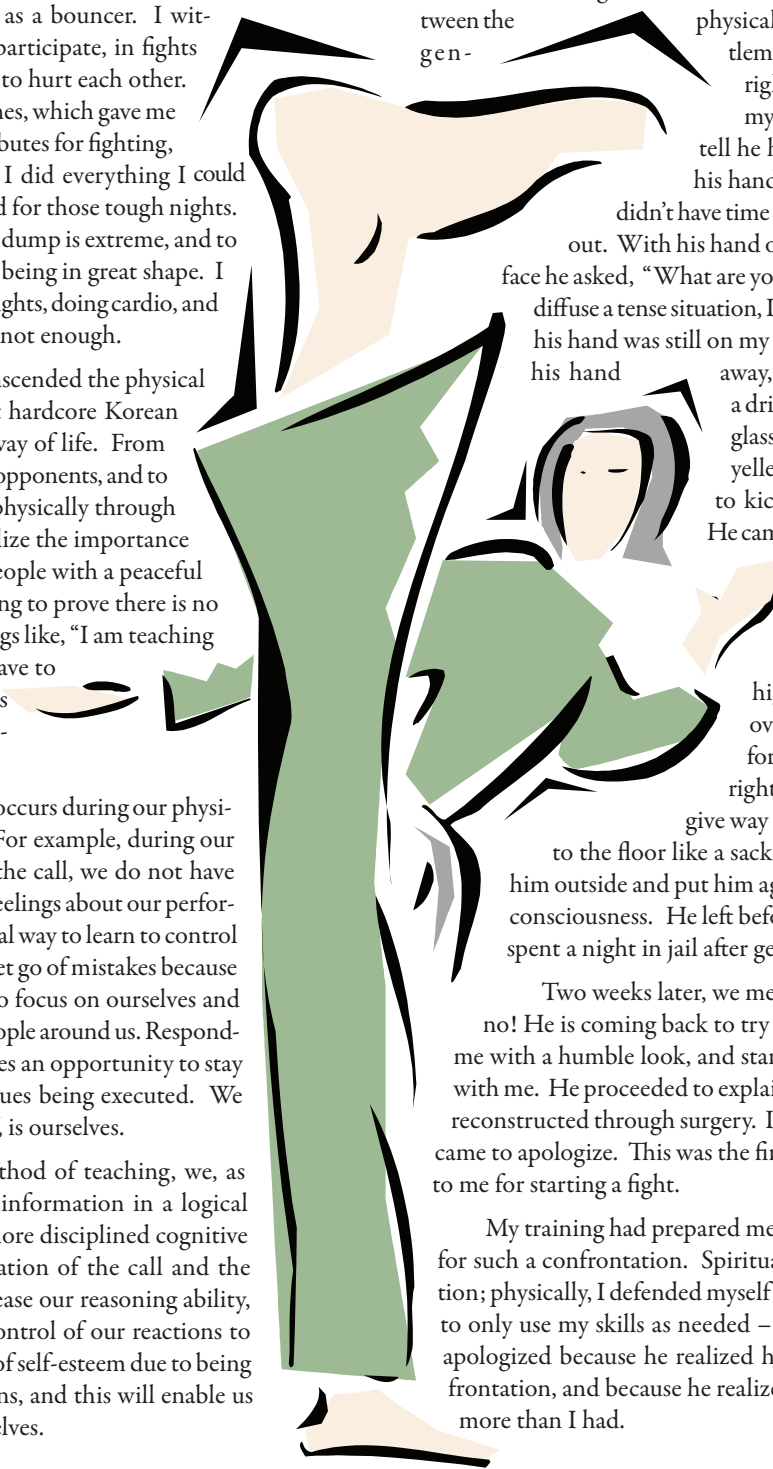
The following incident helped me realize the balance between the physical, mental and spiritual.

One night, a tleman, about thirty-something, walked right up next to me, blatantly invaded my safe zone, and stared at me. I could tell he had been drinking. As fast as light his hand was on my cheek; it was so quick I didn't have time to move. He could have knocked me out. With his hand on my cheek and a blank stare on his face he asked, "What are you going to do in a storm?" Trying to diffuse a tense situation, I smiled and said with a giggle - while his hand was still on my face - "Bring an umbrella." He took his hand away, walked over to the bar and ordered a drink. All of a sudden, he slammed the glass down, and turning to face me, he yelled at the top of his lungs, "I am going to kick your butt." (Polite translation!) He came right towards me, almost running!

To get ready to defend myself, I rose up off the stool, and using a combination right out of kata, I did a front kick to his groin and a high punch. The groin shot bent him over and put his head in the right spot for the high punch, which hit his cheek right under his eye. I could feel his face give way under my knuckles. He fell straight to the floor like a sack of potatoes, unconscious. We took him outside and put him against the wall while he regained his consciousness. He left before help could arrive; he would have spent a night in jail after getting out of the emergency room.

Two weeks later, we met again. My first thought was, "Oh no! He is coming back to try and shoot me." But he approached me with a humble look, and started to apologize for picking a fight with me. He proceeded to explain how he had to have his eye orbital reconstructed through surgery. I was shocked that even after that, he came to apologize. This was the first time anyone had ever apologized to me for starting a fight.

My training had prepared me physically, mentally and spiritually for such a confrontation. Spiritually, I had tried to diffuse the situation; physically, I defended myself; and mentally, I had the self-control to only use my skills as needed - and no further. I suspect the man apologized because he realized he was at fault for starting the confrontation, and because he realized that I could have hurt him much more than I had.



The practical application of self-defense is something that many martial arts students will probably never encounter unless they are in a career like law enforcement, the military or private security work; and then there are rules of engagement that predetermine what can and cannot be done. If a situation finds you, trust your traditional training. Remember, as we continue our journey, the dots will keep connecting.

If it's not yours, don't take it; if it's not true don't say it; if it's not right, don't do it.

Chris McLean 

WITH NOTHING TO PROVE THERE IS NO NEED FOR A CONFRONTATION. WHEN YOU GET TO THE POINT WHERE YOU HAVE TO FIGHT YOU HAVE ALREADY LOST THE BATTLE.

CHUCK NORRIS



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KIAI CORNER

Welcome to Kiai Corner! Here are the next two tales from Dr. Terrence Webster-Doyle's *Eye of the Hurricane: Tales of the Empty Handed Masters: The Hungry Tigers and The Test of the Wild Horse*, both of which will give you another clue to the riddle. Enjoy!

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 Hungry Tigers

Sitting in the cool shade of the forest under magnificent giant pine trees, the group of students gathered to hear their chief instructors tell their tales:

"There was a man traveling across a field who encountered a tiger. The man fled, the tiger chasing after him. Coming to a cliff, the man caught hold of a vine and swung himself down over the edge. The tiger sniffed hungrily down at him. Trembling, the man looked down to where, far below, another hungry-looking tiger was staring up at him. Only the vine held him from both these beasts.

"Then suddenly from nowhere, two mice appeared and began gnawing away at the vine. With a hungry tiger above and one below, and the mice gnawing away at his life line, the man suddenly noticed a delicious ripe strawberry growing on the side of the cliff. Holding on to the vine with one hand, he picked the strawberry with the other. How sweet it tasted!"

One of the instructors said to the students, "These tales all point to what cannot be pointed to: Empty Self."

Every time the students wanted to know about the true meaning of the Martial Arts – Empty Self – they received strange answers or even questions. For example, one of the students asked, "Teacher, what is the meaning of the Martial Arts? Where does Empty Self come from?" To which the instructor replied, "Where does this question of yours come from?"



The Test of the Wild Horse

"Students, today you will be tested by a wild horse." The chief instructor directed her three senior students to a narrow ravine where a wild horse grazed. She instructed them to go through the ravine and meet her on the other side where she would wait for them.

The first student stood and started through cautiously. Part way in, the wild horse charged him, flailing his hooves. The student skillfully blocked and dodged the hooves and made it through to the other side.

The next student stood at the entrance, deep in thought. Instead of entering the ravine directly, he decided to climb up the sides of the ravine and pass above the horse. The horse



tried to charge the student, but the student was too high up. He successfully passed the wild horse and reached the other side.

The third and last student stood at the entrance of the ravine. Both students and the instructor at the other end waited and watched. The third student sat down on the ground and started to play as if she were a child. The wild horse, curious, came up to the student who was playing with sticks in the dirt. Calmly and gently, the student reached out and stroked the horse's nose and slowly stood up and patted its neck and mane. The horse, sensing the student's calmness and kindness, stood still as the student got up on its back. Together they rode through the ravine to where the other students and their teacher were waiting.

SAFETY Tips

by Ms. Lindy Woods
Region 7

Here is an easy way to remember rules for staying safe!

S – *Surroundings:* Know your surroundings. Be aware of what's going on around you. Recognize dangerous places and people, and stay away from them. Keep a safe distance between you, and strangers or bullies.

A – *Attitude:* Have an alert, assertive, confident attitude. Stand up tall, and look strong. Remember, bullies pick on the weak - don't be an easy target! Look people in the eye. Stay calm and speak with a firm "bad dog" voice (the way you speak to a bad dog) if necessary. Draw attention to the situation by being loud.

F – *Friends:* Spend time with friends. There really is safety in numbers. Make friends, and be a friend to others. If you see someone else in trouble or getting bul-

Martial Arts Trivia

Congratulations to the following members who were the first to correctly answer the trivia questions from the last issue!

**Tyler Virtue
Jennifer Shearer
Xavier Westerguard
Emma Lowther
Audrey Lowther**

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

- 1. The six elements of a technique are: posture, lines of power, methods of generating power, footwork, timing, and focus.**
- 2. "Muchin" means empty mind or no mind.**
- 3. The Blitzler uses long-range footwork.**
- 4. PMAC stands for Professional Martial Artist Certification.**
- 5. Two techniques that can be used against a Blitzler are: step-away kick and reverse punch.**

Again, the answers to the following questions can be found somewhere in this issue. Be one of the first five members (14 and under) to email me the correct answers along with your complete mailing address, and you'll win a prize! You must be a UFAF member (student or black belt) in order to qualify. Check with your instructor if you are not sure. Good Luck.

- 1. Name the ABC's of self-defense.**
- 2. Complete this sentence: "I am teaching you how to fight _____."**
- 3. Name the "Safety" Tips in order.**
- 4. Who is UFAF's Director of Training and Advancement?**
- 5. Where will the ITC 2007 be held?**

lied, get help!

E – *Emergency:* Know what to do if there is an emergency or a problem. Learn how to dial 911 or use a pay phone to get help from the operator. Know where can you go to find help and safety if necessary.

T – *Talk:* Talk to an adult you trust - your parents, teachers, pastor, etc. If you have a problem, you need to talk to an adult about it. Even if you think you have taken care of it on your own, you still need to make an adult aware of what

has taken place. If you don't feel you can talk about it, write it down, and then give it to a trusted adult.

Y – *YOU:* Your feelings are your radar! If anyone or anything makes you feel uncomfortable, follow your gut and get away from there! Don't allow people to do things that you feel are wrong. It's OK for you to say "NO" and get away. You have the right to be, and feel, safe. Don't let anyone take that away from you. If you can't get away, use your CKD skills to defend yourself, escape, and find a trusted adult to talk to right away!

Team CKD News

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

Scott Halsey's Karate Championships

The National Black Belt League (NBL) season kicked off with Michael Holstein competing in Scott Halsey's Karate Championships in Reading, CA. This was Michael's first time competing as an adult, and he placed 1st in weapons, 2nd in forms, and won Grand Champion! The Grand Championship paid him \$300.00, and he was really jazzed about that.

Salt Lake City Internationals



Left to Right: Van Frasher, Michael Holstein, Robert Sapp, Madison Santos, Paulo Santos, Tanya Hunt

The first Team CKD tournament was the Salt Lake City Internationals (promoted by Darren and Rebecca Cox) held on March 9th and 10th, in Salt Lake City, UT. Team and support members consisted of the following individuals: Steve Nelson, Van Frasher, Tanya and Pam Hunt, Paulo and Madison Santos, Marty and Michael Holstein, Kenneth Fjeld, and Robert Sapp.

During Friday's competition, Van placed 1st in Continuous Sparring, Madison placed 3rd in Weapons, Michael placed 2nd in Weapons, 3rd in Contemporary Forms and 2nd Continuous Sparring, Tanya placed 2nd in Weapons, and 5th

in Continuous Sparring, being edged out in her first match with a score of 75-74. Wow! That's a lot of kicking and punching!

Saturday's competition blew up, with Madison going into a three way tie for 2nd place with two of the top performers in the NBL, and beating one of them earning 3rd in Forms. Tanya earned 5th in Forms and went head to head with the top fighter in her division earning 2nd in Sparring. Paulo held down



Front Row, L-R: Kenneth Fjeld, Madison Santos, Paulo Santos, Tanya Hunt Back Row, L-R: Van Frasher, Robert Sapp, Michael Holstein

a 4th in Forms, Michael earned a 2nd in West Coast Sparring, a 3rd in Point Sparring, and Van earned a 2nd in 18+ Sparring, a 2nd in 35+ Sparring and a 3rd in West Coast Sparring.

In addition, Mr. Kenneth Fjeld - Norway's newest and only UFAF member - earned 4th in Forms. A 3rd degree Shotokan black belt, he was in Utah training in CKD with Mr. Steve Nelson, and caught the competition bug while visiting Team CKD at the tournament! Kenneth was very gracious and donated \$400 per team member, for a total of \$1600 for the team. Now that's total team support! Mr. Nelson took the team to dinner, where we held a meeting to outline, identify, and commit to this year's goals and mission.

Golden Gate Internationals

The second tournament in which Team CKD participated was the Golden Gate Internationals (promoted by the Pallen Family), held on April 13th and 14th in San Francisco, CA. Team CKD members included Van Frasher, Tanya Hunt, Michael Holstein, Madison and Paulo Santos, and Team Coach Robert Sapp.

Here are the results:

Golden Gate Internationals Results

Madison Santos

2nd in weapons

8th in forms

Paulo Santos

7th in Korean forms

10th in Japanese forms

Tanya Hunt

1st in weapons

5th in continuous sparring

6th in forms

6th in sparring

Mike Holstein

4th in continuous sparring

7th in weapons

5th in contemporary forms

8th in Korean forms

1st in sparring

Van Frasher

1st in continuous sparring

2nd in West Coast sparring

6th in 35+ sparring

2nd in 18+ sparring

Jorge Alonzo

1st in West Coast sparring

David Alonzo

3rd in West Coast sparring

8th in sparring

Team CKD Competition Uniform



Region 7 News

by Mr. Stephen Hammersley

On March 30th-31st, 2007, American Martial Arts (AMA) in New Smyrna Beach, FL, hosted the Region 7 Black Belt Test and Seminars. The weekend started off with a Green Belt and Under Kids seminar taught by Ms. Lindy Woods, of Dunamis Karate, Ridgeland, SC. Students had a great time learning standing arm bars and working on their double kicks. Parents were very pleased to see their children be a part of this special event and AMA's Mrs. Godfrey stated that it is wonderful to see the kids have such great role models like the black

belts of Region 7.

Following the seminar, American Martial Arts student Wayne Malcolm, received his 2nd degree CKD black belt after two years of dedicated training following his 1st degree test. Mr. Malcolm has Downs Syndrome, but he does not let that hold him back. He lives on his own, goes to work each day, helps out at American Martial Arts as an Assistant Instructor, all while continuing his training. Congratulations to American Martial Arts student Justin Watson, who earned his 1st degree CKD black belt. A dedicated student, Justin is 14 years old and has been training since he was 7 years old.

The 2nd degree and above test started off the next day, with American Martial Arts students Tanya Hunt promoting to 4th degree black belt, Stacy Krause and Marlin Athearn promoting to 2nd degree black belt. Congratulations to all!

Region 7 was honored to have Mr. and Mrs. Potter as guests and instructors at this event. Master Potter taught an exciting belt seminar to all adult students, and they both sat on the test board. Mr. and Mrs. Potter are truly the most amazing couple in the martial arts! What a blessing it is when you can share your life with someone in the martial arts when, martial arts *is* your life.

Region 7 Chair, Master Elias taught two very informative seminars: one on the ABC's of self-defense (see page 8-9 in this issue!), and the other on advanced tournament fighting techniques. Master Hammersley discussed Default Training for one-steps and self-defense, and heightened our awareness and knowledge of ingrained default actions and reactions needed by the student necessary for success in

the dojo and survival on the street.

Congratulations and respect to the Region 7 black belts, students, parents and school owners for traveling so far to attend this event. It is through your participation and dedication that Region 7 and Chun Kuk Do will continue to grow.

KICKSTART News

by Ms. Andrea Theis

The Dallas Citywide Demonstration team performs in exclusive events for Mr. Norris and many others, which help the general public understand what KICKSTART is all about. Everyone is always happy to train and perform, and they put their best effort in every move they make. They fill the air with excitement!

The team is very appreciative of the great opportunity Mr. Norris has given them through KICKSTART, and its members share a bond of love for the martial arts, clearly phenomenal, that unites us all!



Front Row: L-R: Lindsey Smith, Darlene Salcedo, Maria Mora.
Back Row: L-R: Alex Chi, Annelise Scheussler, Randall Houston, Quoc Cao, Andrea Theis, Jeremy McQuivey, Jimmy Chi, Warren Scott



Front Row, L-R: Wayne Malcolm, Gretta Potter, Justin Watson
2nd Row, L-R: Stephen Hammersley, Tip Potter, Eric Hensley, Chuck Elias (Region Chair)



Front Row: Stacy Krause
2nd Row, L-R: Marlin Athearn, Gretta Potter, Tanya Hunt
3rd Row, L-R: Stephen Hammersley, Tip Potter, Chuck Elias (Region Chair), Eric Hensley



Region 7 Rocks!

Region 8 News

by Mr. John Presti

Region 8 Chair

On March 9th and 10th, 2007, Region 8 hosted its regional workout and testing. On the first day, there were about 25 students attending three seminars: Bo Basics, Nunchaku Basics, and Attacking Techniques. And to celebrate Grand Master Norris' birthday, we hosted a Black belt test! Actually that was a coincidence - but it was an honor!



Promoted to 1st degree black belt: Philip M. Maglio, Lauren Ingram, John Lynch, Matthew A. Maglio, Christopher Beutel, Dennis Siskey, Daniel Schlager, Zach Trunzo, and Philip A. Maglio.

Promoted to 2nd degree black belt: Jim English, Kaloni Plut and Sydney Bosch, Congratulations to my black belt instructors for their help in getting these students ready for their test, and to Mr. Bosch for his newly promoted black belts.



7th Annual Kid's Tournament and Kick-A-Thon

12,745 KICKS + \$7000.00 =

ONE SUCCESSFUL EVENT

by Mr. Jacob Sherman, Region 8


Without a doubt, Presti Karate Centers hosted our most successful kid's tournament and kick-a-thon to date! We were thrilled to be able to present a check for \$3500.00 each to Mr. Norris' KICKSTART Program, and Healthy

Families Niagara. This year's event was open to area Chun Kuk Do schools and drew 140 competitors from Mr. Bosch's St Catharine's, ON school, and Mr. Presti's Niagara Falls, Lewiston, and Corning, NY schools.

Heartfelt thanks go to the numerous volunteers, planners and sponsors who made this a banner event! Special thanks go to Jennifer Gilmer for her unprecedented fundraising efforts, Ingersoll Rand, and Maid of the Mist Corporation for their outstanding sponsorship and support.




L-R: Mr. Presti, Connie Ignatowski- Program Director Healthy Families Niagara, and Top Performers: Steven Lageman, and Jordan D'Angelo

Congratulations to the following TOP PERFORMERS: Steven Lageman- Top Kicker kicking 272 kicks in two minutes, and Jordan D'Angelo- Top Fundraiser bringing in \$410.00. 

Region 10 News

by Mr. Rodolfo Varela

Region 10 Chair

In February 2007, Ms. Claudia Hernandez was promoted to 2nd degree black belt. Congratulations to Ms. Hernandez - she did a great job! 




Front Row: Claudia Hernandez 2nd Row, L-R: Javier Varela, Rodolfo Varela, Luis Garza

Region 9 News

by Ms. Clara Melendez

Congressman Bob Filner honored Ms. Clara Melendez and K.W. Karate Center in El Centro California, with the Citizen of the Month Special United States Congressional Award. "This program really helps change kids' lives, and teaches them discipline," Filner said. Black belt instructor Clara Melendez extends this award to all black belt and student members of the United Fighting Arts Federation who practice Chun Kuk Do.




Also, on February 25th, 2007, K.W. Karate Center hosted their 15th Annual Four Valleys of the Sun Karate Championships in El Centro, CA. Over 500 competitors attended from Southern California, Arizona, and Mexico, with 120 students performing a demonstration at the beginning of the tournament. It is with pleasure that we host this tournament, and provide our community an opportunity to witness a safe, fun, and positive experience in martial arts, and promote the art of Chun Kuk Do. 


Region 5 News

by Mr. Howard Munding


On February 17th, 2007, Region 5 held a black belt test. Promoted to 2nd degree black belt: Daylene Rodney, Cody Smith-Lankford, Matthew Nedza, Billy Rudolph, and Alexandru Buzata. Promoted to 1st degree black belt: Michael Edwards, Tyler Shaul, Phil Soimora, Brandon Balsino, Oleh Tritenichenko, and Jackson Smalley. Mr. Smalley was presented with a special plaque to recognize his extraordinary effort in preparing for his test.

On Saturday March 24th, 2007 Arizona Fighting Arts Federation and Karate Kids World held the 1st Annual Howard Jackson Memorial Kick-A-Thon to benefit St. Jude's Children's Hospital. The students raised \$841.00 and performed 2,317 kicks to help St. Jude's patients 'kick' cancer.

Each participant performed as many kicks as they could in 1 minute. They had a 1-minute break, and kicked for another minute. The Top Kickers in each age group were 7 & under - Alvaro Flores = 259 kicks; 8-12 year old - Kevin Rudolph = 239 kicks; 13-17 year old - Travis Starr = 286 kicks. 

There are some big plans in the future for the demo team, such as performing at a local football game, and some spring and summer public events. 

Ingram to the Board. A 6th degree Black Belt, Mr. Ingram brings a wealth of knowledge to the Board and Region, and we are fortunate to have him. We look forward to seeing everyone at the ITC in July!

On March 3rd, 2007, Region 2 held its Annual Region 2 Tournament. The proceeds from this tournament were donated to KICKSTART. We raised \$975.00 for this worthy cause! Thank you to all who participated, bought raffle tickets, helped organize, and assisted! A special thanks to Mrs. Tara Bidwell, our Tournament Coordinator! 



Front Row: Jackson Smalley **2nd Row, L-R:** Michael Edwards, Tyler Shaul, Phil Soimora, Brandon Balsino, Oleh Tritenichenko **3rd Row, L-R:** Daylene Rodney, Cody Smith-Lankford, Matthew Nedza, Billy Rudolph, and Alexandru Buzata **4th Row L-R:** Mr. Berry, Mr. David Alonzo, Mr. Munding, Mr. Jorge Alonzo, Mr. Haggard, Mr. Potter, Mr. Kittsmiller, Mr. Smith, Ms. Hum



Front Row: Erin Henderson **2nd Row, L-R:** Brian Davis, Charles Forth, Jason Wilcox **3rd Row, L-R:** James Hutchinson, Tom Buck, Stephen Boyd, Josh Roberts, Kyle Smith, Mark Schroeder **4th Row, L-R:** Tim Clark, Karen Rine, Matt Barber, Charles Comas, Clayton Ferguson (Region 6 Chair), Rick Rine



Front Row: L-R: Paul Bustamante, Brandon Smith, Karen Crittenden, Tara Bidwell **Back Row:** L-R: Doug Ingram, John York, Joe Gemma, Jim Chandler, Vic Matera

Region 6 News

by Ms. Karen Rine

Rine Karate Studio in Weirton, WV, was privileged to host the Region 6 Chun Kuk Do black belt test on February 25th, 2007. Promoted to 2nd Degree Black were Brian Davis from Clark Karate in Raceland, KY, Charles Forth from Champion Martial Arts in Barbo-urville, WV, and Jason Wilcox from Family Martial Arts in Beckley, WV. Promoted to 1st Degree Black were Stephen Boyd, Tom Buck, and Mark Schroeder from CJ Karate Studio in Bethlehem, WV, Erin Henderson and James Hutchinson from Clark Karate in Raceland, KY, and Josh Roberts and Kyle Smith from Rine Karate Studio in Weirton, WV.



Front Row: Zoey Landers **2nd Row, L-R:** Alex Storch, Alexa Coggins, Autumn Johnson **3rd Row, L-R:** Ashley Dague, Kaitlyn Kelly **4th Row, L-R:** Kelli Dague, Monica Wood, Heather Wood **5th Row, L-R:** Chelsea Jones, Charles Comas

More Region 6 News

by Mr. Charles Comas

Within the past six months things have been changing at CJ Karate Studio. Under the direction of owner and head instructor Mr. Charles Comas, and instructor Ms. Chelsea Jones, an *all girls* demo team has been formed! This past Christmas the demo team made its first appearance at the studio Christmas party.

Region 2 News

by Mr. Joe Gemma


Region 2 Chair

Region 2 held a Black Belt testing on Friday, March 2nd, 2007 in Boulder City, NV. Congratulations to the following individuals who were promoted in rank: Brandon Smith- 2nd degree black belt, Karen Crittenden- 1st degree black belt

Region 2 would like to welcome Mr. Doug

Region 3 News

by Ms. Karen Dorey

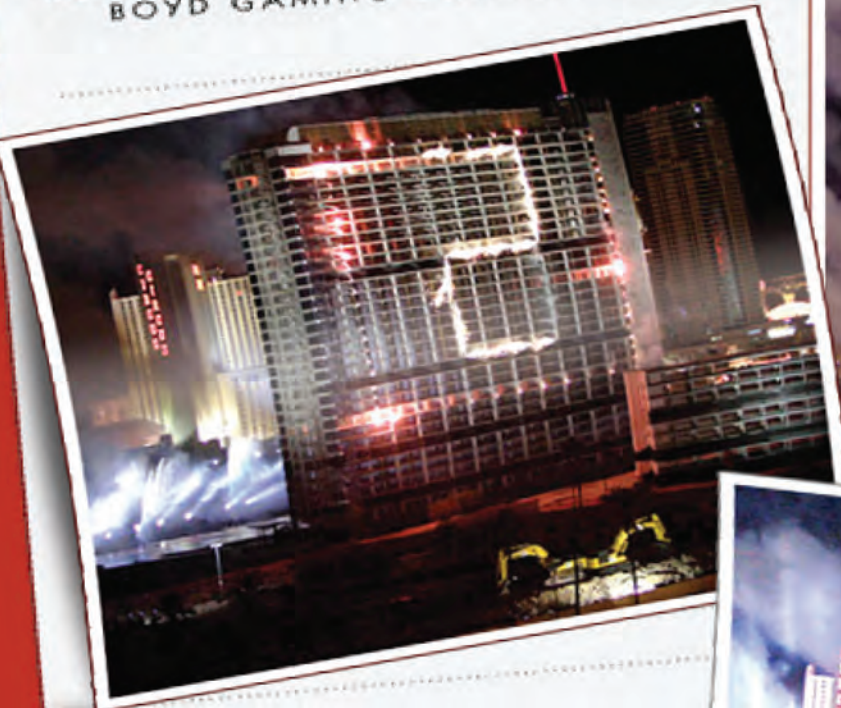
Region 3 held a black belt testing on March 3rd, 2007. Five students were promoted to 1st degree black belt: Michael Graber, Logan Kistler, Lily Hawkins, Demitri Luciano, and Serena Ettinger. Mr. Dan Bluhm, who came from another style, also became a Chun Kuk Do black belt. Mr. Jeremy Pasimio passed his 3rd degree test, and Mr. Nick Alden passed his 2nd degree black belt. 



Front Row, L-R: Logan Kilter, Lily Hawkins, Demitri Luciano, and Serena Ettinger. **2nd Row, L-R:** Michael Graber, Jeremy Pasimio, Dan Bluhm, Nick Alden **3rd Row, L-R:** Shantell Dawson, David George, Jeannie Newfield, John Devore, Richard Dodge, Bill Phillip, Chip Wright and Diane Huntemann (Regional Chair)

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