

# OCTAGON

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

## ***INSIDE THIS EDITION***

***International Training Conference (ITC) 2008***

***Who's Who at UFAF***

***Training***

***Kiai Corner***

***Region News***



***CONTEST, CONTEST, CONTEST!***

***IDENTIFY THE MINI MARTIAL ARTISTS!***

***Nice form!***



## United Fighting Arts Federation Mission Statement

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

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

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

## The Octagon

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To all my black belts and students,

As I reminisce about my many years in the martial arts, I cannot help but think of how much the martial arts has meant to me. Many of you know, from some of my books or articles about me, that I grew up fairly shy, and in very humble circumstances. It is the martial arts that gave me the drive, the determination, and most importantly the confidence to go after my goals and dreams, and make them a reality.

The martial arts remain a central part of all I do, and I'm always excited about CKD and all this style has to offer those who decide to study, and train, and grow in this great art. I am always so impressed with the students that we have in CKD, and all they accomplish while being a part of this great organization.

Gena and I are looking forward to being with each of you at this year's ITC.

Sincerely,  
Chuck Norris  
Founder



Everyone To The POOL!!

It's pool party time, if you haven't already heard. This year's meet-and-greet will take place by the pool, right after the Master Rank Induction ceremony (which will be inside – not at the pool). There will be great music and food, and the opportunity to see old friends and make new friends - poolside. Thanks to Mrs. Bidwell's hard work and negotiation skills with the South Point, we are in the water Thursday night. So let's RUMBA – no, that's not a new kata.

The ITC has always been more than just a group of people working out. To me it is always the highlight of my martial arts learning. I get to listen, watch, try to perform, and enhance my skills, from some of the world's most prestigious black belts. Dollar for dollar, I can't think of a better deal than the ITC!

I also met many new friends at the first, extremely successful Mexico Training Conference (MTC), held in October 2007. I hope to see you all again in Vegas. By the way, if you have any extra pictures of the MTC would you please bring them? Thank You!

If you would like any information, or have any questions or concerns about the ITC, please call me! My office phone number at my school in Niagara Falls is 716-285-9242, and I am usually there from 6:00am until noon (I am on the east coast – so please keep in mind the time difference). If I'm not there, my staff will know where to find me. Please tell them you need some UFAF questions answered.

So, get ready, pack your bags, get your tickets, register online at [www.ufaf.org](http://www.ufaf.org) by June 2nd, and reserve your room. And stop me when you see me to say hello; your input is important to me and I would love to meet you.

Sincerely,  
Mr. John Presti  
Director, Special Events

# SPOTLIGHTS



It's coming! Don't miss it! The 2008 ITC is fast approaching!

**July 17th – 20th, 2008 (some start as early as July 14th)**  
**South Point Hotel, Casino & Spa**  
**Las Vegas, NV**

Are you going to compete in Team Sparring?

Register your team at the ITC registration desk by Friday, July 18th, at 6:00 pm.

Are you participating in the Demo Team Competition?

Register your team at the ITC by noon on Friday, July 18th.

**Here's a checklist to help you plan your trip!**

☛ Register for the ITC and the tournament online at [www.ufaf.org](http://www.ufaf.org) by June 2nd and get a \$100.00 discount!

☛ Book your flight!

☛ Reserve your room! Call the South Point at 866- 791-7626. Use group code: United Fighting Arts Federation

Items to bring:

☛ Fighting Gear

☛ Weapon (if you've chosen to compete with one, or if your seminar requires one).

☛ Uniform (s) - don't forget your belt! Consider a grappling uniform as well, if you have one.

☛ Sunscreen! Bathing suit! Flip-Flops! Sunglasses!

☛ Black Belts – dress uniform

☛ Blue – Red belts – nice outfit

## Editor's Note



*I love my job as editor because I continually learn new things; but the best part is that I have the opportunity to work with many members of our CKD family. Thanks to all those who have contributed articles, and have shared your thoughts with me.*

*This issue is overflowing with ITC information, great training articles, a fun conversation with Mr. Aaron Norris, and a contest (Thanks Jacob Sherman for the great idea)!*

*Enjoy your journey,*

*Astrid Fabian*

for the awards dinner on Saturday night

☛ Camera – create and share your memories!

### Chuck Norris Fun Facts:

**Time waits for no man. Unless that man is Chuck Norris.**

**Chuck Norris CAN believe it's not butter.**

**Chuck Norris can divide by zero.**

View the Octagon online at [www.ufaf.org/octagon](http://www.ufaf.org/octagon).

# CONTENTS

## International Training Conference (ITC) 2008-4

*Headliners and Seminar Schedule*

### ITC 2008 Seminars-6-8

### Tournament Rules-9-10

*HAVE FUN AND BE SAFE!*

### Who's Who at UFAF-11

*Please meet our President, Mr. Aaron Norris.*

## Training-12-13

*One-Steps - Their Significance and Execution – Part 1*

## Training-14-15

*Beating the Bully - Part 1*

## Kiai Corner-16

## Region News-17-19

## Contest-Back Cover



# ITC 2008 HEADLINERS

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### **Raffy Pambuan-** FROM STANDUP TO TAKEDOWN - THE PAMBUAN EDGE

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

Ama-Guro Pambuan will teach a blend of stick, stick grappling, and edged-weapon methods. He will introduce two-man drills designed to increase sensitivity to your surroundings, and to attack your opponent's weapons while keeping yourself safe from counter attacks. You will learn how to use footwork to place yourself in the optimum range to attack, counter, unbalance/destabilize, and take your opponent down. The perfect bridge between standup and ground fighting!

Ama-Guro Pambuan will be assisted by several qualified practitioners of the system, to ensure that everyone present has the best possible learning experience.





## Ken Gallacher

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



## John Will and David Meyer- BRAZILIAN JIU-JITSU

Back by popular demand, these premier Brazilian jiu-jitsu instructors return to share more grappling knowledge with UFAF members. If you have experienced a Will/Meyer seminar before, you know what great technicians, teachers, and communicators they are. Don't miss this chance to train with UFAF's grappling partners and creators of the CKD Grappling Program curriculum!



## Ed Saenz- TRAINING WITH CHAMPIONS

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

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

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

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

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

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

**Chuck Elias, Clayton Ferguson, David Alonzo, Sonia Moreno, David George, Alice McCleary,** and other greats!



SEMINAR SCHEDULE	FRIDAY 8:30	FRIDAY 10:30	SATURDAY 8:30	SATURDAY 10:30
2ND+ DEGREE BLACK BELT ADULTS	KEN GALLACHER	JOHN WILL & DAVID MEYER	RAFFY PAMBUAN	ED SAENZ
1ST DEGREE BLACK BELT ADULTS	JOHN WILL & DAVID MEYER	ED SAENZ	KEN GALLACHER	RAFFY PAMBUAN
RED BELT ADULTS	TOMMY CROUCH	JOHN COMITO	RIGO CARDENAS	ALICE MCCLEARY
BLUE-GREEN BELT ADULTS	STEVE NELSON	JOE GEMMA	JOHN PRESTI	STEVE GIROUX
BLACK AND RED YOUTH	DAVID RODRIGUEZ	CLAYTON FERGUSON	STEPHEN HAMMERSLEY	ERIC JONES
BLUE-GREEN YOUTH	STEVE BROWN	ASTRID FABIAN	NICK SHEATS	HOWARD MUNDING

## The Here and Now - Mastering techniques on the call for your black belt test-



TOMMY CROUCH

Learn why traditional and fighting techniques on the call are such vital parts of your training AND your black belt test! Discover and lock into the proper mindset for performing techniques on the call. Lose your fear of long combinations by understanding the building blocks of good fighting techniques and how they fit together. Mr. Crouch says: "The process of how a student gets a black belt should never be a mystery, but a natural step in one's training - not something to be feared!"

6th degree CKD black belt Tommy Crouch is the owner/lead instructor at The Dojo Experience in Magnolia, Texas. He is featured in the CKD forms video series, where anyone can see his awesome technical skills. A dynamic and knowledgeable teacher of CKD, this former KICKSTART instructor and current CKD school owner has served as a regional chair, been a member of Team CKD, and is an outstanding demo team director, having worked with teams from KICKSTART, Team CKD, and his own school.

## One-Steps with an Attitude! - for the Test AND the Street- JOE GEMMA



This seminar is designed for the performance of one-steps in the testing environment as well as for self defense. Learn a more efficient way to teach and do one-steps, as opposed to memorizing. One-steps are one of the most important self-defense aspects of the martial arts, giving you the ability to block an attack, use your hands and feet to defend yourself, and to control distance between an attacker and you.

Joe Gemma is a 7th degree CKD black belt. He spent 27+ years with the Las Vegas Metropolitan Police Department (LVMPD), retiring in July 2007 as a Lieutenant. During those years, Mr. Gemma had many responsibilities, among them training over 1500 officers in defensive tactics. Mr. Gemma is one of UFAF's most popular seminar instructors, and currently serves as Chair of UFAF Region 2.

## Weapons 101 - Nunchaku- STEPHEN HAMMERSLEY



Have a blast learning the skills and history of this martial arts weapon from one of UFAF's premier weapons instructors and competitors. Practice single and double nunchaku techniques. Start with basic grips and passes, and then move toward more advanced skills. Even learn a single and double nunchaku kata for competition! BYON!: Bring Your Own Nunchaku! If you have two, bring them both!

Stephen Hammersley is a 7th degree CKD black belt and member of the UFAF Board of Directors. He has won many 1st place weapons championships throughout the years at UFAF's annual tournament, and was 2000 Senior Competitor of the Year. Mr. Hammersley has dedicated his life to teaching the art of Chun Kuk Do, and has operated his school, American Martial Arts, for over 20 years.

## Understanding Kata - Bringing forms from make-believe to reality- STEVE NELSON



What is a kata really? With all the current interest in reality-based martial arts, why do we still train with kata in CKD? Some answers will surprise you! Come on a workout journey to learn what forms really are, why they were invented, some of their history, and why we do them in CKD today; why the traditional kata and Mr. Norris' / UFAF's additions to the the kata repertoire are much more than just "something else to memorize." Mr. Nelson promises you will come away with better forms, and with a new understanding and appreciation for your forms training.

7th degree CKD black belt Steve Nelson serves you on UFAF's Board of Directors as Director of Operations & Development and Corporate Treasurer. He is a 2003, 2005, and 2006 CKD World Champion - once in fighting and twice in traditional kata - and was the 2006 Norris Cup winner in Sr. Kata. He lives, trains, and teaches in Orem, Utah.

## Bringing Your Opponent Down to Size - Sweeps for sparring, one-steps, and self defense- JOHN PRESTI



John Presti enjoyed a successful competitive career in the 1970's (details below). A giant of a man in every way but physical size, Mr. Presti became known for bringing his opponents down to size by bringing them to the floor! Some of Mr. Presti's sweeps are great for tournament competition, and all are perfect for one-steps and self defense. Want to bring your opponent down to size? Mr. Presti can show you how! Sparring boots required. Shin guards recommended!

John Presti is a 7th degree Chun Kuk Do black belt, owner of Presti Karate Centers, chair of UFAF Region 8, and serves on UFAF's Board of Directors as Director of Special Events. He spearheads the annual ITC. In 2007, he led the effort to take a UFAF training event to Mexico City. You can read the spectacular results in the January 2008 Octagon. Mr. Presti began his training in 1967 and is known for his fighting career, having won many amateur fights from 1974 to 1977. He fought for the New York State Professional Full Contact Karate Association and had a pro record of 23-3; he was rated #4 in New York State.

## Youth Self Defense- A disciplined approach to peer-to-peer self defense-



CLAYTON FERGUSON

Recognize and avoid aggressive and violent behavior in peer groups. Learn great methods for verbally controlling or minimizing a bad situation, and use your martial arts skills to control the situation rather than damage an opponent.

Clayton Ferguson is a 7th degree Chun Kuk Do black belt and serves as UFAF's Region 6 Chair. He has competed in the US and abroad, earning numerous grand champion titles in forms and fighting. He was the Sr. Men's Fighting Norris Cup Winner in 2004. Mr. Ferguson owns and teaches at Champion Martial Arts Center in Barboursville, WV.

## The Best Defense is a Good Offense!- STEVE GIROUX



One of UFAF's premier fighters, Steve Giroux will take you into new territory in competitive sparring. Learn to develop and realistically practice effective lunging hand and foot techniques designed for competitive sparring, and how use these and other techniques to launch your most explosive blitz ever!

6th degree CKD black belt Steve Giroux has been an active competitor for over 18 years. He represented the United States as part of the first karate team to exchange goodwill in the former Soviet Union in March 1989. In addition to many local and national middleweight point sparring titles, he was grand champion at the 1999 UFAF International Karate Championships held at the Stardust Hotel and Casino in Las Vegas. Mr. Giroux has been nationally rated #2 by NASKA in light heavyweight point sparring.

## Kicks that Work!- NICK SHEATS



Perform kicks and jump kicks properly, and to make them look great too! Balance drills, position drills, jumping drills, speed drills, and more. With this opportunity to train with one of the best, by the time you finish you won't believe how much you've learned! And practiced!

Starting at age 4, Nick Sheats was trained in kicking techniques (and all other aspects of CKD) by Chip Wright, earning his black belt at age 8! Adding to his training, he began competitive gymnastics training at age 6. Turning his dreams into reality, he is now a 6th degree CKD black belt and a coach for the USA Men's Junior Olympic gymnastics program! It would take pages to list all the world and USA titles he has taken in karate competition on various competition circuits. Recognitions and awards too numerous to mention: halls of fame, black belt of the year on several competition circuits, twice UFAF's Most Inspirational member (1993 and 1999), Mr. Sheats has been at every convention or ITC since 1986!

In addition to his CKD experience, Mr. Sheats holds a 3rd degree black belt in Songahm Taekwondo, and traveled with the ATA's Grandmaster Lee to Korea on a demonstration tour in 1996. Mr. Sheats resides in Olympia, WA.

## Traditional Kata like a Champion!!!- DAVID RODRIGUEZ



Learning from one of the most consistently successful kata champions in UFAF, participants will receive specific instruction on how to demonstrate superior technique and perform Chun Kuk Do's traditional kata the way they should be: with championship intensity and power!

From Tijuana, Baja California, Mexico, David Rodriguez is a 6th degree CKD black belt and FIVE-time grand champion at UFAF's annual tournament! Mr. Rodriguez won the Norris Cup in 2005 for Adult Kata. He has won more than 25 other grand championships in tournaments across Mexico and the United States in kata and sparring. A CKD school owner, Mr. Rodriguez also serves on UFAF's Advisory Board as Spanish Language Liaison to the UFAF Board of Directors.

## The Universal Way of One-Steps- ALICE MCCLEARY



Prior to black belt, the best way to incorporate the idea of "The Universal Way" is through our one-steps. While there are standard expectations for one-steps, the techniques employed to meet them are left up to students and instructors. Here we can truly begin to explore the wide world of martial arts – bringing in techniques from many backgrounds and styles. In a single one-step, we will use a Krav Maga-style simultaneous block and counterattack, in-close Muay Thai knees and elbows, then move out with kicks from CKD, and shoot back in with traditional karate hand techniques, all leading up to a Sambo throw and leg lock. Along the way, we will discover some of the philosophy, both technical and historical, that drives each of these styles, as we explore and incorporate them into our "Universal Way" of one-steps.

With martial arts experience spanning 25 years, Alice McCleary is a 6th degree Chun Kuk Do black belt and 3-time sparring grand champion at the ITC, including the first Norris Cup for Women's Fighting. She also holds black belts in three other styles – Judo (2nd), TKD (2nd), and Shorokan (1st). She has successfully competed in Open Style Karate, Olympic Style TKD, Traditional Karate (1991 AAU National Champion), and Judo (2000 National Ladder Champion). From 1993 to 2000 she served as an instructor, Team Leader, and City Team Leader in the KICKSTART program in Houston, TX, producing ten CKD black belts, including the first two KICKSTART students to earn black belt rank. She now owns and operates McCleary Martial Arts Center in Hiram, GA, teaching CKD and Judo.



## Street-wise Personal Protection for Kids-



HOWARD MUNDING

Non-lethal defensive techniques that can be used to stop attacks by bullies at school, in the park, on the playground, or in the neighborhood.

Howard Munding is a 4th degree black belt in Chun Kuk Do who resides in Peoria, AZ. He owns and teaches at the Arizona Fighting Arts Federation studio in Peoria. Mr. Munding oversees event security at the ITC, and is a former editor of The Octagon.

He has been an influential part of UFAF for many years - so highly thought of that he was recipient of the 2001 Wieland Norris Award.

## Initial Move and Blitzing!- RIGO CARDENAS



Come away from this seminar with the tools you need to have a quick initial move and a quick blitz!

Now a 4th degree black belt, Mr. Rigoberto Cardenas received his black belt in the summer of 1998 through the KICKSTART program. In 2002 he started working for KICKSTART, and is still a proud employee. He has competed on many tournament circuits, and was on Team CKD. Mr. Cardenas is a two-time CKD World Champion, winning the heavyweight division in both 2006 and 2007. He was also UFAF's Male Competitor of the Year in 2007.

## Movement in Fighting – Getting you there!- ASTRID FABIAN



No matter which type of fighter you are, or which type of fighter you are facing, your footwork and movement can help you win! Practical, fun drills and concepts to dramatically improve your fighting game!

Astrid Fabian is a 4th degree Chun Kuk Do black belt and currently an instructor at Club Karate in Port Royal, SC under Mr. Chuck Elias. She was the 2003 and 2004 UFAF Female Competitor of the Year. In 2004 she was a member of one of the first-ever female fighting teams at the CKD World Championships, earning first place. As current Editor in Chief, Ms. Fabian and her production team are responsible for the publication of The Octagon - UFAF's official news magazine. If you appreciate this fine publication, you can tell her in person at the ITC!

## Core to Core!- STEVE BROWN



Mr. Brown's two-part session is going to first focus on some of the "Core" Chun Kuk Do skills that are developed in the Giecho Hyungs, then finish everyone off with a workout dedicated to the "Core" muscles of the body that are so important to the functional strength of a martial artist.

Steve Brown is a 5th degree CKD black belt and owner/head instructor at Top Form Karate & Fitness in Weirton, WV. He currently serves on the UFAF Advisory Board, UFAF Region 8 Testing Board, and is a graduate of the UFAF Master Development Series™ (MDS) Levels One and Two. Mr. Brown is also one of the first 50 Tae Bo™ Fitness instructors in the USA personally certified by Tae Bo™ founder/creator Billy Blanks.

## Becoming a Sheepdog in a World of Sheep and Wolves- JOHN COMITO



What does it take to use your martial arts skills in an actual self defense situation? We will explore the decision-making process for responding to threats, and the body's psychological and physiological responses to life-and-death situations. We'll learn how to train to use our self defense techniques with a measured response to a perceived threat.

Mr. Comito currently holds 5th degree black belts in CKD and Il Do Kwan, and a 7th degree black belt from Ama Guro Raffy Pambuan. Mr. Comito taught 5 years for KICKSTART, and is an Assistant Defensive Tactics Instructor for the Addison, Texas Police Department. He trained various Army units during deployments to Afghanistan and Iraq, earning the military's Bronze Star while serving in Iraq. He was previously very active in tournament competition, winning UFAF Sr. Fighting Grand Champion three times. Mr. Comito is a Wieland Norris Award recipient, and has earned the UFAF Certified Professional Martial Artist designation. He was named Master Instructor of The Year from The World Head Of Family Sokeship Council in 2008.

## Awesome Basic Trickz-



ERIC JONES

Want to spice up your open forms with some awesome extreme martial arts tricks? Do you wonder if you can do it? Mr. Jones will get you started, or help you improve your current bag of martial arts tricks.

Eric Jones is a 2nd degree CKD black belt. This former KICKSTART student is a 2007 High School Honor Graduate from Dwight D. Eisenhower High School in Houston, Texas. He's currently enrolled in Houston Community College after which he plans to attend the University of Houston and major in Computer Engineering. In addition to his many high school accomplishments, Eric is a two-time Norris Cup winner in Jr. Forms (2006 & 2007). He is also a three-time KICKSTART State Champion (2004, 2005, and 2006).

## Rules and Information

Most divisions will be determined based on the number of competitors entering each age bracket and rank bracket. For example, if three competitors enter the 10-year-old green belt division and three competitors enter the 11-year-old green belt division, they may be combined into one division. If eight competitors enter the 10-year-old green belt division and eight competitors enter the 11-year-old green belt division, they may be kept as two separate divisions. Further separation or combining may be made based on age, rank, gender, and (for adults only) weight. Males will not fight females.

### TOURNAMENT FIGHTING RULES (also applies to Team Fighting)

Safety Equipment: Mouthpiece, groin cup (males), hand, foot, and headgear are required. Foam dipped type gloves, or other industry standard sparring gloves. No bag gloves. Cups cannot be worn outside the uniform.

#### 1. HAVE FUN AND BE SAFE!

2. All fights will be 2 minutes, or a 5-point spread, whichever comes first. The person with the most points at the end of 2 minutes wins. If a 5-point spread occurs any time during the 2 minutes, the fight ends. If there is a tie score at the end of 2 minutes, the match will be determined by "sudden victory" - first competitor to score will win the match.

3. Black belts may use light contact to score to the head, and light or moderate contact to score to body scoring areas. Under black belts may use no contact to face scoring areas, light or no contact to headgear scoring areas, and light contact to body scoring areas.

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).

5. The front foot may be checked/swept, boot-to-boot. The attacker may use either the front or rear foot to attack an opponent's front foot.

6. After a takedown, there are 3 seconds during which a point can occur. The person on the ground can either be scored upon, or score, during this 3 second period.

7. When a competitor has a foot outside the boundary line, he/she may NOT score, but he/she may be scored upon. Forced out vs. Running out - A player is not penalized for fighting out or being forced out of the ring, but shall be penalized one

(1) point for running out to avoid fighting.

8. Legal targets are the head, front and side of the torso, and the groin (male and female). Illegal targets are the throat/neck, the back, and the legs.

9. The following will not be tolerated and are grounds for immediate disqualification: **Malicious, intentional attacks, Repeated illegal contact, Disrespectful conduct.**

#### 10. Penalties

Excessive contact, illegal contact, illegal techniques, contact to non-scoring areas, hitting after a call to stop, out of bounds, and unsportsmanlike conduct are subject to penalty points or disqualification by the center judge or with a majority vote by the judges. Penalty points may be given on the first infraction.

#### 11. Point and Penalty

When one player earns a point, and at the same call the opponent incurs a penalty, the first player is issued two points. A point and a penalty cannot be given to the same player, at the same time.

#### 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

#### 13. Grand Championship

A bye will be issued when needed. Closest weight divisions will fight each other, and the bye(s) will then fight the next closest weight.

### TEAM FIGHTING RULES

All teams must register by 6:00pm, Friday, July 18<sup>th</sup>. 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

#### 1. Judging

The first three competitors perform their katas and are called up individually for scoring after the third competitor performs.

#### 2. Scoring

Under belts are to be scored between 6.0 and 8.0, with 7.0 considered average. (Example 7.5)



## Rules and Information continued.

Black belts are to be scored between 8.0 and 10.0, with 9.0 considered average. (Example 9.5)

Tenths must be used as this will help avoid tie scores. For example, Judge A in a division of 6 black belts with similar skills might score them as follows: 8.7, 9.1, 8.9, 9.1, 9.3, and 9.5. If there are five judges, the high and low scores will be dropped and the remaining scores added together. The highest total wins. If there are only three judges all of the scores will be added together.

**Ties will be broken by a show of hands. (Pointing) The scorekeeper must inform each judge as to which player they gave the higher score to when they initially scored them and that judge must point to that same player. If a judge gave both players the same score then they must point to both players. For ties between 3 or more, a second (or more) show of hands may be required for a process of elimination. If in the end any players are still tied then they must run their forms again**

### 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 Blue and Green Belts: Giecho Hyung Il Bu, Giecho Hyung Il Bu Sang Gup, Giecho Hyung Yi Bu, Giecho Hyung Yi Bu Sang Gup, Giecho Hyung Sahm Bu, Pyong An Cho Dan, Pyong An Yi Dan, Pyong An Sahm 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.

### 4. Grand Championships

There will be five judges. The high and low scores will be dropped and the remaining scores added together. The highest total wins. In the event of a tie, the competitors will perform again. They may do the same form or another. If they still tie, the judges will point to the one

they think should have the higher score.

### DEMO TEAM COMPETITION RULES

All teams should portray the martial arts in a positive way, and in a manner respectful to Mr. Norris.

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

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

- a. Traditional unmodified CKD uniform appropriate to individual rank
- b. School demo team uniform
- c. *Team CKD* Competition Uniform

"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 second, beginning at seven minutes and one second.**

5. Area available will be 40x60.

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





# Who's Who at UFAF

UFAF is governed by a group of loyal individuals who work together to make our organization the best it can be. In this continuing series, we will get to know each member of the UFAF Board of Directors. Please meet our President, Mr. Aaron Norris.



**Octagon:** How did you get started in the martial arts? I realize that this is kind of a no-brainer, but tell us anyway.

**Mr. Norris:** When my brother came back from Korea I was 7 years old. No one knew what karate was in those days; all that everyone knew of was judo. He had no one to workout with so he would teach my other brother Wieland and I in our back yard. We would do flying kicks on a bag and people started watching over our fence. Very soon we had lots of

people watching and my brother got the idea of starting classes in our backyard. Wieland and I were his first two students.

I remember when I was 11 years old and a red belt, I was in class and I was dropping my knee on my round kicks. Next thing I knew I got a sidekick right in the gut from my instructor who was my brother. I never dropped my knee again!

**Octagon:** Please give our readers a short summary about your role on UFAF's board of directors.

**Mr. Norris:** As the President of UFAF, my role on the Board of Directors involves working with the other board members to keep UFAF growing and developing. We want to move forward in the martial arts industry while maintaining the core concepts and traditions that makes CKD the fabulous martial art that it is. We also maintain the integrity of our great organization in which we are honored to serve. I would like to thank all of my UFAF family for your dedication, kindness, and love.

**Octagon:** Is there a "karate" moment that sticks out in your memory?

**Mr. Norris:** I was fighting in the "Battle of Atlanta" karate tournament and was in my last fight of the day for 1st place. There were almost a hundred contestants in my weight division so I had fought around ten times already and was getting a little tired. I had just scored to tie the match and I heard my brother yell that there were only 10 seconds left in the match. It was like slow motion looking over at my brother. He was as into my fight as I was. Fortunately my opponent did not hear him and I quickly used one of those famous Norris fakes, slammed him right in the side of his head with a round kick, and scored the final point to take the tournament.

I remember when I was lining up early that day with everyone in my division, my brother told me to line up last. The reason was so I could watch everyone fight and see what they did well and what their weaknesses were. He told me to watch each one of my opponents fight, then fight them in my head using my imagination. That way when I got into the ring to fight, I had fought them before (in my head), but they had never fought me, so I knew how to fight them and beat them.

**Octagon:** Please tell us something about you that people would likely not know.

**Mr. Norris:** What most people don't know about me is that I was a red belt for 11 years, from the age of 10 to 21 years old. I served in the Army for 3 1/2 of those 11 years, and I trained in Korea for 10 months. I had a chance to make my black belt in Korea but I wanted mine from our system, and from my brother who I was very proud to have as my instructor. Also, I grew up surfing, and I collect knives.

**Octagon:** What is your favorite movie that you've worked on?

**Mr. Norris:** I've enjoyed most all of them, but "Missing in Action 3" was a ton of fun. Lots of fights and explosions and we had a great group of people working with us on it.

**Octagon:** I notice that you work mostly behind the scenes as producer - are you in any of the movies? Or Walker, Texas Ranger?

**Mr. Norris:** My real love is directing. I enjoy the creativeness of designing the shots and working with the actors. It is a very satisfying creative outlet, much like painting a picture. I used to do a lot of the fight scenes in the earlier films because my brother and I worked so well together. I did star in a movie for HBO called "Overkill", a perfect title for me!

**Octagon:** Will there be more Walker movies?

**Mr. Norris:** We would like to do more. We just need to work out the schedule with CBS.



# TRAINING

## One-Steps - Their Significance and Execution – Part 1

by Mr. Tommy Crouch  
Region 4

I frequently get questions from students about one-steps and why we have to learn them. One-steps don't seem at all realistic because the attacker does one punch and then just stands there. I agree completely. For that matter, how realistic are katas? You follow a set pattern, repeat sections, and there is no attacker physically there at all. Although they are not realistic situations, they are extremely important to our development as black belts and in general, martial artists. A lot of people approach both katas and one-steps as things to just memorize and fill in time on a test. The only important thing is whether or not you know how to defend yourself...RIGHT?

This is exactly the reason for practicing one-steps and katas. The scope of one-steps in particular, is much larger than memorization or filling time on a test. Looked at properly, one-steps allow us to virtually see the attacker and use techniques that we are familiar with against the opponent in a completely controlled situa-

tion. One-steps also teach us about aiming for appropriate targets, using creativity, and using the proper footwork to put oneself in a position to execute a technique.

In this three-part series, we will build a one-step from beginning to end, describing the attacker's role and the defender's role.

*Looked at properly, one-steps allow us to virtually see the attacker and use techniques that we are familiar with...*

### Correctly Measuring Distance

After both the attacker and defender have respectfully bowed to each other and returned

to a ready stance (Photo 1), at the beginning levels, both students will raise their arms out to shoulder level and touch knuckles together (Photo 2). This will tell each student the exact distance they need to be to safely punch at their partner without accidentally hitting them. As beginners become more familiar with one-steps they will be able to set this distance without touching knuckles. Advanced defenders will set the distance according to what is needed for the specific one-step.

### The Attacker's Role (pictured in white gi)

The Attacker in this example is a beginning student, and demonstrates one way to begin the attack. At more advanced levels, the Attacker steps back into a fighting stance and, at the Defender's signal kiai, steps forward into a traditional high punch. The Attacker pictured here demonstrates a less complicated way for beginning students to begin the attack, as shown in photos 3, 4, 5, & 6.

Photo 3 The Attacker folds for a low block.

Photo 4 With a kiai, the Attacker steps back with the right leg into a forward stance and performs a low block motion (not an actual block). This position serves as a starting point for the attack; later a fighting stance can be used instead.







Photo 5 The Attacker raises her front arm (left) to the line of the punch. (This is to identify the correct line for the punch.)

Photo 6 The Attacker steps forward and punches with a stepping high punch to the Defender's chin. (The punch should stop one inch from the defender's chin.)

### The Defender's Role (pictured in black gi)

The Defender signals readiness by *ki-ai*ing. He will then defend against the Attacker's punch, and counter with an attack of his own. An example is shown in photos 5-7.



Photo 5 The Defender folds for a (left hand) knifehand block.

Photo 6 The Defender steps to the right into a straddle leg stance and performs a (left hand) knifehand block when the Attacker steps forward and punches.

Photo 7 The Defender pivots (in place) to a (left leg) forward stance and performs a (right hand) reverse punch.



Remember, when learning a new one-step or *kata*, look at the situation from the perspective of what skill is being taught, and then try to absorb it. When it comes to learning martial arts and just plain defending oneself, everything is relevant!



# TRAINING CONTINUED

## Beating the Bully - Part 1

by Mr. John Malone

Region 6

*“bully (n)- A person who is regularly cruel or overbearing, especially to smaller or weaker people.”*

If one were to look up the word BULLY in the dictionary, one would find the following: “bully (n)- A person who is regularly cruel or overbearing, especially to smaller or weaker people.” Many times a person bullies someone else because he does not like something about himself. Everyone has probably had to deal with a bully at least once.

As karate instructors, we teach our students the A-B-C’s of self-defense. While the letters may stand for different words to different people, the outcome we try to achieve is the same.

A is for “avoid” - this can be achieved by walking away from a bully or taking a different route to or from school.

B is for “bargaining” - this can be achieved by talking to the bully to find out what he or she wants. Many times it is merely a misunderstanding, and bargaining or talking can allow differences to be settled without resorting to fighting.

C is for “control the situation” - this is achieved when one defends oneself against a bully.

There are a couple of attacks that bullies like to use, and they pick these because they usually choose to pick on someone who is smaller than they are. Knowing how to defend yourself against these attacks will help level the playing field.

The first attack that bullies like to use is a push or a shove. Any time you feel there may be a physical threat from a bullying attacker, keep your hands above your waist. It is important to understand that if you bring your hands up into a closed-fist, fighting stance, the bully will think you want to fight; always remember that fighting should be a last resort. Bring your hands up with your palms facing toward the



Photo 1 Bring your hands up with your palms facing the bully.



Photo 2 Usually a push or a shove is not expected. The bully will try to catch you off guard in order to knock you to the ground.



Photo 3 After this initial shove, you should be ready for a second shove. If the bully tries to shove you again, put the palms of your hands together and raise your hands toward your head. This will force your attacker's hand off your shoulders.



*Photo 4 When your hands are level with the attacker's shoulders, place your hands on his or her shoulder.*



*Photo 5 With your hands on his shoulders, use his forward momentum while pulling down on his shoulders and bring your right knee into his lower abdomen or groin.*



*Photo 6 With your left arm, execute an elbow strike to his or her jaw.*



*Photo 7 If your attacker is unable to resist further, you can push him away from you.*

bully, which also creates a “personal safe space” between you and the bully. Also this hand position will enable you to react more quickly to defend yourself without misleading the bully into thinking you are ready to fight.

Knowing the techniques used to defend against certain attacks is only half of what it takes to defend oneself against a bully. Because you must also be able to use them under pressure, you should

practice these techniques repeatedly. Through constant practice, self-defense techniques become a reaction, and they can be executed with little thought.

Remember, fighting should be a last resort. If you are being bullied and are not sure how to deal with the bully, talk to your parents, teachers, or karate instructor. These people will be able to help you learn to deal with the bully.





# 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: Winning by Losing, and The Razor's Edge, both of which will help you with the riddle!

*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?*

## Winning by Losing

That night it thundered terribly. The school shook with each roar. Then a great flash! The sky lit up as if it were day. One, two, three streaks at a time, the lightning stretched across the roof. The students pressed their faces against the windows, feeling excitement, fear, and awe.

Earlier in the evening the students had practiced their forms against the heavy rain and strong winds. Time and again they fell into the mud, their gis turning chocolate brown. Block, punch, kick – over and over they practiced, using the rain and wind as their opponents. The rain hit hard on their bodies and soaked through their gis. They fought the weather until they were exhausted.

"Again, students," the teacher shouted above the wind and rain. "Fight the wind, fight the rain!" The students continued to fight against the storm. "Now turn and let the storm be at your backs. Go with it! Don't resist! Use nature's force as your own." The students turned and let the wind hit them from behind. They continued to practice their forms until they felt the exhaustion pass and their spirits lift. Then it was as if the wind and rain began practicing with them, the stormy weather becoming their ally. The students had stopped resisting and, in so doing, they had conquered themselves and learned to dance with the elements. They now understood the term, "winning by losing."

## The Razor's Edge

"Students, you train as if you are dancing alone, striking at ghosts in the air! This is not real Kara-te. You need to feel the challenge of attack to be empty, to be still and alert. This alertness, this stillness of attention, is the

main reason for learning this Art. Without it, you would be walking as if in a dream. Most people spend their lives sleepwalking, not noticing what is around them, mainly concerned with themselves and their pleasures," emphasized the teacher.

This would be the morning of the students' greatest adventure. The day was hot and still. The sun reflected brightly off the lake's water and the bugs were out in swarms. The grass underfoot felt brittle and dry.

"From today on, until we say it is enough, you will be under attack. When you least expect it, we will be there to hit you with our bamboo swords. Do you understand?"

"Yes, teachers," the students replied hesitantly.

The students went about their daily practice and chores nervously, readying themselves for the attack. There was an air of tension in the camp. Morning came and went. The afternoon got hotter. Even the birds stopped singing; the animals rested in cool spots deep in the forest. The afternoon gave way to twilight, but still nothing remarkable had happened.

"Was it just a joke?" one student asked another at dinner time.

"Maybe they were just trying to frighten us," the other student answered.

As these two were washing dishes after dinner, they sensed a sudden presence behind them. Too late to turn! They felt a sharp whack on their shoulders. Before they could recover, the door closed behind them, leaving the room empty but for the two students rubbing their shoulders. They were stunned but not really hurt.

As the students lay in bed that night, they heard a slight creaking sound. Then suddenly, in the dark, there were shouts. "Ouch!" "Yeow!" voices exclaimed in sur-

prise and shock. Someone ran for the lights and when they were on, six students could be seen moving around the sleeping area rubbing their backsides.

"Oh, that stings!" one exclaimed. "Ouch, that hurts," another complained. They all looked around for the culprits, but no one could be found. The door out of the room was swinging slightly.

These attacks went on for days. Night after night, the attacks went on. After a week, the students decided they had endured enough. They agreed to pretend to be asleep that night so they would be prepared for their attackers.

Just after midnight, they heard the creaking sound of someone walking across the wooden floor.

"KIAI!," they shouted as they jumped up fully clothed in their gis. Someone had been stationed by the lights and turned them on just at that moment.

"Good evening, students. We thought you would like some tea and cookies after your long and weary battles," said one of the teachers, carrying a tray of cookies and a large pot of tea.

They all had a good laugh and sat down together and enjoyed their late night meal.

The attacks continued over the next few days and nights, but now the students met the attackers (their teachers) with proper blocks to fend off the bamboo swords. They became so good at this that they could defend against any attack the teachers would bring upon them.

"Now, students, you are living Empty Self. You have awakened from your dream state and live on the razor's edge of attention. But I must warn you," said the teacher cautiously, "watch out! There is someone behind you!"



# REGION NEWS

## Region 12 News

by Mr. Victor López  
Region Chair

On March 13th, 2008 we were invited to give a ten minute martial arts demonstration on a television show in a segment called "se vale" or the best of the martial arts in México! They made a selection of twelve of the best martial arts systems from México to appear in this family oriented show. Every day a different system performed a demonstration.

The demo team consisted of 4th degree black belts Victor López, Roberto Garfias, and Enrique Vazquez, and 3rd degree black belts Edwin Cervantes, Diego Pérez, and Laura López.

The team performed well demonstrating bo forms, kamas, katana, creative forms, female self-defence, nunchakus and aerial manoeuvres. To be in front of a T.V. camera was a wonderful and exciting experience for every one of us.

## Presti Karate Builds Park for Local

### Runaway Shelter

by Mr. Gilbert Hamilton  
Region 8

On March 29th Presti's Karate and Fitness Centers held their 8th Annual karate tournament and kick-a-thon! All I can say is WOW!! From the surprise black belt demonstrations to the record breaking kick-a-thon, this event was not to be missed! I did mention there was a karate tournament too...right? The students did not disappoint! They all gave wonderful individual efforts in both kata and sparring. There were no losers on this day! The kick-a-thon and Chinese Auctions raised \$12,000.00; a new event record! Both Family and Children's Services of Niagara Falls and KICKSTART will be receiving checks totaling \$6,000.00! Special thanks go to all of the volunteers who are so vital to the success of this event. Last but certainly not least we want to congratulate each and every student who competed at the tournament! You show us that Chun Kuk Do will continue to be in good hands for years to come. Till next time... always keep your guard up....

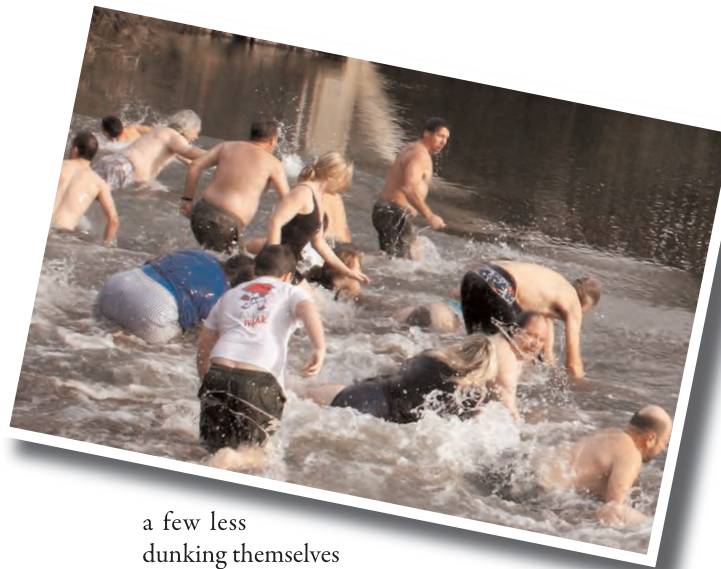
## Region 3 News

by Ms. Jeannie Newfield

Region 3 celebrated the New Year with our annual Polar Bear swim! About thirty students ran in the water three times in a row, with



**Front Row, L-R:** Lily Hawkins, Ryan McKee, Zachary Schneider, Daniel Combs, Demetri Luciano **Middle Row, L-R:** Dan Bluhm, Serena Ettinger, Kim Carroll, Cassandra Carothers, Jim Krick **Back Row, L-R:** Dr. Allen Wood, Jeannie Newfield, Bill Philp, Dave George, Chip Wright, Diane Huntemann



a few less dunking themselves with each consecutive run. A news crew filmed it, and the event was shown on the local TV station. It was a lot of fun and quite cold with the outside temperature around 30 degrees - and who knows what the water temperature was - CHILLY for sure!!!!

A huge black belt test was held on February 29th, 2008. It was great to have our own Dr. Allen Wood come up from San Francisco to be on our testing board. We had three students testing for 1st degree black, five black belts testing for 2nd degree black, and two black belts testing for 3rd degree black, making it a very long test! Daniel Combs, Ryan McKee, and Zack Schneider all received their 1st degree black belts. Lily Hawkins, Serena Ettinger, Demetri Luciano, Jim Krick, and Dan Bluhm all received their 2nd degree black belts. Cassandra Carothers and Kim Carroll both received their 3rd degree black belts. Congratulations!!!

Presenting check: John Presti and Jacob Sherman, Accepting check: Kenneth Sass President/CEO Family and Children's Service of Niagara.



Top Kicker- Ariel Marzygut (132 kicks), Top Fundraiser- Jordan D'Angelo (\$742.00)

# REGION NEWS CONTINUED

## Region 7 News

by Mr. Stephen Hammersley

The Region 7 black belt test and seminars were held on Friday April 25th and Saturday April 26th at American Martial Arts in beautiful New Smyrna Beach, Florida. It was another well attended event for Region 7; the dedication and camaraderie from all the masters, black belts, students and their families is evidence that Region 7 is growing and working together toward the future success of the region, its members, CKD schools, and future black belts. The following schools and their students attended: **Monroe Karate System (Monroe, NC)- Mrs. Britany Plantand; Dunamis Karate (Ridgeland, SC)- Mrs. Lindy Woods; McCleary Martial Arts Center (Hiram, GA)- Master Alice McCleary; Martial Arts America (Evans, GA)- Master Eric Hensley; AKS Karate (Charleston, SC)- Mr. Matthew Robinson; Club Karate (Port Royal, SC)- Master Chuck Elias; American Martial Arts (New Smyrna Beach, FL)- Master Stephen Hammersley**

On Friday April 25th the green belt and under kids were treated to a seminar taught by Mrs. Britany Plantand. The seminar was followed by the first degree test. Congratulations to Region 7's newest black belts!

### ~ 1st degree black belt ~

**Chris Reynolds- McCleary Martial Arts Center**  
**Mackenzie Cooler- Dunamis Karate**  
**Dustin Williams- Dunamis Karate**  
**Zoe Guptill- American Martial Arts**  
**Ashley Cameron- American Martial Arts**



**1st degree photo: Front Row: L-R: Dustin Williams, Zoe Guptill Back Row: L-R: Chris Reynolds, Mackenzie Cooler, Region Chair Chuck Elias, Alice McCleary, Eric Hensley, Stephen Hammersley, Ashley Cameron**

The weekend rocked on with three seminars for all adults, and red and black belt kids, held on Saturday morning. Master Eric Hensley started things off with excellent information on kicking, followed by Master Alice McCleary with great tips on improving our one steps, and Region Chair Master Chuck Elias finishing with fabulous fighting information. After lunch, the following students were promoted!

### ~ 4th degree black belt ~

**Astrid Fabian- Club Karate**

### ~ 2nd degree black belt ~

**Danielle Pepe- American Martial Arts**  
**Samantha Guptill- American Martial Arts**  
**Alex Gardner- Dunamis Karate**  
**Andi Woods- Dunamis Karate**

The Region 7 board would like to congratulate all the students, their instructors, and families for their support, dedication, focus, and success in becoming a black belt or advancing to a higher degree of black belt in the best style of martial arts in the world - Chun Kuk Do! Thank you Mr. and Mrs. Hammersley and students of American Martial Arts for hosting this positive event, and to our Region Chair Master Elias for his leadership. Most of all, thank you Region 7 schools, students, and families for your support.



**2nd&up photo: Front Row: L-R: Danielle Pepe, Andi Woods Back Row: L-R: Alex Gardner, Eric Hensley, Stephen Hammersley, Region Chair Chuck Elias, Alice McCleary, Samantha Guptill, Astrid Fabian**



## Region 8 News

by Mr. John Pelletier

On Saturday February 9th Connecticut hosted its first regional test in over 10 years!

OLM Martial Arts, Plainville, CT, has been in existence for just over two years and was founded by the late Reverend Philip J. Cascia (Father Cascia loved the martial arts and the Chun Kuk Do family and attended several UFAF Conventions). The training center models itself after Mr. Norris's KICKSTART program by allowing children and families to train for free. Instructors John Sweeney, James Pelletier and Philip Calo were proud to host the event.

On Friday night masters and experienced instructors in the art of Chun Kuk Do provided training in a variety of disciplines. Master Steve Brown, Weirton, WV brought life to Geicho Hung Yi Bu Sang Gup by specifically detailing the form's movements, chambers, folds, and executions. Master Vic Bosch, Ontario, Canada turned up the heat, dazzling the group with his footwork and pad drills, speed, and sense of humor. 3rd degree black belt Daniel Semeraro brought us Team Thunder, ground-fighting specialists. His posse included Jansey Rodriguez (CKD BB) Edward Leopizzo, Walter Williams, Jr., Jorge Cruz (CKD Green Belt), Edward

Murphy, Sean Hickey, and Dehar Bajrami (CKD Red Belt). Danny's grappling ability is impressive and his seminar elevated our ground game. Some other notable black belt seminar participants included: Mr. Jeff Giroux, Mrs. Jeanette Bosch, Mr. Villella, Mr. Hamilton, Mr. Phil Zhuta, Mr. Todd Fleming, and Mr. Mike Cannon. We thank you all for the support. Although the seminars lasted for over three hours, the 35 plus seminar attendants left wanting more!

Of course, the most important purpose for the gathering was the addition of three new black belts to the UFAF family. The candidates included Jared Bean, Presti School of Karate, Corning, NY, Jacob Payne and Brandon Andrews, Presti School of Karate, Niagara Falls, NY. Of course, Mr. Presti had to exacerbate their anxiety. He told the young men that he expected them to return in a year, and then he added, for their second degree black belt test. After a moments thought, the new black belts smiled happily followed by applause from their parents, friends, and fellow martial artists.

Achieving black belt is the culmination of years of hard work. Congratulations boys! For OLM Martial Arts and our new program, their achievement proved inspirational. Friday night's events and the camaraderie that martial arts gatherings like this bring invigorated our students. We are grateful for having been given the opportunity to host a test and look forward to hosting a similar event in the future.



## Region 2 News

by Mr. Joe Gemma  
Region Chair

Region 2 held its annual Regional Tournament on Saturday, March 1st, 2008 in Boulder City, NV. All of the profit from the tournament was donated to Team Chun Kuk Do- a grand total of \$700!!! Thank you to all of you who donated and participated in another successful event.

Region 2 held a black belt testing on Saturday, April 19th, 2008 in Layton, UT. Congratulations to the following individuals who were all promoted in rank:

- ~ 4th degree black belt ~  
**Kristi Tanner**
- ~ 2nd degree black belt ~  
**Nathan Allen**  
**Karen Crittenden**
- ~ 1st degree black belt ~  
**Jeremy Batson**  
**Kenneth Fjeld**  
**Michael Hoggan**

Mr. Fjeld is the newest member of UFAF and Chun Kuk Do. He is a 3rd degree Shoto-kan black belt and school owner who resides in Krokstad, Norway. He contacted Mr. Nelson in early 2007, expressed a serious interest in learning Chun Kuk Do, and has since put forth tremendous effort to do so. He has also expressed a desire to bring his school into UFAF, and have his students train in Chun

Kuk Do. To this end, he has been training with Mr. Nelson now for well over a year. His training has included three separate, weeklong trips to Utah from Norway at a cost of \$4,000 to \$5,000 each time. He also attended the 2007 ITC, where he participated in all of the training seminars possible. UFAF welcomes our first Northern Europe black belt; further spreading Chun Kuk Do throughout the world!!!





# Identify the Mini Martial Artist!

Yes, this kicker is comprised of our very own

CKD martial artists.

Email me a list of  
the numbered images  
you recognize  
(first and last names).

Clue: The numbered images,  
have appeared as photos in  
previous editions of  
the Octagon.

Missing an edition?  
Go to [www.ufaf.org/octagon](http://www.ufaf.org/octagon)

Whoever names  
the most people,  
wins a prize!

Send your list to  
[afabian@ufaf.org](mailto:afabian@ufaf.org)

Open to all UFAF  
members (not sure if  
you are a member?  
– ask your instructor)



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