

OCTAGON

The Official Publication of the United Fighting Arts Federation September 2009

PHOTO CONTEST WINNER:
DAN BLUM



CHAMPIONSHIP RESULTS - KIRI CORNER - AND TONS OF PHOTOS!

INSIDE THIS EDITION: GUN DEFENSE TRAINING - 2009 WORLD

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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Dear ITC Attendees:

I wanted to take a moment and thank you so much for attending the 2009 United Fighting Arts Federation International Training Conference celebrating the 30th Anniversary of UFAF. The entire weekend was certainly a Quantum Leap Forward.

I hope you enjoyed the streamlined Check-In Process, the UFAF Shop, Master Rank Induction Ceremony, Training Seminars, Pool Party, and Tournament Competition. When the family of UFAF assembles, we are always assured a fantastic weekend.

Of course, the Awards Banquet was the highlight of the weekend. Gena and I were thrilled to meet you and shake your hands. I cannot thank you enough for all your support of UFAF and Chun Kuk Do.

We both look forward to seeing you next July in Las Vegas to celebrate UFAF's first of another 30 years. Let's all continue to work together to make Chun Kuk Do truly The Universal Way.

Sincerely,

Chuck Norris

Founder, United Fighting Arts Federation



Dear UFAF Members:

The other day I visited the village of Lewiston, New York, the location of one of my schools. The annual Lewiston Art Festival was taking place at that time and I love attending it. I get to see many people I've haven't seen in a while, and enjoy the sites and foods. Unfortunately, this year it was raining off and on.

I ran into one of the organizers of the event, and complimented her by saying, "Nice event! I like the way you closed off the streets this year." Her response was, "Well, it's raining, and I wish it would give us a break!" To which I replied, "To me, this is an adventure. I don't mind." She looked at me and said, "You know, Presti, you always find something positive to say."

Why am I telling you that story? Because to me, all of the ITCs are adventures; adventures in planning, execution, dealing with the unexpected, and especially enjoying my UFAF family. Even though the 2009 ITC attendance was a bit shy I felt it was very successful. I know that both Mr. Chuck Norris and Mr. Aaron Norris enjoyed being there with all of you; they felt very comfortable. I felt honored that Mr. & Mrs. Norris took the time to go from table to table in order to greet every one of us. They wanted to do that since they were not able to attend the Thursday and Friday events. It was a very gracious gesture on their part.

I know the economy affected all of us this year, but I believe we will see recovery before the next ITC. So don't wait until March to start saving, or thinking you might rely on your income tax refund! START NOW! Get that jar out and start stuffing it with change.

I'm getting some very favorable feedback about next year's ITC, as well as some good ideas! I look forward to our next board meeting and reporting to all of you the plans for 2010!

Mr. John Presti
Director, Special Events



Many photos in this issue of the Octagon are courtesy of photographer Derek Banks

These and many other images from the ITC are available to view and purchase online at www.banksfotos.com.

CKD SPOTLIGHTS



UFAF Members:

Please make sure we have your current email address on file! We regularly send out news and information that is time sensitive. For example, Mr. Norris extended a personal "Thank You" to all 2009 ITC attendees. Did you get it? If not, go to www.ufaf.org and update your email address on your profile page.

In memory:

Mr. Edwin Wesley Young (#44, 9th) went to his eternal rest June 15, 2009 in Houston, Texas. Ed is survived by his wife Carol, sons Wesley Harrison, Ryan Young, and Robert Young; seven sisters, and numerous grandchildren, great grandchildren, nieces and nephews. Born on August 31, 1940 in Mission, Texas, his passion in life was karate. He received his ninth degree black belt in July 2008 and was a proud member of UFAF. He will be sadly missed.



If you are planning on attending the Super Grands (World Games) in Buffalo, New York the week between Christmas and New Year's, please email Chuck Elias at Clubkarate@hargray.com, or post on the UFAF web site under World Games 09. Remember to include your division numbers. Thank You!

Mark these dates on your calendar! The 2010

ITC will be again held at the South Point Hotel, Casino and Spa, July 15th – 18th, 2010. Keep your eye out for information in future issues of the Octagon, and Octagon Extras!

Have you made any improvements to the way you eat? I hope that no one is eating cheese fries with ranch dressing anymore! (Octagon, May 2008). Here's another gut-buster for you (source www.eatthis.com) at On the Border restaurants: **Grande Taco Salad with Taco Beef and Chipotle Honey Mustard**

With 1,700 calories, 124 g fat (37.5 g saturated), 2,620 mg sodium, this salad has as much saturated fat as 37 strips of bacon and more calories than 11 Taco Bell Fresco beef Tacos!

Eat This Instead!
House Salad with Fat-Free Mango Citrus Vinaigrette
 255 calories, 12 g fat (3.5 g saturated), 280 mg sodium



Editor's Note

I say it every year, but...this was a great ITC! I have to admit – it was a particularly good year for me personally. Receiving the Most Inspirational award was such an honor, and every time I look at the Norris Cup, I get inspired to compete for a few more years before I retire poolside!

What was very cool was my experiencing the 'zone' for the first time in my long athletic career. What's the zone? For me it was a zen-like experience. Totally relaxed, effortless effort, completely being in the current moment, everything seeming to move in slow motion. True to zen, I know that if I try to attain that state again, it won't happen. I have just to recognize when it happens, and allow it. It was awesome.

Congrats to Dan Bluhm, winner of this year's photo contest, and the \$50.00 prize which he is donating to KICKSTART. It was a tight race for 2nd and 3rd place, but the photos (below) by Lindy Woods and Wendy Burnett are great! My thanks to all the photographers who participated in the contest, and to those who shared their photos, some of which you'll see in this issue.

Along with tons of photos, check out the gun defense article by Mr. Joe Gemma (part one of a two part series). I always thought there was no hope against an attacker with a gun, but with adequate training one may have a chance.

Enjoy your journey!
 Astrid Fabian
 Editor

Congratulations!

2009 ITC Photo Contest Winners:

- 1st Place - Dan Bluhm (cover photo)**
- 2nd Place - Lindy Woods**
- 3rd Place - Wendy Burnett**



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Contents

Chuck Norris Fun Facts:
 Chuck Norris can slam a revolving door.
 Chuck Norris once leaned against a tower in Pisa, Italy.



IF YOU LIKED THE 2009 ITC CRYSTAL KEEPSAKE,
YOU WILL LOVE

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2009 International Training Conference

by Ms. Astrid Fabian, Editor

This year's event was again a wonderful gathering of our UFAF family! It's so great to exchange training ideas, see our friends, and make new ones. While gathering most of these photos, I got to spend about 15 minutes in every seminar, and what's amazing is that I usually pick up a new idea or concept that I can explore later. Even when the instructor is presenting a subject that I think I know something about, I usually pick up something new.

Of course no event can be successful without all the work done behind the scenes. A huge "Thank You" goes to the UFAF Board for spearheading an event such as the ITC to help continue the growth of our style and organization. Mr. John Presti, Director of Special Events, is the guy-in-charge, and there are so many who contribute. For fear of missing anyone, I won't mention names – you know who you are, and you don't do it for the kudos; you do it for the event and the future of our style.

One of the programs that offer help and advice for school owners from a business standpoint is the Professional Development Series™ (PDS). Nine people contributed their professional knowledge on subjects such as the UFAF Store/Web Direct (Joe Gemma, Steve Brown, Steve Nelson), Membership Services (Kristi Tanner), Relationship Marketing (Sarah Cochran), Student Retention (Reggie Cochran), Sales (Ken Gallacher), creating a Business Plan (Terri Cochran), and "What has Worked for Me" (Steve Giroux).

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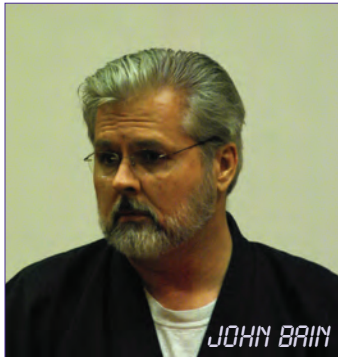
T





The Instructor Development Series™ (IDS)

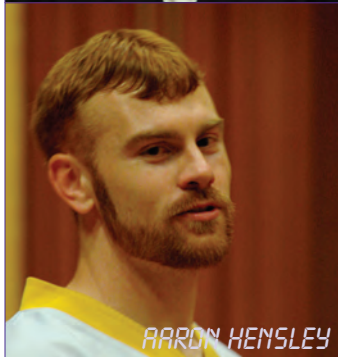
The Instructor Development Series™ (IDS) is designed specifically to help make us all better instructors! Mr. Ed Saenz and Mr. John Bain explored the history of the martial arts, and kata bunkai! Mr. and Mrs. Aaron and Carmen Hensley focused on connecting with the new generation of martial artists without sacrificing the tradition of Chun Kuk Do.



JOHN BAIN



ED SAENZ



AARON HENSLEY



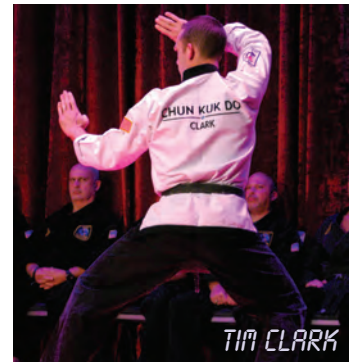
CARMEN HENSLEY



JOHN BAIN



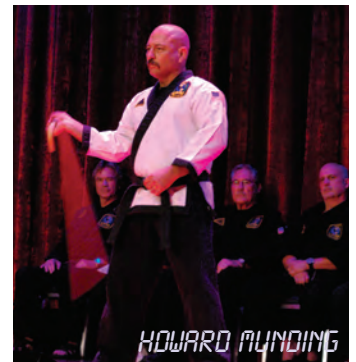
SHANTELL DAWSON



TIM CLARK



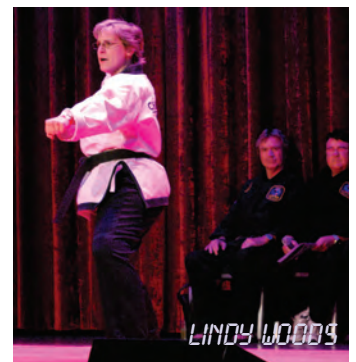
JEANNIE NEWFIELD



HOWARD MYUNGING



JORGE & DAVID ALONZO

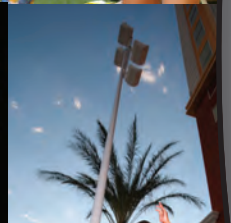


LINDY WOODS

The Master Rank Induction Ceremony celebrated the accomplishments of those who have earned their 5th degree black belt.



And then there's the pool party!
 Pictures paint a thousand words, don't they?



2009 World Championship Tournament

by Mr. Chuck Elias, Tournament Director



Congratulations to all those who participated in the 2009 World Championship Tournament! You are all winners!

While anything can always be improved, I was very happy with how smoothly things ran. This is in part due to the generous efforts of Terral Adams who coordinated all the volunteers, and to Butch Jones who coordinated the judging. Thank you so much to these two individuals, and to all those who gave up their pool time to judge, and act as scorekeepers, timekeepers, and runners. Also, thanks to all of those who helped put the mats together, move the mats, take them apart, and store them.

If you have any ideas on how to make the tournament better, please email me at clubkarate@hargray.com. I'm always open to suggestions. See you next year!

Chuck Elias
 Tournament Director

Headline Seminars

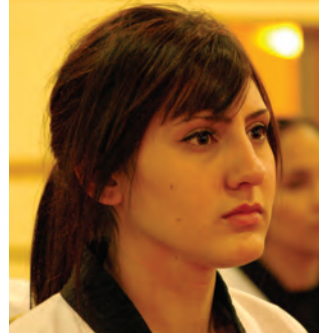
The 2009 ITC introduced the Integrated Self Defense Techniques (ISDT) curriculum (outlined in detail in the January 2009 issue of the Octagon), authored and designed by John Will and David Meyer, in consultation with senior UFAF program directors. Mr. Will and Mr. Meyer presented the entire program to all black belts, and it was a great introduction to the curriculum!



DAVID MEYER



JOHN WILL

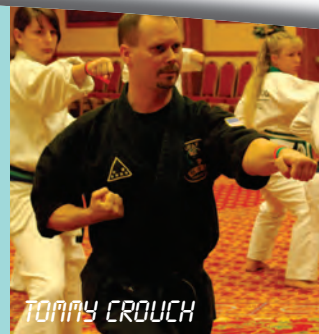


Back by popular demand were Mr. Raffy Pambuan and his assistants, with continued instruction on linking ranges with Pambuan Arnis.



Kudos! to all the instructors who presented the age-and-rank specific seminars. And what treat for Chun Kuk Do's younger students to have Mr. Aaron Norris, Mr. Ed Saenz, and Mr. Rick Prieto do a Question and Answer session. Not to mention, Mr. Gallacher, Mr. Aaron Norris, and Mr. Prieto joining Mr. Doug Ingram to teach some fighting techniques! As I 'traveled' from room to room I was so impressed with the passion with which their knowledge was shared!

Photos continue on the bottom of pages 10 & 11.



TOMMY CROUCH



JOHN MALONE



JOE GERMA

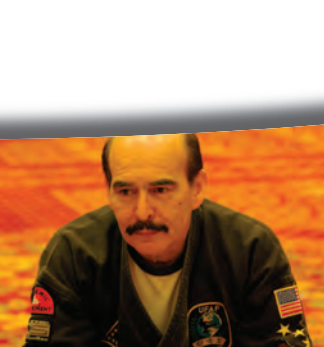


JASON BRADLEY

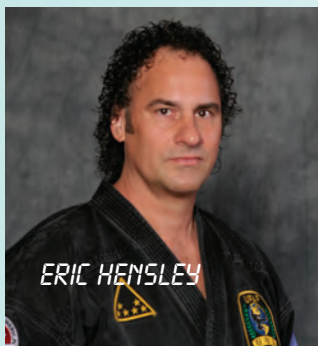


AARON & GARMEN HENSLEY

I got tired just watching this seminar! Jason Holmes presented fabulous fighting skills, and the training techniques to execute them to the best of your ability!



AARON NORRIS, ED SAENZ, AND RICK PRIETO Q & A



ERIC HENSLEY

STEVE NELSON

JOHN PETITT





We all know that Chun Kuk Do is being taught worldwide! UFAF members traveled from Norway, Mexico, Canada, Paraguay, and Uzbekistan all the way to Las Vegas for the ITC. Very cool!



Members from Uzbekistan



Members from Uzbekistan



Oscar Nieva, Paraguay



Kenneth Fjeld, Norway



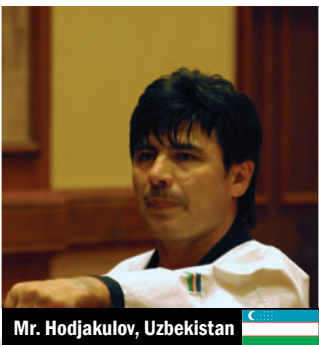
Member from Uzbekistan



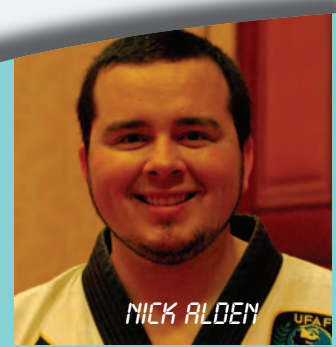
A few of our members took advantage of the opportunity to work out at the Randy Couture gym, which is in Las Vegas. Front Row: L-R: Jason Johnson, Jim Chandler Back row: L-R: Andrew Adams (guest), Doug Shaffer, John Malone



Some of our members from Mexico.



Mr. Hodjakulov, Uzbekistan



NICK ALDEN



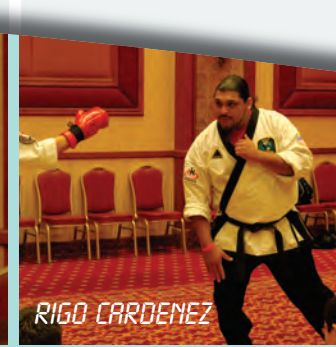
HOWARD MUNDING



ROD SAFFER



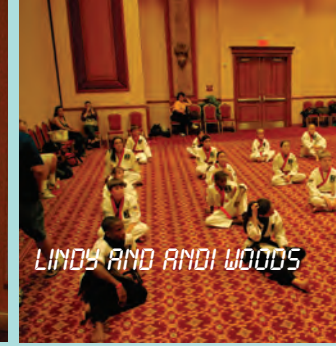
DOUG SHAFFER



RIGO CARDENEZ



VAN FRASHER



LINDY AND ANDI WOODS

Annual Awards Dinner

We clean up well, don't we? I thought everyone looked great in the official UFAF attire! And what about Mr. and Mrs. Norris taking the time to shake each and every person's hand? That was awesome! Congratulations to all the award recipients, and to all those who were promoted!



Mr. Chuck Norris



Hall of Fame Inductees:
Aaron Norris, Rick Prieto, Ed Saenz



Wieland Norris Award: Stephen Hammersley, award accepted by his mother, Alma Jaminson



Most Inspirational:
Astrid Fabian



Studio of the Year
John Presti



Instructor of the Year
David Rodriguez



Recognition for Extraordinary Service:
Leslie Nelson



Recognition for Extraordinary Service:
Steve Brown



Recognition for Extraordinary Service:
Joe Gemma



Female Competitor of the Year
Shantell Dawson



Male Competitor of the Year
Tommy Crouch



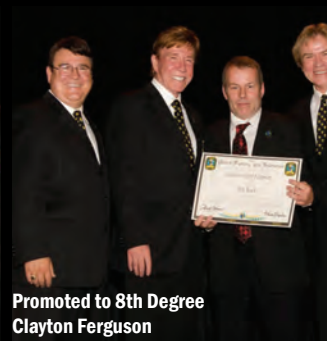
Junior Competitor of the Year
Makita Zaragoza



Promoted to 8th Degree
Diane Huntemann



Promoted to 8th Degree
Reggie Cochran



Promoted to 8th Degree
Clayton Ferguson

Awards presentation photos taken by Derek Banks

Awards photos continued on page 12



DOUG INGRAM, AARON NORRIS, KEN GALLACHER, AND RICK PRIETO



DAVID GAMBLE



DAVID RODRIGUEZ





Promoted to 8th Degree
Steve Nelson

Promoted to 8th Degree
John Presti



Promoted to 7th Degree
David Rodriguez, Eric Hensley



Promoted to 6th Degree
Rodolfo Varela, Kevin Hibbs, Aaron Hensley



Promoted to 5th Degree
Lindy Woods, Jeannie Newfield, Shantell Dawson, David Alonzo,
Jorge Alonzo, Howard Munding, Tim Clark

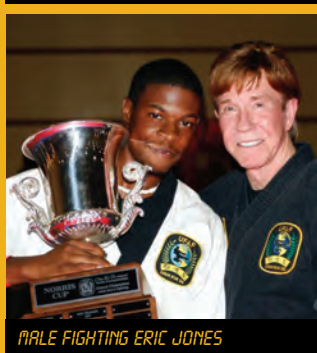
GRAND CHAMPIONS



FEMALE FIGHTING ASTRID FABIAN



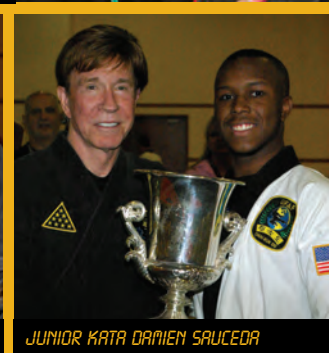
DEMO TEAM WINNER TEAM GIROUX



MALE FIGHTING ERIC JONES



SENIOR MALE FIGHTING TOMMY CROUCH



JUNIOR KATA DAMIEN SAUCEDA

Grand Champions

Junior Forms	Damien Saucedo
Adult Forms	Michael Holstien
Senior Forms	Tommy Crouch
Female Fighting	Astrid Fabian
Male Fighting	Eric Jones
Senior Male Fighting	Tommy Crouch



TEAM FIGHTING MALE

Black Belt Team Male

1st Place	Van Frasher	Steve Giroux	John Kurek	Eric Jones
2nd Place	Clayton Ferguson	John Malone	Mark Carroll	Tim Clark

Black Belt Team Female

1st Place	Sonia Moreno-White	Adriana Varela	Tanya Hunt
2nd Place	Astrid Fabian	Marcia Jaramillo	Kathryn Hum

Red Belt Team Male

1st Place	Jorge Ramirez	Edgar Robles	Francisco Bustillos
2nd Place	Erik Soria	Michael Ramirez	Geir Pettersen

Demo Team Competition

1st Place	Team Giroux
2nd Place	Team Hensley

Start planning now for the 2010 ITC (July 15-18), and come ready to have fun, be a student (no matter your rank), and to make friends!



IONSHIPS - GRAND CHAMP



ADULT KATA MICHAEL HOLSTIEN



2ND PLACE - TEAM HENSEY



PRESTI'S TEAM FIERCE



TEAM DOJO EXPERIENCE



Black Belt Weapons

Age	Gender	1st place	2nd place	3rd place
-12	mf	Donald Smalls	Hayden Johnston	Andi Woods
13-14	mf	Makita Zaragoza	Joseph Trask	Grant Rheingold
15-17	f	Amanda Meisner	Chelsea Vanbebber	
18-34	f	Carmen Hensley	Ashley Fehrenkamp	Kathryn Hum
35+	f	Astrid Fabian	Sheila Kunkle	Karen Boyd
15-17	m	Damien Saucedo	Raul Gonzalez	Christian Garza
18-34	m	Michael Holstien	Aaron Hensley	Jason Bradley
35+	m	Tommy Crouch	Roy White	Mark Carroll



Black Belt Open Kata

Age	Gender	1st place	2nd place	3rd place
-12	m/f	Andi Woods	Donald Smalls	
13-14	m	Joseph Trask	Grant Rheingold	
15-17	m	Alex Gardner	Cesar Garcia	Greg Cater
18-34	f	Carmen Hensley	Jeannie Newfield	Adriana Varela
18-34	m	Michael Holstien	Eric Jones	Ryan Gamble
35+	m	Tommy Crouch	Mark Carroll	Clayton Ferguson



Black Belt Traditional Kata

Age	Gender	1st place	2nd place	3rd place
-12	f	Vanessa Byrne	Jordyn Estep	
13-14	f	Makita Zaragoza	Jennifer Shearer	Laura Bristol
15-17	f	April Dull	Ana Crittenden	Chelsea Vanbebber
18-34	f	Kathryn Hum	Tara Bidwell	Ashley Fehrenkamp
35+	f	Astrid Fabian	Marcia Jaramillo	Sheila Kunkle
-12	m	Hayden Johnston	Chris Khawaja	Danny Sohmer
13-14	m	Lance Playfair	Scott Gamble	Ryan McKee
15-17	m	Damien Saucedo	Raul Gonzalez	Christian Garza
18-25	m	Carl Flores	John Malone	Nick Alden
26-34	m	Aaron Hensley	Jason Bradley	Tim Clark
35-44	m	Doug Shaffer	Roy White	Rodolfo Varela
45+	m	Steve Nelson	Joseph Gemma	Oscar Nieva



Black Belt Fighting

Age	Gender	1st place	2nd place	3rd place
9-11	f	Vanessa Byrne	Jordyn Estep	
14-15	f	April Dull	Makita Zaragoza	Jennifer Shearer
16-17	f	Amanda Meisner	Karly Gombert	Grace Cordes
18-34	f lt	Kathryn Hum	Ashley Fehrenkamp	Sonia Moreno-White
18-34	f mid	Tiffany Clark	Tanya Hunt	Adriana Varela
35+	f lt	Astrid Fabian	Marcia Jaramillo	Sheila Kunkle
35+	f mid	Clara Melendez	Nicole Farah	Karen Boyd
11-12	m	Donald Smalls	Hayden Johnston	Danny Sohmer
13-14	m	Scott Gamble	Grant Rheingold	Joseph Trask
15-17	m	Cesar Garcia	Alex Gardner	Christian Garza
18-34	m 138	Gerald Dwyer Jr.	Michael Holstien	
18-34	m 152	Tim Clark	Marc DeAngelo	Ryan Gamble
18-34	m 174	Eric Jones	Carl Flores	Jason Wilcox
18-34	m 202	Steve Giroux	David Rodriguez	Van Frasher
18-34	m 224	Jorge Alonzo	Teddy Coleman	Steve Brown
18-34	m 225+	David Alonzo	Rigoberto Cardenas	John Malone
35-44	m lt	Tommy Crouch	Mark Carroll	Roy White
35-44	m hv	Rod Saffer	John Pettitt	Doug Shaffer
45+	m lt	Clayton Ferguson	Steve Berry	Nick Hodjakulov
45+	m hv	Marlin Athearn	Brett E. Shaul	Dan Bluhm





Red Belt Weapons

Age	Gender	1st place	2nd place	3rd place
11-	f	Sarah Gamble	Ashton Killen	Trine Parsons
12-14	f	Wesleigh Gwinn	Katarina Spitz	Shannon Harris
15-17	f	Christine Posvistak	Jazmin Urquieta	Devin Mock
10-	m	Cole Gaskill	Jalen Smalls	Derek Kinsey
11-13	m	Jordan Frost	Thomas Saucedo	Justin Coleman
14-16	m	Alex Smith	Rene Mares	Christopher Ray
18+	m-f	Fran Gwinn	Robert Pennington	Michael Ramirez

Red Belt Kata

Age	Gender	1st place	2nd place	3rd place
11-	f	Trine Parsons	Sarah Gamble	Ashton Killen
12-14	f	Hope Saucedo	Wesleigh Gwinn	Katarina Spitz
15-17	f	Jazmin Urquieta	Christine Posvistak	Devin Mock
10-	m	Cole Gaskill	Carlos Flores	Jalen Smalls
11-13	m	Thomas Saucedo	Jordan Frost	Oscar Ochoa
14-15	m	Victor Koremura	Christopher Ray	Efrain Guajardo
16-17	m	Nathan Lageman	Jonathan Frick	Trevor Pattillo
18+	m	Erik Soria	Edgar Robles	Francisco Bustillos
35+	mf	Robert Pennington	Kim Frasher	Fran Gwinn

Red Belt Fighting

Age	Gender	1st place	2nd place	3rd place
9-11	f	Trine Parsons	Katelyn O'Connell	Sarah Gamble
12-14	f	Hope Saucedo	Erika Guajardo	Brenda Trujillo
15-17	f	Christine Posvistak	Brenda Franco	Jazmin Urquieta
35+	f	Kim Frasher		
9 & under	m	Jalen Smalls	Cole Gaskill	Anthony Mayor
10	m	Albert Hernandez	Derek Kinsey	Carlos Flores
11-13	m	Thomas Saucedo	Devin Randle	Justin Coleman
14-15	m	Efrain Guajardo	Tereso Rodriguez	Christopher Ray
16-17	m	Nathan Lageman	Trevor Pattillo	Jonathan Frick
18-34	m lt	Erik Soria	Jeremy McCammack	Edgar Robles
18-34	m hv	Michael Ramirez	Francisco Bustillos	Jorge Alejandro
35+	m	Art Hernandez	Robert Pennington	



Kata photos taken by Derek Banks

Green Belt Weapons

Age	Gender	1st place	2nd place	3rd place
9 & under	m-f	MargauxMae Quady	Derek Sanderson	Tyler Recca
10-12	m-f	Preston Wilson	Grace Breen	Philip D'Angelo
14-15	mf	Scott Oswald	Amber Ray	
18+	mf	Jennifer Susan Dwyer	D.J. Gwinn	

Green Belt Kata

Age	Gender	1st place	2nd place	3rd place
9 & under	mf	MargauxMae Quady	Cade Gaskill	Derek Sanderson
10-12	mf	Preston Wilson	David Gibson III	Connor Burnett
14-15	mf	Raul Jimenez	Scott Oswald	Maria Mangini
18+	m	Paul Andricopulos	David Gibson Jr	D.J. Gwinn
18+	f	Jennifer Dwyer	Cindy Gaskill	Lydia Triplett

Green Belt Fighting

Age	Gender	1st place	2nd place	3rd place
8-10	f	MargauxMae Quady	Isabella Aguilar	Carly Presti
12-17	f	Maria Mangini	Amber Ray	
18+	f	Lydia Triplett	Jennifer Susan Dwyer	Cindy Gaskill
6-9	m	Tyler Recca	Charles Varnell	Derek Sanderson
10-12	m	Philip D'Angelo	Preston Wilson	David Gibson III
14-15	m	Scott Oswald	Raul Jimenez	
18+	m	David Gibson Jr	Paul Andricopulos	D.J. Gwinn



Novice Weapons

Age	Gender	1st place	2nd place	3rd place
8-10	f	Rhianna Gregory	Shelby Dawson	
18+	f	Tegan Sladky		
8-10	m	Joshua Henderson	Monty Dickerson	Daniel Henderson
11-13	mf	Jake Broadhecker	Amanda Stiles	Bishop Dancy

Novice Kata

Age	Gender	1st place	2nd place	3rd place
8-10	m	Monty Dickerson	Joshua Henderson	Daniel Henderson
8-10	f	Shelby Dawson	Rhianna Gregory	Jennifer Ray
11-15	mf	Eduardo Pacheco	Andres Reyes	Bishop Dancy
18+	f	Tegan Sladky		

Novice Fighting

Age	Gender	1st place	2nd place	3rd place
8-9	f	Rhianna Gregory		
10-13	f	Jennifer Ray	Amanda Stiles	
18+	f	Tegan Sladky		
7-8	m	Daniel Henderson	Tommy Carr	Monty Dickerson
10-12	m	Jake Broadhecker	Joshua Henderson	Eduardo Pacheco
13-15	m	Andres Reyes	Jonathan Martinez	



Kata photos taken by Derek Banks



My First Experience At The ITC

by Carly Y. Presti

My name is Carly Presti, and I'm an 8-year-old green belt. This was my first time participating in an ITC. I took the classes on Friday and Saturday and I learned a lot of new things. One of the classes that I took was given by Mr. Ingram, Mr. Prieto, Mr. Gallacher, and Mr. Aaron Norris. It was cool because my dad told me it was rare for them to teach together and to teach children. This class helped me with sparring.



There was a technique that I learned in Mr. Munding's class called the 'shark bite.' If you didn't feel the shark bite from your partner, Mr. Munding went around to everybody and did the 'shark bite.' He did it to me and peeled some of my skin off and gave me a bruise!

I competed in the tournament and I won 3rd place in sparring. In kata, my friends Grace and Phillip were cheering me on but I came in 4th place. The demo team from Presti

Karate named 'Team Fierce' competed and came in 4th place out of 5 teams. I was excited to be on the team.

I met a girl named Margo who was really nice. She was in my ring for kata and sparring. I thought she was really good at both and I want to congratulate her again, because she was so good! She is from Mr. Wright's school in Oregon. I'm from Wilson, New York. Wow, are we far apart!

I think everyone should write your own article like I have done. I think all CKD schools should bring their kids to the ITC, because I would like to meet more people from all over the world. I learned so much and I can't wait until next year!

Lang Boston In The News!

by Ms. Astrid Fabian, Editor

9th degree black belt Mr. Lang Boston, together with entertainer/radio host D.L. Hughley were interviewed on July 22nd, 2009 in New York City's Times Square by reporter Soledad O'Brien. In part two of the *Black in America* documentary series, Ms. O'Brien had questioned various influential radio talk show hosts about the people who influenced their lives, and on this occasion asked Hughley the question: "What was *your* defining moment?"

Mr. Hughley had no trouble remembering his defining moment which was when Mr. Boston, who had been his 5th grade teacher and to whom he had not spoken for 37 years, said to him: "Never be afraid to ask why!" For some reason, on that day, that statement was a moment of truth for Mr. Hughley. "It opened something up for me; it clicked. To have someone tell you and give you 'permission' to have a perspective, to form ideas on your own, was life changing for me." Mr. Hughley also recalled how Mr. Boston told him, "You're going to be something," and how he never forgot that encouragement.

Mr. Boston's response to Mr. Hughley's words were, "I've been teaching for 38 years and I haven't got any award at all [referring to someone who received a Teacher of the Year award] but I'm just telling you, knowing that I did something positive to create this wonderful gentleman right here, this wonderful person, I'll take that over any award they can give me."

Mr. Boston also spoke about the mentor in his life – Mr. Chuck Norris, with whom he started training at age 17. He is Mr. Norris' 35th black belt and his accomplishments are many: 1993 Black Belt of the Year, former Region 1 Chair, and two-time senior Grand Champion (1999 and 2001). He taught in the Chuck Norris Karate Schools (as they were called at the time), was a member of the Pro Full Contact South Bay Stingers Karate Team in 1975, and fought in dozens of tournaments.

Editor's Note: Isn't it amazing how one word or statement can influence someone so profoundly? If you remember someone in your life who has done that for you, take a moment, acknowledge what that person's words have meant to you and let them know. It may mean more than you think!



TRAINING TRAINING

K.I.S.S. Gun Defense - Part 1

by Joe Gemma, Region 2 Chair



It is an unfortunate possibility in this day and age that you may be confronted by someone in possession of a gun, whether it is in the parking lot of a local supermarket, at school, in the park, or out jogging. In such a situation it is vital to your survival that you have a basic understanding of gun defense. The technique is very simple and can be mastered physically in minutes. The real challenge is mastering your mind.

There are three basic components to Keeping It Simple to Survive – attitude, knowledge, and technique.

If you step to the left, grab the weapon with your left hand.

If you step to the right, grab the weapon with your right hand.

Attitude

I will not lose! This must be first and foremost in your mind. You *cannot* simply shrug your shoulders and assume that you will lose simply because someone points a gun at you. In fact, it is physically very simple to take control of the weapon and put the advantage on your side.

Ask yourself, “What is my goal?” Your #1 goal should be to survive at all costs, but should you totally destroy the enemy? This is, after all, a deadly force situation, and you can respond in kind. Or, is your goal to simply get away? This is fine, too, since dominating a larger, angrier, possibly intoxicated attacker may not be realistic.

You must know, understand, and truly believe that your knowledge and technique will work, and once you commit, you commit at full speed. This is NOT the time to be nice,

or worry that you might hurt your attacker. He is not worried about that, is he?

Knowledge

The concept of *lag time* is the key to understanding why this technique works. Lag time is the amount of time it takes for a person to react to outside stimuli. On the average, it takes $\frac{3}{4}$ of a second to a full second for the brain to see, compute, and tell the body what to do. But the reaction *always* trails the action.

If you act first, it is a physical impossibility for someone to pull the trigger on a handgun faster than you can step out of the way! You may be saying, “No way!” but I assure

you it is true. In point sparring, why do we start a fight ‘off the line?’ Simply, if we are *on* the line, our opponent can reach out and hit us in the head before we can react. The same physical manifestation applies with the handgun scenario.

Technique

Do you know your left from your right? Then you can do this!

If you step to the left, grab the weapon with your left hand. If you step to the right, grab the weapon with your right hand.

This rule CANNOT be broken. If you step right and grab left, you will push the barrel along with you, totally contrary to what you are trying to accomplish.

Gun Pointed at You f



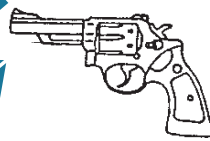
The closer the weapon is to you, the easier the technique will be. You will be able to move, redirect, and control the weapon before the ‘bad guy’ can react and pull the trigger. It does not matter where the weapon is pointed (head, chest, stomach), the technique is the same.

Raise your hands to the height of the barrel of the weapon. TV and the movies have made this an inoffensive movement, but in reality, our hands are that much closer to the barrel of the weapon. If the weapon is not within your range, you may have to take a step forward in order to get close enough for the technique to work.





TRAINING



TRAINING

Gun Pointed at You from the Side

from the Front



There is no difference in the technique if confronted from the side. The same basic rule applies.

Photo 5 and Photo 6

Step right (in this case backward with your right foot) and grab with your right hand.

OR

Photo 7 and Photo 8

Step right (in this case forward with your right foot) and grab with your right hand.

Again, your body has now moved out of the way of the gun's original path of direction. And again, remember to violently follow up!



Photo 1 and Photo 2

Step to the left (in a horse stance or an angled forward stance) and grab the weapon with your left hand.

OR

Photo 3 and Photo 4

Step to the right (horse stance or an angled forward stance) and grab the weapon with your right hand.

Your body has now moved out of the way of the gun's original path of direction. Now follow up! You can think of this as a very violent one-step. Go with full power and full speed. Your objective is to save your life!



In Part 2 of this series, we will cover how the technique applies when the gun is pointed at you from the rear, what to do when the gun is pointed at you from a distance, what to do if you are taken hostage, and other useful tips.



Welcome to Kiai Corner!

I received some great ideas for the answer to the riddle from the martial arts trivia winners from the last issue! Check them out on the next page – they may help you with your answer.

I'm not saying if anyone solved the riddle – yet!

Here is the next tale from Dr. Terrence Webster-Doyle's *Eye of the Hurricane: Tales of the Empty Handed Masters*, which will give you more clues to 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?

One Encounter – One Chance

The students had been working in the school's garden all morning. The dirt was a dark brown and felt soft and cool under their bare feet. One of the students, on her knees and digging with her hands in the soil, exclaimed, "Oh, look at this one!" as she held up a large brown potato with a smaller one clinging to it.

They grew all their own food, except for wheat and rice, which they bought in town. Fresh cabbages, carrots, beets, lettuces, peas, and lots of squash. Growing their own food organically was different from their experiences with food at home. Out in nature, food tasted so different – so fresh and healthy. Everyone took turns planting and tending the garden, as well as cooking and cleaning. These were all natural parts of everyday living together. It was also a natural part of their Martial Arts practice.

The school had two cats. They lived a lazy life. The students would find them curled up sleeping in the oddest places – like in the old tool shed, in one of the students' lockers, or on a window ledge in the morning sun. But one of their favorite places was on the practice hall porch. As the students practiced their forms, the cats would stretch, yawn, and curl up, or dangle half off a ledge.

"Do you see how relaxed those cats are?" the teacher asked the students one day in the practice hall. "That is the relaxation needed to practice your forms well. When you are tense, you cannot move correctly. Your mind and body are stiff from trying too hard to succeed. You think of winning or losing, you become hard and tight, and there is no beauty in your movements. Practice the beauty of your forms. Forget about winning or losing. There is no beginning or end to your practice. The first movement is the last movement. Do you understand?"

Then he picked up a towel laying nearby. "You see how I snap the towel like this?" he asked. "Can you hear the sharp crack as I flick it so? The towel is relaxed before and is relaxed just after the point of contact. Only at the point of contact, or extension, does it tense and become focused. Your techniques should be like that. For just a brief moment, tense, focused – then relax, relax, relax."

The students continued practicing

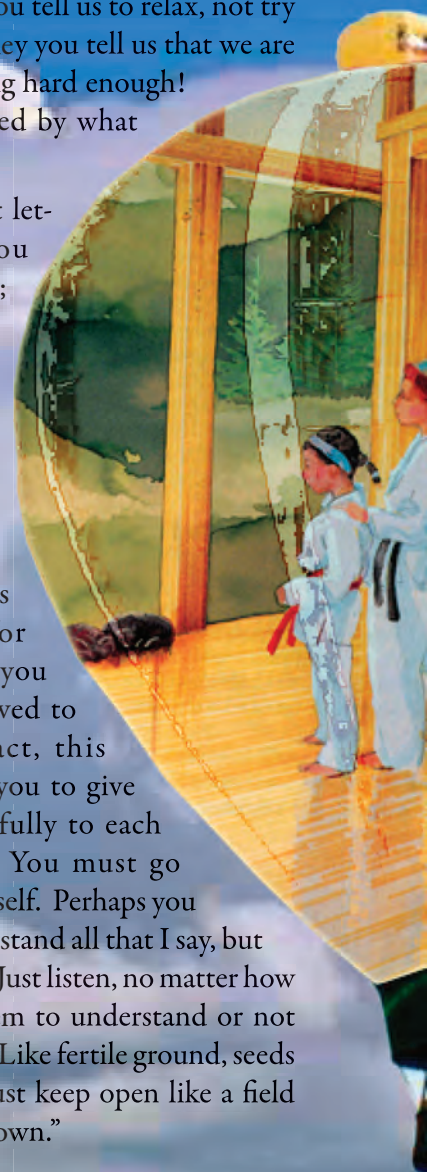
their forms as the teacher snapped the towel. And the cats rolled over into new sleeping positions, as if they had been poured there.

"Students, you try too hard but not hard enough. Do you understand?"

"No, Sir, I don't," said one of the junior students. "You tell us to relax, not try too hard. They you tell us that we are not practicing hard enough!

I am confused by what you say."

"You are not letting go. You hold back; you are resisting really punching. No one will get hurt if you observe the limitations I have set for you. Since you are not allowed to make contact, this should free you to give yourself up fully to each technique. You must go beyond yourself. Perhaps you do not understand all that I say, but don't worry. Just listen, no matter how little you seem to understand or not understand. Like fertile ground, seeds will grow. Just keep open like a field ready to be sown."





The teacher counted punches as the students punched harder and harder. “Now try harder, harder!” he commanded. “One hundred punches, two hundred punches!” The students sweated pools of water as they punched and punched – and punched!

“Now stop,” he said loudly! “Jump up and down, shake everything loose. Now get back into your fighting positions again. We will do ten ‘One Encounter – One Chance’ punches. Each punch must be as if it is your last. Your only one chance! Calm your breathing, calm your mind, relax your body, but remain attentive. Just listen to me – don’t look my way. Now, are you ready?”

There was silence in the room. The cats had woken up and were intently staring at the students; the cats too were relaxed but ready.

“One!”

“*KIAI!*” The combined shout of the students shook the school.

“Two!”

“*KIAI!*” And again the walls shook.

“Three!” “Four!” “Five!”

In unison, the students *kiaied* with greater and greater intensity, as if rising to some great height.

“Six!” “Seven!” “Eight!” “Nine!”

Stronger and stronger they punched; louder and louder they *kiaied*.

“Now, this is your last and only chance. You must let go completely of any resistance you have. You must break through that wall holding you back. You must go beyond yourself!”

“Ten!” he shouted.

“*KIAI!*” The students responded in perfect unison.

When the noise of the *kiais* subsided, the practice room was vibrating with energy. Everyone was wide awake. The towel had been snapped and the great power unleashed. This power was not the power of violence. It was passion, pure natural energy, like lightning or thunder. Everyone stood quietly in the awe of that moment. The sun shone brightly through the window where the cats had been.



Martial Arts Trivia

Here are the answers to the martial arts trivia questions from the May issue of the Octagon.

1. What does MDS stand for? **Answer: Master Development Series**
2. What are the 5 food groups? **Answer: grains, vegetables, fruit, milk, meat and beans**
3. What is the website where you can create your own healthy eating plan? **Answer: www.mypyramid.gov**
4. List the names of the UFAF Board of Directors. **Answer: Chuck Norris, Aaron Norris, Ken Gallacher, Chip Wright, Ed Saenz, Tip Potter, John Presti, Steve Hammersley, Steve Nelson, Tara Bidwell**
5. There is no wrong or right answer for this one: give one idea for the answer to the riddle. **Answer: humility, the mind, time, a memory (good or bad), water, knowledge**

Congratulations to the following UFAF members who were the first eight students to correctly answer the above questions. I know that there are more than five- but I had some extra prizes!

Helen Kovach, Tyler Virtue, Leighton Poland, DeAndre Brown, Chandler Givens, Olivia Givens, Joe Bartha, Andrew Achter

The answers to the following questions can be found in this issue. Be one of the first five students (16 and under) to email me (afabian@ufaf.org) the correct answers, along with your complete mailing address, and you’ll win a prize! Remember, you must be a UFAF member in order to participate. Check with your instructor if you are not sure.

1. Which competitor won the Norris Cup in both kata and fighting?
2. How many calories and grams of fat are in a Grande Taco Salad at On the Border Restaurants?
3. What does ISDT stand for?
4. When is the 2010 International Training Conference?
5. What is the basic “technique” of K.I.S.S. gun defense?

Team Chun Kuk Do News

by Mr. Chuck Elias, Team Coach

Since 2005, Team Chun Kuk Do's first year, I have attended the Kumite Classic in Pittsburg, PA, and it has become my favorite because it is more than a karate tournament – it also has jiu-jitsu, boxing, dancing, fitness, and many more forms of sports and entertainment.

Again, Team CKD was very well represented. Norris Cup winner Michael Holstien continued his winning ways by capturing 1st place in continuous fighting, 1st place in point sparring, 3rd place in weapons, and 3rd place in creative kata. Two weeks ago Michael competed at the Long Beach Internationals in California, where he won 1st place in continuous fighting and 1st place in point fighting.

Eric Jones, also a Norris Cup winner, competed and was rewarded with 4th place in creative kata and 4th place in point sparring. Both David and Jorge Alonzo competed in point sparring; they did not place but represented Team Chun Kuk Do with pride.

Representing Presti Karate Centers and coached by Mr. Gil Hamilton, Greg Bullock took 2nd place in hard creative kata, and 3rd place in continuous sparring, while Joe Gizzarelli took 5th place in traditional kata.

Doug Shaffer not only competed in point sparring, where he placed 4th, but also entered the jiu-jitsu tournament where he placed 1st!

Lending moral support (and some coaching) was Michael's dad Marty Holstien. Thanks!

Next stop—The Super Grands that will again be held again in Buffalo, New York, the week between Christmas and New Year's. If you are planning on attending, email your division numbers to Chuck Elias at Clubkarate@hargray.com or post on the UFAF web site under World Games 09.



Kumite Group: Front Row: L-R: Eric Jones, Michael Holstien Back Row: L-R: Doug Shaffer, Jorge Alonzo, David Alonzo, Chuck Elias (Team Coach)



E. JONES



G. BULLOCK



D. SHAFFER



M. HOLSTIEN



Chun Kuk Do is Growing!

by Mr. David Rodriguez, Spanish Language Liaison

It is my pleasure to announce the expansion of Chun Kuk Do into Paraguay, South America where, on July 13, 2009, Mr. Oscar Nieva became Chun Kuk Do black belt #3213! The opportunity to travel to Paraguay and to meet Mr. Nieva and his students was a great experience for me and I was honored to represent our style of Chun Kuk Do and assist with its growth!



Mr. Nieva was born in Argentina, and began his Tae Kwon Do training at age 15. After serving his country in the navy,

he resumed his martial arts training in Tang Soo Do, receiving his black belt in 1982. He spent the next 26 years with the American TaeKwonDo Association/Songahm TaeKwonDo Federation (ATA/STF), earning his 6th degree black belt. After many years of competing and countless accolades, he was ready to retire in 2007. But as with many martial artists, Mr. Chuck Norris had always been an inspiration to Mr. Nieva, and after doing some further research, he decided to pursue his black belt in Chun Kuk Do.

Now a member of Region 9, Mr. Nieva will be instrumental in CKD's expansion in South America. His organization in Paraguay currently consists of ten schools and approximately 600 students. He says, "Our greatest desire is to affiliate our students with UFAF and to make sure that Chun Kuk Do grows in all of South America." The first CKD three-day training seminar in Paraguay took place in December 2008

and covered basic techniques, katas, and fighting. With the direct assistance of Mr. Nieva, other school owners and students are being helped through the crossover process.

I would like to thank all of you who have helped me in every way to make our organization grow - Mr. Saenz, Mr. Nelson, Mr. Gallacher, Mr. Presti, and of course Mr. Chuck and Mr. Aaron Norris.

Editor's Note:

I had the pleasure of meeting Mr. Nieva at this year's ITC, and he couldn't say enough about Mr. Rodriguez. He regards Mr. Rodriguez as a great friend, and a great martial artist! He said, "My crossover to Chun Kuk Do has been the best thing that has happened to me in my entire martial arts career."



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