

OCTAGON

The Official Publication of the United Fighting Arts Federation

January 2007



Inside: “Connect The Dots” between traditional techniques and fighting •
IRAQ- Mr. Norris visits the troops • and much more

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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It brings me much happiness to watch Chun Kuk Do grow and see the dedication of our leadership team, our black belts and all our students who have and are contributing to this growth. Chun Kuk Do, while keeping many of the traditions of a martial past, has combined tradition with the innovations of the modern fighting arts, resulting in a unique style.

The martial arts in general are very broad in their applications, but our school owners are building great youth and adult programs, which include traditional forms, weapons, tournament fighting, grappling, and self defense, resulting in a style that appeals to a large cross section of the public. A number of Chun Kuk Do practitioners have even ventured into more nontraditional sport fighting and have excelled there, too. Some of our studio owners are making the teaching of our art a profession that not only supports them, but growing staffs as well.

Yes, Chun Kuk Do is growing. I am proud to be called its founder and I am also proud to be associated with each of you. We are students of a great art and with our creed of "Discipline, Integrity, Loyalty, and Respect," we will continue to grow.

*Sincerely,
Chuck Norris
Founder*



This year I had a wonderful experience. I went on a golfing trip to both Scotland and Ireland and had the opportunity to play on two very famous courses, both of which are steeped in history and tradition. One of them was St. Andrews, the oldest known golf course in the world, where legendary golfers have walked the greens and fairways. (As an interesting aside: the clubhouse was established by a Tom Gallacher!) The other was the K Club, which hosted the Ryder Cup as well as the British Open, and saw this year's greatest golfers play there.

As I walked and attempted to play a decent game of golf, my thoughts went to our art of Chun Kuk Do. Our history also contains the names of true legends and icons of our art, such as the undisputed masters of our style, Mr. Chuck Norris, and his brother Mr. Aaron Norris. Other masters include Tip Potter, the late and very great Howard Jackson, Chip Wright, and Ed Saenz, just to name a few. Today new legends, new histories, new traditions for our great art are shaped by others who are "picking up the banner."

I was honored to stand on two great golf courses where legends have played, and I am even more honored to be a part of this great art of Chun Kuk Do and walk among the greats of yesterday, today, and the future.

*Respectfully,
Ken Gallacher
Executive Vice President
9th Degree Black Belt*



SPOTLIGHTS

Regional Chairs – The February test cycle is coming up. Be sure to take individual photos of your new black belts and send them to Mr. Gemma immediately! This way, they will be included in the album. If there are any other pictures that were not sent by the deadline, include them with your new black belts.

Start planning now! The 2007 ITC will be held July 9th through July 15th. See page 19 for details and information about the new location!

Breaking News! The UFAF Board has elected to merge Region 1 into Region 2 (in the south) and Region 3 (Bay Area and north). Mr. Gemma will remain as chair of the new combined Region 2, and Ms. Huntemann will remain as chair of the new combined Region 3. (There will be no Region 1.) UFAF wishes to thank Mr. Jim Chandler for his service as Regional Chair for Region 1. His loyalty to UFAF and his desire and strides to help make it great are well known. His efforts in Region 1 are greatly appreciated. Mr. Chandler will continue to contribute to the leadership of Region 2 by serving as a member of the regional board.

Did you know that each and every black belt certificate is personally signed by Mr. Norris? No signature stamp! Your certificate is very special – you earned it – and Mr. Norris takes the time to sign each one! See page 13 for more information!

Chuck Norris Fun Fact: Chuck Norris once roundhouse kicked a ten-dollar bill into 200 nickels.

Safety Tip: If you are ever thrown into the trunk of a car, try kicking out the back taillights, sticking your arm out of the hole and waving like crazy. The driver will not see you, but everyone else will.

Editor's Note:



The hustle and bustle of the holidays are now behind us, but I hope everyone had a fulfilling holiday season. While people may celebrate for different reasons and in different ways, it *is* all about family and friends. When I read Mr. Norris's account of his tour in Iraq, I couldn't help but be saddened by the knowledge that so many of our country's men and women who are serving in our military did not get to come home for Christmas. It is so important to always remember them.

This issue marks the one year anniversary of my post as Editor of the Octagon, and I am always amazed by two things: one, how much I enjoy it, and two, how much I have, and continue to learn. Many thanks to Jacob Sherman for his creative publication design, to Steve Nelson for his astute guidance, and to my Mom, Hetty Nijman, who assists me in the proofreading process and supports me in ways that only my Mom can.

Happy New Year,
Astrid Fabian

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NEW

Professional Martial Artist Certification™ and ITC Continuing Education Recognition



by Mr. Steve Nelson
Director of Operations and Development

As all UFAF members know, the *Certified Professional Martial Artist* (CPMA) designation that has been awarded for the past many years as recognition for International Training Conference (ITC) attendance has been discontinued. In its place are two completely new recognitions:

- A brand new *Professional Martial Artist Certification™* (PMAC)
- ITC Continuing Education Recognition (for ITC attendance/participation)

Professional Martial Artist Certification™ (PMAC)

What It Means

Aside from CKD rank itself, the new PMAC is the most prestigious accomplishment-oriented certification UFAF can confer on its members. It incorporates UFAF's new directions and educational offerings to create a composite certification with real merit and credibility in the martial arts world. The PMAC allows for a proliferation of possibilities, and will create myriad paths along which candidates can have an influence in the martial arts profession. It will require real work, real dedication, real commitment, and real certification, as its name implies. Receiving it will be a grand event for any deserving martial arts professional!

Who is eligible to earn the PMAC?

The PMAC is a certification for professionals in the martial arts field, which UFAF defines to include school owners (and black belt business staff), school instructors (paid or unpaid), private instructors, seminar presenters, organizational leaders, publishers in the field, martial arts product and service providers, consultants, and many other professional disciplines in the field. *Virtually any CKD black belt, who wants to become involved in the martial arts profession at any level, and in any number of ways, is eligible to earn the PMAC.* For example, one avenue open to almost anyone would be pursuing necessary qualifications and teaching in the school where one trains.

Receiving it will be a grand event for any deserving martial arts professional!

- Invent and market a commercial martial arts product or service
- Participate in a martial arts movie production
- Provide service to one's community, church, local schools, etc.
- Compete as part of Team CKD
- Etc, etc, etc. The list is endless, and will be flexibly extended to include many, many more professional pursuits. More detail to follow soon!



Requirements for the PMAC

Because of the broad spectrum of activities that qualify, PMAC requirements are necessarily flexible and open-ended, with a few firm standards:

1. Black belt rank in CKD, and generally active in UFAF membership year to year.
2. Regional Chair and/or UFAF Board approval of a candidate's professional involvement in the martial arts field.
3. Silver Level participation (at least) in the International Training Conference (ITC). This equates to four years, or more. (See **ITC Attendance Recognition - Continuing Education** below.)
4. Four years or more of participation in the *UFAF Instructor Development Series™* (IDS). (Years need not be consecutive.)
5. At least two separate *UFAF Master Development Series™* (MDS) certifications.
6. School Owners: Four years or more of participation in the *UFAF Professional Development Series™* (PDS). In future, this event may be opened to other areas of professional interest in the martial arts field. (Years need not be consecutive.)
7. School Owners: Compliance with all current and future standards and policies governing the opening of a UFAF-sanctioned CKD school, and for maintaining that status. (This requirement will be adjusted as new criteria are introduced from time to time.)
8. A selection of elective requirements from which candidates may choose (details forthcoming). For example:
 - Earn an Elective Certification(s) from UFAF (BJJ, for example)
 - Present at an ITC, IDS, PDS, regional event, or special school seminar
 - Serve on a UFAF regional board
 - Serve in a UFAF advisory board role
 - Serve in a publishing role for UFAF
 - Publish an article in a martial arts journal
 - Serve as a consultant
 - Serve in a merchandising role for UFAF
 - Serve on a UFAF development project team or task force
 - Serve on a UFAF/CKD product or service development team

ITC Attendance Recognition-Continuing Education

Regular International Training Conference (ITC) attendees will be recognized for their commitment in attending the *UFAF Continuing Education Series™* of seminars offered there. These seminars provide opportunity for members to be instructed in all things martial arts - CKD and non-CKD alike. UFAF-internal and guest instructors broaden our martial arts horizons by giving us exposure to a variety of topics. Over the years we have been instructed in self defense (including knife and gun defense), traditional technique, weapons, fitness, grappling, pressure points, point sparring.... The list goes on!

Beginning at the 2007 ITC, yearly participation certificates listing the actual seminar events and instructors for the given year will be distributed to all black belt ITC attendees at event registration. In addition, BRONZE, SILVER, GOLD, and PLATINUM level participation milestone certificates will be issued for 2, 4, 7, and 10 years of black belt attendance, respectively. (The years need not be consecutive.) The new program will start with the 2007 ITC, making 2008 the first year milestone certificates will be awarded for 2 year attendees (BRONZE level). Every UFAF-member black belt, regardless of rank or number of previous years of ITC/Convention participation, will begin together on the new program, thereby celebrating UFAF's new directions and rewarding members for participating.



Connecting the Dots: Traditional Techniques, Fighting, and the *Do* in Chun Kuk Do, Part 1

By Mr. Chris McLean
Region 4

Let's think about an artist painting a picture; the artist tries to recreate what is seen in his or her mind's eye. But how did the artist learn to do this?

There were probably many steps involved in the artist's education, beginning in childhood. First, he or she had to learn to color within the lines with crayons, then to trace, sketch, and paint by numbers. Next, the artist had to learn about brushes and brush strokes, canvas and texture. Only after all that preparation would the artist be able to paint a picture with beautiful brush strokes. This step by step learning process is like following a path, or 'connecting the dots' and is very similar to what a martial arts student needs to do to become a master of the art.

Realistic, practical application of fighting techniques is at the core of everything we do, and the purpose of each layer of our professional Chun Kuk Do core curriculum is to 'connect the dots' between traditional techniques and fighting. Traditional techniques are used to teach proper posture, lines of power, methods of generating power, footwork, timing, and focus, and skills are attached at each level so that the student will have the layers needed to advance into fighting techniques. There is a clearly defined path from white belt through the master ranks of black belt, and the instructor and the student must give proper attention to each layer along the path to develop a well-rounded martial artist who has the diversity to be a great fighter, a great sport competitor, as well as a world-class performer.

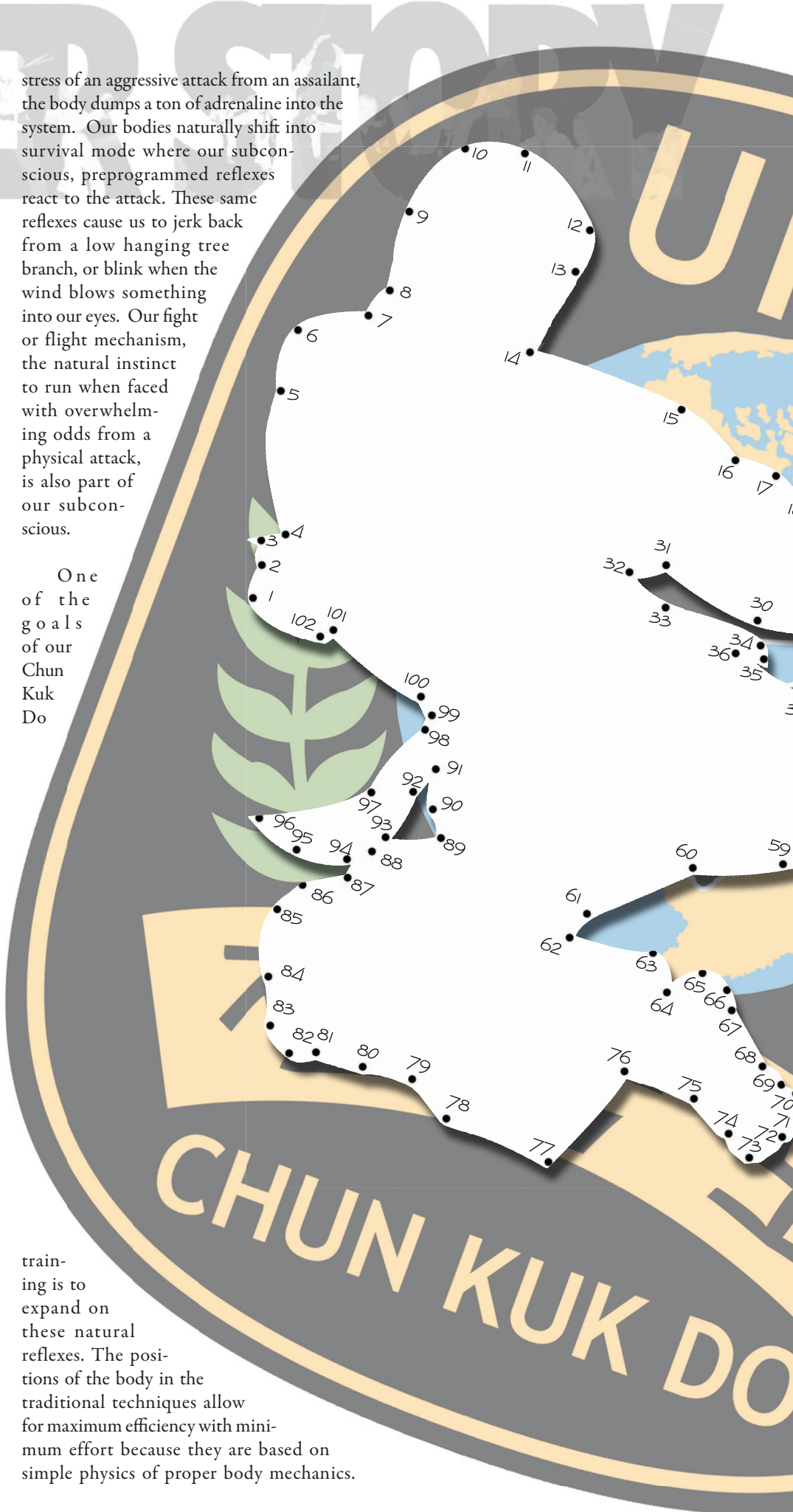
So why are the positions and postures of our fundamental techniques important, and why is it important to develop the proper level of proficiency and execution at each belt level? In other words, why does your instructor make you do the same thing over and over? The purpose is much greater than all of us just doing things the same way so that we can be recognized as being part of the same style.

We need to understand that under the

stress of an aggressive attack from an assailant, the body dumps a ton of adrenaline into the system. Our bodies naturally shift into survival mode where our subconscious, preprogrammed reflexes react to the attack. These same reflexes cause us to jerk back from a low hanging tree branch, or blink when the wind blows something into our eyes. Our fight or flight mechanism, the natural instinct to run when faced with overwhelming odds from a physical attack, is also part of our subconscious.

One of the goals of our Chun Kuk Do

training is to expand on these natural reflexes. The positions of the body in the traditional techniques allow for maximum efficiency with minimum effort because they are based on simple physics of proper body mechanics.



These traditional techniques need to be drilled for several thousand repetitions so that they become a part of the subconscious

be compromised; therefore, practicing the full range of motion when developing these skill sets is critical. The adjustments will then be made by the subconscious to adapt the movements for the given situations of each attack.

This subconscious state is often referred to as *Mushin*, literally translated from Japanese to English, meaning *empty mind*, or *no mind*. Mushin is a state of being where we live our lives in a calm, relaxed state, fully aware and in the present, living in the right now, with the ability to respond appropriately to what is going on around us at all levels, mentally, physically, and emotionally. In Mushin, we rely not on what we *think* should be the next move, but what is *felt* intuitively.

Mushin can also be found in other areas of our lives. Let's say you're driving along the freeway. You drive over a bridge and all of a sudden there are nothing but brakelights in front of you. You automatically tap the brakes, change lanes, barely missing the car in front of you. Once the danger is over, you relax again. This is Mushin; your automatic response to an unexpected situation. Another example is when you enter a room that you are familiar with; you reach for the light switch without having to look, or even think about it. This is also Mushin.

The color belt curriculum in Chun Kuk Do provides the roadmap towards the physical development of the body. Through repetition, core muscle tone and endurance will improve at each belt rank, and via our layered method of teaching, proficiency will build. We see this as the student progresses from stationary stances in the beginner belts, to adding movement across the floor with proper posture and hip action in the more advanced ranks. The ability to move in the traditional stances on the call across the

floor using the proper hip action, either snapping or full, is critical for fighting techniques in our attack combinations. Developing our physical ability will improve our self-confidence and will lower our fear of not being able to defend ourselves.

The functional application of fighting techniques at the advanced level depends on this physical development.

The call process provides a vehicle for consistent evolution in proficiency from one rank to the next and is critical for preparation for the board certified testing for black belt. The call process also

helps develop Mushin. At each level the call gets a little faster and the execution becomes quicker and more explosive. Drills are used at each belt level to add to each layer of technique, while at the same time building physical strength and endurance. The explosive core contraction is the center of all our power, and the endurance and explosiveness in the legs through holding the stances on the call provides a foundation for great fighters. The traditional techniques on the call build the skills that will be attached to free sparring.

Many schools make some modifications in their material for sparring, essentially teaching tricks to score. These tricks do not transfer over to real life self-defense situations, whereas our Chun Kuk Do attack combinations and block counter combinations transfer over to real world self-defense without making any adjustments.

Now you know why repetitions are so important. Our physical training helps connect some of the 'dots' in our journey, but what is it that completes the picture? Find out in the next issue! 📖



How to Read Your Opponent and Fight Effectively - Part 1

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



For the past 7-8 years we have been training under Master Tip Potter at Arizona Fighting Arts, and our training has focused heavily on the topic of fighting and point sparring. Not only have we learned the technical aspects of throwing kicks, punches, and executing combinations, but also how to 'read' our opponent and fight him effectively.

There are five types of fighters that may be encountered: the Blitzzer, the Runner, the Hand Man, the Kicker and the Rock. Your instructor may use different terminology, but you will recognize the types of fighters. In Part 1 of this three part series we will focus on the Blitzzer.

Who is the Blitzzer?

The Blitzzer (also known as Aggressive Attacker) is the most common type of fighter. He uses multiple combinations in a constant attack and generally uses long-range (three or more) combinations of footwork. He has a very explosive initial move that emphasizes power and forward motion.

How do you fight the Blitzzer?

The best way to fight this type of fighter is to work diagonal, 45-degree angles to the left and right, not to work straight in. Be sure to stay off center, or it will be hard to maneuver away from the attack. In some instances, it is beneficial to step away from the fighter as he blitzes, to gain separation to throw your techniques. Described below are two of the possible techniques that can be used against a Blitzzer.

Technique #1: Reverse Punch

When utilized with the correct angles, the reverse punch is the most effective move against a Blitzzer. It is one of the fastest techniques that can be used and IT WORKS!!! Be sure to use a quick cover and do not over block; just deflect enough to get out of the way. Practice is critical to time the reverse punch effectively.

Technique # 2: Step Away Kick (Side)

A kick can also be used against a Blitzzer; however, you must use the front foot because it is much faster. Any kick can be done, but we find that the side kick is the most effective because it not only allows escape due to foot positioning, but it is much easier to follow up with techniques of your choice. Be sure to point the supporting foot *STRAIGHT* back and away from the attacker, otherwise you will most likely be 'run over' by the Blitzzer. This works really well when you can 'bait' your opponent into blitzing you by using fakes and feints. Be careful not to break your partner's rib!

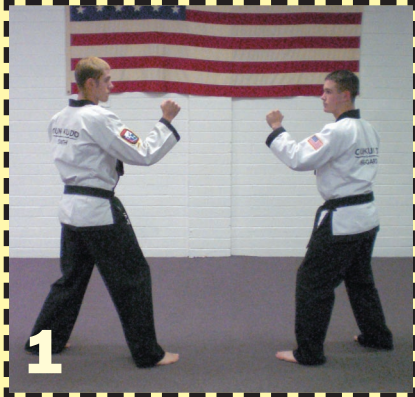


Fighters begin in an open fighting stance (either open or closed may be used).



As Mr. Haggard begins to blitz, Mr. Smith prepares for the side kick.

Angle #1: 45 Degrees to Left (cold side or open stance)



Fighters begin in an open fighting stance.



As Mr. Smith begins to blitz, Mr. Haggard steps 45 degrees to his left and executes a quick inside cover.



He follows immediately with a reverse punch to the body.

Angle #2: 45 Degrees to Right (hot side or closed stance)



Fighters begin in a closed fighting stance.



As Mr. Smith begins to blitz, Mr. Haggard steps 45 degrees to his right while executing a quick inside cover.



He follows immediately with a reverse punch to the body.



As he executes the kick, the support foot is pointed **STRAIGHT BACK**.



Mr. Smith recoils from the kick and steps forward with a jab



and a reverse punch.

There are many moves that are effective against a Blitzer. If you would like to learn more about how to fight the Blitzer you can contact us at rs_sensei@yahoo.com or get Master Potter's Fighting Technique Book. Part 2 of this series (in the May 2007 issue) will explore the Runner and the Hand Man. In the meantime, practice hard, and we look forward to hearing from you.





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?

Welcome to this issue of **Kiai Corner!** We continue with the next tale from **Dr. Terrence Webster-Doyle's Eye of the Hurricane: Tales of the Empty Handed Masters called Time Stands Still.** Remember, all of these tales give you clues to the riddle. Do you have any ideas yet?



Time Stands Still

The students' training at camp consisted of daily meditation, duties, physical training, and "mental freestyle" (as they called it). "Mental freestyle" was a time set aside to sharpen mental alertness and understanding; the students would soon find out that this was the most important part of the training. There was also a time set aside for special activities involving the application of important principles of the Martial Arts.

The students were awakened each morning by a bell. The first morning the boy heard it through his sleep. A solid metal strike, then a strong sound spreading out like ripples on a lake. One, two, three – the echo in the mountains – one, two, three. This series of gongs was repeated three times. It was not a harsh sound, yet it was strong enough to reach into his sleep; it entered his dreams to bring him to wakefulness on the wings of vibration. He listened to the echo and the pure metallic sound. For a moment there was *only* that sound – no one listening. It was such a peaceful moment, but then the boy began to wonder what the day would bring.

They met at the river. Standing in the early morning sun, looking up at the mist-covered mountains, he felt so happy – as if he were a small child within a secure home. "Home at last, home at last," he repeated softly to himself. *What a relief!* A heron stood in the river, silently, without motion – behind it, a background of pine-forest green. The heron seemed so naturally a part of the woods and river. He could not see one without the other. A tranquil scene.

The boy suddenly leapt into the mountain stream, letting out a yell. They had been instructed to bathe in silence, but the water was so cold that the scream escaped spontaneously. It was as if a frozen knife had stabbed him; then he felt wide awake! The heron didn't move at all, as if it felt that what the students were doing was perfectly natural.

After this first early morning swim, they dried off and put on the *gis*. The boy enjoyed walking in his *gi* on the stone path, feeling so clean and refreshed. The wonderful odor of honeysuckle filled the air; he leaned over to smell a flower. As he had been lost in the bell's sound, so he was lost in that odor of honeysuckle. For a brief yet everlasting moment, he was gone. He couldn't explain how or why or what it felt like – but he was just not there. There was only the honeysuckle, the sweet odor of the flower – that's all.

Martial Arts Trivia

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

Sian Ard
Shane Bordelon
Kierra Brown
April Dull
Sierrah Jenkins
Alexa Mannion
Ryan Rodriguez

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

1. A "shinai" is a bamboo sword.
2. An Israeli system of self-defense is Krav Maga.
3. The Director of Regional Chairs is Mr. Tip Potter.
4. The 2007 International Training Conference was to be held July 16-22, 2007, but the dates have changed to July 9-15, 2007.
5. Mr. Javier Garcia received the 2006 Wieland Norris Award.

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

1. Traditional techniques help us learn six elements of a technique. What are they?
2. What does Mushin mean?
3. Which type of fighter uses long-range footwork?
4. What does PMAC stand for?
5. What are two techniques that can be used against a Blitzer?

Mr. Norris in Iraq

*World Net Daily News
reprinted with permission*

Editor's Note: World Net Daily News is an online news site in which Mr. Norris writes a weekly column. Check out the Chuck Norris WND Forum at www.wnd.com

A Letter from the Front Lines

Hello, My name is Capt. Mike Southworth. I am a pilot in the Marine Corps. I recently flew Mr. Norris during his USO tour ... His visit here means a lot to all the Marines, sailors, and soldiers out here. I know many of my Marines said that it helped boost their morale and helped them forget that they were away from their family and friends ... So, thanks for the support and God bless!

*Very respectfully,
Capt. Mike Southworth, USMC*

Capt. Southworth's letter was one of hundreds of letters from service members, their families and friends that actor Marshall Teague and I received over the last week since the completion of our USO tour of Kuwait and Iraq. I was scheduled to make this trip three years ago, but it was cancelled for "security reasons." Three days later Saddam Hussein was captured.

There is simply no way to thank all the USO personnel, Brig. Gen. Robert B. Neller, Maj. Gen. Richard C. Zilmer, and dozens of others who provided us with the privilege (and safety) to participate in this mission of support. A special thanks to Gen. Robert Magnus, whose companionship was deeply appreciated and who recently penned one of the finest defenses of our troops I've ever read.

Four Days in the War Zone

For obvious reasons, I cannot list all of the places we toured, but I can tell you that we went farther into the Iraqi war zone than is generally allowed. In a four-day period, we visited and encouraged what they tell me were 18,295 total service members in a dozen locations. I've relived several moments over and over in my mind this past week. I thoroughly loved the Marine Corps Martial Arts Program demonstration (not a surprise there!) I was honored to preside over five promotions and four reenlistments. I will never forget the camp where we met the brothers, who served together, and the sergeant-major and his son serving together. Incredible! I still pray for the six we visited in the hospital who had sustained injuries from IED attacks. Particularly moving to me was hugging one of those young Marines, who was riddled with shrapnel wounds from a suicide bomber.

Everyone there is very committed to the cause of freedom. There is no exception. We only spent four days there. Most are giving a few years. We didn't lay our lives on the line. They do. It is I who was blessed for visiting our troops. It is I who am still blessed for being a spiritual leader to ten platoons in Iraq.

Playing a Small Part in Our Troops' Inspiration ... and Humor

Even in the gravity of war, I was pleased to see that our troops could enjoy lighter moments, even using my name and face! I still smile as I see the Special Forces who had named their vehicle after me. Other units not only adopted my image on their vehicles, but one even had the call sign of "Walker." They told me four months ago one soldier said the only way he would reenlist is if the unit "got Chuck Norris out here." Standing by him, the soldier asked me to "give him an arm bar" (twisting his arm) when he signed the paperwork. I'm a patriot, so I was happy to oblige! And a huge laugh erupted at an operations intelligence briefing that closed with the slide, "Since Chuck Norris is here, everyone can go home tomorrow!"

Of course I had a little fun of my own. Like the time in Fallujah, after having breakfast with some Navy Seals, I left a little memento on the wall: "Chuck Norris Fact: Chuck Norris was here. 11.02.06." I am honored, humbled and proud to have played a small part in our troops' inspiration ... and even humor! If it puts a smile on their faces, count me in.

What Is Unpatriotic and Unjust


Of course we all know there is nothing funny about war. As much as anyone, I wish we could have brought each of them home to their families. (We did bring home with us a young Marine on emergency leave whose father was very ill). I'll be honest with you. I simply don't understand how anyone could neglect the support of these fine men and women. It is not only unpatriotic. It is unjust. The military is very close to me, because it turned my life around. Joining the military helped me get on the right path. I still believe it can help others too. That is why I stand with the majority of Americans who say to all our service members, their families, and indeed all the veterans who have served this great country and the cause of freedom, we salute you! We support you! And we will continue to pray for you.

From a Mother's Heart

This letter from a Marine's mom summarizes well why I went to Iraq and why we all need to continue to support all of our military personnel.

I just received an e-mail from my son who is a Marine serving in Iraq. In it he tells me that he got to meet Chuck Norris and that he has pictures that he will be sending soon. He sounded so excited. Thank you for making my Marine's day a little brighter in a very, very dark place and time and by doing so you have also touched this Mother's heart.

With sincere appreciation, Thank you. Tammi Betz

You're welcome Tammi. God bless you, your son, and all who serve. 



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 Mr. Steve Nelson.

Mr. Nelson is a 7th Degree CKD black belt and serves on the UFAF Board as Director of Operations and Development, and Corporate Treasurer. He is responsible for the day-to-day operations of the organization, including finances, development projects (programs, products, and member services), data, communications and publications, technology, marketing etc.

According to Mr. Nelson, "I don't do this alone. I work with other board members and teams of other tremendous people to accomplish these things. I love my job and find it rewarding to work on the UFAF Board together with some of the most impressive people I've ever met. It is a challenge to balance resources with development and growth, and I thrive on developing quality member services for black belts and students to take part in. Many exciting challenges lie ahead, and we have many improvements and developments to make. I appreciate members' patience when things pile up in the office, but I hope UFAF members will notice a steady improvement in service and offerings."

Mr. Nelson started his karate career many years ago when Mr. Bob Barrow talked him into trying a karate class at his Orem, UT karate school / health club. "I immediately went nuts, training in about 10 classes a week, plus personal training time at the school and at home." He continued his training with Mr. Doug Ingram, and has also studied with Mr. Gallacher and Mr. Saenz. He operated a successful commercial school (American Martial Arts of Utah) for 3-1/2 years from 1990 to 1993 in Provo, UT, and continues to teach private lessons for CKD students and black belts today.

Mr. Nelson has been instrumental in raising awareness regarding martial arts foundation fitness issues - specifically preventive fitness training for joint preservation and protection and longevity in the arts. He is co-creator and a presenter of the *UFAF Master Development Series*[™] course material. He is the recipient of the Wieland Norris Award (1995); Most Inspirational Award (2000); and is the current Sr. Kata Norris Cup holder.

In addition to CKD and BJJ, Mr. Nelson enjoys baseball (he is a certified pitching coach for private clients in UT), fitness, cross-country skiing, and cycling. He enjoys reading books on martial arts, fitness, business, coaching, baseball, Scandinavian literature and culture, and religion, and regularly works with the youth in his church. He and his wife Leslie (anyone who has ever attended an ITC has met her at the registration desk) reside Orem, UT. They have three sons: one in US Army Special Forces training (Ft. Bragg, NC), one on a religious mission in Norway, and one who is a senior in high school. 

Black Belt Certificates

by Mr. Steve Nelson








Director of Operations and Development

Did you know???

...that Mr. Norris signs every single black belt certificate by hand? In a recent conversation with a very well known black belt member of UFAF I was stunned to learn that she did not know that all of her black belt certificates are personally signed by the founder of the art of Chun Kuk Do. Perhaps there are others who did not know this. Let's take a look at where your black belt certificate came from - or where it *will* come from when you are promoted to black belt rank.




After each regional black belt test, the regional chair submits a packet to the UFAF office, which includes the promotion recommendation forms for each recommended individual, and all other relevant information regarding the test event. The UFAF office processes each packet in the order it is received:

-  verifies that all testing paperwork has been received in good order
-  verifies that test and membership fees have been received and recorded
-  verifies all candidates' eligibility and membership status (either student or black belt)
-  assigns black belt numbers to new 1st degree black belts (Black belt numbers are assigned carefully, and in accordance with strict guidelines which take into account the date of the test event and subsequent submission of the test packet, the candidates' ages, and when they started training.)
-  updates student and black belt records to reflect the new promotions
-  creates an online account for new black belts
-  creates and delivers work orders for certificates

Personal information (name, rank, black belt #, and date of promotion) is then hand-lettered by a calligrapher onto each individual certificate. No automated printing here! Every attempt is made to ensure that the certificate matches the accomplishment. Mr. Norris signs each certificate, and the office applies Mr. Norris' signature chop (the red stamp which appears alongside his signature).

Finally, when all the pieces have been brought together (there is actually one more piece in this process - but we'll keep that a surprise for you future black belts), the office prepares them for mailing to instructors for one more signature.

Next time your instructor awards you a CKD black belt certificate from UFAF, you will know a little more about what went into producing it, and what kind of unique and special document it is! 



The Super Grands

During the year, CKD team members compete in NBL tournaments around the country to earn points and to become rated in their divisions. The better one's rating, the better one's "seed" in the grand finale of the NBL tournament circuit, the Super Grands. This year, the tournament was held December 26th - 31st, 2006 at the Adam Mark Hotel in Buffalo, NY. Congratulations to Team CKD members Tanya Hunt, Van Frasher, Michael Holstein, Madison Santos, Derrick Stinson, Vic Bosch, Sydney Bosch, Rigo Cardenas, Eric Jones, John Malone and Mark Carroll. All of these players were rated in the top 5 in their divisions - some in multi categories. Both Tanya and Van had a #1 National rating. Team CKD was well represented at this year's Super Grands with more than half of the qualified players attending.

Day One

Wednesday started off with a flurry of activity; there was no waiting around. In the first event in ring #1, Tanya Hunt competed in point sparring. She fought very well, but came away empty handed. In the ring next to Tanya, Michael Holstein was performing in the creative weapons division. He too, did an outstanding job in a talent packed division. Across the floor in ring #7, Derrick Stinson's creative weapons division was next. Wow! What energy and tricks! It was over the top! Looking for a gimmick to give him an edge, Derrick performed his bo kata blind folded! He succeeded in completing several releases but missed the very last move. He finished in 8th place. Back to ring #1 to watch Madison Santos competing in creative weapons and spinning her way to 3rd place. Tanya's creative weapons division followed Madison's division. Tanya has been very strong in this division all year long and again did well enough to earn a spot in the Thursday night grand finales, where she earned 2nd place! Madison couldn't stay and cheer on her friend and teammate, as her point sparring division was called for staging. She kicked and punched like the warrior that she is. It was very obvious how well trained the girls were, to be able to switch off the fighting and to switch on the weapons, or vice-versa.

Day Two

Thursday was spread out a little more, starting with Van Frasher point sparring in the 35+ division. Because his division was the third to run in that ring, Van had time to loosen up and visualize his victories. His hard training paid off, and he blazed his way, undefeated, to the nighttime finale. Then Van competed in the 18+ division. Good thing Van was in great shape and had plenty of stamina. He worked his way through a large field to earn 4th place. There was so much punching and kicking going on that some players lose the quality and integrity of their techniques, but not Van. He puts the "grit" in integrity! Michael Holstein competed in creative forms, a very interesting and entertaining division, with all the flips, twist and rolls, and earned 7th place. Then it was Derrick Stinson's turn to entertain us all in the musical weapons division. I would pay just to watch that division! He earned 7th place.

The nighttime finale had Van fighting in the 35+ division. He was

Team CKD News

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

The Survivor Tournament

The Survivor karate tournament was held the weekend of September 22nd and 23rd, 2006 in the Hyatt Regency Hotel, overlooking the Savannah River on historic River Street in Savannah, GA. This was the last NBL national tournament for the year and Team CKD competed well. Although the tournament was disorganized and ran slowly, the talent was very evident. Several members of Eric and Aaron Hensley's school made the short drive from Augusta and Aiken, SC to compete and show their support. Lindy Woods also drove over both days to support the team. John Malone and his father traveled from Ohio, Madison Santos and her Mom and Grandmother drove up from Florida, Tom and Pam Hunt made the trip from Florida to watch their daughter, Tanya, perform, Van Frasher flew in from Ohio, and Michael Holstein flew all the way from Oregon.

Here are the results:

- Madison Santos**- 2nd in Kara, 3rd in Weapons
 - Tanya Hunt**- 2nd in Weapons, 2nd in point sparring, 2nd in team fighting
 - Michael Holstein**- 3rd in continuous fighting, 5th in Kata
 - John Malone**- 2nd in continuous fighting, 3rd in point sparring
 - Van Frasher**- 1st in team fighting, 2nd in continuous fighting, 2nd in 35+ point sparring, 3rd in 18+ sparring
 - Eric Hensley**- 1st in 45+ sparring. This was Mr. Hensley's first fight since December 2005 when he suffered a serious leg injury.
- Congratulations to all!



Front Row: Eric Hensley, Michael Holstein, Tanya Hunt, Madison Santos
Back Row: Chuck Elias, John Malone, Van Frasher



Front Row: Michael Holstein, Madison Santos
Back Row: Derrick Stinson, Vic Bosch, Tanya Hunt, Chuck Elias, Van Frasher

clearly dominating his opponent by almost scoring at will, while never being scored upon. In a desperate move, his opponent tried to tackle Van. The ring was on a raised platform with very little out-of-bounds area, and Van got knocked through the chain decorations and went off the stage headfirst. He suffered a deep bruise to his shoulder, but was willing to continue. However, his opponent had had enough. Van Frasher won, and is the World Champion in the 35+ heavy weight division!

Day Three

Due to injured ribs (from her point fighting competition), Tanya Hunt had to bow out of continuous fighting. But Madison Santos competed in ring #5. She fought well, but not well enough to place. Then she had to hurry over to ring #9 to perform Korean Kata. She first had to compete against the other "wild cards" to see who went to the next round. She won that competition and moved on. This was a very large division and Madison pulled out an 8th place! Michael Holstein's continuous fighting division was next in ring #2. These young, light guys move pretty fast. He fought well, but did not place. Vic Bosch competed in kata, and performed well, but at the very end he slightly lost his balance. These matches are so close that a minor stumble can be the difference between placing 1st or 8th! He received 8th place.

Day Four

Van Frasher was to compete in ring #7 with the big boys, in continuous fighting, but heeding the medic's advice, Van did not compete. Because of his high seed, and due to other injured competitors, Van was given 3rd place.

Kathi Santos (Madison's Mom) was there all week working as a scorekeeper; Pat Hensley worked registration, and Eric and Falon Hensley both judged. John Presti made several visits with his wife Shirley and daughter Carly. Jacob Sherman, Chris Moore, Sydney and

Team CKD continued on page 18

KICKSTART in Black Belt Magazine

by Ms. Andrea Theis

Editor's Note: This article was also printed in the Letter section of the December issue of Black Belt Magazine.

One bright day in April 2000, my elementary school class went to our future middle school to watch exhibitions of different extra-curricular activities so that we could pick our classes. I saw the band, orchestra, and dance team perform, and they were all interesting. Yet, there was one demonstration that amazed and astonished me. It was the martial arts demo. From the moment they bowed I felt goose bumps. The karate kids broke boards, did fighting scenes, kicked everywhere, and looked sharp and disciplined. I was hooked. I decided that I wanted to be like those kids. Just by looking at them, you could tell they had extreme confidence and assertiveness.

My name is Andrea Theis, and I was introduced to the martial arts at age 11 thanks to KICKSTART. The program was founded by Chuck Norris in 1992. It started in Houston and now exists in Dallas, too. As a child, I lived in a city called Farmers Branch. The school I went to, Vivian Field Middle School, had this program, and I was thrilled to get into it.

KICKSTART operates mostly in inner-city schools where kids are tempted to do drugs and join gangs. Mr. Norris' idea was to install a karate program in those schools to help kids feel a sense of belonging and self-worth while learning how to defend themselves. For kids to participate in the karate class, all they had to do was sign up. If there was a spot available, a kid could join and take the karate class just like any extracurricular activity. As soon as I got in the program, my life changed.

We had a routine in which we repeated affirmations to the martial arts, better. Soon I make a difference in me feel happy inside, and help others

boost our self-esteem. I started to love and I pushed myself everyday to get felt like I was somebody who could the world. This program made and that's why I love to smile now.

I'm very thankful to all KICKSTART instructors who took part in molding me into the person I am today. I'm especially thankful to Mr. Norris for thinking about the well-being of so many kids that at times feel lost. Currently, I am 17 and one of the many black belts KICKSTART has produced. The martial arts are my passion, and every day I'm thankful for being able to participate in this changing program! If you want about it, check out www.kickstart.org



life -
more information
start.org.

Region 2 News

by Mr. Joe Gemma
Region 2 Chair

Region 2 held a black belt testing on October 13th, 2006 in Boulder City, NV. Congratulations to the following individuals who were promoted in rank:



Tim Yates 4th Degree Black Belt Nicole Pisarczyk 1st Degree Black Belt Steve Smith 1st Degree Black Belt

Region 3 News

by Ms. Diane Huntemann
Region 3 Chair

In October 2006, Mr. Ryan Peterson was promoted to 2nd degree black belt. Congratulations to Mr. Peterson – he did a great job!



In other Region 3 News, Mr. Michael Holstein traveled to the AAA National Survivor Karate Tournament in Savannah, GA on September 22nd – 23rd, 2006 as part of the Chun Kuk Do National Karate Team. Mr. Holstein placed 3rd in 16-17 Black Belt Continuous fighting, 5th in 16-17 Black Belt Creative Forms and 8th in 16-17 Black Belt Creative Weapons.



On September 29th, 2006, Mr. Holstein and Mr. Michael Bates traveled to Vancouver, WA to compete in the Vancouver Open Karate Championships. Mr. Holstein won 1st place in Jr. Black Belt Creative Forms, 1st place in Jr. Black Belt Creative Weapons and then won Grand Champion Jr. Forms. He also placed 2nd in 16-17 Black Belt Sparring. Mr. Bates placed 3rd in Jr. Black Belt Creative forms and 3rd in Jr. Black Belt Creative Weapons.



Region 4 News

by Mr. Tommy Crouch

On July 1st, 2006, just before the ITC, a black belt test was held at Karate, Inc. of The Woodlands for Carol Parenti and Moriah Chatman. The board consisted of Region 4 Chair John Kurek (6th), Rick Prieto (7th), and Tommy Crouch (6th). Mrs. Parenti earned her 1st degree black belt, and Ms. Chatman was promoted to 2nd degree. On October 15th, 2006 Lance Leach from Dallas tested at Kurek's Champion Martial Arts in Pearland, TX. The board, consisting of John Kurek (6th), Ed Saenz (8th), and Robert Sapp (6th), promoted Mr. Leach to 3rd degree black belt. Karate, Inc. hosted a second test on November 17th, 2006, with the same board and promoted 15-year-old Austin Jamieson to 1st degree black belt.

In other news, Regional Chair John Kurek hosted the first official Region 4 Chun Kuk Do Tournament on October 14th, 2006 at Stevenson Middle School. The successful event drew over 250 competitors from the Houston and Dallas areas. On September 22nd, 2006, 1st degree black belt Carol Parenti was honored by being invited by Mr. Norris to perform at the World Combat League event in Austin,

Texas. Unnerved by the bright lights and large crowd of the arena, her bo whipped through the air, and she performed her designed kata flawlessly.

Karate, Inc. has formed its first demonstration team! Tommy Crouch and two of his black belt students, Carl Flores and Moriah Chatman, direct the team. This select group of Mr. Rick Prieto's students trained for several hours a week and worked extra hard to prepare for their first demo at the Children's Festival of The Woodlands on November 11th, 2006. The amazed looks on people's faces were evidence that the performance was a hit. Congratulations Karate, Inc. Demo Team! For more photos from the event visit <http://www.texasultimatemartialarts.com/pr03.htm>



Region 8 News

by Mr. Steve Brown

The Region 8 black belt test weekend was held at Top Form Karate & Fitness in Weirton, WV on Nov. 10th – 11th, 2006. It was a great time with old friends and new, and a lot of happy students. Things started off on Friday with seminars by Mr. Presti, Mr. Bosch, Mr. Giroux and Mr. Frasher, from 5:30 pm – 9:00 pm for all ranks. All the students enjoyed the different teaching styles of each instructor and have expressed what a great time they had.



The tests started Saturday morning with 2nd degrees and higher, followed by the 1st degree test. Everyone did a great job and should be proud of their efforts! Special thanks go to Mr. Elias and Mr. Frasher for being a part of this great weekend.



New 1st Degree Black Belts: Mr. Mike Cannon - Presti Karate - Corning, Mr. Cody Gaston - Top Form Karate, Ms. Shannon Myers - Presti Karate - Lewiston, Mr. Matt Stetar - Top Form Karate




New 3rd degree black belt: Mr. Jacob Sherman - Presti Karate - Niagara Falls
New 2nd degree black belts: Mr. Ben Koerbel - Top Form Karate, Ms. Lindsey Shaffer - Top Form Karate

Team CKD continued from page 15

Reggie Bosch and Pam Hunt all came to support the team.

It has been such an honor for me (Mr. Elias) to be a coach for this team. I would like to thank the UFAF board, Mr. Chip Wright, Mr. Robert Sapp, and all the team members and their families. Team CKD's sportsmanship and character were never questioned; in fact, several promoters and high officers in the NBL, have told me how happy they are with how we carry ourselves, whether in victory or defeat, and they hope that our attitude is contagious!

If you have desire to be part of Team CKD 2007, please contact us and plan on being at the Super Grands in 2007. They will be held in a different city next year, and may be during the Thanksgiving week. There will more information about Team CKD on the website and future issues of the Octagon. 

Region 10 News

by Mr. Rodolfo Varela

On November 5th, 2006, Chun Kuk Do students from Olympus Athletes Karate Studio went to the 'Fusion Martial 2006' tournament, and they did a great job! Javier Reyes placed 1st in point sparring and 1st in continuous fighting, Alejandro Ortega placed 2nd in traditional kata and 2nd in weapons, Aaron Tabares, placed 2nd in traditional kata, Ivan Tabares placed 3rd in traditional kata, Edgar Acosta placed 1st in traditional kata and 1st in point sparring, and Cynthia Castañon took 3rd place in point sparring.

Congratulations to all!



Javier Reyes, Alejandro Ortega, Aaron Tabares, Ivan Tabares, Edgar Acosta, Cynthia Castañon

ITC 2007: A Preview!

July 9-15, 2007

by Mr. John Presti
Director of Special Events

CAN LIGHTNING STRIKE TWICE IN THE SAME PLACE? IT CAN, BUT IT IS SO RARE. Of course, literally speaking, getting hit by two bolts of lightning is probably a bad thing, but in the context of the ITC, it's GREAT! Grand Master Chuck Norris taught at ITC 2006 and...drum roll please...Master Aaron Norris will teach at ITC 2007! So two years in a row, we have a Norris brother passing on to us their knowledge and passion. What a rare, once in a lifetime experience this will be!

Last year, while Mr. Cung Le was teaching, Master Aaron Norris and I were sitting on the sidelines, watching. I had been practicing how to ask him to teach at ITC 2007, but I ended up just blurting it out by asking, "Do you know who would be a great follow up to Grand Master Norris's class for next year?" He said, "Who?" I replied, "How about you?" He said that he would love to do it and that he appreciated the chance to work with all of us. Later, he informed me that Master Saenz and Master Prieto will also be included. The three of them taught together years ago, and will draw on their long and storied history to present an extremely motivating workout.

The other big news is the ITC's new location, the *South Point* (formerly known as the South Coast). These new digs may be a part of our future, since the new owner is one of Grand Master Norris's friends. This venue is so new, that it still has that 'new smell' to it. I've been there twice and love it. The Stardust will be missed, as we had great times there, but there is so much to do at the *South Point*. While it is not on the strip, there are free shuttles to and from the strip, and the airport. And if you've been concerned about room costs, forget it! \$59/night (Sunday-Thursday) and \$114/night Friday and Saturday. If you want to make your room reservation early, the group code is "United Fighting Arts Federation" spelled out completely. You can do this, and learn about all the amenities and restaurants, online at www.southpointcasino.com. Group rate reservation deadline: June 1st. But I wouldn't wait that long!

If you have any questions about the accommodations, please contact Ms. Tara Bidwell at tbidwell@ufaf.org, or 702-567-6393. Any questions about the ITC should be directed to me, at jpresti@ufaf.org or 716-285-9242. Please keep in mind the time differences – I am on the east coast, and Ms. Bidwell is in Nevada.

RIGHT: South Point photos.



UFAF STORE

The UFAF Store is getting better and better! Faster turn-around, more items.

- ✓ Men's and Women's T-shirts
- ✓ Youth and Children's sizes
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- ✓ Hats
- ✓ Tank Tops for Men and Women

Great Gift Items!

Place your order
with your **SCHOOL OWNER**,
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