



OCTAGON

The Official Publication of the United Fighting Arts Federation

January 2009



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United Fighting Arts Federation Mission Statement

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

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

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

The Octagon

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To all UFAF members:

I can't believe that this year, from July 16th –19th, 2009 will be our 30th year holding conferences (now known as ITC's). Wow! Where has the time gone? This year will be another spectacular celebration and training event, and all ranks are invited. Yes, you read it right! Because this event is so special, we want all UFAF members of all ranks to attend. The ITC is a great way to meet people with a common interest – Chun Kuk Do! Friendships from all over the world are created here.

Over the years I've realized that some UFAF members think that the ITC is just for school owners, or just for black belts, or just for those who want to compete. Not true! The ITC is for everyone, this year especially; all members age eight and up can participate in special classes designed for their specific rank and age. I have found that my own students come back to the school inspired! We want all of you to enjoy these classes, and bring the material back to the school to which you belong.

My first ITC was many, many years ago, and I haven't missed one since. One of the best things about it is that you never know with whom you may be training. I can remember when Benny the Jet was teaching a class. He said, "Put on your gloves and boots, and partner up." Guess who I got partnered with? Yes, Grand Master Chuck Norris; I have the picture in my office. What a memory!

We invite you all to attend the 30th ITC and World Championship Tournament. All the details are outlined in the removable 8-page insert starting on page 11.

Please contact me anytime regarding this monumental event. Call my office at 716-285-9242 ext or email me at johnprestikarate@cs.com.

John N. Presti, Director, Special Events

From the UFAF office! Great News!

Our very own Octagon, specifically the January 2008 issue, was nominated by Sun, Inc. for a PICA Award! What does this mean?

Sun, Inc. is the commercial printing company that prints the Octagon; they are a member of PICA (Printing Industries of the Carolinas) which has approximately 400 members consisting of commercial printers, trade technical suppliers and equipment manufacturers and educational institutions (usually with printing and graphics programs or captive shops).

The nominations for various categories (the Octagon was in the full-color newsletter category) are made by the membership. A team/committee of out-of-state judges at PICA headquarters review all entries and choose what they consider to be the best entry in that category for that year's award. The printing company that enters the winning job, as well as the customer of that printing company, UFAF (represented by Astrid Fabian, Octagon Editor and Jacob Sherman, Publication Designer), receives a plaque or certificate. Additionally, there will be press releases in local newspapers.

Winners in each category are in turn nominated by PICA for PIA/GATF (Printing Industries in America/Graphic Arts Technical Foundation) awards. This is the world's largest graphic arts trade association, representing more than 12,000 member companies and an industry with more than \$16.1 billion in revenue and 1.2 million employees nationally.

Even though the Octagon did not win this year, the nomination was a great honor for Jacob Sherman, the publication designer. He has done such a great job with the design aspect of our membership magazine! You can check out back issues of the Octagon, including the PICA-nominated issue at www.ufaf.org/octagon. Congratulations to the Octagon team!





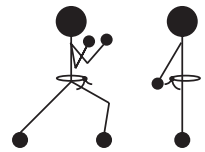
Editor's Note:

Welcome to the new year! 2009 will be an exciting year for UFAF with plenty of "quantum leaps": the 2009 ITC, the new UFAF Membership initiative, a brand new integrated self defense techniques curriculum, further MDS development, and more to come!

This issue is packed with news, training information, regional successes, and an 8-page pull-out insert about the 2009 ITC which will take the place of the flyer usually sent out later in the spring. Keep this information handy, and start making your plans now to celebrate the 30th Anniversary ITC!

Enjoy your journey,
Astrid Fabian

Spotlights



Join us at the 30th Anniversary International Training Conference and World Championship Tournament from July 16th – 19th, 2009 at the South Point Hotel, Casino & Spa, in Las Vegas, NV. This year, all the information you need to make your plans has been compiled in a removable insert starting on Page 11. Note that you will not receive a separately mailed flyer! This insert takes place of the flyer. Online registration begins February 1st, 2009. Start planning now!

To all those 16 and under: I have quite a few prizes, so I've changed the age of the Martial Arts Trivia section (see Kiai Corner) so that any UFAF member age 16 and under may participate. Remember, all the answers can be found in this issue!

OOPS! On page 15 of the September 2008 issue, one photo in the Identify the

Mini-Martial Artist contest was incorrectly identified. #10 and #18 are Jennifer Shearer and Daylene Rodney. So sorry, ladies and thanks for bringing it to my attention.

Chuck Norris Fun Facts:

Chuck Norris uses a night-light. Not because Chuck Norris is afraid of the dark, but the dark is afraid of Chuck Norris.

Chuck Norris once went skydiving, but promised never to do it again. One Grand Canyon is enough.

Danny Lane was recently inducted into the "Florida Gold Coast Hall of Fame" on September 27th, 2008 in Fort Lauderdale, FL for his 40 years of contribution, lifelong achievements, and dedication to the martial arts. He has also been inducted into four other Halls of Fame worldwide including the

World, International, National and United States Hall of Fames. He will be inducted into the Action Martial Arts Magazine Hall of Fame in January 2009 in Atlantic City, NJ. Congratulations!

Mr. Norris influences even non-martial artists! About a year ago, I recommended Mr. Norris' book, *Against all Odds* to one of my students. His mom was in a literacy program learning how to read, and ended up reading it as well. A teacher from this program stopped by to let me know what an impact it had on this young man and his family, so much so, that the teacher read it and it is now required reading for the students in this adult program. I thought it was kind of her to stop by and let me know how his book has affected so many people. It made my day a whole lot better. Submitted by Mr. John Presti.



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A Quantum Leap Forward in Self Defense



One of the hallmarks of our Founder is that he never lets any grass grow under his feet. Not only that, but he keeps all of us inspired and moving forward, as well. Never has this been more true than in 2009 – a year of “quantum leaps forward” for our organization (UFAF) and for our style (CKD). This year, under Mr. Norris’ leadership, our great style is being expanded in a significant way - a “quantum leap forward” in self defense!

Something New for Black Belt Advancement

To advance in rank, 1st through 4th degree black belt candidates demonstrate proficiency in several different training dimensions. These include:

- Forms
- Traditional Technique (“Basics”)
- Fighting Techniques
- One-steps
- *Integrated self defense techniques (3rd degree and higher)*
- Jump Kicks
- Free Sparring

Did you notice the new one? *Integrated self defense techniques? What is that?!* “Integrated self defense techniques” is a new testing dimension – a set of basic self defense techniques designed to complement and extend the capabilities of Chun Kuk Do. While on vacation in Brazil many years ago Mr. Norris experienced firsthand that even a great stand-up martial artist needs some good ground fighting skills, too. (You can read about his eye-opening encounter with Helio Gracie in Mr. Norris’ book *Against All Odds*, pg. 142-6.) Since that memorable day, the technology of self defense has continued to evolve. It’s no longer good enough to simply be good at stand-up, or even on the ground. In today’s world we need both, PLUS a range of linking techniques between the two.

Help is On the Way

Working with our partners John Will and David Meyer, UFAF has developed a basic integrated self defense techniques curriculum. With appeal for men, women, and youth, this training curriculum includes such modern-day self defense musts as closing, clinching, taking down, defense against striking on the ground, disengaging and getting back on one’s feet, and a healthy dose of grappling transitions and finishes. Why “integrated?” Two reasons: First, because these techniques integrate well with each other, and second, because the techniques integrate perfectly with our stand-up style of self defense.

To help us fully embrace this new aspect of our style, the curriculum is being made into a very affordably-priced DVD and training manual/log set. The set will be made available to all black belt members at the 2009 ITC. (Students may also purchase the curriculum from their instructors after the ITC.) The DVD will show you how to perform all the required techniques, while the training manual/log will provide written descriptions and a place for you to keep track of the work you’ve done in learning them.

\$195 is a great price for these training resources. But black belts who attend this year’s ITC will receive a deep discount on one copy of the curriculum: only \$125. This is a 2009 ITC event-only price. Those not attending the ITC in 2009 may purchase the curriculum at the regular price from their instructors.

⚡
Integrated
Self Defense
Techniques
Curriculum

⚡
Something New
for Black Belt
Advancement

⚡
Mr. Norris’
Vision and the
Universal Way

⚡
Coming Live to
the ITC 2009

Coming LIVE... to the South Point!

More great news... At the 2009 ITC, our partners John Will and David Meyer will teach the entire curriculum, from A-Z, to all attending black belts in a special, extended-time seminar on Friday morning, July 17. This promises to be one of the most informative and useful ITC seminars of all time.

How is My Next Black Belt Promotion Affected?

Mr. Norris (Founder), Mr. Saenz (Director of Training & Advancement), and the UFAF Board have agreed to make the comple-

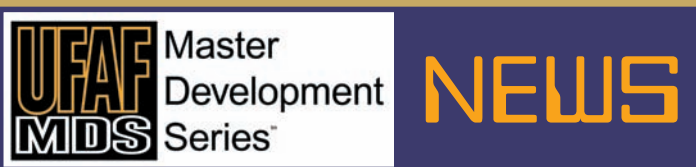
tion of the training log a requirement for black belt advancement to 3rd degree, starting with the April 2011 black belt test cycle. Since the curriculum is just being introduced, it will also be required for advancement to 4th, 5th, and 6th degree (where physically possible for all candidates). How does this affect you? You will need to complete about 6 sets of 25 reps on each of about 24 different techniques. At 1 hour per week with a partner or class, it will take about a year to complete the training log. A lot of work? Yes. Worth it? Yes! At your 3rd degree test (3rd - 6th actually - see above), present your completed training log signed by your instructor, and the integrated self defense techniques portion of your 3rd+ degree black belt test is complete!

The Universal Way

When we explain what *The Universal Way* is, we often include something about how it contains elements of many systems, including... and then we mention grappling, etc. Yet, if the majority of our membership never really pursues grappling or these integrated self defense skills, then Chun Kuk Do doesn't really embrace them at all. It's by force of numbers that all of us will take Chun Kuk Do to a new and higher level of excellence in self defense.

The Last Word

It's been Mr. Norris' vision for more than 20 years, and he's making it a reality today!



To all UFAF members, 4th degree (and higher)! UFAF is pleased to make three BIG announcements regarding the UFAF Master Development Series™ (MDS) in 2009.

First, congratulations to Mrs. Alice McCleary (6th degree CKD black belt and owner of McCleary Martial Arts Center in Hiram, GA on being named to the MDS faculty, joining Ed Saenz (UFAF's Director of Training & Advancement) and Steve Nelson (UFAF's Director of Operations & Development). Mrs. McCleary is a phenomenal instructor, who possesses great knowledge of our ever-evolving Chun Kuk Do style. She will join the MDS faculty in 2009 to round out our growing instructional needs.

Second, the MDS development team is pleased to announce the availability of the MDS Level 3 course - *Teacher, Trainer, Coach 601* - at the 2009 MDS event. Course 601 is the third in a planned series of four courses, and is open to all those of 4th degree rank and higher who have previously certified in the Level One and Level Two courses (*Teacher, Trainer, Coach 501* and *502*). It is also open to being audited (attending without taking the test) by those who have attended the Level One and Level Two courses, even if they have not certified.

Third, the 2009 MDS will be held separate from the 2009 ITC, which will help keep ITC costs down for all members. We are pleased to announce that the 2009 MDS will be held March 20-22, 2009 in Salt Lake City, UT (Friday evening through Sunday morning for some, Saturday morning through Sunday afternoon for others). One of the many advantages of holding the event separate from the ITC is that certifications obtained at the March 2009 MDS may be applied toward master rank promotion eligibility requirements for July 2009. (Previously, certifications obtained at July MDS events could not be applied until July of the following year.)

Details about pre-registration, the exact location and schedule, and course materials for each of the offered courses (501, 502, and 601) have been sent via E-mail to eligible participants. (If you have not received this E-mail information, please write immediately to the UFAF office at office@ufaf.org, and we will send it to you.) From this information, you will know exactly when your course meets during the three-day event, and be able to make travel arrangements accordingly. We have also provided lodging and recreation information. March is a great time to visit Utah - the state that hosted the 2002 Olympic Winter Games. There is a lot to do in Salt Lake City, Park City, and the surrounding areas (www.utah.com/saltlake/). Spring will be in the air, but there will still be plenty of snow in the mountains that surround the city. If you plan some extra time into your trip, it's a great time to ski (alpine or cross-country), ice skate, bobsled (yes, bobsled!), snowmobile, and many other activities. And of course, there are less rigorous activities, as well.

The 2009 MDS will be a great event! We hope to see you there.*

Sincerely,
The UFAF Board and MDS Faculty

* Each course costs \$250, payable to "UFAF" (with your pre-registration) by credit card (VISA, MasterCard, Discover), or by cashier's check or money order. The certification test is an additional \$100 for those who wish to certify, payable at the event (credit card, check or MO, or cash). Anyone who has paid for and attended an MDS course(s) in the past may attend that same course FREE of charge. You simply need to pre-register as a "repeat attendee." If you have previously certified, and you wish to recertify (a notion that will become more prevalent as the courses continue to evolve), you may attend the course free, and pay only the \$100 recertification test fee. (For example, Course 501 was completely overhauled in 2008, and would be an excellent option for those looking to recertify in that very important material.)



T Training

Beating the Bully – Part 3

by Mr. John Malone, Region 6

In parts 1 and 2 of this series we covered why people bully others, how to counteract being bullied, and two of the most common attacks. In this final article we will discuss the one weapon that you must have in your arsenal to defeat a bully, and also demonstrate how to defend an attack most often used in a school setting.

You may be thinking, “I can block, kick, and punch.” You may also know how to counter a shove, a choke, and any other attacks that your instructor has covered in your training. There is one component that is essential, and without this component “Beating the Bully” will be much harder if not impossible. Remember the definition of a bully from part 1: A bully is “a person who is regularly cruel or overbearing, especially to smaller or weaker people.” The essential weapon you need is confidence.

Confidence is defined as, “belief in oneself and one’s powers or abilities.” Standing up to the bully will help take away his drive to pick on you, and in order to stand up to a bully you must have confidence in your ability to defend yourself. Many self-defense techniques work because your attacker does not expect you to retaliate. Having confidence in your techniques means you can execute them correctly and without hesitation.

So, “How do I build confidence in my techniques?” The simplest and most effective way is repetition, repetition, repetition. By practicing your techniques and escapes over and over, your self-defense action becomes a reaction, which not only builds confidence in your technique, but in your ability to stand up to the bully.

Parts 1 and 2 covered a shove/push and a choke. In this article we will address the single/double lapel grab, and escape this attack without using strikes. This escape will give you control over your attacker without necessarily injuring them. Remember the A-B-C’s of self-defense? This escape focuses on C - Control.

Most bullies can be defeated with confidence. Having confidence in the way you present yourself will cause many bullies to back down. If they do not, having confidence in your technique will enable you to defend yourself without fear of being injured. Many people live with being bullied, but no one should. I hope that through this series you have acquired some tools to “Beat the Bully.”



Photo 1- The attacker [on the left] grabs the lapel with one hand, a single lapel grab. Note that the technique that follows would work equally as well if the attacker grabbed with two hands, a double lapel grab.

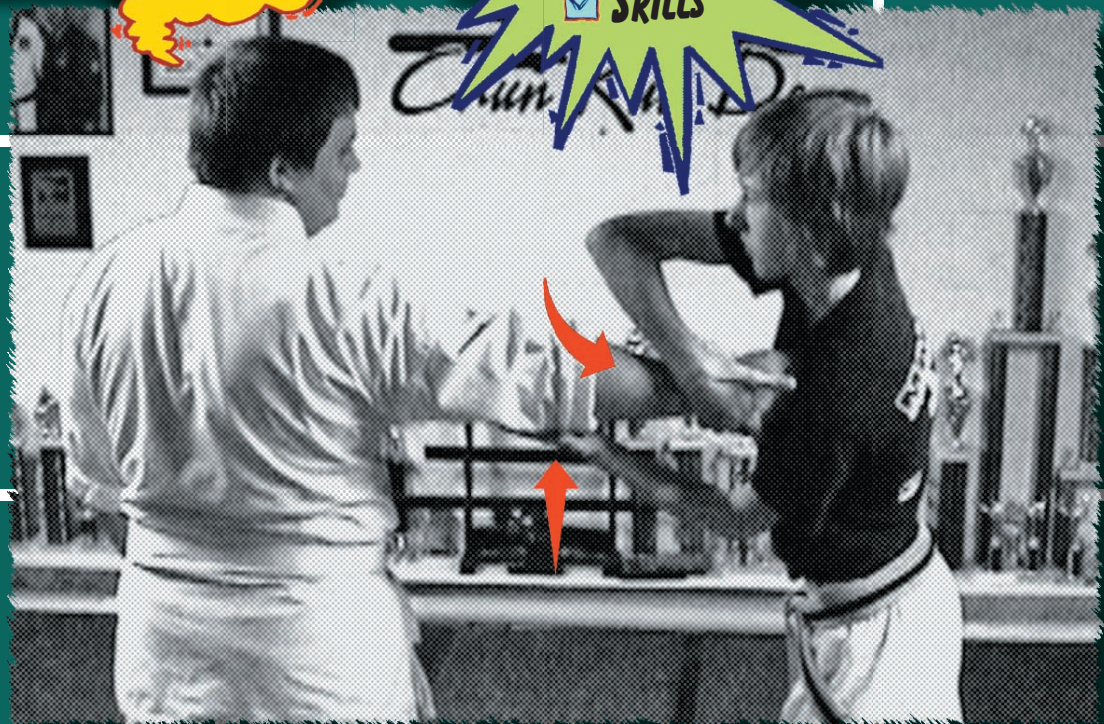


Photo 2- Place your right palm on the back of your attacker's hand and grasp his hand, while placing your left palm on his elbow.

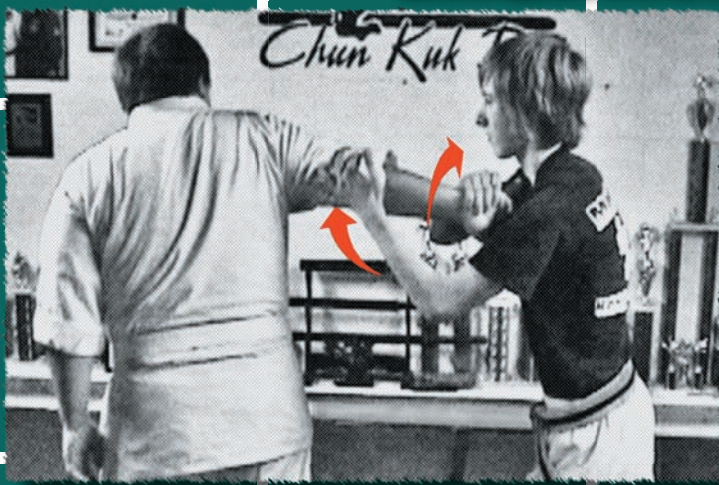


Photo 3- Twist his wrist while pushing up on his elbow. By twisting the wrist and pushing on the elbow, the attacker's arm should lock and he may begin to bend over at the waist.

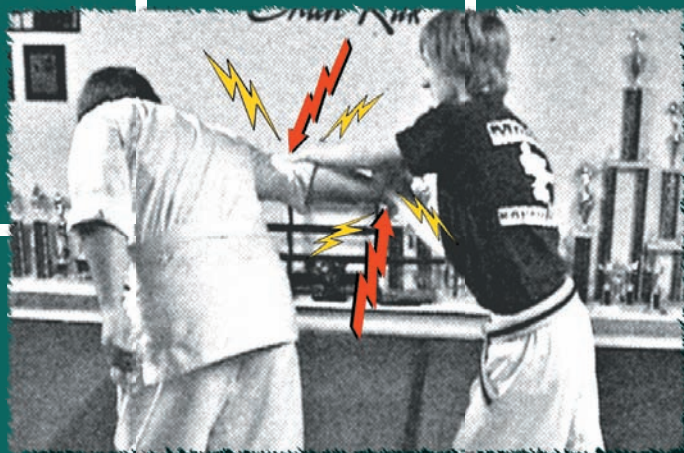


Photo 4- Pull up on the wrist while applying downward pressure on the elbow. This will begin to force the attacker to the ground. From this position you can hold the attacker in place, or let go and create a safe distance between you and the attacker.



One-Steps – Their Significance and Execution - Part 3

by Mr. Tommy Crouch
Region 4

The last article in this series addresses the final phase of the one-step introduced in parts 1 and 2 (May 2008, September 2008, www.ufaf.org/octagon). So far, we have learned that one-steps help teach us about targets, the appropriate techniques to hit those targets, and the footwork needed to be in position to strike. One-steps also teach how to develop and use control while training the muscles to be precise with the techniques. In other words, they develop the ability to perform a technique at full speed and stop it a ½ inch from your chosen target.

Part 1 discussed how to measure the proper distance between Attacker (pictured in white gi) and Defender for beginning students for most one-step drills. When our students have progressed to an intermediate level, both the Attacker and the Defender should be able to judge the proper distance (which may vary according to the need of the one-step) without actually measuring it, and to move and attack from a fighting stance. The Attacker steps back into a fighting stance and, at the Defender's signal kiai, steps forward into a traditional high punch.

As a teacher, it is important to note that it is best to teach the one-step in multiple sessions; for example, I teach this particular one-step over several belt tests. This allows the student to grow with the one-step and develop the skills needed to perform the combination correctly. It also prevents the student from feeling overwhelmed.



PHOTO 12



PHOTO 13



PHOTO 14

PHOTO 12- The Defender steps in line with the Attacker landing in a right forward stance and performs a left short punch to the abdomen.

PHOTO 13- In place, the Defender reaches up and hooks the back of the Attacker's neck using the left hand.

PHOTO 14- Angle has been changed for front view. While maintaining the grip on the Attacker's neck, the Defender performs a knee strike with the left leg to the Attacker's solar plexus.



PHOTO 15



PHOTO 16



PHOTO 17

PHOTO 15- The Defender lands in straddle leg stance (parallel to the Attacker's stance) while pulling the Attacker's head and loading for a right downward elbow strike. Note that the load for the downward elbow strike should be performed before the left foot lands in the straddle leg stance.

PHOTO 16- Upon landing in the straddle leg stance, the Defender performs the right downward elbow strike to the spine between the shoulder blades.

PHOTO 17- The Defender grabs the back of the Attacker's lapel with the left hand and grabs the back of the Attacker's belt with the right hand.



PHOTO 18



PHOTO 19

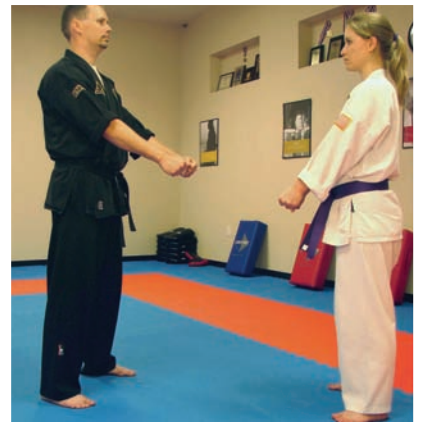


PHOTO 20

PHOTO 18- The Defender lunges forward to a left back stance in a motion similar to the reinforced low chop performed in Pyong An Cho Dan, throwing the Attacker face first to the ground. Important Note: While performing the throw, the Defender must direct the Attacker's head toward the ground. If this is not done, the Attacker can escape by simply running forward.

PHOTO 19- The Defender lunges backwards to a left back stance.

PHOTO 20- The Defender returns to a ready stance first. This signals the Attacker that it is safe to get up and also return to a ready stance.

As illustrated in this three-part series, there are several things that must be considered when thinking about performing a one-step correctly. Memorization is just the first level of understanding. Part of being a Chun Kuk Do black belt is having the ability to choose the exact spot to hit and how hard you wish to hit.

Who's Who at UFAF



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

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

Mr. Gallacher: I began my martial arts training in Kung Fu and Boxing while I was still in high school. In 1967 Chuck Norris gave a karate demonstration at my school and I said to myself, "That's the style for me. I want to be like Chuck Norris." Later in 1974, my wife Marcia signed me up for karate lessons for my birthday, with Mr. Dick Douglas, who was one of Chuck Norris' black belts. In 1977, I received my 1st degree black belt and opened a karate studio with my best friend, Doug Ingram. From that time forward, I continued to run karate studios alone or with others, such as Joe Gemma, Vic Matera, and John York. I continue to teach at my oldest daughter Tara Bidwell's studio, "Bidwell Karate," along with my oldest son Kenny.

In my younger years I competed in several full contact bouts, as well as having placed 1st, 2nd, or 3rd in fighting and/or forms in The Las Vegas Nationals, Las Vegas International Championships, USA Nationals, Las Vegas Invitational, and Mike Stone's Four Seasons Nationals. I believe that the competitive arena is where you have the opportunity to test yourself under "live fire."

Octagon: Do you have a "best" or "most fulfilling" moment in your karate career?

Mr. Gallacher: The best day for me in my martial arts career was the day I got my black belt. I felt extreme pride, because I accomplished a goal I had set for myself in high school, and deep humility because I knew that I had just joined the ranks of the greatest black belts in the world.

My most fulfilling moment was the day that Mr. Norris asked if I would serve as the Executive Vice-President for UFAF. I've always had a great deal of respect and admiration for Mr. Norris and his organization, and it has been very fulfilling to watch UFAF grow from a fairly small group of black belts to an international martial arts organization.

Octagon: Is there something about you that people would not likely know?

Mr. Gallacher: Most people recognize me for my martial arts experience, as a business owner, a Regional Director for American National Insurance Company, and as a church leader. What many may not know is that I'm very involved in outdoor activities. I love to hunt (bow and rifle) and fish. I also began surfing when I was about 12 years old and continue in this sport to this day. In the winter I love to snow ski. I spend very little time watching TV, other than the news. I do, however, spend a lot of time reading for business and pleasure. Most of the books I read are religious in nature (I read scripture daily) or books that will improve my business and, once in awhile, I'll take the time to read a Louis L'Amour novel.

Octagon: Please give us an idea of your role on the UFAF board.

Mr. Gallacher: In my position as Executive Vice-President I oversee all activities of UFAF. Special events, training, development, membership, financial, and operational activities are all reported to me by other members of the board. I, in turn, report to Misters Chuck and Aaron Norris, who are the presiding officers of our organization. I conduct any UFAF business they ask of me.

Octagon: Where do you see UFAF in five years?

Mr. Gallacher: In five years I see UFAF as a larger organization than it is now. The International Training Conference will continue to grow in ways that we have come to expect and I am very pleased with those members of

UFAF who put so much time into making the conferences successful. I hope to see all our programs (MDS, PDS, IDS, etc) expand accordingly, and to fulfill Mr. Norris' dream that Chun Kuk Do become a household word.

Octagon: Mr. Gallacher has received numerous awards over the years including Studio of the Year, the Wieland Norris Award, induction in the International Karate Hall of Fame, and listed in the Who's Who in Business and Finance. Mr. Gallacher is also one of the original five charter inductees into the United Fighting Arts Federation Hall of Fame, established July 2004. He leaves us with this final thought.

Mr. Gallacher: One of my favorite quotes and personal philosophies that has helped me grow comes from John Greenleaf-Whittier: "I'll lift you and you lift me, and we will both ascend together."





30
years

UEFA

1979-2009

Chun Kuk Do

A quantum leap forward

2009 Chun Kuk Do International Training Conference and World Championships

July 16-19, 2009

SOUTHPOINT HOTEL, CASINO & SPA
LAS VEGAS, NEVADA

Thursday July 16th

Professional Development Series-

morning (school owners and future school owners - red and black belt adults)

Training for all school owners and future school owners (red and black belt adults) on how CKD schools are established and maintained, how UFAF and its member CKD schools interact, and how CKD schools interact with each other. UFAF leadership and select school owners will provide this training. In addition, methods for surviving and thriving in tough economic times will be discussed.

Instructor Development Series-

afternoon (red and black belt adults)

KATA HISTORY, TRAINING, AND APPLICATION- *Ed Saenz and John Bain*

A common question - why do kata? Let our own Director of Training and Advancement, Mr. Ed Saenz, and noted martial arts historian and KICKSTART instructor John Bain (you may remember Mr. Bain as one of Ama Guro Raffy Pambuan's assistants in last year's seminar), help answer this question by increasing your understanding of the why's and how's of kata training.

TEACHING XTREME CKD- *Aaron & Carmen Hensley*

Mr. & Mrs. Hensley will present a seminar designed to help you connect with the new generation of martial artists without sacrificing the tradition of CKD! It will focus on understanding how to layer the teaching of high-intensity extreme martial arts skills, combined with methods to incorporate more complex techniques into the classroom.

Master Rank Induction Ceremony

Watch the demonstrations and special ceremony, as select UFAF members are promoted to 5th degree.

Welcome Reception Pool Party

The 2008 pool party was one of the most enjoyable parts of the ITC. Join us in '09 for an even bigger and better barbeque and pool party (lifeguards on duty). A great way to meet new people and renew friendships!

Friday July 17th

Black Belts (1st degree and up)

CHUN KUK DO INTEGRATED SELF DEFENSE TECHNIQUES -
*Chun Kuk Do's ***NEW*** core self defense curriculum*
John Will & David Meyer

Red w/ Black Stripe Adults

K.I.S.S. GUN DEFENSE - Joe Gemma
CKD - "ROLLING" FORWARD! - Steve Nelson

Blue - Red Adults

THE SECRETS OF DYNAMIC KICKING - Eric Hensley
PERFORMING KATA LIKE A CHAMPION - Tommy Crouch

White - Orange Adults

STEP UP YOUR ONE-STEP! - Jason Bradley
DYNAMIC SPARRING CONCEPTS - Rod Saffer

Red - Black Youth

SELF DEFENSE WITH SELF CONTROL - John Malone
XTREME CKD - Aaron & Carmen Hensley

White - Green Youth

IT'S ALL ABOUT POWER! - Nick Alden
STREET-WISE PERSONAL PROTECTION FOR KIDS - Howard Munding

All students - (white - red w/ black stripe)

A SPECIAL OPPORTUNITY! QUESTION AND ANSWER SESSION
WITH AARON NORRIS & ED SAENZ

CKD WORLD CHAMPIONSHIP TOURNAMENT -
DEMO TEAM COMPETITION AND KATA COMPETITION

Saturday July 18th

Black Belts and Red w/ Black Stripe Adults

LINKING RANGES WITH PAMBUAN ARNIS - Raffy Pambuan
MIND BLOWING FIGHTING SKILLS! - Jason Holmes

Green - Red Adults

DYNAMIC DIAMOND ONE-STEP - John Pettit
WHAT'S YOUR "BREAD AND BUTTER"? - Doug Shaffer

White - Blue Adults

HOW WE DO IT - Derrick Stinson
YOU CAN BE A CHAMPION - David Rodriguez

Red - Black Youth

CHAMPIONSHIP FORMS FROM THE INSIDE OUT - Lindy & Andi Woods
DRILLS FOR SPARRING SKILLS!!!! - Van Frasher

White - Green Youth

MAXIMIZING YOUR MOVEMENT - David Gamble
FIGHTING FOR FUN - MIXING IT UP - Doug Ingram

CKD WORLD CHAMPIONSHIP TOURNAMENT -
TEAM FIGHTING COMPETITION

ANNUAL AWARDS DINNER

Sunday July 19th

INDIVIDUAL AND GROUP PHOTOS
WITH MR. CHUCK NORRIS AND MR. AARON NORRIS

CKD WORLD CHAMPIONSHIP TOURNAMENT -
WINNER OF DEMO TEAM COMPETITION (ENCORE PERFORMANCE) AND
INDIVIDUAL FIGHTING COMPETITION

CHUN KUK DO INTEGRATED SELF DEFENSE TECHNIQUES -

*Chun Kuk Do's ***NEW*** core self defense curriculum*

John Will & David Meyer



You've read about it in this Octagon. Now here it is: UFAF's next big step to realize Mr. Norris' vision for the self defense capability of Chun Kuk Do. Many inside and outside UFAF know that CKD includes elements of the grappling arts. It's a great claim, but it's only really true for those who actually

pursue it. Enter Chun Kuk Do's new core self defense curriculum which includes elements of BJJ, general grappling, and MMA technology – presented in a safe, FUN!, and positive environment of discipline and mutual respect. Designed specifically to mesh perfectly with Chun Kuk Do by John Will and David Meyer, these two extraordinary instructors will teach the entire curriculum from A-to-Z in this special, extended-time ITC seminar. You will learn closing, clinching, and takedown skills, ground-and-pound defense, disengaging and getting back to your feet, and a solid set of grappling transitions and finishes - all with a modern-day, reality-based, self defense emphasis.

Completion of this curriculum is a requirement for 3rd – 6th degree black belt promotions beginning April 2011. (See page 4 of this issue for more details.) So, this is a great time to start! Want to take the curriculum home with you? The cost for this unique-to-CKD curriculum is a one-time only charge of \$195. But you can purchase it at the ITC for the special ITC-only introductory price of \$125. (One copy only per black belt ITC attendee.) Included: Instructional DVD and manual with training log. Are you testing for 3rd or 4th degree or looking toward a potential master rank promotion in 2011, or beyond? Make these integrated self defense techniques part of your training program now, and you will be able to complete it in good time.

With martial arts credentials and championships too numerous to even begin to mention, John Will and David Meyer have become an important part of UFAF. Skilled curriculum designers, they have now applied their talents to the creation of Chun Kuk Do's integrated self defense techniques curriculum. Mr. Will and Mr. Meyer are phenomenal instructors and superb communicators (laugh-out-loud funny together!), who make the most complex techniques understandable and doable by anyone. They have truly elevated the teaching of the grappling arts to a new level in the martial arts world – a fact we in UFAF have seen and experienced firsthand. Be prepared to sweat, to learn some of the most fascinating material you've ever trained in, and to have a blast doing it!

LINKING RANGES WITH PAMBUAN ARNIS

Ama Guro Raffy Pambuan

You asked for it – you got it! One of the most popular presenters in ITC history is back by popular demand – Raffy Pambuan. Pambuan Arnis is a multi-faceted discipline that teaches its adherents how to flow within the dynamic variables of a violent encounter. The fluid nature of Pambuan Arnis teaches students how to shift from one range to the next, from one weapon to the next, and back again. This flow is what sets Pambuan Arnis apart from other fighting arts.



This year's class will build upon the principles and techniques of last year. Pambuan Arnis teaches how to use footwork to place you in the optimum range to attack, counter, unbalance/destabilize, and take your opponent down. Aggressive and destructive aspects of the system are tempered with the creative flow of circular and angular footwork that allow your personal strengths to come through. You will learn how to trap, counter, control, and take opponents down with techniques designed to keep you in control. The stick grappling/joint locking techniques will enhance and link the ranges of weapon and empty hand techniques that are commonly used in jiu-jitsu and weapon techniques. Empty hand joint locks mesh with stick grappling which allows a seamless integration of techniques learned in other grappling and stand up arts.

Raffy Pambuan became interested in the martial arts as a child watching kung fu movies and playing medieval knights with his friends in his hometown of Santa Cruz, Laguna, Philippines. At the age of ten, he began studying Okinawan and Shotokan Karate, but his fascination with Arnis started when he listened to his father tell stories of his family history. Ama Guro continues his travels to the Philippines to discover more of the closed-art, family systems of Arnis, and to exchange knowledge with them. He then brings this knowledge back and shares it with his very select students.

MIND-BLOWING FIGHTING SKILLS!

Jason "J-Dog" Holmes

Train your hands and feet with one of the very best in the business! Train your legs to kick higher, faster, and harder. Discover how to launch and execute today's most explosive blitz. Work some state-of-the-art timing and distance drills, and then move around with each other to practice them. Learn to match your fighting tools to open opportunities, and understand when and when not to try certain techniques. Would you like to know the most vulnerable times for offensive and defensive fighters? Mr. Holmes will show you. All he asks is that you come with an open mind and an empty cup. He will help you with the rest. Be prepared for fighting overload, and tons of mind-blowing information on how to improve your sparring skills.



Jason Holmes is a 26-year-old 5th degree black belt in Hawaiian Kenpo who loves to compete! He started karate at age 4, and has been learning ever since. He counts himself fortunate to have trained with some of the best martial artists in the world, and to be on some of the best karate teams anywhere. He has won numerous regional, state, national, and world titles, including some of the biggest and most prestigious tournaments out there. (Long Beach Internationals, Pacific Jewel, Battle of the Champions, Compete Nationals, NBL Super Grands, and Battle of Atlanta.) He also teaches and coaches several fellow world champions. Despite his success, Mr. Holmes remains an awesome and down-to-earth role model for youth everywhere – but especially in Mr. Norris' KICKSTART program, where he works as an instructor.



RED W/ BLACK STRIPE ADULTS

*K.I.S.S. GUN DEFENSE -
K)EEP I)T S)IMPLE TO S)URVIVE!*

Joe Gemma



Stressing attitude, knowledge, and technique, Mr. Gemma will break down gun defense in the simplest and most effective way possible. This material can be retained for that unenviable situation you may face weeks, months, or years from now. All you have to remember is left from right!!! UFAF's black belts have experienced Mr. Gemma's phenomenal grasp of this topic before, and his unmatched skill in teaching it. One of the best martial arts experiences you will EVER have!

When it comes to gun defense, no one in UFAF is more qualified! A true expert, Mr. Gemma is among the most qualified anywhere! Now a 7th degree CKD black belt and Chair of UFAF Region 2, Mr. Gemma began his CKD training with Mr. Gallacher in 1979. Retired in 2007 at the rank of Lieutenant from the Las Vegas Metro Police Dept., Mr. Gemma was responsible for training over 1500 LVMPD police officers in defensive tactics - including, you guessed it, gun defense!

RED W/ BLACK STRIPE ADULTS

*CKD - "ROLLING" FORWARD! -
INTEGRATING GRAPPLING INTO YOUR CHUN KUK DO*

Steve Nelson



Through the inspiration of Mr. Norris, Chun Kuk Do has never stood still, but is always moving forward to become a more complete system. 2009 marks a giant leap forward as grappling is more fully integrated into the system. You will get a head start on your black belt grappling training as we learn and practice some valuable ground techniques and learn how to smoothly and correctly integrate them into your one-steps and self defense techniques.

7th degree CKD black belt Steve Nelson serves you on UFAF's Board of Directors as Director of Operations & Development and Corporate Treasurer. Mr. Nelson is committed to bringing into reality Mr. Norris' dream of self-defense proficiency for every UFAF member, working with UFAF's partners John Will and David Meyer to expand the borders of Chun Kuk Do to include more of this important training dimension. One of the charter graduates of the CKD Grappling Program, he lives, trains, and teaches in Orem, UT.



BLUE - RED ADULTS

*THE SECRETS OF DYNAMIC KICKING -
THREE KEY ELEMENTS*

Eric Hensley



Have you ever said, "I'm just not a kicker?" Eric Hensley begs to differ! You probably just have a few key issues to address. And it's not just flexibility! There are three key elements which, when addressed, can improve anyone's kicks!

Eric Hensley, well known for his dynamic kicking skills and exceptional flexibility, is a 6th degree CKD black belt. He represented UFAF on the Intersport Karate Team that traveled to Russia in 1990. Mr. Hensley has won several Chun Kuk Do World titles and has been featured on the cover of the world's largest martial arts trade magazine. Mr. Hensley specializes in breaking (and breaking through) the myths surrounding being a dynamic kicker.

BLUE - RED ADULTS

PERFORMING KATA LIKE A CHAMPION

Tommy Crouch



Kata are essential building blocks to our overall understanding and performance of the martial arts. Whether in self defense, point sparring, or just expressing yourself through tournament performance or a demonstration team, kata training will help to develop the core skills necessary to do well. Come learn how to transform your kata from boring memorization of patterns for your next test to first-rate performances of your knowledge and ability in Chun Kuk Do.

Tommy Crouch has been involved in Chun Kuk Do since 1982, and is now a 6th degree black belt. He has served as a UFAF regional chair and has coordinated demonstration teams for Team CKD, KICKSTART, and his own CKD school, The Dojo Experience in TX. He is the current world champion and Grand Champion Norris Cup holder for Senior Kata - two years in a row!

WHITE - ORANGE BELT ADULTS

STEP UP YOUR ONE-STEP! -

PRECISE STRIKING AND DYNAMIC TAKEDOWNS

Jason Bradley



Learn fundamental one-step principles, including concepts and purposes of techniques, how to use the appropriate strikes for the appropriate targets, and takedowns and finishes. You will even be introduced to the skill of building your own one-steps. You will come away with a stronger understanding of one-steps, which will prepare you for your eventual transition to advanced one-steps.

A Chun Kuk Do 3rd degree black belt, Jason Bradley teaches in the KICKSTART program in TX. He began training in CKD in 1992 and was the 2005 Men's Lightweight Sparring CKD World Champion. Mr. Bradley is head coach of the KICKSTART City-Wide Demonstration Team.

WHITE - ORANGE BELT ADULTS

DYNAMIC SPARRING CONCEPTS

Rod Saffer



Mr. Saffer will help you apply your basic karate skills with physical and mental strategies and tactics to make you a better fighter. You will learn more about offensive and defensive footwork, using feints and fakes, awesome combinations, and thinking strategies. He will help you to plan your work, and work your plan in competitive fighting, to become a future champion.

Mr. Rod Saffer began his CKD training in 1987 in Las Vegas, NV with UFAF legends Bob Barrow and John Natividad. At 43 years of age, Mr. Saffer has won seven state championships and two national championships. Mr. Saffer placed 2nd in fighting last year at the CKD World Championships and has owned and operated his own studio in IL since 1994. He has taught and coached several state and national karate champions. Interesting note: Mr. Saffer has worked in two movies, Psycho Kickboxer in 1997, and The Informant, starring Matt Damon, coming out in September 2009.

RED - BLACK YOUTH (AGES 8-12)

SELF DEFENSE WITH SELF CONTROL -

CONTROL THE BULLY WITHOUT UNNECESSARY INJURY

John Malone



Many young martial artists just accept being bullied for fear of getting in trouble for injuring someone with their fighting skills. Mr. Malone will show you ways to use your training to neutralize a bully without injuring him. You will learn about falling safely to the ground (if you must fall), and proper defensive ways to get back up without being attacked.

John Malone is a 3rd degree black belt in Chun Kuk Do who also holds black belt rank in other styles. He began training in 1988 at age 5. He earned a blue belt in Brazilian Jiu-Jitsu through the CKD Grappling Program offered by UFAF. He has been an active tournament competitor, and a member of Team Chun Kuk Do for the past three years. He currently owns John Malone Karate Studio in OH. He has taught self defense to students in after-school programs, churches, college groups, and women's groups, and recently published a series of articles on bullies and self defense in The Octagon.

RED - BLACK YOUTH (AGES 8-12)

XTREME CKD -

THE NEW GENERATION OF CHUN KUK DO

Aaron & Carmen Hensley



Train with World Champions Aaron and Carmen Hensley in an exciting program designed to move your training to the next level! Talk about "quantum leaps!" This high impact and challenging seminar is designed to enhance your technical performance, increase your presentation confidence, sharpen your testing understanding, and energize your competitive dreams and performance skills. Xtreme CKD will increase your speed, promote your power, stimulate your stamina, and ignite your intensity!

The husband and wife team of Aaron and Carmen Hensley operate Martial Arts America in North Augusta, SC. Together they have over 40 years of CKD experience, but a cumulative age of only 47! Wow! Now that's a karate family! Both are CKD World Champions, with Mr. Hensley being the very first recipient of the Norris Cup for Adult Kata.

WHITE - GREEN YOUTH (AGES 8-12)

IT'S ALL ABOUT POWER! -

HOW TO GET POWER IN YOUR PUNCHES AND KICKS, AND USE IT EFFECTIVELY!

Nick Alden



Following a fun warm-up and some flexibility work, you will learn how to develop awesome power in strikes, punches, and kicks. Your improvement and newfound power will be put to the test in bag penetration drills. You will feel the difference!

Nick Alden started his training in January of 2000, and earned his 1st degree black belt in March of 2005. Currently a 2nd degree black belt, Mr. Alden is a head instructor at Chip Wright's Champion Karate in Medford, OR, where he has been teaching for the past four years.

WHITE - GREEN YOUTH (AGES 8-12)

STREET-WISE PERSONAL PROTECTION FOR KIDS

Howard Munding



As a martial artist it is your responsibility to use an appropriate level of force for the threat with which you are faced. Howard Munding will instruct you on how to handle the bully with non-confrontational self defense methods designed to control, not injure your opponent. These non-lethal defensive techniques can be used to stop attacks at school, in the park or playground, or in the neighborhood.

Howard Munding is a 4th degree CKD black belt and a certified Defensive Tactics and Commando Krav Maga instructor, who resides in Peoria, AZ where he owns and teaches at the Arizona Fighting Arts Federation studio. Mr. Munding oversees event security at the ITC, and is a former editor of The Octagon. He has been an influential part of UFAF for many years - so highly thought of that he was recipient of the 2001 Wieland Norris Award.

GREEN - RED ADULTS

DYNAMIC DIAMOND ONE-STEPS -

DEVELOPING FUNDAMENTAL ONE-STEPS PRINCIPLES

John Pettit



Want to be more creative with your one-steps? Let Mr. Pettit help you develop a strong fundamental foundation for designing and implementing one-steps that utilize great CKD techniques.

A 3rd degree CKD black belt, Mr. Pettit started his martial arts training at Bob Barrow's American Karate, during his junior year in high school. Since then, Mr. Pettit has also trained with Reggie Cochran,

Ken Gallacher, and most recently Tara Bidwell in Henderson, NV. He is known for his ability to identify and develop quality one-steps, and to help others do the same.

GREEN - RED ADULTS

WHAT'S YOUR "BREAD AND BUTTER"?

IDENTIFYING AND EXPLOITING INDIVIDUAL STRENGTHS IN SPARRING

Doug Shaffer



With all the great sparring instruction we receive in our regular classes and at events, seminars, ITC, etc., sometimes we may not develop our own fighting identity and, instead, try to do everything we are taught from day one. Having a big toolbox of fighting skills is important, but having a clear vision of your individual strengths is key to building confidence and laying a foundation to build upon. Mr. Shaffer will help to identify your individual foundation (your personal bread

and butter techniques and style) and then set you on a path to filling your sparring toolbox.

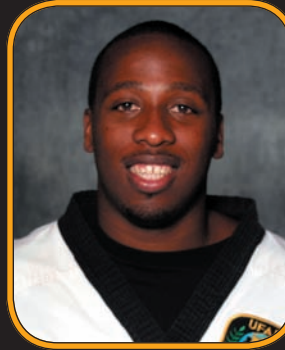
3rd degree black belt Doug Shaffer has trained in CKD since 1989. He has attended nine ITC's and has taken first place in sparring in the Men's Red Belt division, Men's 18-34 division, and last year in the Men's 35 & above division. Also in 2008 he went on to win the Senior Men's grand championship and the Norris Cup. Mr. Shaffer enjoys training and improving his own skills, but nothing is more satisfying for him in the martial arts than helping students achieve their goals. Mr. Shaffer practices CKD at Top Form Karate in Weirton, WV where he is an instructor and member of the UFAF Region 6 testing board.

WHITE - BLUE ADULTS

HOW WE DO IT -

THE NATURAL PROGRESSION OF THINGS

Derrick Stinson



Bring "an empty cup" to this seminar, because you will experience something every CKD student needs to experience. And something no student should ever forget. You will experience the natural progression of our art and discover why "basics" are so important. Where do bad basics lead? Nowhere. Where do good basics lead? Everywhere! And you'll see how it happens right here. Are you ready for an exciting journey through our style? You will find out why CKD is "the way" to enhancing your skills in any martial arts application, and in life!

Popular demand calls Derrick Stinson back to teach at the ITC time and time again! A 4th degree CKD black belt, Mr. Stinson is a phenomenal martial arts mind, and an ambassador for Chun Kuk Do. As a KICKSTART instructor, he is a role model for many young people in the martial arts and in life. Always smiling, Mr. Stinson is a two-time weapons CKD world champion - with two different weapons! He has performed his weapons wizardry before thousands at World Combat League events. He loves to teach and share this great system, and it shows!

WHITE - BLUE ADULTS

YOU CAN BE A CHAMPION -

START YOUR CHAMPIONSHIP TRAINING TODAY!

David Rodriguez



Want to be more competitive in tournaments? You can learn how to elevate your game - whether in fighting or kata - using the principles and pointers Mr. Rodriguez will teach you in this session. Learn how to discover and compete at your best from one of UFAF's true competitive masters.

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

RED - BLACK YOUTH (AGES 8-12)

*CHAMPIONSHIP FORMS FROM THE INSIDE OUT -
EXECUTING YOUR TECHNIQUES WITH BLACK BELT SPIRIT,
MIND, & BODY*

Lindy and Andi Woods



Every black belt or black belt to-be needs Black Belt Spirit... the heart that motivates us to persevere and strive for excellence; Black Belt Mind... the mental sharpness and toughness to push past emotions of nervousness and fear and concentrate on a picture of success; and Black Belt Body... fit, strong, and able to deliver powerful kicks, blocks, and strikes with championship precision.

Lindy Woods is a 4th Degree Chun Kuk Do black belt with over 15 years experience. She is the owner and chief instructor at Dunamis Karate in Ridgeland, SC. During her years as a school owner, she has trained numerous students to become state and regional champions in forms, weapons, and sparring. Mrs. Woods has a special way with teaching young people, as is evident in her 11 year old daughter, Andi Woods, who has been training under her since the age of three. Andi is a 2nd degree Chun Kuk Do black belt and reigning CKD Jr. Forms Grand Champion. Winning the Norris Cup in 2008 at the age of 10 made her the youngest winner in the history of the cup.

RED - BLACK YOUTH (AGES 8-12)

DRILLS FOR SPARRING SKILLS!!!!

Van Frasher



Every one of the exclamation points in the title of this seminar is needed to express what a great opportunity this is for the red belt and black belt youth of UFAF. Imagine working with an NBL world champion and two-time (reigning) Norris Cup winner on the footwork, timing, and drills that make him the great champion he is! Your sparring skills will climb to new heights as you learn how to develop explosive and “sneaky” tactics. And “kickin around” will never have been more fun.

Van Frasher is a 5th degree CKD black belt and Certified Professional Martial Artist. In 2008 Mr. Frasher was chosen Instructor of the Year by UFAF. Mr. Frasher represents Team CKD on the NBL circuit, where he has won a sparring world championship. He is a 7-time Chun Kuk Do world champion and is the current and 2-time Norris Cup winner. Always smiling, and a great role model for youth on the mat, and in life, Mr. Frasher loves to train and share his knowledge with others.

WHITE - GREEN YOUTH (AGES 8-12)

*MAXIMIZING YOUR MOVEMENT -
ON THE PATH TO YOUR BLACK BELT!*

David Gamble



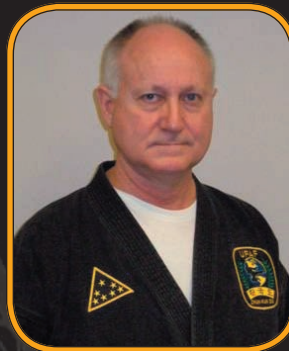
Footwork is at the root of all martial arts technique, and Mr. Gamble will teach you how to use the basic footwork of Chun Kuk Do, and how the proper use of your footwork will assist you as you prepare for your black belt test. See how your traditional stances serve as a foundation for your basic footwork, and learn how to use your footwork in your kicks, punches, fighting combinations, and sparring in a way that will maximize your martial arts ability!

David Gamble is a 3rd degree Chun Kuk Do black belt who resides in San Diego, CA and owns Shadow Mountain Karate in El Cajon, CA. From 2006-2008 Mr. Gamble worked with an after-school martial arts program that offered classes at numerous elementary schools in San Diego county, as well as volunteering as a self defense teacher at Heritage Christian School. Never calling attention to himself, we in UFAF have long observed as Mr. Gamble has quietly gone about being an inspirational role model for many, many youth both on the mat, and off.

WHITE - GREEN YOUTH (AGES 8-12)

*FIGHTING FOR FUN -
MIXING IT UP... A FUN PART OF YOUR MARTIAL ARTS TRAINING!*

Doug Ingram



Do you sometimes feel your sparring partner knows every move you're going to make - before you make it? The best technique in the world won't win if you're slow, or if your opponent can see it coming a mile away! Mr. Ingram will help you add blinding speed and deception to your attack. Sneak up on your opponent and score - without getting hurt.

One of the most senior black belts in UFAF, Doug Ingram received his black belt on Valentine's Day, 1976. Fitting, because he has been in love with free sparring since he began his martial arts training. In Mr. Ingram's opinion, free-fighting is the easy and fun part of the martial arts, and sparring in a tournament is as close to the real rush of adrenalin that a person might feel in the time of a real physical confrontation. Now a 7th degree black belt, Mr. Ingram has been fortunate to teach with some of the finest instructors in UFAF, including Ken Gallacher, Ed Saenz, Rick Prieto, and Tip Potter, just to mention a few.

GENERAL INFORMATION

You can quickly and conveniently register online at www.ufaf.org beginning on February 1st, 2009.

REGISTRATION PRICES:

UFAF Members: \$490.00 *(For \$100 early-bird member discount, see below.)

Non-UFAF Guests: \$490.00 (Guests require the approval of the UFAF Board.)

Visa, MasterCard, or Discover are accepted.

* Members: Register by June 5th, 2009 and receive \$100.00 off the price above. To receive your \$100.00 discount, registrations must be postmarked or received electronically no later than June 5th, 2009. Cancellations requested after June 5th, 2009 will be refunded, less a \$60 cancellation fee.

Registration fee includes 1 (one) non-refundable awards dinner ticket for you. Additional tickets may be purchased for \$60.00 each.

Spectators will pay a registration fee at the event registration desk - good for the entire weekend, including the pool party.

- Ages 7 & under: free
- Ages 8-12: \$10.00
- Ages 13+: \$20.00

CKD WORLD CHAMPIONSHIP TOURNAMENT

Please visit www.chunkukdo.com/tournament for the most current rules and information.

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Important: Pre-registration is required to compete. Deadline is June 5th, 2009.

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NOTE about rank changes: If you anticipate changing rank after you register for the ITC, then go ahead and register now using the rank you realistically anticipate being at the time of the ITC. BUT if your rank turns out to be different than what you registered as, you MUST notify the tournament director (Mr. Elias) by July 2nd, 2009 (clubkarate@charter.net or 843-524-8308.) If you do not, your tournament registration may necessarily be voided without refund.

HOTEL RESERVATIONS

To reserve your room, call the South Point Hotel at 866-791-7626 with the telephone Group Code: United Fighting Arts Federation OR visit them at www.southpointcasino.com with the online Group Code: UFAF09.

Rates:

Sunday - Thursday: \$65.00 per night
Friday/Saturday: \$90.00 per night

Note: There will be a \$20.00 per night charge for each additional person in a room beyond three persons - except for ages 6 and under. The hotel room block registration deadline is June 5th, 2009. There is no guarantee of price, or even availability at any price, after June 5th.

WORKOUT UNIFORM REQUIREMENTS

All UFAF members must conform to UFAF uniform standards for official events.

- Red and black belts must wear the official CKD uniform available from AWMA - rank appropriate.

- White through Green belt student uniforms must be all white - no trim

- UFAF/CKD style patch on the left lapel

- Country flag on the upper left arm

- School patch (optional) on the upper right arm or right lapel

- Belt must represent your standard CKD rank: white, gold, purple, orange, blue, green, red, red w/ black stripe. Stripe belts are also permitted: example green w/ stripe. Stripe must run the length of the belt through the middle.

If you are unsure of anything, or if you are a black belt in another system training in CKD, please ask your instructor, or visit www.chunkukdo.com for examples of student uniforms (in the "General Topics" forum under "Training and Testing").

COMPETITION UNIFORM

UFAF members of any CKD rank may optionally wear the Team CKD competition uniform from Rekonize Sports in weapons, open kata, and fighting divisions of the tournament. It may also be worn by UFAF members of any CKD rank in the Team Demo Competition.

UFAF MEMBER DRESS UNIFORM REQUIREMENTS (WHITE - BLACK)

Men - Solid black slacks (no jeans) with solid black blazer (black buttons) OR solid black suit, white shirt and any color tie.

Women - Solid black skirt or slacks (no jeans) with solid black blazer, white shirt or blouse OR solid black dress with solid black blazer.

CKD badge on left lapel (available for purchase at the ITC if you don't have one.)

THINGS TO BRING

You may need sparring gear or a traditional weapon if seminar applicable. A grappling top is optional.

For EVENT questions:

Mr. John Presti

Phone: 716-285-9242 (6 am - noon, est)

Email: jpresti@ufaf.org

For TOURNAMENT questions:

Mr. Chuck Elias

Phone: 843-524-8308

Email: celias@ufaf.org

For HOTEL questions:

Mrs. Tara Bidwell

Phone: 702-567-6393

Email: tbidwell@ufaf.org

For REGISTRATION questions:

Mr. Steve Nelson

Email: office@ufaf.org

Check out www.southpointcasino.com for all the fabulous amenities this hotel has to offer! Great restaurants, a movie theatre, bowling, a wonderful spa, and much more. Even better - our group gets 20% discount on spa services! There's plenty to do for your entire family!



Team CKD News – NBL Supergrands

by Mr. Chuck Elias – Team Coach



This year the NBL Supergrands were held from December 26th – 31st at the Double Tree Hotel in Sacramento, CA. The team was well represented again this year by team members Michael Holstien, Van Frasher, and Shantell Dawson. Also competing were Jordan Frost, Hayden Johnson and Derek Kinsey from Chip Wright's school. UFAF member black belt Jose Lara made the trip from Houston, TX to compete as well. Mr. Ed Seanz attended to show support and to judge.

Marty) competed in the 18-34 point sparring division and he too did well enough to go to the stage for the finals on Monday night.

On Monday Shantell Dawson competed first in the female creative weapons division. She kept the winning streak going. She too was to appear on the stage Monday night. Michael's creative weapons division was up next. He did an outstanding job in a talent-packed division earning 7th place. Shantell then competed in Japanese Kata. She tied for 4th and made an intelligent decision to bow out of the tiebreaker and save her energy for the next division - Korean Kata - which was being held in a separate building. So off we went. She did a great job just missing going to stage by the slimmest of scores. She earned 3rd place.

On Tuesday Michael competed in continuous fighting and again did well enough to qualify for the finals on stage that night.

Each team member competed very well in their final matches, and to sum things up, the team earned four 2nd places, one 3rd place, one 5th place, and two 7th places. Great job!

It has been honor to be a coach for the team. I want to thank Grand Master Norris, the UFAF board, Mr. Chip Wright, and all the team members and their families. Our team members make me proud to be a part of this great organization.





Feature

The Story of a Crossover Black Belt

by Mr. Kenneth Fjeld, Krokstadelva, Norway
Region 2

Recently, a young man (at least on the inside) was searching for a new way within the martial arts, a new direction of personal development, and a new source of personal motivation. Having practiced the same style of karate for many years, he felt that he was missing a wider view of the wonderful world of martial arts.

This man always had an awareness that the style he practiced (and its organization where he lived) was not complete, as the world of martial arts contains so much more.

He decided to travel back in time – 19 years. His mission was to think about what got him started in the martial arts in the first place. As a child, he had become seriously ill, and had to stay in bed for about half a year. His parents had to carry him around, and home school him. While lying in bed so much, the young boy watched a lot of movies. One day a movie was put into his video player with a different content than the usual movies he had watched. Living in a country with very strict age ratings on movies, the boy was not supposed to see this movie at his age – but somehow it slipped his parents' awareness, thanks to one of the boy's uncles. The movie was called *Lone Wolf McQuade* – starring Mr. Chuck Norris and Mr. David Carradine. This movie was watched many times, as well as another movie called *An Eye for an Eye* – also starring Mr. Chuck Norris. When the boy finally got out of bed he was determined to seek out a karate school.

The original source of his motivation into martial arts was one person – Mr. Chuck Norris.

Although he was supposed to wait for another two months before attempting to train again (advice from doctors), the boy could not wait, for in his mind Mr. Chuck Norris was still fighting Mr. David Carradine! So he begged his parents to bring him to the nearest karate school, which they did. They probably got tired of the boy's constant begging! The boy soon discovered that training in karate was not similar to the fighting in the movies - getting a punch in the stomach really hurt! But the boy loved it, and stuck with it.

My name is Kenneth Fjeld (pronounced 'fyeld'), and I live in a country far away called Norway. This is a small country (4.6 million), which is mostly known for being very cold (in temperature – not heart!). I am 32 years old (or young, as I like to believe), and I have two wonderful sons who also study karate – more or less by their own choice. I have studied Shotokan karate for about 19 years, and have a very analytical approach to martial arts.

I sent an email asking for information about CKD and UFAF, and possibly, given time, to present CKD in my country. Sooner than I thought, an answer came back from Mr. Steve Nelson. We exchanged emails back and forth, and soon found out that the world was not any bigger than the fact that Mr. Nelson's son Jake, was on a religious mission in Norway and had been living only five minutes away. Talk about coincidence! What's more, it turned out that Mr. Nelson also speaks a Scandinavian language, having lived in Scandinavia earlier in life. Through E-mail I expressed my true intentions to study the art of Chun Kuk Do and my wish to join the organization of UFAF. Because of this cultural and language connection, Mr. Nelson was amazingly kind and offered to teach me the art, if I was able to travel to the USA. Needless to say, I practically jumped on the first airplane (at least the first available flight, according to my personal options) and traveled to the lovely state of Utah, where I spent one week training under Mr. Nelson.

First of all, I must say that the way I was met by Mr. Nelson and his family was extraordinary. I have never in my life met people with such hospitality and genuine kindness towards a stranger, and I don't think I could ask for a better teacher. Mr. Nelson introduced me to the style of CKD and all the details surrounding each technique. Not only had I met a teacher with tremendous skills in technique, but during the lessons we also found out that we shared the same view and analytical approach to the martial arts! Double fortune! I had a fantastic week of training, with two lessons per day under a great sensei, and the way I was taught the details of the techniques made me able to learn quickly. We got through all Giecho Hyung and Pyong An forms and did a lot of work on techniques



Scenery from Mr. Fjeld's house.



Kenneth Fjeld with sons Adrian (left) and Daniel

that I found difficult. We also visited the school of Mr. Eric Freebairn, where I met his students of CKD and shared an excellent workout of techniques and combinations. His hospitality was also tremendous, and the attitude of his students, meeting this crazy Norwegian, was great.

The week ended with my meeting Team CKD at the NBL Salt Lake International tournament. Once again, I got confirmation (not that it was needed anymore) of the fantastic environment, spirit, and attitude of members of UFAF and practitioners of CKD. The team, on that occasion led by Mr. Robert Sapp, immediately made me feel welcome and I stayed to watch great performances from the various members. I was amazed at the fighting spirit of each team member and the way they handled themselves in the arena! Mr. Frasher kept on smiling, even though his competitor was repeatedly awarded points for hitting him on his glove! I know a great deal of Norwegians that could learn a lesson or two from these proud members of Team CKD. I got to join the team for dinner after the competition and had a great time. I want Team CKD to know that each member inspired me in a great way!

During the week I made many new friends within UFAF and I cannot express how fortunate I feel about the choice I made to send my request to UFAF. I have not only found a complete source of martial arts development for my future, but I have found a great teacher and true friend in Steve Nelson. Oh, and I got to taste the best cookies I have tasted in a very long time, thanks to Mr. Nelson's lovely wife, Leslie.



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

Editor's Note: Mr. Fjeld received his Chun Kuk Do 1st degree black belt in April 2008. When I asked him how his training was going he enthusiastically replied that he was already well into his training for his 2nd degree black belt. He said of his experience, "Mr. Nelson made it easy." Mr. Fjeld is also working very hard to have guest instructors visit Norway. So far Tommy Crouch (see below), and John Will have visited (he will return in April), Steve Nelson will travel in June, and Ama Guro Raffy Pambuan is planned for November next year.



My Visit to Norway!

by Mr. Tommy Crouch, Region 4

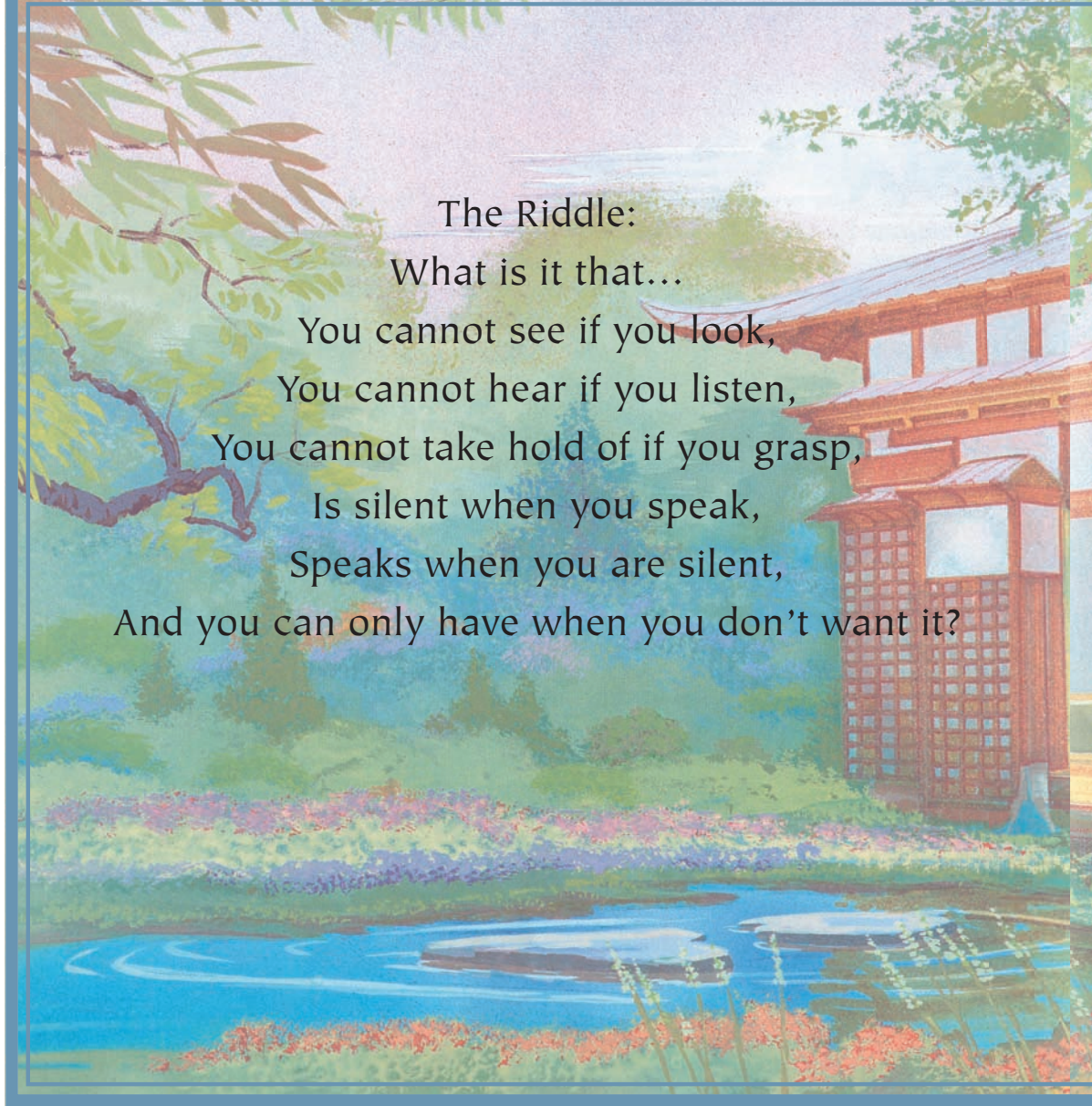
In June 2008 I was invited to conduct seminars at the American Martial Arts Academy of Norway, owned by Mr. Kenneth Fjeld. I have traveled around the U.S. to compete and do seminars, but to actually be invited to another part of the world was a tremendous honor!

While there, I taught seminars on sparring, kicking, and one-steps. I also consulted with the school's demo team. The culmination of my visit was to conduct a gold belt test with four of Mr. Fjeld's students. At first I was worried that I wasn't getting through to the students, but everyone was polite and respectful. In the end, I think all the students had a great time and learned a lot. This Texas country boy eagerly anticipates a return trip one day. I really enjoyed my time with Kenneth and his students, and I appreciate the opportunity to meet them and help them grow in CKD.



Kiai Corner

Welcome to Kiai Corner! Here is the next tale from Dr. Terrence Webster-Doyle's *Eye of the Hurricane: Tales of the Empty Handed Masters* which will help you with the riddle!



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

Instant Black Belt

A hummingbird was caught in the screened porch of the school building. It darted madly about, hitting the screen, its wings a blur of activity, trying to escape its prison.

"Oh, little bird, there is nothing to fear," said the teacher gently as he walked out onto the porch. "Be calm, no one is going to hurt you. Just stop for a moment so I can help you."

The teacher started humming a gentle song as he moved towards the hummingbird. The bird had come to rest on a hanging plant. The teacher walked slowly up to the plant and grasped the bird ever so

tenderly. He could feel the tiny bird's tremendous energy in his hand, a vibrant being which, for the moment, seemed to trust its temporary captor. This was intensely focused life force...extraordinary!

He walked with the hummingbird over to the screen door and opened it with his free hand. Slowly he raised his other hand, which held the bird, and relaxed his fragile grasp. The hummingbird rested for a moment in the teacher's hand, then suddenly flew away with amazing speed, darting this way and that through the flower garden by the school and out to the open meadow, in a blur of energy.

The teacher waved goodbye to the bird and came back inside to where the students were sitting. "Today, students, who would like to become an instant Black Belt?"

All around the room hands went up, waving wildly in anticipation of such a desired goal – that magical, powerful symbol that all Martial Artists work so hard for.

"Come here, young man," the teacher motioned to a young boy sitting in front. He took a belt from a bag next to him and put it on the student. "Today you are a Black Belt for a day. Let's practice now," the teacher directed.

Martial Arts Trivia

IT'S BACK – MARTIAL ARTS TRIVIA! 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 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] WHEN IS THE 2009 INTERNATIONAL TRAINING CONFERENCE (ITC)?

2] WHO IS THE EXECUTIVE VICE-PRESIDENT OF UFAF?

3] NAME FOUR THINGS ONE-STEPS HELP TEACH US.

4] DEFINE THE WORD, "CONFIDENCE."

5] WHAT DOES PICA STAND FOR?



The assistant instructors lined the students up, including the new Black Belt. For the next hour, they practiced vigorously, especially the young man wearing his new symbol of power. After practice, the teacher asked them all to sit down once again.

"So how did it feel, young man?" he asked, looking over at him.

"I felt powerful! I felt as if I could fight ten grown men!" he replied energetically.

"So where did you get all this power from?"

"From this Black Belt," he replied proudly.

The teacher stood up and took off his Black Belt and held it up. He said, "What do you see, students?"

Hands raised quickly in response to his question. "Power!" "Strength!" "Wisdom!" "Energy!" they called out.

One student way in the back said, "Teacher, I only see a black piece of cloth."

"So where does this great power come from if this is only a black piece of cloth?" he questioned the student in the back.

"From our minds, from the images that we have of that piece of cloth."

"And is that real power, real strength, real wisdom?" asked the teacher.

The students were quiet for a moment before one of them answered, "No teacher, that power is empty, that wisdom is false. There is no strength in a piece of black cloth."

"Then what is the purpose of a belt?" the teacher asked.

"To hold up your pants," one of the students exclaimed.

They all laughed and laughed, until there were tears in their eyes.



Region News

Region 2 News

by Mr. Joe Gemma, Region Chair

Region 2 held a black belt testing on Saturday October 18th, 2008 in Layton, UT. Congratulations to all who were promoted in rank!

This was truly a "UFAF Family Affair." Aaron Hoggan's brother is a 1st degree CKD black belt (Michael Hoggan). Ana Crittenden's mother is a 2nd degree CKD black belt (Karen Crittenden). Kaley and Leah Tanner's mother is a 4th degree CKD black belt (Kristi Tanner). Kobie Webb's sister is currently training at the Karate GGYM in Henderson, NV. Chloe and Kiera Wheadon's mother is a 2nd degree CKD black belt (Georgina Wheadon). Great job, everyone!



Front Row L-R: Promoted to 2nd degree black belt: Aaron Hoggan; Promoted to 1st degree black belt: Kobie Webb, Ana Crittenden, Chloe Wheadon, Kiera Wheadon, Leah Tanner, Kaley Tanner Back Row L-R: Eric Freebairn, Steve Nelson, Joe Gemma (Region Chair), Kristi Tanner, Georgina Wheadon

Region 3 News

by Ms. Jeannie Newfield

In August of this year Chip Wright Champion Karate started a competition team, called Team Wright. The coach is Shantell Dawson, and Nick Alden is assistant coach. There are fifteen members ranging in age from 8 to 48. All members wear Chun Kuk Do competition uniforms in our team colors black, white, and CKD gold.

In September we had a silent auction fundraiser for Team Wright and raised over \$5000.00!! Thanks to all our parents, and generous students and instructors, who helped to make that event a great success!! So far the team has done a bang-up job! They went to Super Grands in December (see page 19).

Region 3 hosted a black belt test in October. Zach Simpson and Hayden Johnston both received their 1st degree black belts, and Brenda Kizzire was promoted to 3rd degree black belt. Congratulations for a job well done.

In November we had a tournament that was very successful. There was a huge number of competitors and 93 trophies went to our very own students! Mike Holstien won Adult Black Belt Grand Champion, and Lily Hawkins won Junior Black Belt Grand Champion. Congrats to all the winners.



Front Row: L-R: Hayden Johnston, Brenda Kizzire, Zachary Simpson Back Row: L-R: Jeannie Newfield, Shantell Dawson, Dave George, Nick Sheats, Diane Huntemann (Region Chair), Chip Wright

Region 4 News

by Ms. Lacey Prieto

Region 4 held its black belt test at Roy White's Champion Karate on Saturday October 25th, 2008 at 9:00 am. After about four hours, five students from Karate Of The Woodlands, owned by Mr. Rick Prieto, and one student of Mr. John Kurek, were promoted to 1st degree black belt.

Each candidate performed 7 katas, blocks, kicks, punches, stances, attacking combinations, sparring, and one-step combinations. All candidates performed with excellent technique, sharp and strong executions, and phenomenal character. Their family and friends cheered them all on as they were judged by Mr. Roy White (Regional Chair), Mr. Rick Prieto, and Mr. John Kurek. As each candidate was presented his or her belt, Mr. Roy White stated, "It was by unanimous decision, that you receive your black belt." Congratulations!



Front Row: L-R: Christian Garza, Laura Monica, Philip Beach Back Row: L-R: Roy White (Region Chair), Rick Prieto, Nathan Monica, Devon Hersch, Carey West, John Kurek

Region 6 News

by Mr. Rick and Ms. Karen Rine

Precision Martial Arts in St. Clairsville, OH, was the site of the Region 6 fall black belt test held on October 11th, 2008.

Those who earned promotions were: **Rine Karate Studio, Weirton, WV**- 3rd Degree: Karen Rine, Mark Marino, Miki Marino 2nd Degree: Devin Burchill, Marc DeAngelo, Doug Maslowski Teddi Jo Maslowski 1st Degree: Robby Myers. **Precision Martial Arts, St. Clairsville, OH**: 3rd Degree: Jason Marsh 2nd Degree: Duane Bartsch, Billy Teufel 1st Degree: Patrick Hurley **CJ Karate Studio, Wheeling, WV**: 1st Degree: Heather Wood **Family Martial Arts, Beckley, WV**: 1st Degree: Cara Clyburn **Hutchison's Chun Kuk Do Karate Studio, Milton, WV**: 2nd Degree: Carmen Raynes

All Region 6 instructors and students would like to thank Precision Martial Arts owners Jason Marsh and Duane Bartsch for hosting the test at their studio. What a great facility!

Region 5 News

by Mr. Steve Berry

The Region 5 black belt test was held October 11th, 2008 in Phoenix, AZ. We were pleased to have Master Tip Potter on the test board, joined by Region 5 Chair Master Kevin Hibbs, Master Steve Berry, Mr. Jorge Alonzo, and Mr. Howard Munding. Congratulations to all who tested and were promoted!



Front Row: L-R: Bryan Moreno Andrade, Emmanuel Chavez Mendoza, Anthony DeFrance Back Row: L-R: Kevin Hibbs (Region Chair), Howard Munding, Steve Berry, Kathryn Hum, Raul Andres Gonzalez, Tyler Shaul, Marco Pedro Hernandez, Tip Potter, Jennifer Shearer, Jorge Alonzo

More Region 6 News

by Ms. Karen Rine

A seminar was held on November 15th, 2008 at Precision Martial Arts in St. Clairsville, OH. Owners Jason Marsh and Duane Bartsch generously offered the use of their studio, which is a great facility for hosting a large crowd. A total of 44 students attended representing Champion Martial Arts in Gahanna, OH; Rine Karate Studio in Weirton, WV; and Precision Martial Arts.

Mr. Rick Rine began by instructing the students in proper falls, ground defense, and hip action drills, including how to teach hip action at the beginner, intermediate, and advanced levels. Mr. Van Frasher's portion focused on sparring footwork and hand drills, including partner drills and a free-sparring session. Together Mr. Rine and Mr. Frasher also coached the students on how to present themselves for tournament kata competition. As soon as the day ended students were already asking when the next seminar would be held. Instructors and students alike had an enjoyable time.



Front Row: L-R: Robby Myers, Patrick Hurley, Doug Maslowski, Jason Wilcox, Cheryl Hutchison, Billy Teufel, Clayton Ferguson (Region Chair), Van Frasher, Rick Rine, Teresa Comas Back Row: L-R: Cara Clyburn, Heather Wood, Marc DeAngelo, Devin Burchill, Carmen Raynes, Teddi Jo Maslowski, Duane Bartsch, Miki Marino, Mark Marino, Jason Marsh, Karen Rine

Region 7 News

by Mr. Chuck Elias, Region Chair

The semi-annual Region 7 black belt test and seminars were held October 17th & 18th, 2008 at Club Karate, on Lady's Island, SC. On Friday afternoon, Alice McCleary ran 20 kids through some very unique drills to sharpen their footwork and coordination. The overall theme, however, was about teamwork and how it can make everyone better. The kids all had a blast and wanted more, even after working out for an hour and a half.

Saturday morning started off with a three-hour test filled with high energy and perseverance shown by all. Congratulations to the students, their instructors, and their families.

We then jumped right into our seminars. Each seminar lasted over an hour and went back-to-back. Eric Hensley taught escrima, Aaron and Carmen Hensley taught Extreme CKD, Alice McCleary taught BJJ, and Matt Robinson taught Krav Maga handgun disarming.

Most of the out-of-town guests stayed at the school for a good old-fashioned cookout. It was great to be able to sit and relax and talk with our UFAF brothers and sisters. Overall it was a very positive weekend.

Region 8 News

by Mr. Steve Brown

Region 8 welcomes six new black belts! It was an action packed weekend full of karate at its best! Head Instructor Mr. Steve Brown and the students of Top Form Karate & Fitness proudly hosted the Region 8 Black Belt test and seminars at their studio in Weirton, WV on October 10th & 11th, 2008.

A sparring seminar was led by Mr. Presti on Friday evening with two 2008 Norris Cup Grand Champions – Mr. Van Frasher and Top Form Karate's own Mr. Doug Shaffer! Everyone enjoyed the seminar by Mr. Presti and had a great time sparring with Mr. Frasher and Mr. Shaffer.

On Saturday, Region 8 proudly welcomed four new 2nd degree black belts, Beau Eltringham, Zack Ralph, Alana Coen and Justin Moskal, and two new 1st degree black belts, Mrs. JoAnn Shaffer and Miss Ashley Karas. All testing were students of Top Form Karate and Fitness and did an awesome job! Congrats to all who tested and to Region 8!



Front Row: L-R: Alice McCleary, Eric Hensley, Chuck Elias (Region Chair) Back Row: L-R: Matthew Smith (Club Karate, SC), Daniel Cardoso (Monroe Karate, NC), Moises Vera & Daniel Neiderhiser (Dunamis Karate, SC)

Frank Detkos Jr. earns Eagle Scout - Next Milestone- Chun Kuk Do Black Belt!

by Mr. Jacob Sherman

Frank S. Detkos Jr. is a green belt in Chun Kuk Do, a member of UFAF, and has been training under Mr. Sherman's instruction at Presti Karate Centers for approximately four years.



Frank, 15 years old, and a member of Troop 855 in Lewiston, NY, earned the rank of Eagle Scout during a ceremony on Monday November 3rd, 2008. He is one of the youngest Scouts of Troop 855 to earn this rank!

Frank is working hard to add a black belt in Chun Kuk Do to his list of achievements. In addition to his Chun Kuk Do training, Frank is in the school's orchestra playing the string bass. He has played the string bass since the fourth grade making All-County orchestra every year for the Niagara County Music Educators Association. He also plays the electric bass for the school's jazz band, made All-County last year, and participated in the solo festival.



Region 9 News

by Mr. Javier Garcia,
Region Chair

Region 9's black belt exam was held November 30th, 2008, with great results! We now have seven new 1st degree black belts and one new 2nd degree black belt in the UFAF family. There was a full house with more than 80 people as spectators including family and friends. We hope to see you all at the 2009 ITC.

"Después de su arduo trabajo, helos aquí con cara de felicidad y su logro." ("After a hard and extenuated work here they are with their task accomplished.")



Front Row: L-R: Carlo Ramirez, Luis Gonzalez (promoted to 2nd degree), Daniel Silva, Alejandra Silva 2nd Row: L-R: David Perez, Fernando Aguirre, Fabian Ramirez, David Rios Back Row: L-R: Javier Garcia (Region Chair), Juan Ferman Sr., Humberto Pedroza, Carmi Ferman, Sandra Nevarez, David Rodriguez, Juan Ferman Jr.

Region 10 News

by Mr. Rodolfo Varela, Region Chair

The Region 10 black belt test was held on October 30th, 2008. Ms. Adriana Varela was promoted to 4th degree black belt, and Isaac Ivan Tabares was promoted to 1st degree black belt. Congratulations! They did a great job and should be proud of their efforts.

These Olympus Athletes students (photos, right) went to several tournaments during 2008, representing our Chun Kuk Do school and doing a great job winning first, second and third places in forms and sparring. Congratulations!



Itzel Sanchez, Paola De la O, Laura Luna, Danai Hernandez, Kristofer Torres, Jonathan Valenzuela, Alexis Sanchez, Cesar Valenzuela



Front Row: L-R: Adriana Varela, Isaac Ivan Tabares Back Row: L-R: Javier Varela, Rodolfo Varela (Region Chair), Luis Garza



Alejandro Morales, Andres Reyes, Javier Reyes, Rodrigo Ochoa, Jahir Reyes, Pablo Valero, Daizeth Hernandez, Danai Hernandez, Laura Luna.

UFAF BLACK BELT PROMOTIONS

It is with great pride and distinction that we recognize the following students on their recent black belt promotion. Their progress in Chun Kuk Do represents the ideals of the United Fighting Arts Federation: Discipline, Integrity, Loyalty, Respect.

REGION 2

2ND DEGREE BLACK BELT

Aaron Hoggan



1ST DEGREE BLACK BELT

| | |
|----------------|---------------|
| Ana Crittenden | Kaley Tanner |
| Leah Tanner | Kobie Webb |
| Chloe Wheadon | Kiera Wheadon |



REGION 3

3RD DEGREE BLACK BELT

Brenda Kizzire



1ST DEGREE BLACK BELT

| | |
|--------------|-----------------|
| Zach Simpson | Hayden Johnston |
|--------------|-----------------|



REGION 4

1ST DEGREE BLACK BELT

| | |
|-----------------|---------------|
| Christian Garza | Nathan Monica |
| Laura Monica | Devon Hersch |
| Philip Beach | Carey West |



REGION 5

4TH DEGREE BLACK BELT

| | |
|-----------------------|-------------|
| Marco Pedro Hernandez | Kathryn Hum |
|-----------------------|-------------|



3RD DEGREE BLACK BELT

Raul Andres Gonzalez
Jennifer Shearer



2ND DEGREE BLACK BELT

Tyler Shaul



1ST DEGREE BLACK BELT

Emmanuel Chavez Mendoza
Anthony DeFrance
Bryan Moreno Andrade



REGION 6

3RD DEGREE BLACK BELT

| | |
|-------------|-------------|
| Karen Rine | Jason Marsh |
| Mark Marino | Miki Marino |



2ND DEGREE BLACK BELT

| | |
|----------------|--------------------|
| Devin Burchill | Marc DeAngelo |
| Doug Maslowski | Teddi Jo Maslowski |
| Duane Bartsch | Billy Teufel |

Carmen Raynes



1ST DEGREE BLACK BELT

| | |
|--------------|----------------|
| Robby Myers | Patrick Hurley |
| Heather Wood | Cara Clyburn |

REGION 7

2ND DEGREE BLACK BELT

Matthew Smith



1ST DEGREE BLACK BELT

| | |
|----------------|--------------------|
| Moises Vera | Daniel Neiderhiser |
| Daniel Cardoso | |



REGION 8

2ND DEGREE BLACK BELT

| | |
|-----------------|---------------|
| Beau Eltringham | Alana Coen |
| Zack Ralph | Justin Moskal |



1ST DEGREE BLACK BELT

| | |
|---------------|--------------|
| JoAnn Shaffer | Ashley Karas |
|---------------|--------------|



REGION 9

2ND DEGREE BLACK BELT

Luis Gonzalez



1ST DEGREE BLACK BELT

| | |
|-----------------|------------------|
| Carlo Ramirez | David Perez |
| Daniel Silva | Fernando Aguirre |
| Alejandra Silva | Fabian Ramirez |

David Rios



REGION 10

4TH DEGREE BLACK BELT

Adriana Varela



1ST DEGREE BLACK BELT

Isaac Ivan Tabares



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