

Chun Kuk Do™

magazine

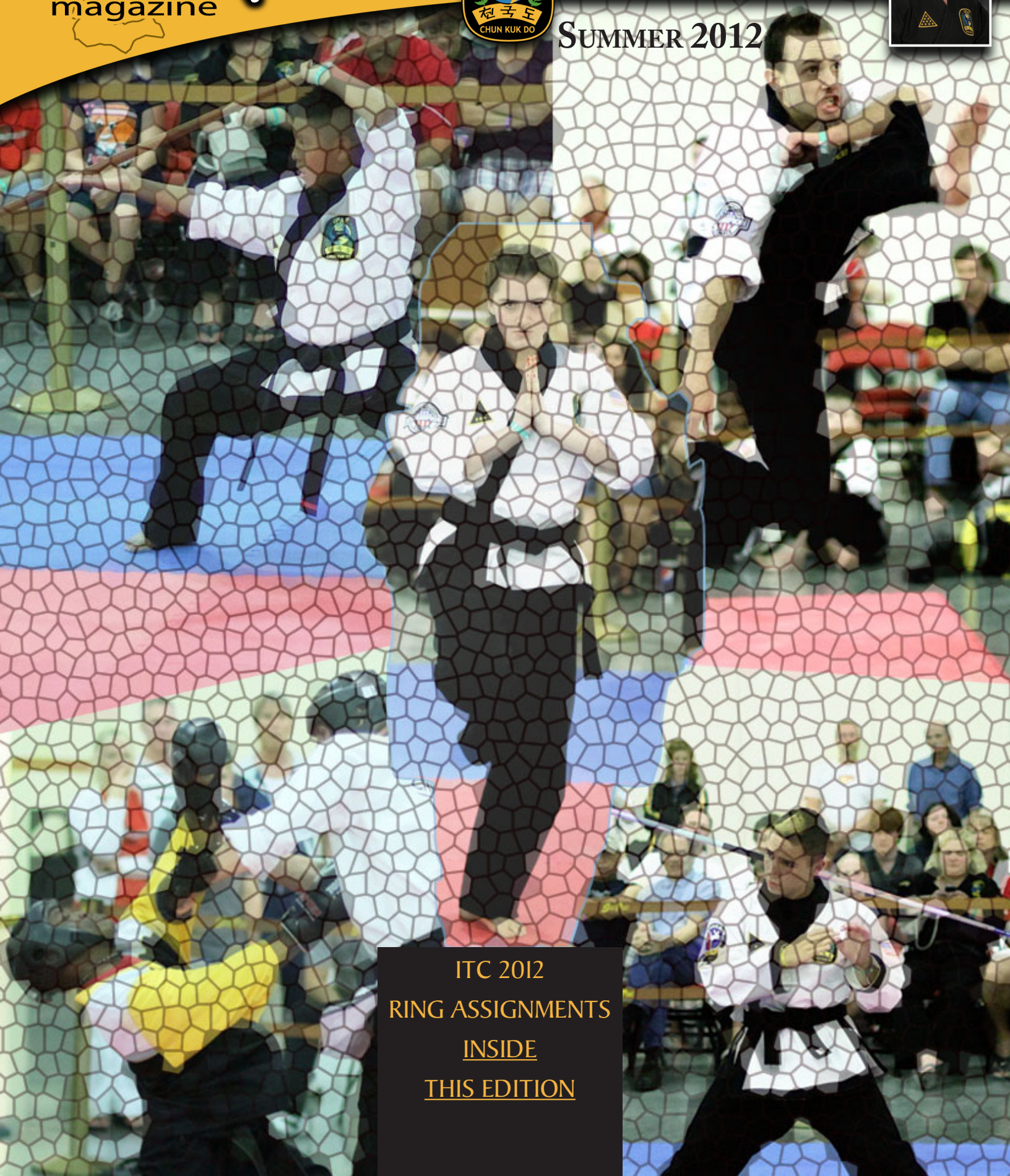


Official Publication of
UFAF
United Fighting Arts Federation

Chuck Norris
Founder



SUMMER 2012



ITC 2012
RING ASSIGNMENTS
INSIDE
THIS EDITION

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.

About the United Fighting Arts Federation

The United Fighting Arts Federation (UFAF) is a worldwide martial arts membership organization founded by Mr. Chuck Norris which provides its member students, instructors, and schools with Chun Kuk Do (CKD) rank certification, educational opportunities, Chun Kuk Do news, special events, online community access, and other services. UFAF is the governing and sanctioning body for the Chun Kuk Do style, providing technical standards for instruction and advancement in the system.

About Chun Kuk Do

Chun Kuk Do (CKD) is an American martial arts style, evolved from Korean Tang Soo Do by Chuck Norris. Chun Kuk Do ("The Universal Way") is a style with a deeply-rooted traditional foundation into which many other elements that complement its fundamentals have been integrated. Chun Kuk Do has come to emphasize self defense, competition, weapons, grappling, fitness, and more. With Chun Kuk Do, the martial arts world is an open door.

CKD Magazine

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Letter from our President

Mr. Ken Gallacher

Having been raised in California, I had the opportunity on occasion to

experience the beauty and the splendor of the migration and the clustering of the monarch butterfly in Monterey, California. If you have experienced this in your lifetime, it is an experience one does not forget.

The monarch butterfly (*Danaus plexippus*) is a widespread tropical insect that ranges as far north as Canada and as south as the high mountains of Central Mexico. The monarch cannot stand freezing winter temperatures. To survive, it must migrate to safe over-wintering sites that are neither cold enough to kill it nor so warm that it wastes precious energy flying to a cooler climate. En route, they may travel as much as 2,000 miles, covering up to 100 miles per day and flying as high as 10,000 feet. This is a mighty achievement for a seemingly fragile insect.

One of the things that is unique about this migration versus other migrating species like birds and whales, is the monarch has never seen its destination before. I would encourage all to visit Pacific Grove, California (Butterfly Town, USA) in October. You will thank me later.

So how does this apply to United Fighting Arts Federation and Chun Kuk Do? Like the monarch, UFAF and CKD have, and continue to go through, change and metamorphosis. It is said that "One cannot become a butterfly by remaining a caterpillar." Change and personal growth is about discovering the inevitability of change, and a process of repeating change, so we can continue to progress. The monarch needs nutrition both in its larval stage, and its caterpillar stage, from the milkweed plant. Just like the nutrition given to the monarch, our Chun Kuk Do training provides us the nutrition for growth at every stage of our training.

In the beginning, we receive training in our schools and at UFAF functions to help us explore all aspects of martial arts training as provided by our CKD instructors and special guest trainers. Incredible articles, written by current practitioners, that are current and relevant to what's occurring today in our art and throughout the world help guide us on our migration to success. As we progress, we continue to receive great ideas and training to help us soar to the greatest height possible. We have our current schools, regional seminars, Instructor Development Series (IDS), Master Development Series (MDS), and the International Training Conference (ITC), which includes a world class tournament.

One of the things that is unique about the diet of the monarch is that the diet itself protects the butterfly as well as the growing larvae from its natural predators. While training in the martial arts, we also have natural predators of discouragement, outside internal/external change and, just like the monarch, our diet of education, connecting with others, and involvement in all of the training UFAF has to offer provides for us a natural protection.

These things help bring us out of our cocoon and reach our maximum potential. But you must metamorphose in order to change and that involves going through discomfort of being less and less a caterpillar while you are in the process of becoming a butterfly. Expect the transformation to be somewhat uncomfortable and that it takes a level of commitment.

As we move forward, I wish each of you all the splendor and beauty that comes from our unique metamorphosis and migration as is afforded the monarch butterfly.

Sincerely,

Ken Gallacher, 9th Degree Black Belt
President, United Fighting
Arts Federation

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CHUCK NORRIS FUN FACTS



Chuck Norris can drown a fish.



Chuck Norris decides whether Santa's been naughty or nice.



When Chuck Norris watches a pot, it boils.



Chuck Norris never wore braces.
He straightened his own teeth.



Editor's note

As I was putting together this issue of CKD Magazine, my first issue as its editor, I was also preparing for my 3rd degree black belt test and assisting with the creation of written materials for the ITC. To say my personal life was "all karate, all the time" for a while would have been pretty accurate.

As I was gearing up for my big test, I spent a lot of time at the neighborhood park practicing my forms. One evening, after making mistake after mistake on the bo form, I found myself thinking, "This is so frustrating! Why am I doing this again?" Of course, anyone reading this knows the answer to that.

Not just anyone can (truthfully) say they've earned a black belt. Achieving a black belt takes work – repetition, discipline, attention to detail. It takes vision, as anyone who begins as a white belt with the honest goal of black belt knows. It takes perseverance; for many on the road to black belt, there will be hurdles to overcome – injuries, school demands, work demands, family obligations, etc. Overall, it can be frustrating and it can be crazy. But, you know what? I wouldn't have it any other way.

It's those achievements that take work – hard work – that usually mean the most. And, it's those trying hurdles – once overcome – that are remembered most fondly.

Plus, how awesome is it to say, "I'm a black belt"?

Whether you're a white belt or a master-rank black belt, I salute you for your vision and dedication to our art. And, to those who passed a recent belt test, congratulations!

Sincerely,

Melissa Rothermel Biernacinski
Editor-in-Chief

Crazy story: Century Martial Arts Supply CEO and CKD black belt Mike Dillard encounters adventure, danger in Indonesia

"Mike Dillard, chief executive officer of Century Martial Arts and a prominent area developer, is a well known adrenaline junkie — but even he admits he was shaken by his latest adventure. ..."

Read the entire story, as told by NEWSOK, [here](#).

Annual ITC boasts new offerings, world-class headliners and more

By Melissa Biernacinski
3rd degree black belt

As this year's ITC approaches, Chun Kuk Do practitioners have much to look forward to. Themed "Ask me about my bruises," the ITC will take place in Las Vegas Thursday through Sunday, July 19-22.

Kicking off with the MRIC, followed by a pool party and BBQ, the evening of July 19, the convention and related festivities will take place at the South Point Hotel & Casino, which is located at 9777 Las Vegas Blvd South, just minutes away from the famous Las Vegas Strip.

Celebrating its 34th year, the ITC has seen a number of upgrades this year, including an inaugural KidTC. Geared toward youth ages 8-12, the KidTC will have its own look and feel, headliners and lineup throughout the seminar portion of the convention.

"Our youth are an important part of UFAF, and we believe the KidTC will enhance their ITC experience," said John Presti, UFAF's director of special events.

The CKD World Championship tournament, however, will continue as a single event for all ages.

As always, the ITC will feature world-class martial artists. Headlining the event this year are:

- Iain Abernethy, a 6th dan with the British Combat Association, the English Karate Federation and the British Karate Association
- Jodi Tention, a six-time world champion and a 5th degree black belt in Tae Kwon Do and a black belt in Nashid and Kurishi Do
- David Meyer, one of the first Americans to achieve the black belt rank Brazilian Jiu Jitsu
- John Comito, CKD 5th degree black belt and member of Pambuan Arnis
- Joe Gemma, CKD 8th degree black belt and retired Las Vegas Metropolitan Police Department Lieutenant

Another first for the ITC this year is a grappling division for all ages.

"With the growth of our grappling program, our ISDT and how many schools are doing more and more grappling, it was time to expand," Mr. Presti said. "Depending on how popular it becomes, it may grow and expand in time."

In addition to the grappling division, the competition portion of the convention will include a kata competition and team and individual sparring competitions.

The annual awards dinner will take place Friday evening, July 21. Open to family members and friends, the dinner will feature UFAF and Chun Kuk Do Founder and Chairman Chuck Norris, who will give a speech. UFAF CEO Aaron Norris and UFAF President Ken Gallacher will also present. Additionally, awards including School of the Year, Instructor of the Year, Competitor of the Year (female and male), Most Inspirational Member and the Wieland Norris Award, will be presented and those advancing to the master ranks will be recognized.

“Our youth are an important part of UFAF, and we believe the KidTC will enhance their ITC experience.”

Prior to the ITC's official start, a Master Development Series 501 course will take place at the Henderson, Nev.-based Cox & Gallacher Karate studio Monday and Tuesday, July 16 and 17. The following Monday and Tuesday, July 23-24, MDS 502, 601 and 602 courses will be held at the South Point.

Recommended for all black belts, the goal of the Master Development

Series program is to have a pervasive, positive and unifying effect throughout UFAF on what and how black belts learn and teach; to inform, instruct and inspire all who attend to be the very best they can be; and to give them tools to do the same for their students.

Black Belt attendees may also register to take part in the Professional Development Series Wednesday and Thursday, July 18 and 19, and red and black belts can also sign up for the Instructor Development Series, which will be held Thursday, July 19.

Mr. Abernethy will teach the entire IDS workshop, themed "Making kata come alive for students." The PDS workshop, themed "The business of martial arts," is geared toward school owners and black belt instructors and will include presenters such as UFAF CEO Aaron Norris and UFAF President Ken Gallacher. The PDS and IDS events will take place at the South Point Hotel.

For additional details, including cost, and to register for the MDS, IDS and PDS workshops, visit www.ufaf.org.

For more information on the entire ITC, visit www.ufaf.org. Hotel information (including the group code), black belt dress uniform details and more can also be found on UFAF's website.



TIPS FOR VISITING LAS VEGAS: FROM A LAS VEGAS NATIVE

By Melissa Biernacinski

1. Thou shalt wear sunblock at all times! I can't tell you how many tourists I've seen who are sunburned. It looks painful as is; now imagine putting a karate uniform over it. Ouch!
2. If there's an activity you love to do, chances are you can do it here. Just a few options include golfing, world-class shopping, fine dining, skydiving, hiking and even helicopter riding. Do your research ahead of time to find an attraction that suits you.
3. Speaking of activities, discounts on restaurants and shows are available. Visit tix4tonight.com and tix4dinner.com to find out more.
4. Like beauty? Visit the Bellagio fountains (out front) and atrium (indoors) for some lovely free entertainment.
5. Saving money is good. Rather than taking a taxi from the airport, take advantage of the South Point's free shuttle service. Reservations are required and can be done by calling 1-866-791-7626 (toll-free) at last 24 hours in advance. For the shuttle schedule, visit southpointcasino.com/hotel/shuttle-schedule.php.
6. If you tend to get cold, bring a sweater. To offset Las Vegas' high temperatures, most hotels, restaurants and movie theaters turn the AC to near-freezing temperatures.
7. And finally, Las Vegas is hot and dry, so drink lots of water!

VARYING TEACHING TECHNIQUES CAN ALLOW ALL STUDENTS TO THRIVE

Because Every Student Matters...

Sadie Nicole Houck (Robinson)
2nd degree black belt



As a special education teacher, I know firsthand the adversity students with disabilities face on a daily basis. It is my job as a teacher to guide them and assist them in becoming successful individuals while pushing them to meet their goals. It is also my job to assist other teachers in presenting material in such a way that all students can be successful.

As a Chun Kuk Do school owner, I would like to share the following information and ideas to assist fellow school owners, instructors, assistants and other leaders in Chun Kuk Do schools, especially our youth.

Today, one in 88 American children has some form of autism spectrum disorder. At least one out of every five people in the United States has a learning disability. There is a 50 percent chance that a child born to a parent with dyslexia will also have dyslexia.

The question is, how do we prepare ourselves, to instruct to the best of our abilities, while trying to reach all students – from students with disabilities to students who are gifted?

We must first develop classes that allow students of different abilities and different ranks to work together. It was thought years and years ago that students with disabilities should have their own class or special school and should not be with the “other” students. In the mid-70s, there was an estimated 1 million students with disabilities who did not even attend school. Allowing students of all abilities to take class with one another has many benefits: It improves the learning of all students; students learn to accept individual differences and advocate

for themselves and others; students new friendships, leadership qualities and compassion; and students don't feel left out.

I once read, “Fair isn't when everyone gets the same thing. Fair is when everyone gets what he or she needs!” To assist every student in getting what he or she needs, we have to have an understanding of how to differentiate and improve instruction.

Here are some examples:

- Provide a variety of “drills” or “tasks” to teach one concept.
- Vary the degrees of difficulty of your drills.
- Get to know what type of learners your students are.
- Instruct in a way that reaches every type of learner: auditory, visual and kinesthetic learners.
- Allow students to set group goals and individual goals.
- Give students opportunities to demonstrate proficiency in an area they currently understand and allow them to move forward.
- Be open to varying your assessment protocols.
- Demand choral responses when reviewing material you want every student to know.
- Use the “I do, we do, you do” method. (For example: when presenting a new drill, first show the students how to do the drill. Then, have the students practice with you. Finally, have the students do the drill on their own.)

CKD schools doing something good: *Presti Karate*

By Doug Boje
3rd degree black belt

Sometimes the greatest things in life have the most humble beginnings. Fourteen years ago, Mr. John Presti hosted a kids' karate tournament at his school in Niagara Falls, NY. It was an opportunity for kids to have fun and get the chance to win a trophy. Little did he know at the time that this tournament would become the largest kids' karate tournament in New York. Since its inception, the tournament has raised thousands of dollars for those less fortunate and makes a powerful difference in the lives of people who need it most.

The Presti Kids' Karate Tournament has raised \$82,000 dollars over the last 12 years – no small feat considering the economy of late and the location of Mr. Presti's studio. Even though Niagara Falls is known throughout the world, it is not as affluent as other areas in Western New York. So how was it done? It took a community effort of local businesses, parents, volunteers and countless martial artists. Numerous black belts travel great distances to help with the event. This year, they came from West Virginia, Pennsylvania, Canada and Buffalo and Rochester, NY. Besides Chun Kuk Do, styles range from Tae Kwon Do to Bushido Kai. This showing from so many is truly indicative of the character that these martial artists have to make a difference. This difference helps those less fortunate and helps kids realize how dedicating themselves to a sport can have rewards beyond trophies and medals.

It starts with Mr. Presti, who has always been proactive in maintaining the integrity of the martial arts in the area. He is a member of the Professional Martial Arts Educators, a group of school owners who watch to see what is going on in the community. Members support one another in various tournaments and encourage their students to attend others' events.



Some sad news

A member of our UFAF family, 1st degree black belt Jeff Rubin, passed away Feb. 13. Mr. Rubin, black belt number 1170, was a member of UFAF for the past 18 years. Recently, he had begun sharing his martial arts expertise with the Las Vegas senior citizen community. He will be remembered for his always friendly countenance and his gentle and generous spirit.

He is survived by his loving wife, Cordella; stepdaughter, Dawn; his devoted mother, Marlene; his brother Paul; sister-in-law, Katie; nephew, Benjamin; niece, Juliette; and many aunts, uncles, and cousins.

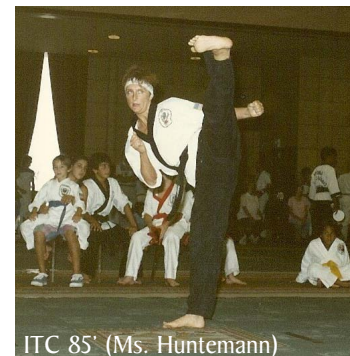
He will be sorely missed by all.

For more than 30 years, Ms. Diane Huntemann has taught by example

By Sadie Nicole Houck (Robinson)
2nd degree black belt

“People never improve unless they look to some standard or example higher and better than themselves.” –Tyron Edwards

Ms. Diane Huntemann is one of those examples. Currently an 8th degree black belt, Ms. Huntemann received her 1st degree black belt in 1982 in Los Angeles with Mr. Chuck Norris himself running the exam.



ITC 85' (Ms. Huntemann)

As instructed by Mr. Bob Barrow (Black Belt #22), Ms. Huntemann was required as a red belt to assist with classes. Once a black belt, she began to teach more and more. Ms. Huntemann was and is no stranger to being a great example for those around her.

About 10 years ago, while teaching an advanced class, Ms. Huntemann remembers a

particular moment where she was being “watched”: One of her students had just moved into town and had brought her 2-year-old daughter, who was asleep in her stroller, to class that evening.

“During class, while I was making some point, I felt something glom onto my leg,” Ms. Huntemann recalled. “I looked down and saw this creature, wearing some sort

of leopard-print fairy princess outfit. She had woken up and, thinking I was her mother, staggered out onto the floor, still half-asleep.”

Who would have ever guessed that the awoken princess would one day find herself receiving her 1st degree black belt?

Drill of the issue:

Fail so you can improve

By Steve Brown
5th degree black belt, Current CKD Men's Heavyweight Fighting World Champion, 2011 UFAF Instructor of the Year

As humans, we tend to learn the most through our failure. Of course, no one likes to fail, but beginners, in anything, experience some degree of failure, then learn and improve.

Many martial artists are guilty of reaching a plateau and settling in to what is comfortable, avoiding failure, both as students and instructors. Many of our training techniques are stagnant and never evolve beyond that of what we first learned, and so many are guilty of embracing that basic level of training as the end all and never realizing that was just one of the first steps in a long staircase.

Let's take a look at something we have all done ... standing front kick with the rear leg on a body shield. Probably the first kick you ever learned. You came to class, you stood in your best fighting stance, the instructor guided you and adjusted the pad to be the perfect distance, and you concentrated on all the details you were taught to do the perfect thrust kick: load the leg with the knee high, thrust the kick forward, extend and release, pushing the ball of the foot into the target, recoil the leg with the knee high, set down with control, not falling forward, and repeat. Some of these kicks didn't quite hit center. Some knocked you off balance. Some felt awkward. In other words, some were failures. You improved, auto-correcting every time, getting faster, stronger, learning from your failures as you tried to recreate the successful kicks.

Now, you're a green, red or even black belt. You get a partner and a pad, get in your best fighting stance, your partner squares off and gets ready and wham! You crush a front kick, again and again. After an impressive set of 10, you feel quite confident in the awesome power of your front kick and smirk as your partner tells you how you almost took the wind out of him through the pad. But wait ... where was your failure? Where was the struggle to improve? You've taken a gold or purple belt pad drill to its limit; you've reached the plateau and it's comfy there. It's time to make you uncomfortable. Congratulations black belt; you're a really good purple belt.

So here's the progression, or stages, you can go through in our pad drill example: static kicker/static pad holder; static kicker/dynamic pad holder; static kicker/dynamic pad holder (forcing failure about 30 percent of the time); dynamic kicker/dynamic pad holder; dynamic kicker/dynamic pad holder (forcing failure about 30 percent of the time).

It goes like this:

Static kicker/static pad holder - Beginner

Regardless of rank, this is where you start with any new kick or skill when first learning it. Everything is controlled; both kicker and pad holder are stationary allowing the kicker to learn, adjust and improve the principles of the kick (posture, lines of power, methods of generating power, etc.) safely and consistently, building muscle memory and confidence. The "failure" factor is built in automatically through the beginner's inexperience. Practice this way until you develop confidence with the kick, having consistency with technique and generating good power nine or 10 out of 10 times.



Static kicker/dynamic pad holder - Beginner/Intermediate

Apparently, the bullies and muggers of the world didn't get the memo that they were supposed to stand still when we kick them. Now we introduce a new variable, the moving target. Our kicking is still done from the controlled static position, so we continue to develop our



technique, but now the element of external timing is introduced. The pad holder starts about six to eight feet away and moves at you at a steady rate. (This is for the front kick; different methods would be used for different kicks). Immediately, flaws in your technique are exposed as you have to deal with delivering the kick quicker and the fact that now there is mass moving at you that requires a more stable posture and effective release to stop the forward momentum.

Static kicker/dynamic pad holder (forcing failure about 30 percent of the time) - Intermediate

You've made your adjustments and learned how to time the kick; now the pad holder has to "go live." It's very important to have a good partner, as this person is your trainer, adjusting to your needs to help you learn. Regardless of your skill level with this drill, your partner will now charge at you with whatever speed or faking necessary to make you fail about 30 percent of the time, or three out of 10, resulting in getting you to execute the kick prematurely, or not get the kick off and they smash into you with the pad. (This always brings a smile to the pad holder's face.)



Dynamic kicker/dynamic pad holder - Intermediate/Advanced

At this point your kick is pretty good; you will continue to get stronger and technically improve, but we need to add another variable, footwork. This stage incorporates whatever footwork you train with to keep your weapon (the front kick in this case) pointed at the target. (If it's sport karate, you're probably bouncing; if it's self defense or MMA, you're probably keeping a more grounded footwork.) Now, everything is moving. Your partner is moving more naturally around you, circling, angling and charging forward, and you are adjusting, keeping your kick ready to go. Through this stage, the pad holder should be letting you succeed to build confidence.

Dynamic kicker/dynamic pad holder (forcing failure about 30 percent of the time) - Advanced

Same as before with everything moving, but now your partner pulls out all of his or her tricks to fake, faint, blitz, angle, stutter-step and just plain run you over to get you to fail with the kick about three out of 10 times. To the most advanced students, this stage should be more than just a kicking drill. It should move beyond action/reaction to almost action/action where you are developing a sense of relaxation and calmness, learning to read the pad holder's movement, just as in sparring, and develop an intuition that you no longer wait and react to his attack, but actually attack the attack.

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The 30 percent fail rate is a baseline that may adjust slightly depending on the person's experience, ability to adapt and personality. You are still executing the majority of your techniques successfully, which is necessary to reinforce the good technique and not get overly frustrated. Also, every time you "fail," you should be trying to identify why and making adjustments.

It's important to not jump too quickly through stages, especially as a beginner. The static positions in the first stages are there to control development of the technique, but also for safety. If you start trying to move dynamically and execute a kick you're not really comfortable with yet, you're increasing your chances for injury, so take your time building strong foundations for the next layers.

Considering you can apply this staged training progression to every block, strike and kick in Chun Kuk Do, this should keep you busy, at least until the next issue of CKD Magazine. Now get out there and start failing so you can improve!

Student Pictured: Stacey Cunningham

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Team CKD news

Submitted by Chuck Elias

Ronny Zapata went to some regional NBL tournaments and did well. In the Louisiana Pro Am, he took 2nd in Creative, 2nd in Japanese forms, 1st in Kenpo forms, 1st in Korean forms, 1st in Traditional Weapons and 3rd in Sparring.

In the Magnolia State Nationals, he took 1st in Creative, 1st in Japanese, 1st in Kenpo, 1st in Korean, 1st in Traditional Weapons and 3rd in Sparring.

In the Virginia Grand Slam, he took 4th in Hard traditional, 3rd in Hard creative, 5th in Sparring, 3rd in Japanese, 1st in Kenpo and 2nd in Korean.

In the SMAC Internationals, Ronny Zapata took 3rd in Creative, 2nd in Japanese, 1st in Kenpo, 2nd in Korean, 2nd in Traditional Weapons and 1st in Sparring. He also competed in the NBL Nationals.

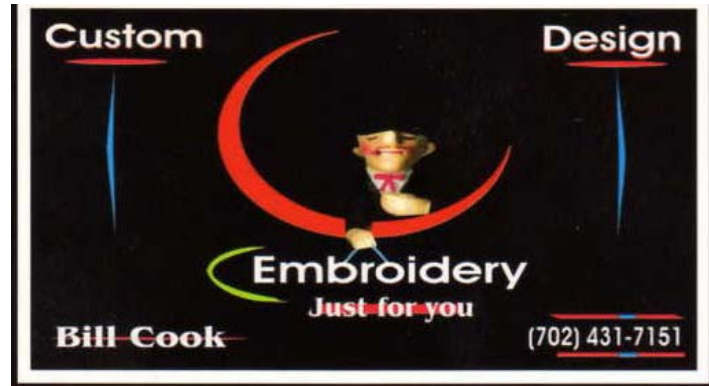
In the Golden Gate National, Damien Saucedo took 4th in weapons, Japanese and point fighting.

Carl Flores took 1st in continuous fighting and took 5th in point fighting.

Shantell Dawson competed in the Pacific Jewell held in Portland, Ore., May 13. She won the continuous fighting and took 2nd in Korean forms and 2nd in Japanese forms.



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and region news.

R E G I O N N E W S



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- Use picture schedules. (A picture schedule is a tool that conveys a schedule using pictures instead of words. This is especially important for students with an autism spectrum disorder. If you need assistance in developing a picture schedule, please do not hesitate to contact me.)

- Have a routine and prepare individuals for any changes in your normal routine.

- Eliminate all unnecessary materials and clutter.

- If a student has a medical condition where he or she needs frequent breaks, have a cue in place that notifies you that he or she needs a break.

- Provide additional time for any timed drills or testing procedures.

- Remind students before changing from one drill to another.

- Modify curriculum based on student needs.

- Break belt tests into segments of shorter tasks or consider an alternative test.

- Provide a model of the end product you expect.

- Provide written and verbal directions with visuals.

- Break long tests and drills into small sequential steps, monitoring each step.

- Sequence steps in a task.

- Explain your expectations to the students before beginning each lesson.

- Make sure you have everyone's attention before beginning each drill.

- Allow for students to check out or purchase Chun Kuk Do DVDs to obtain, reinforce or retain kata.

- Limit the number of concepts presented at one time.

- Provide incentives for beginning and completing material.

- Provide a quiet setting for belt tests.

- Provide appropriate peer role models.

- Develop a system or code that will let students know when their behavior is not appropriate.

- Ignore attention-seeking behaviors that are not disruptive to other students.

- Arrange a designated safe place to which a student can go.

- Develop a code of conduct for the classroom and visually display it in an appropriate place where all students can see it and review it.

- Use love and logic to assist students in problem solving.

Being a leader in a studio full of unique individuals can be a challenge. Implementing some of these strategies will provide your school with a learning atmosphere for all students ... because every student matters.

For more information on differentiated instruction, modifying instruction or assisting specific students in your school, please do not hesitate to contact me with any and all questions you have.

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Franklin & Holdrege, Nebraska
B.A.Ed. [Bachelor of Arts in Special Education K-12 and Elementary Education]
M.A.Ed. [Master of Arts in Education-Supervisor of Special Education]

Miss Trine Parsons is an honor student and was born in England, where her parents began their martial arts training. Her mother, Ms. Brenda Kizzire, plans to test for her 4th degree black belt within the year. What another great example for Trine to have.

It is a rare delight to see a mother and daughter training together, Ms. Huntemann said.

"Not only is it rare, but their attention to detail and personal discipline is a true inspiration," she said.

Next time you are instructing or assisting with a class remember, there is always someone watching. Will you be the example that helps them better themselves? Thank you, Ms. Huntemann, for your dedication and setting the standard high!



Brenda Kizzire (mom) and Trine Parsons (daughter)



Trine Parsons earning her black belt.



Having students from other styles attend the tournament really keeps the judges on their toes.

Preparation for the tournament begins months before the actual date. A committee convenes to organize the event and to coordinate how the tournament is run. The planning is very meticulous; every detail is covered. From the age groups, rules and any situational problems that may arise, all are handled in the most professional way. As Mr. Jacob Sherman, one of the committee members likes to say, "We are a well-oiled machine." Those new to the tournament are amazed that a black belt demonstration, a kick-a-thon, and a tournament of 150 kids with weapons, kata and sparring can be done in less than 7 hours.

In addition to making sure the day goes smoothly, the committee designates how the money will be appropriated to local charities. All proceeds go to help others. A donation is also given to KICKSTART KIDS. For the 2012 tournament, Mr. Presti was very proud to have established a scholarship for one deserving student who has met certain requirements and wants to attend college.

At the tournament, funds are raised via sponsors, donations, a Chinese Auction, over a hundred baskets and a 50/50 raffle. The funds are then used to support all the kids, all of whom go home with trophies. Most importantly, the funds support the needy in the Niagara Falls area and are given to groups such as Family and Children's Service of Niagara,

Niagara Falls Boys and Girls Club, Community Missions and The Child Advocacy Center. Everyone there and everyone who has given their time in this event goes home a winner.

In the end, it's all about the kids. In fact, the tournament saying is "Kids Helping Kids." Each student has the opportunity to participate in a kick-a-thon that rouses the tournament into high gear. Presti Karate records the top kickers and those who raise the most money. This is why the tournament is so unique. Not only does the school help prepare each student for the tournament with special sparring and kata classes, but the black belts also empower those who are bettering themselves to help someone they don't even know.

Since its inception, the Presti Kids' Karate Tournament has raised thousands of dollars and has made a powerful difference in the lives of people who need it most. Through the years, the motto for Mr. John Presti and his school has always been, "Presti Karate: The Powerful Difference." The participants and members knew the motto reflected their goal in perfecting powerful techniques in Chun Kuk Do. What they didn't always know was that their humanitarian work embodied the motto, too. And when the members learned that their fundraising efforts supported more than their own studio, that the money they raised helped others find shelter and home where they could sleep in safety, they learned the true meaning of what it meant to make a powerful difference.

Testing/ promotion requirements Part 3: a teaching/ learning resource

By Steve Nelson
Director, Operations
and Development

Last year, links to UFAF's newly formatted CKD black belt testing requirements were posted on your UFAF member home page. You can find them by visiting www.ufaf.org, logging in to the member area (login instructions are there), and clicking on the several Testing/Promotion Requirements links there.

Included in the list are links to:

- 1st - 4th Black Traditional Hands
- 1st - 4th Black Traditional Kicks
- 1st - 4th Black Fighting Combos

These are used by regional chairs and regional testing boards as references in running and calling black belt tests for all ranks 1st through 4th degree. Each of these three documents is organized by rank. The 1st degree material is clearly indicated. The 2nd through 4th degree material makes up the remainder of each document, with instructions on how to use it (in sequence, out of sequence, on your own, multi-directional, etc.) found in the requirements overview for each rank. (See 1st, 2nd, 3rd and 4th Black Overview links on your home page.)

Instructors can use this material, organized just as it is for a black belt test, as a guide for presenting material in classes. Students can

use it as a resource for personal practice. CKD school owner Kenneth Fjeld has his students in Norway spend long and challenging hours on the fighting combinations, working all the variations listed there, and he reports that fighting skill has improved tremendously as a result. Jim Chandler from Region 1 had a great idea to record test calls (or class drills) and play them back through a personal MP3 player on the mat for personal workouts.

In addition to becoming familiar with the material required at each rank, the black belt test requirements documents can be looked at as skill-building resources. Take the fighting combinations section, for example. Combinations are grouped into several categories:

1. Attacking or block and counter
2. Direction (forward or backward)
3. Footwork variations

Perfecting an in-place jab is one thing. Making it effective while stepping, lunging or shuffling forward or backward, and in combination with a leading kick and follow-up hand techniques, is quite another!

An entire class or personal practice session can be built around the study of one combination with all these variations, preserving speed, posture, flow, extension and all the other things that will help to make you a winner. The reference is not necessarily meant to be memorized (although some members and instructors do this with great results), but it does provide handy examples for building skill in this way.

If you thought fighting combinations and traditional technique were nothing but memorization exercises for black belt testing, think again. You can use the testing requirements documents to build your skill and raise your game!



On Saturday, April 21, Region 2 administered a Black Belt Test for Utah candidates. Congratulations to the following individuals who were all promoted in rank:

Utah test

- Garrett Ford, 1st
- Madison Warnock, 1st
- Collin Warnock, 1st
- Lincoln Packer 2nd
- Heather Eaton, 4th
- Georgina Wheadon, 4th

On Saturday, May 5, Region 2 administered a black belt test in Las Vegas. Congratulations to the following individuals who were all promoted in rank:

Las Vegas test

- David Gibson, Jr., 1st
- Jazer McFarland, 2nd
- Jordan Cagle, 2nd,
- Alainya Funk, 2nd
- Melissa Biernacinski, 3rd
- Jeremy Batson, 3rd
- Isabella Chung, 1st

On Thursday, April 26, Region 2 administered a black belt test in Norway. Congratulations to the following individuals who were all promoted in rank:

- Norway test**
- Stian Haave, 1st
 - Marius Mathiesen, 2nd



Front row L to R: Collin Warnock, Madison Warnock, Garrett Ford, Lincoln Packer, Georgina Wheadon, Heather Eaton Back row L to R: Barry Nelson, Eric Freebairn, Joe Gemma, Steve Nelson, Kristi Tanner



Front row L TO R: Jazer McFarland (Cox & Gallacher Karate), Melissa Biernacinski (Cox & Gallacher Karate), Bella Chung (Karate GGYM), David Gibson (Cox & Gallacher Karate), Jordan Cagle (Cox & Gallacher Karate), Jeremy Batson (Cox & Gallacher Karate). Back row L TO R: John York, Vic Matera, Joe Gemma, Alainya Funk (Cox & Gallacher Karate), Ken Gallacher, Tara Cox.

Region 3 held its black belt test March 2. The following were promoted in the black belt ranks. Congratulations!

- Zachary Reynolds, 1st
- M. William Minor, 1st
- Jordan Frost, 1st
- Trine Parsons, 1st
- Riley Hackett, 1st
- Kaylen Gillispie, 2nd



First row L to R: Jeannie Newfield, Bill Minor, Trine Parsons, Riley Hackett, Shantell Dawson, Diane Huntemann Second row L to R: Jeremy Pasimio, Jordan Frost, Kaylen Gillispie, Zack Reynolds, John Pettitt Third row: Richard Dodge, Chip Wright, Bill Philp, Dave George.



Region 3 News

Submitted by Jeannie Newfield

Mr. Jordan Frost went to Golden Gate Internationals (1st tournament as a black belt) March 23-24 in San Francisco and took 2nd Place in Traditional Weapons, 2nd Place in Traditional Forms and 4th Place in Sparring.

We had a tournament on April 28. We had about 190 participants. Many of our black belts took home medals.

Among them were:

1st place Trine Parsons 12 & under Black Belt Sparring

13-17 Lt Black Belt Sparring
 2nd place Kaylen Gillispie
 3rd Demitri Luciano

13-17 Hvy Black Belt Sparring
 2nd Riley Hackett
 3rd Jordan Frost

Adult Hvy Black Belt Sparring
 2nd Jon Alred
 3rd Richard Dodge

Adult Senior Black Belt Sparring
 1st Richard Dodge

12-17 Jr. Black Belt Forms
 1st Hayden Johnson
 2nd Riley Hackett
 3rd Demitri Luciano

12-17 Jr. Black Belt Weapons
 1st Riley Hackett

12-17 Jr. Black Belt Creative
 1st Hayden Johnson
 2nd Riley Hackett

Adult Black Belt Forms
 1st Jeremy Pasimio

Adult GC Forms
 1st Jeremy Pasimio

On May 3, we had Mr. Roger Lecombe from California come up and do a fine seminar for 42 of our red and black belts. And on May 4, we had the pleasure of having Mr. Steve Nelson come and teach a great seminar open to all of our students; we had a crowd of around 74! It was great fun and informative to have them both come to our school.

Then Mr. Nelson taught MDS 501 for 18 of our black belts. It was a great weekend for us!



Region 3 MDS Seminar

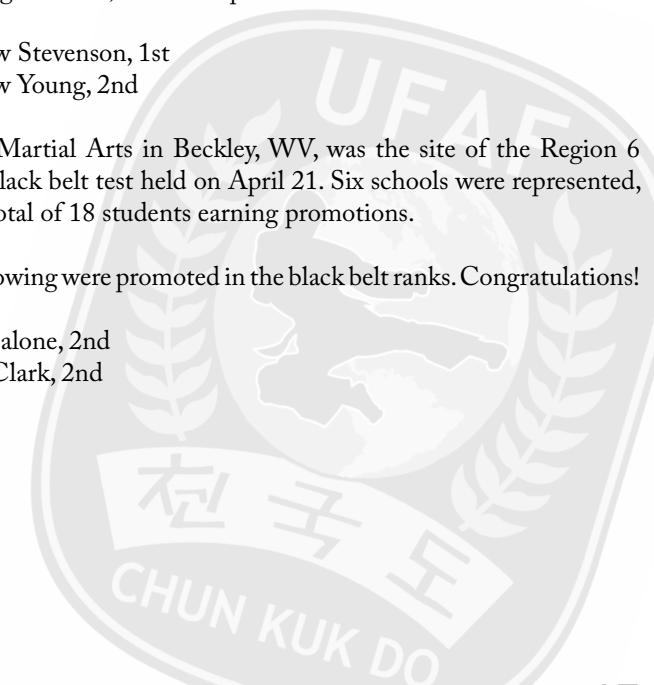
Region 4 held a test the first week of June. Congratulations to the following students, who were promoted!

- Matthew Stevenson, 1st
- Matthew Young, 2nd

Family Martial Arts in Beckley, WV, was the site of the Region 6 spring black belt test held on April 21. Six schools were represented, with a total of 18 students earning promotions.

The following were promoted in the black belt ranks. Congratulations!

- Ryan Malone, 2nd
- Joshua Clark, 2nd



Family Martial Arts in Beckley, WV, was the site of the Region 6 spring black belt test held on April 21. Six schools were represented, with a total of 18 students earning promotions.

The following were promoted in the black belt ranks. Congratulations!

- Ryan Malone, 2nd
- Joshua Clark, 2nd
- Charles Forth, 4th
- Jason Wilcox, 4th
- Kassandra Frasher, 2nd
- Kenneth Sherrod, 1st
- Selina Atri, 1st,
- Ryan White, 2nd
- Amelia Adams, 1st
- Helen Kovach, 1st
- Alexis Virtue, 2nd
- Jonathon Fedoush, 2nd
- Benjamin Fedoush, 2nd
- Philip Hall, 2nd
- Levi Mikula, 2nd
- Chris Gillette IV, 2nd
- John Frankovitch, 3rd
- Caylon Minor, 3rd



L to R: Halina Modelski, Rick Rine, Region 6 Chairman Clayton Ferguson, Van Frasher, and Tim Clark.



First row L to R: Alexis Virtue (Rine Karate Studio), Kenneth Sherrod (Champion Martial Arts), Selina Atri (Champion Martial Arts), Helen Kovach (Rine Karate Studio), Amelia Adams (Rine Karate Studio), Chris Gillette (Rine Karate Studio). Second row L to R: Kassie Frasher (Champion Karate), Joshua Clark (Clark Karate), Phil Hall (Rine Karate Studio), Caylon Minor (Family Martial Arts), Ryan Malone (Clark Karate), Levi Mikula (Rine Karate Studio). Third row L to R: Ben Fedoush (Rine Karate Studio), Jon Fedoush (Rine Karate Studio), John Frankovitch (Rine Karate Studio), Ryan White (Champion Martial Arts), Chad Forth (Champion Martial Arts), Jason Wilcox (Champion Martial Arts).

On April 20 and 21, Club Karate hosted a UFAF black belt test and seminars. Mr. Aaron Hensley worked about 35 kids hard with a double nunchaku kata. There was lots of energy and good motivation talks. After a brief photo session, the first test of the weekend began. Saturday morning started with the 1st degree black belt test.

After lunch, seminars included: Eric Hensley (tournament kicks), Alice McCleary (before the takedown in 1-step) and Steve Hammersley (strategies for survival). It was great to share time with the region and help make UFAF even stronger.

The following were promoted in the black belt ranks. Congratulations!

- Veronica McLeod, 1st
- Robert Gay, 1st
- Sian Ard, 2nd
- James Bannister, 3rd
- Robert Britt, 1st
- Troy Sobieszczyk, 1st
- Audrey Lowther, 1st
- Emma Lowther, 1st



Front row L to R: Veronica McLeod (Club Karate), Robert Britt (Monroe Karate), Troy Sobieszczyk (Charleston Krav Maga), Robert Gay (Club Karate), Audrey Lowther (Dunamis Karate) and Emma Lowther (Dunamis Karate). Back row: Aaron Hensley, Eric Hensley, Steve Hammersley, Chuck Elias (Chair) Alice McCleary and Lindy Woods.



Front row L to R: James Bannister(American Martial Arts Training) and Sian Ard (Club Karate). Back row L to R: Lindy Woods, Eric Hensley, Steve Hammersley, Chuck Elias (Chair), Alice McCleary and Aaron Hensley.

Region 7 Seminars





The weekend of April 27 and 28 brought some great weather and 17 new black belt promotions. CKD families traveled from New York, West Virginia and Connecticut to meet up for Region 8's most recent black belt test weekend. Friday evening consisted of a two seminars. Mr. Jeff Giroux taught a Brazilian Jiu-Jitsu grappling class followed by Mr. Steve Brown covering CKD core techniques specific to our testing candidates. Saturday morning began with a black belt breakfast meeting (love the greasy diner food at Ken's Kitchen) and then testing. Our first test was for 2nd degree and up. The second test was a larger one with students ready to show why they needed to trade in their red belts for black. Great job by everyone. Congratulations and thanks to the families, students and instructors who made it happen.

The following were promoted in the black belt ranks:

- David Houseknecht, 1st
- Derek Baker, 1st
- Jonathan Krauss, 1st
- Daniel Norton, 1st
- Rose Gordon, 1st
- Isabel Sperry, 2nd
- Andrew Samuels, 2nd
- Danny Sohmer, 3rd
- Jonah Samuels, 3rd
- Sarah Thomsen, 4th
- Dustin Joseph, 1st
- Jaspreet Kaur, 1st
- Grace Breen, 1st
- Tiffany Breniser, 1st
- Amber Denman, 2nd
- Adrian Adamus, 2nd



Back row L to R: Kaloni Plut, John Reid, Doug Shaffer, John Krauss, Steve Giroux, Tiffany Breniser, Steve Brown, Jaspreet Kaur, Pat Davis, Derek Baker, Dustin Joseph. Front row L to R: Shannon Myers, Dan Norton, David Houseknecht, Rose Gordon, Grace Breen, John Presti.



L to R: Adrian Adamus, Amber Denman, Sarah Thomsen, Doug Shaffer, Andy Samuels, John Presti. Steve Giroux, Dan Sohmer, Steve Brown, Jonah Samuels, Isabel Sperry, Pat Davis.



The following were promoted in the black belt ranks. Congratulations!

- | | | |
|------------------------|-----------------------|---------------------------|
| Patrick Mikita, 1st | Nate Krebs, 2nd | Katrianna Seanez, 1st |
| Nicolette Murillo, 1st | Hannah Moody, 2nd | Alberto Pacheco, Jr., 1st |
| Melissa Smith, 1st | Stacy Banks, 1st | Martha Conzatti, 1st |
| Camaren Leibitzke, 1st | Nicholas Tabarez, 1st | |



Front row L to R: Katrianna Seanez, Camaren Leibitzke, Martha Conzatti, Alberto Pacheco. Second row L to R: Stacy Banks, Nicholas Tabarez, Hannah Moody, Nate Krebs, Melissa Smith, Nicolette Murillo, Patrick Mikita. Third row L to R: David Gamble, David Judd, Javier Garcia, Clara Melendez, Javier Martinez, Marcia Jaramillo, Frank Aguilar, Ryan Gamble

FRIDAY RING ASSIGNMENT

Pay attention for any ring changes

Competitors- It is your responsibility to be at the ring when your division is up.

B = BLACK BELTS

A = RED BELTS (advanced)

I = GREEN & BLUE (intermediate)

N = GOLD, PURPLE & ORANGE (novice)

Ring 9

Rank	Division	Age	Gender
B	T	45+	M
A	T	18-34	MF
B	W	35+	M
B	W	35+	F
A	W	18+	MF
B	T	35+	F
B	O	35+	M
B	O	35+	F

Ring 8

Rank	Division	Age	Gender
B	T	18-24	M
B	O	18-24	M
A	T	35+	MF
B	W	18-24	M

Ring 7

Rank	Division	Age	Gender
A	W	14-16	M
A	T	15-17	M
B	W	25-34	M
N	T	11 & under	MF
B	T	25-34	M

Ring 6

Rank	Division	Age	Gender
B	O	15 & under	M
B	T	15-17	M
B	T	12 & under	M
B	W	15-17	M
B	W	12 & under	M

Ring 10

Rank	Division	Age	Gender
I	T	12-14	MF
I	T	9-11	MF
I	W	12-14	MF
I	W	9-11	MF
I	T	8 & under	MF
N	T	14-15	MF
I	W	8 & under	MF

Ring 5

Rank	Division	Age	Gender
B	T	35-44	M
A	T	12	F
B	W	18-35	F
B	O	18-35	F
B	T	18-35	F

KATA

Age as of January 1st, 2012

W = WEAPONS

T = TRADITIONAL

O = OPEN

Ring 1

Rank	Division	Age	Gender
I	W	18+	MF
A	W	14-16	F
I	T	18-37	MF
B	W	14 & under	F
I	T	38+	MF
B	T	14 & under	F
A	K	14-16	F
B	O	14 & under	F

Ring 2

Rank	Division	Age	Gender
B	W	15-17	F
A	T	11 & under	M
B	T	15-17	F
A	W	11 & under	M

Ring 3

Rank	Division	Age	Gender
A	T	11 & under	F
B	T	13-14	M
A	W	11 & under	F
N	T	18+	MF
N	W	ALL	MF
B	T	13-14	M

Ring 4

Rank	Division	Age	Gender
A	W	12-13	M
A	K	WM	M
A	W	WM	M
A	K	12	M
A	K	13-14	M

SUNDAY RING ASSIGNMENT

Pay attention for any ring changes

Competitors- It is your responsibility to be at the ring when your division is up.

B = BLACK BELTS

A = RED BELTS (advanced)

I = GREEN & BLUE (intermediate)

N = GOLD, PURPLE & ORANGE (novice)

Ring 9

RANK	AGE	GENDER	WEIGHT
B	14-15	F	
A	15-17	M	
A	11 & under	F	

Ring 8

RANK	AGE	GENDER	WEIGHT
A	10 & under	M	
B	12-13	M	
A	12	F	

Ring 7

RANK	AGE	GENDER	WEIGHT
B	14-15	M	
I	9 & under	M	
I	10-12	M	

Ring 6

RANK	AGE	GENDER	WEIGHT
B	11 & under	M	
B	16-17	M	
A	14-17	F	
I	14	F	

Ring 10

RANK	AGE	GENDER	WEIGHT
B	35-44	M	LT
B	16-17	F	
B	13 & under	F	
I	35+	M	

Ring 5

RANK	AGE	GENDER	WEIGHT
B	18-34	M	153-174
B	18-34	M	139-152
B	18-34	M	138 & under
A	13-14	M	

FIGHTING

Age as of January 1st, 2012

Ring 1

RANK	AGE	GENDER	WEIGHT
B	45+	M	LT
B	45+	M	Hv
I	18-34	M	
A	11-12	M	
I	8 & under	F	

Ring 2

RANK	AGE	GENDER	WEIGHT
B	18-34	M	225+
N	14-15	MF	
A	35+	M	
B	18-34	F	MID

Ring 3

RANK	AGE	GENDER	WEIGHT
N	10-11	MF	
B	18-34	M	203-224
B	18-34	F	LT
B	18-34	M	175-202
I	35+	F	
A	18+	F	
N	18+	F	

Ring 4

RANK	AGE	GENDER	WEIGHT
B	35-44	M	Hv
I	9-10	F	
N	9 & under	MF	
A	18-34	M	
B	35+	F	