



NEWSLETTER #55

2nd QUARTER 2008

10th Annual Long Beach Seminar August 9, 2008

Yikes! Can that be true, that this is our tenth Seminar here in Long Beach (with the exception of the one time we moved it to Vegas just for the fun of it)? I guess so. It was some time in 1998 when a whole bunch of people asked us to put something together where all of our distance students could come and avail themselves of the expertise we are blessed with here in Southern California. Plus the Karate Connection people who are willing to come here from afar to help us with that we don't necessarily have here at our fingertips.

Over this past decade, we've seen the Seminar change from what we thought at the time was a great idea: having a tournament as well as a Seminar all in one day. Unfortunately, we found that didn't work. We learned we could have one or the other, but not both on the same day or even the same weekend. So the tournament had to go. What we have now and have had for the past few years is a Seminar that fills the needs of all of our members, regardless of rank.

Basically, the people who attend our function from afar have only the weekend to work with and even then most need to take an extra day or two as travel time to make it happen. And while there are tournaments going on here, there, and everywhere, there is only one IKCA Seminar where those of the Karate Connection can come together and be with their own to do their own thing.

That's why we do it the way we're doing it these days. That, plus the fact that the Karate Connection has been so much more clearly defined over this past decade. We know

better now how to serve our membership, what they're looking for and what they need in the way of their Martial Arts growth and development.

As our roster of Black Belts has grown, we've made a every effort to give them the opportunity to continue to grow in the art, and in order to do that the Karate Connection has not only allowed them to broaden their horizons by looking beyond Kenpo, but has strived to help them to do so. We keep on stressing the fact that Karate Connection Kenpo is only a starting point for those who wish to make the Martial Sciences a lifetime endeavor, be it a hobby or a full vocation. For those needing only a full and complete stand-up fighting system and a Black Belt in Karate Connection Kenpo is quite enough.

For those who have yet to achieve their Black Belt and are studying from a distance, through video or through a certified instructor, the Seminar is a blessing beyond compare. Here's where you'll get the opportunity to have all those little things that are stumbling blocks removed from your personal style. Here's where you get to clean up and redefine your basics, which as you know, are the foundation of the Art and impossible to attain proficiency without. It's also where you'll get a huge dose of the material that will allow you to accelerate your trip toward your Black Belt.

As an Under Belt, meaning White Belt to Green Belt, you will be spending your day with myself and a staff of handpicked instructors to do what I described above. Brown Belts are given a choice, they may stay with the Under Belts and spend their day doing nothing but Karate Connection material or go with the Black Belts and do everything they are doing, the choice is theirs. Or, as a third choice they may choose to spend part of the day with each. But the Under Belts will be with us for the entire day. We usually only get to see these people at one or possibly tow Seminars before they attain their Black Belts, or are eligible as Brown Belts to join the Black Belts in their classes, so it's really important for you, that while you are in the Under Belt range, that you attend a Seminar. This is something you can't get anywhere else.

I know how difficult it is as an individual practitioner not only to learn the material by themselves, and then have to practice it alone, and then to even have to test alone. That's another reason we created the format that we're using today. It isn't much and it certainly isn't often enough but it is there for those who can make the commitment and

the journey from wherever they might be. As far as making the trip alone is concerned, that's another situation that's problematic for many people. But let me tell you that we have many, many individuals who come great distances from within the continental United States and from several places outside like Alaska, Hawaii, Puerto Rico, Canada, Denmark, Mexico, and Australia to mention only a few. There are of course those who come in pairs, which is a more comfortable way to travel and then there are those who come in groups ranging from a few to a crowd, which is the best of all if you have that availability. This annual event is not only a trip, a Seminar, and a get-together with old friends, but a blast you'll easily be talking about till next year.

So, while coming alone is probably the least desirable, please don't let it stop you because once you get here you'll be with people who have the same desires and goals as yourself. You'll find yourself with family immediately. No one is a stranger at one of our Seminars, at least not for long. What a great way to meet people and make new friends. The phone companies should give us some sort of break because many of the people who meet at one of our Seminars stay in contact by phone year round. Every Seminar is like an Irish Wake, seeing old friends and kicking the crap out of one another. No, actually that's the bonus. With us you don't have to be Irish or wait for someone to die. Where else can you find that?

Let's Go Fishin'

If you're coming to the West Coast, that means there must be an ocean around here somewhere, and there is, and guess what, there's fish in that there pond, big ones, little ones and all colors to boot. And they're there for the taking. Not that we expect you to cook 'em but it's a hick of a lot of fun just to catch them, even if it's only to release 'em and then catch 'em again. I personally battled an eighteen-pound Yellowtail Tuna once and he gave me more of a fight than the first three tournaments I was in. Let me tell ya, those suckers will give you one hell of a brawl. I'm just happy I wasn't in his water because the outcome could have been him eating me instead of the other way around. Oh yeah, tell you what: if we do catch any Yellowtail Tuna I'll be happy to throw them on the barbie on Sunday and all the fishermen are invited to share the bounty. Yellowtail is really great eating.

The place we picked to go out of is right there in the Long Beach Marina, which if you've been to one of our Long Beach Seminars, you will know is right across the street from the SeaPort Marina Hotel where you will be staying and where the Seminar is held. It's easily within walking distance, being only about three-quarters of a mile down Marina Drive.

They offer three options that fit in with our schedule. The first is the half-day boat (pictured above), which leaves at 7:00 am and returns at 12:45 pm.

The next is the half-day afternoon trip, which leaves at 1:00 pm and returns at 6:00 pm (same boat).

The third option is the three-quarter day boat (pictured next page), which departs at 7:00 am and returns at 4:00 pm.

There's only about a fifteen-dollar difference between the half-day and the three-quarter day trips, so we'll have to make a decision as to which we'll want and we'll have to know who all is going before we can make that decision. So, I suppose it will be made the day before we are to go, as to which it will be. The way it stands now, the day of the fishing trip will be the day before the Seminar, which is Friday, Aug. 8, 2008.

This isn't something you need to make a reservation for, but would help if you do want to go, to let us know which trip you have a preference for beforehand so we can get a feel for what we're going to do. All who wish to go will meet up at the hotel at a given time and make their way down the street to the landing, pay their fees, get on the boat and set sail over the briny deep at whatever time is decided upon. No deposits, not pressure, just fun. Seems a shame to come all the way out here and not spend a few extra bucks to do something you can't do anywhere else. "We're not in Kansas anymore Toto".

We'll look into getting those patches for behind the ear to avoid seasickness. I know I'm gonna need one! I got seasick once, and that was quite enough, thank you. I ain't riding that pony again.

You know it's funny, because we live so close to the ocean we can just about smell the salt water but I personally have only been out on it a few times in all the years I've lived

here and it's always been when someone from inland comes out here and drags me out there. Funny part of it is that I always have a great time and vow to go back, and I can at any time I want to but never do, so I'm sure gonna take advantage of going this time. I can't think of anyone I'd rather do this with than my IKCA brothers and sisters.

Vic, on the other hand is a deep-sea fisherman from way back. Whenever the pressure builds up on him he heads for the water and spends the day dipping his line.

ONCE AGAIN - A STELLAR CREW

Once again this year, as in the past, we have a fantastic crew of instructors for you. They include Mr. Doug Meeks who is one of the premier instructors of the IKCA with a list of Black Belts to his credit as long as your arm.

We've stopped asking specifically what Doug will be teaching because it's always not only top-notch information but it's also always innovative and a pleasure to learn. Doug knows how to present just the right blend of information and workout, without beating you to death and leaving nothing for the other instructors to work with for the rest of the day, but he also knows how to do it with the greatest absorption rate and at the same time make it fun.

Mr. Ed Bederov was such a hit last year teaching his RUSSIAN SAMBO and SMALL CIRCLE JUJITSU that we've invited him back and he's graciously accepted. he'll teach you what to do should you go to the ground. As standup fighters, the ground isn't our playground of choice but if you do wind up there, it's a real good idea to know how to protect yourself and do some damage of your own while you're there and Mr. Bederov is the instructor who'll show you how.

What do you do with the knowledge you have as a Black Belt when there's no one to actually fight? You need a way of practicing what you know in case you do need to put it to use. So, enter Jerry Brooksher who'll be running the Karate Connection Drills Session.

There are DRILLS, and then there are drills and Jerry knows them all. What better activity can you think of as a Black belt than to be in a room full of your peers doing what you love doing the most, seeing attacks come from all directions and angles such

as in the semi-circle. A lot of our distance students don't have the advantage of having enough people to do the semi-circle drill on a regular basis and for many, this is about the only time they get to do it, so don't hang back just because you might feel a little out of practice. Jump in and enjoy the water, you'll be swimming before you know it. But that of course is only one of the many drills Jerry will be bringing with him this year.

Last year we had the pleasure of being taught by the stepfather of one of our get-down fighters, a man who competes in the cage fights himself, Mr. Dan Maher. Mr. Paul Parkosewich filled in for Mr. Maher and we wish to thank him once again for doing a fantastic job, but this year we have the privilege of having Mr. Maher back with us once again. Dan is our regular GRAPPLONG EXPERT. He'll take you to the ground and show you what the guys in the cage will do to you and then show you what you can do to keep them from doing it. He takes them out standing up and he takes them out on the mats as well. We don't expect you to go into the cage yourself but it's a good thing to know what those guys are all about because them boys ain't playin' around.

Now, when it comes to FREESTYLE we ain't playin' around either. The Karate Connection is famous for its fighters. Ours is not only a method and system of self-defense but it's also a get-down fighting art as well and the only way you get to be that way is by freestyling, freestyling and more freestyling. Just like anything else in the art, the more you do it the easier it becomes, and the easier it becomes the better you get at it, and the better you get at it the more you enjoy it, and the more you enjoy it the more you're likely to do it, so it's like the circle of Kenpo. it begins with simplicity, goes through complexity and finally ends up back at simplicity. and once again, we've got some of the hottest fighters around to pass on their expertise, plus you'll get to spar with your peers in a controlled environment with supervision from the best. Nobody comes to a seminar to get beat up, they come to learn how to beat the other guy up, and that's why we control it to the extent that we do.

It looks like we're running out of space here in this issue of the Newsletter. I'll wind up by saying that this is only a partial list of the events and people that you Black Belts will be seeing and studying with. Personally, I'll be with the Under Belts doing what I love

most of all, making sure they have all that they're supposed to have at the level they are, and taking them as far as I can in the time that we have together.

Mine is probably the most rewarding job of all at the Seminar because I get to see a really dramatic change in the students from what they started out as to what they end up looking like at the end of the day.

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Equating Martial Arts with Military Tactics

In most personal encounters, the best idea is to make an assessment of the circumstances and the situation before launching into a physical conflict, unless the situation is that of an unprovoked surprise attack. In that case, the fight is on no matter the circumstances, but most physical encounters have some sort of prelude that can be handled in ways that don't necessitate the use of force.

In military parlance there is a thing called "Reconnaissance", which the dictionary defines as: The act or process of obtaining information about an enemy area, the troops in it, etc, by examination or survey. In the military, it's usually referred to simply as "Recon" and to reconnoiter an area usually tells much more than just troop strength. The job of a Recon unit is to find out not only how many troops there are in a given area, but what ordnance they have at their disposal, what kind of weaponry they have, are they mechanized, what their line of supply consists of and whatever else they can learn by looking and listening. The job of a Recon outfit is to see but not be seen. They are not there to engage the enemy but to observe it.

All this information is then referred to as "Intelligence" which allows those in charge of planning engagements to choose how, when and where to meet the enemy to best defeat them. Let's face it, you wouldn't want to attack or even need to defend against a BATTALION (typical US Army size - 500 to 900 Soldiers) with just a COMPANY (typical US Army size - 100 to 200 soldiers), or say a PLATOON (typical US Army size - 16 to 40 soldiers) with a SQUAD (typical US Army size - 4 to 10 soldiers) let alone say a SQUAD against a COMPANY, because in most cases that would be plain suicide, so, the need for intelligence.

In some instances a small force can inflict serious damage on a much larger force if the intelligence provides with them with enough information. For instance, in the case of a surprise attack (ambush) by the smaller force from a position of strength with an avenue

of escape before the larger force can mobilize and counterattack. A great deal of damage could be inflicted in such a case without serious repercussions to the attacking force. Case in point: Pearl Harbor, Hawaii, Dec. 7, 1941.

Now, let's take this to a more personal level. Let's say an individual is walking toward a group of people that possibly present a danger and his path would take him through the middle of them but there are other routes or evasive action open to him, should he take them? Why not? Why put your Platoon in the middle of a Company only to have it decimated? In this case your *Intelligence* forewarns you that you are seriously outnumbered and at a distinct disadvantage; not the type of intelligence the military employs but your own *intelligence*, your *IQ*.

Because the above is a no-brainer, let's consider more of a one-on-one situation. A person six-feet-eight-inches tall, weighing three hundred pounds confronts, say, an individual who is five-feet-eight-inches tall weighing a hundred and fifty pounds, what then? What, are you crazy? If there's a way out, take it by all means.

But, what if there isn't a way out or around either of the above scenarios? What then? What you have in that case is your training, which gives you a certain amount of Recon Intelligence which is the knowledge of how and where to strike to do the maximum damage in the least amount of time, which we will assume is an unknown factor to your opponent or opponents, therefore you have the element of surprise on your side. You also know that the *Preemptive Strike* is your best weapon in either of the above cases, which is yet another element of surprise in your favor, none of which absolutely assures your victory but it sure gives you things the average man on the street doesn't have, which translates into advantages.

In the first case (multiple opponents), you should be able to strike at least two of your would-be assailants before they can react, using your most devastating weapons to their most vulnerable targets (fingers to eyes, feet to groins), which can eliminate or at least slow down a mass attack and allow you to maneuver your way around or through the remaining force and hopefully maintain a running battle picking them off one at a time until you can extricate yourself from this unfavorable situation.

In the second case, the little guy against the giant, once again the preemptive strike is your best overall strategy and the choice of targets and physical weaponry employed is of the utmost importance. People the size described above are usually most vulnerable in the knee joints, having overused them most of their lives. If you can destroy one or both of those joints, which are almost impossible to defend against, and more easily accessible by someone lacking the arm range to effectively strike to the head, they become your best target and your legs and feet your best weapons because your legs are still longer than his arms. Use your hands and arms to keep from getting clobbered or controlled. Just keep kicking to the knee joints and it might be possible that the huge man you're dealing with might be tempted to eventually try to defend against those kicks which would necessitate him bending forward to use his arms to block with, thereby bringing his head, or more specifically his eyes, into range to the smaller person, which would be another tactical advantage. It's virtually impossible for a person five-eight and a hundred and fifty pounds to control a person six-eight at three hundred pounds but it's easily conceivable for the smaller force to inflict enough damage to escape, and that's a victory in itself.

So, what can we use from the military approach? How to use the intelligence available to us, not only our given intelligence (IQ) but the intelligence we've gathered over the years (street smarts). We all know that there are areas in or around where we live or work that are not the place to be after dark. ***So, don't be there.*** We all know that we should look before we leap, as the old saying goes. ***So look.*** We've all been acquainted with people that, past experiences has told us, it isn't a good idea to be hanging with, **So, don't hang with them.** We've all had the experience of having done something and afterwards said, "I knew better than to do that in the first place." So, ***think about it before you do it.***

Over the years I've developed a sixth sense about trouble and how to avoid it. It's as easy as sidestepping a punch that you know is coming. But if you're not looking for it, how you gonna know. ***Be alert. Think ahead.***

Here's a very good example of someone who's thinking ahead. We have in our group a person involved in law enforcement. He's not a police officer but he is authorized to

carry a concealed weapon, both on and off duty. Recently when someone asked him if he carries his weapon off duty he said that he doesn't. When asked why he said, "Because it's just an invitation for problems that you won't have if you don't have it with you." When asked for a further explanation he said, "Well, for instance, if I'm carrying my gun I might be inclined to stop at an ATM at night to make a cash withdrawal, and I know from crime statistics that that's a really bad idea, but I might feel that because I've got a gun on me that I'll be able to handle it. And while that's probably true, why would I want to put myself in that position in the first place? Whereas, if I don't have my gun with me I'm not even going to think about stopping at that ATM in the first place. So, I've just saved myself a potential load of problems. Have you any idea how much paperwork there is involved in a shooting? That, plus there's always the chance of an innocent bystander being injured. Who needs that? Thanks anyway."

Then he went into a half-hour dissertation about the legal ramifications involved and how, even if you win your case, it's gonna cost you an arm and a leg to do it and if you were to lose the case, it's gonna cost you even more.

Now to my way of looking at it, that's a real good use of recon. Use your intelligence. Look before you leap. Check it out. Think ahead. Practice it just a little bit and you'll see how easy it is to develop a sense of impending danger. I have no idea how many times I've avoided a problem because I sidestepped the problem in the first place and didn't need to look back and say, "I should have known better", because I did know better. I'm not promoting paranoia here. All I'm saying is hindsight is twenty-twenty so borrow a little of that up front and don't wait until it's too late.

As I said at the beginning of this article, if there's an attack upon you or yours that is *impossible* to see coming, that's another story and that's where your Kenpo comes in. It's also why we practice the Semi-Circle Drill, because it prepares us for attacks coming from all angles, not just straight ahead. It's also why we freestyle, to be able to move spontaneously against attacks that we don't have time to prepare for.



PROMOTIONS



We would like to take this opportunity to congratulate you on your promotion. We know what kind of dedication and perseverance it requires to earn rank in the Martial Arts and we wish to pay our sincerest respects to you for having shown what it takes to appear on this list.

Amanda Alvarez	Redondo Bch, CA, USA	BLUE BELT
Alessia Vittone	Redondo Bch, CA, USA	ORANGE BELT
Daniel Hermosisima	Redondo Bch, CA, USA	YELLOW BELT
Kekoa Schweitzer	Redondo Bch, CA, USA	YELLOW BELT
Marc Moody	Napa, CA, USA	PURPLE BELT
Casey Clark	Napa, CA, USA	PURPLE BELT
Luis A. Bonilla Soto	Puerto Rico	ORANGE BELT
Melanie S. Acevedo Valle	Puerto Rico	ORANGE BELT
Luke Kramer	Pittsburg, KS, USA	ORANGE BELT
Tommy Wilson	Pittsburg, KS, USA	ORANGE BELT
Abby Wilson	Pittsburg, KS, USA	ORANGE BELT
Garen Honeycutt	Pittsburg, KS, USA	ORANGE BELT
Dalton Bell	Pittsburg, KS, USA	ORANGE BELT
Trevor Crowell	Salinas, CA, USA	BLUE BELT
Simon Wooffindin	Great Britain	BLUE BELT
Dana Witham	Coudersport, PA, USA	BLUE BELT
Jason M. Yancey	Rossmoor, CA, USA	ORANGE BELT
Eric Davis	Vass, NC, USA	ORANGE BELT
Johnny Wimbish	Vass, NC, USA	ORANGE BELT
Jim Wimbish	Vass, NC, USA	BLUE BELT
Lee Bunch	Vass, NC, USA	BLUE BELT
Scot Baker	Vass, NC, USA	BLUE BELT
Steve Parker	Bonneville, NY, USA	GREEN BELT
Ross Goodwin	Moses Lake, WA, USA	ORANGE BELT
Andrew Stevenson	Bakersfield, CA, USA	BROWN BELT
Brian Maslen	Pittsburg, KS, USA	BLUE BELT
Thomas J. Bol	Ferndale, WA, USA	ORANGE BELT
Charlene Brooks	Ferndale, WA, USA	ORANGE BELT
Mark Brooks	Ferndale, WA, USA	ORANGE BELT
Bryce Chilcote	Ferndale, WA, USA	ORANGE BELT
Andrew Hamilton	Ferndale, WA, USA	ORANGE BELT
Sam Hinds	Ferndale, WA, USA	ORANGE BELT

McKenna Jolly	Ferndale, WA, USA	ORANGE BELT
Dean Jones	Ferndale, WA, USA	ORANGE BELT
Alex Kendall	Ferndale, WA, USA	ORANGE BELT
John Phillips	Ferndale, WA, USA	ORANGE BELT
Eli Raphael Jolly	Ferndale, WA, USA	ORANGE BELT
Aaron Van Woert	Moses Lake, WA, USA	GREEN BELT
Thomas Greenway	Louisville, GA, USA	BLUE BELT
Blake W. Marshall	Pittsburg, KS, USA	BLUE BELT
Will Smith	Pittsburg, KS, USA	BLUE BELT
Michael A. Lieber, Jr	Woodgate, NY, USA	BLUE BELT
Evan Gibbs	Benicia, CA, USA	BROWN BELT
Thom Gordon	Benicia, CA, USA	ORANGE BELT
Elisa Kramer	Pittsburg, KS, USA	ORANGE BELT
Garret Nuuhiwa	Napa, CA, USA	ORANGE BELT
Lauren Bingham	Napa, CA, USA	ORANGE BELT
Sara Lewis	Coudersport, PA, USA	BLUE BELT
David Cunningham	Northport, AL, USA	BLUE BELT
Mario Guerrero	Napa, CA, USA	ORANGE BELT
Mitch Frazier	Napa, CA, USA	ORANGE BELT
Brett Frazier	Napa, CA, USA	ORANGE BELT
Chad Frazier	Napa, CA, USA	ORANGE BELT
Natarlie Hobby	Australia	1ST DEGREE BLACK
Will Koehler	Pittsburg, KS, USA	1ST DEGREE BLACK
Jason Ferron	Kalispell, MT, USA	1ST DEGREE BLACK
Paul Gore	Northport, AL, USA	2ND DEGREE BLACK
Kay Kite	Beaumont, CA, USA	PURPLE BELT
David Essaud	Oakland Tshp, MI, USA	ORANGE BELT
Ben Muni	N.S.B., FL, USA	ORANGE BELT
Anthony Liggera	North Hghlnds, CA, USA	BLUE BELT
John Lowe	Gun Barrel City, TX, USA	BROWN BELT
Dalton York	Gun Barrel City, TX, USA	BLUE BELT
Natascha Hedrick	Canada	ORANGE BELT
Scott Jansen	Charlotte, MI, USA	ORANGE BELT
Christopher AC Wiley	Watertown, NY, USA	GREEN BELT
Steven Schleicher	Watertown, NY, USA	ORANGE BELT
Patricia Miller	Northport, AL, USA	BLUE BELT
Tim Davis	Northport, AL, USA	ORANGE BELT
Lance Hearn	Northport, AL, USA	ORANGE BELT
Brandon Kirsch	Pittsburg, KS, USA	BLUE BELT
Gabe Brooksher	Pittsburg, KS, USA	ORANGE BELT
Jack Brooksher	Pittsburg, KS, USA	ORANGE BELT
Armando Deloa	Bellflower, CA, USA	8TH DEGREE BLACK

Efren Palacios
Richard R. Hurtado

Bellflower, CA, USA
Bellflower, CA, USA

4TH DEGREE BLACK
2ND DEGREE BLACK

