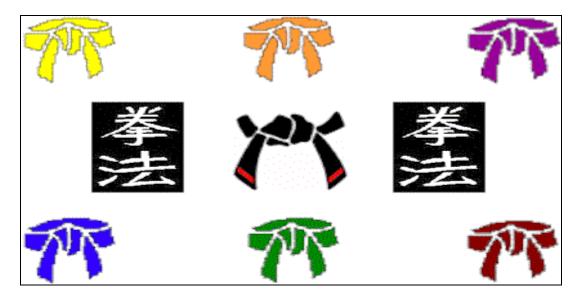


NEWSLETTER #5

4th QUARTER 1995



COLORED BELTS AND KENPO

By Chuck Sullivan

In last month's newsletter we discussed the colored belt ranking system in the lead story, titled "Testing" and I mentioned the relationships of colored belts to Kenpo. In answer to the written inquiries to my comment about a "point being missed", here's the rest of the story.

Until as late as the mid-sixties, there were no colored belts in the Kenpo system, except for Brown and Black. The origin of these colors came from the fact that in the <u>very</u> early days in the Art when the wearing of the gi was introduced there was only a white belt, which came with the gi. The tradition was to wash the gi but not the belt. In time of course the belt became brownish with dirt, from handling and using it as a strap for carrying the folded gi. Finally the belt would become virtually black and that's the way you could determine how long a person had been practicing his Art.

As hygiene became more commonly practiced, the tradition of the dirty belt was replaced with dyed belts. Somewhere in time the use of other colors was adopted. This practice is thought to have originated in Japan.

Unfortunately, my memory fails me as to exactly when the following took place, but in looking at the Official Program from the 1965 International Karate Championships held in Long beach I found an article on Bob Cook (one of Ed Parker's students from his West L.A. school who had won the Heavyweight White Belt title the year earlier and if I'm not mistaken Ed Parker's Kenpo Karate system was still using only the white belt with brown stripes to indicate rank within that level. So it was sometime after 1964 or 1965 that I went to Mr. Parker with my observations and thoughts on the use of colored belts within the white belt rankings. Here's what led up to it:

The early sixties was a tournament crazy time. Everybody from toddlers to doctors entered and fought for the rerputation of their school and personal glory. It was a frivolous time. Except for cups and an occasional pair of shin guards there was virtually no protective equipment. We fought on bare concrete floors and knockouts ran rampant. There was little sophistication of technique. Here were grown men who already had the ability to kill one another and now, the training to do it quickly but hadn't studied long enough to have learned, let alone mastered, the techniques of truly defending themselves against the aggressive techniques everybody seemed to be concentrating on. It was mayhem in its entire splendor. If ever there was a day of the Modern Gladiator that was it.

About that time I began to notice an odd phenomenon. One school's students were seemingly winning all the titles, at all the tournaments, up to, but not including Black Belt. At the Black Belt level they did about the same as anyone else but in the lower divisions they ran away with everything. These guys were no better than anyone else but their record was! How come? Things like that perplex and frustrate me and if there is a logical answer, I want it.

The whole thing became clear, when I discovered there was a differential in the time frame between their promotions to Brown Belt and ours. The usual length of time from beginner to Black Belt was about four years. That was traditional for just about all schools and systems, at that time. Training and the volume of material was dissimilar then. It was primitive in comparison.

The school that was doing all the winning was holding their students off for Brown Belt for an additional year. It took their students <u>three years</u> to make Brown Belt. <u>Think about that!</u> What does an additional year mean? It means that their students fighting in the white belt division who were in their third year were actually Brown Belts fighting in a lower division. It also meant that all of the Brown Belts had <u>at least</u> a year on all others just coming into that division. What an advantage!

It was at that point I went to Mr. Parker with my revelation. I knew he would want to give our people the same advantage so I devised a plan that I thought would surely meet with his approval. I furst suggested that we go to the colored belt ranking system. He rejected that immediately. He said. "It's not Kenpo, it's not in the Chinese tradition." My counter was, "Neither is brown or black belt, in fact neither is the whole belt ranking system." He had to concede that one. So, following that logic, if we were already violating tradition, with brown and black belts and brown tips on the white belts, why not go all the way and replace the tips with colored belts. My argument was that the adding of a stripe to your white belt isn't nearly as

dramatic as changing belts. If belt ranking is a reward system, why not make is as gratifying as possible? I approached it as a merchandising strategy.

He liked that. He could see the logic in it. He could see the marketing potential. That's when I launched into my real objective. I felt he would probably disagree with making the students wait an additional year for Brown Belt, even though it was in their best interests. Wow, was I right. When I suggested it and gave him my reasons, he refused to even consider it. I tried to impress him with how much of a disadvantage our students were competing under, but to no avail. He just couldn't see making people wait another year for Brown Belt, even though the other school was making oit work to such an advantage. He kept repeating the same thing over and over, "It wouldn't be fair, Chuck.. It just wouldn't be fair." I tried using that same logic in reverse, restating how unfair the other school was being to us but that didn't work either. No matter what I said, I just couldn't get my point across. So, the colored belts came into being in the Kenpo system and the other school continued to take advantage of the extra year of training in competition.

This was my first lesson in... "YOU CAN'T WIN THEN ALL" (Nor the last)



TOM FORD WINS THE "OUTSTANDING VIDEO PERFORMANCE FOR 1995"

It may not be an Academy award, but we thought it fitting to at least acknowledge the most outstanding video performance we see each year. Last year Thomas E. Ford of Everett, Washington, USA turned in a video test for Brown Belt that was truly extraordinary. He borrowed from techniques to create his own endings that were incredible and done beautifully. Tom's a big man who moves with the speed of a lightweight and the power of a locomotive.

There is no gold statue but there is written recognition.

Congratulations Tom!

MEET JOE R. LANDSDALE

Joe R. Landsdale is one of your IKCA brothers. He lives and works in Nacogdoches, Texas, USA. Joe is a novelist who has had over a dozen full length novels published. He was recently in the Los Angeles area on a book signing tour that included several cities. We caught up with him in Westwood for a short visit. I hope next time he's in town he'll have more time.

I had the extreme fortune of reading three of Joe's novels which I did in record time. You've heard people describe a book with, "I couldn't put it down." Well, that's how I set a record. I really couldn't put them down. If



you like mystery, action and adventure and you've ever wondered what it's like in East Texas, pick up a copy of *Cold in July*, *Savage Season* or *Mucho Mojo*, the three I read. Anyone will fulfill those requirements and a lot more.





BONUS VIDEO

Since the production of the Karate Connection's Video Series we have come to the realization that there are many principles discussed on those tapes needed to be presented in a more comprehensive manner.

All of the principles of Kenpo are covered in depth on the video series; however each was introduced at the time it was needed, to illustrate a point about the topic being presented at that time. They are scattered throughout the tapes and it would be difficult for a student to treat each as an **individual subject** and study it as such, therefore we've decided to do it for you. The Karate Connection is very much a living, breathing entity. It's growing and evolving all the time. As we find better ways to present the Art we're not limited to what we established in the beginning. We are able to pass any improvements on to our video students as soon as we have proven their worth through

experimentation with our regular group. The absolute beauty of the Karate Connection Video Program is the method of communication we are utilizing, which allows us to do something as unique as this.

The **BONUS VIDEO** is thirty-six minutes in length. The subjects covered are: THE ELEMENTS OF POWER – THE ELEMENTS OF SPEED – BRATHING AND THE KIAI – COVERING OUT and finally THE MASTER FORM.

THE ELEMENTS OF POWER

ROTATIONAL FORCE
TORQUE
CENTRIFUGAL FORCE
BACK-UP MASS
(Through body alignment and mass-in-motion)
SPEED
GRAVITATIONAL FORCE

THE ELEMENTS OF SPEED

COMBINING MULTIPLE MOVEMENTS ELIMINATING SUPERFULOUS ACTIVITY USING CONTINOUS MOTION

BREATHING AND THE KIAI

THE CONCEPT OF COMBINING THE TWO INTO AN EASY AND WORKABLE METHOD, TO REALIZE THE ADVANTAGES THE KIAI IS DESIGNED TO GIVE YOU.

COVERING OUT

THE HOW'S WHY'S AND WHEREFORE'S OF STAYING COVERED AT THE END OF EACH TECHNIQUE.

THE MASTER FORM

HOW TO VIEW THE MASTER FORM FROM BOTH A PRACTICAL AND ESTHETIC PERSPECTIVE.

When you pass your Purple Belt test we will dub the contents of this video onto your test tape at <u>no additional charge</u>. **THIS VIDEO IS NOT FOR SALE.** We created this segment for our students in order to strengthen and expand their understanding of the material contained in the regular video series.

If you have already achieved your Purple Belt, not to worry, we will dub the BONUS VIDEO onto your next test tape regardless of which test it is. For our Black Belt Students: We will dub it on the test tape for your next degree, if that's in the near future, at no additional cost. If it will be too long before your next test and you want it now, you may send one of your previous test tapes to us to dub it onto. Or, if you prefer, we will purchase a blank tape for you. If you send your own tape please include the usual shipping and handling fee to return it to you. If you want us to purchase a blank, please call us. Please allow a few weeks for delivery. We are not using the Duplication Company that does our regular videos. It's the only way we can afford to *give* this to you, at no actual charge, and we want you to have it.

The future is where we will spend the rest of our lives. I would hate to think that the Karate connection is locked in to what was put on our video series at the time we did them. Things change, attitudes change and while tradition is certainly valued, so is progress. We've kept our minds open from the beginning and hope to, till the end. But we'll never change, just for the sake of change and we'll never add just for the sake of having more. We will work it out meticulously before we pass it on to you. Even then, we expect you to use your own powers of observation and intellect to determine if you want to incorporate a suggestion or leave it.

Some things in the future will not be optional, such as; we are going to require some two-minute freestyle matches before you reach the black Belt level. We've found that if we don't see you freestyle before Black Belt it isn't fair to you for us to hold up your promotion based on your freestyle performance. If we see it beforehand and it isn't up to par we can be instrumental in guiding you toward a passing performance. We are constantly striving to give you a program of which you can be proud. For your **rank** to have true value the **program** must have true value. It's no different from when we got our belts from the "Old Man". He didn't make it easy either, he just made it possible.

YOUR IKCA FAMILY TREE

Lineage is defined as:
The descendants of a common ancestor
Considered to be the founder of the line.

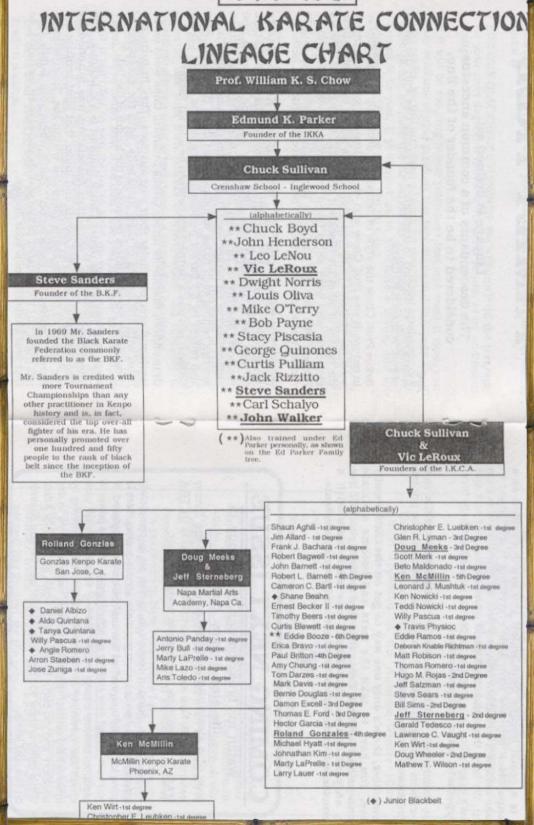
That's why we decided to commence our Family Tree with the name of Professor William K.S. Chow. Before Prof. Chow the style of Kenpo was decidedly more Chinese in nature. It was Prof. Chow who westernized the system to better serve his students in Hawaii. Prof. Chow's Family Tree would have the names of all of his Black Belt students. Among Prof. Chow's students, who went on to teach and promote was Edmund K. Parker, who brought Kenpo to the Mainland where he had to further westernize the system to better serve his students here.

Under Ed Parker and the **International Kenpo Karate Association** are all the Black Belts promoted by that organization. In turn, each Black Belt who ultimately went on to teach and promote, has his or her own listing. Under the name Chuck Sullivan on the Ed Parker Family Tree are fifteen names. There is an asterisk behind each name to indicate that these Black belts were also taught by Ed Parker personally, because the school Chuck Sullivan ran was a partnership between he and Ed Parker.

Of the fifteen black Belts under Chuck Sullivan, three went on to teach and promote under their own auspices. They in turn are listed with the names of their Black Belts, with the exception of those under Steve Sanders because of the length of the list.

One of the Black Belts under Chuck Sullivan is Vic LeRoux. The International Karate Connection Association was founded by Chuck Sullivan and Vic LeRoux and under that joint venture are the names of the Black Belts promoted within the International Karate Connection Association. That's where your Family Tree will begin, but those listed before you should also be included, so that your students know your and their lineage.

INAUGURAL PRINTING





We got a couple of good ones this quarter; I think you'll enjoy them. The first is from Alan J. Nisberg of Tampa, Florida, USA. Thank you, Alan!

Dear Editor,

This is in response to the letter by Teddi W. Nowicki which appeared in Newsletter #4.

First, I believe I speak for all of the IKCA Kenpo practitioners who live too fat from the IKCA Headquarters (home base) to attend classes in person on a daily basis when I say;

You are extremely lucky to have Chuck and Vic in your home town!!

I was fortunate enough to have the opportunity to get to know Chuck, Vic and some of the other brothers and sisters of the IKCA at the seminar in Amite, Louisiana. Our instructors brought together a family of enthusiasts with very diverse backgrounds. Personally, I became involved in Kenpo more than ten years ago in New York. Once I received my brown Belt, life got in the way until 1994 when I found my way home with the IKCA. Today, I practice with my girlfriend, Wendy Joly, in Tampa, Florida.

Teddi, picture (if you will) a warm summer night, with a cool breeze, stuck in a two-mile long traffic jam on the center of an eight-mile long bridge that stretches clear across Tampa bay, is a frustrated Alan Nisberg. Imagine multiple lanes of bumper-to-bumper traffic standing still, waiting (for what seemed like forever) for the police, fire engines and ambulances to clear the way. Well, I couldn't wait forever. It's time to practice the Master form! I guess I was the entertainment for everyone else. For me, I just felt like throwing some kicks and punches!

Here's to a lifetime of broadening horizons!

With best personal regards,

Alan J. Nisberg Future Black Belt, Kenpo

P.S. You don't want to know what my kiai sounds like!

The following is from Addison Randall; One of our old-time Black Belts and a good friend.

Dear Chuck,

I just finished reading Newsletter #3 you were kind enough to send me and saw the ad for **THE KILLING ZONE** and the nice article that went along with it. It prompted this letter to tell you that we are putting together a package to raise money to do one to three more films; two of which will be the scripts you and I wrote together, **CH'I** starring CHUCK SULLIVAN as detective Dan Callahan. (Move over Norris, there's another Chuck in town) and **A REASON TO DIE** in which I hope to reunite a lot of **THE KILLING ZONE** cast. The third is **STEEL PIRANHA**.

As we have often discussed, it's called <u>show business</u>. Without the <u>show</u> there ain't no <u>business</u> and without the <u>business</u> there ain't no <u>show</u>. Raising money for films is not easy. There are a lot of rip-off artists in "Hollywood" ands investing in a film is about the same as going to Vegas and standing at the Crap Table, (Your odds at the table are probably better, but it sure isn't as much fun!), but there is a lot of money to be made, if we keep the budget small and get good distribution.

Our advantage is that we presently have a very good relationship with a world-wide distributor and friend. He knows my work and is willing to take on the films for foreign distribution once we get them made. This puts us ahead of ninety percent of the independents around.

As always, we are looking for help in getting our funding. If there is anyone in your fine organization that feels they may be able to assist us in getting one, two or even all three made, please have them get in touch with you and you can pass it on. I am already in touch with your student John Quinn at Alchemy Films.

When you and Vic first started the Karate Connection Tape Series you were kind enough to ask me for help in their production and to serve on the board. Due to the constant demands of "the business" I have not been able to be as involved as I would have liked; But if I can at least get **CH'I** made then I feel that I will have made a small contribution.

I wish you all continued success.

My best to Vic.

Your Friend,

Addison Randall, 2nd Degree Black, Kenpo President, Soulstone Entertainment



To Our Students:

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.

CONGRATULATIONS!

October 1995

	October 1999	
Harry Wilford, Jr.	Pasa Grande, AZ, USA	Blue
Thomas Claunch	Webster, TX, USA	Blue
Rebecca Hattersley	Acton, IL, USA	Orange
Samuel Garza	Falfurrias, TX, USA	Orange
Wes Albritton	Pisgah, AL, USA	Orange
Luis A. Cardenas	Fontana, CA, USA	Blue
Trace Albritton	Pisgah, AL, USA	Brown
Austin Saladin	St. Helena, CA, USA	Yellow
Amanda Mullins	Napa, CA, USA	Blue
Kelly Knight	Napa, CA, USA	Yellow
Jessica Jones	Napa, CA, USA	Yellow
Matthew T. Wilson	Ft. Davis, TX, USA	1 st Degree Black
Manuel Grijalva	Tucson, AZ, USA	Orange
Joe Moore, Jr.	Palatine Bridge, NY, USA	Orange
Charlie Morgan	Fredericktown, MO, USA	Purple
Ray Gong	Alhambra, CA, USA	Purple
Michael Hyatt	Perry, UT, USA	Orange
Holly Hyatt	Perry, UT, USA	Orange
Scott Pearce	Kaysville, UT, USA	Blue
Shaun Aghili	Walnut Creek, CA, USA	1 st Degree Black Belt
Angel Romero	San Jose, CA, USA	Junior Black Belt
Erica Bravo	San Jose, CA, USA	1 st Degree Black Belt
John Kortman	Beitherland, HOL	Orange
David Loudermilk	Adelanto, CA, USA	Orange
Richard R. Smith	Military APO	Orange
Charles Shad	Torrance, CA, USA	Purple
Dan Heerdt	Charleston, IL, USA	Green
Bruce Pahl	Wilmington, DE, USA	Orange
James Frank Smith	Cleveland, TN, USA	Orange
Tim DiPadova	Willowick, OH, USA	Orange
Greg Booker	Houston, TX, USA	Orange
Julio Cardenas	Phillips Ranch, CA, USA	Purple
Richard Kolk	Belvedere, IL, USA	Purple

November 1995

	NOVEITIBEL 1999	
Michael Fournell	High Bridge, NJ, USA	Blue
Susan Fournell	High Bridge, NJ, USA	Blue
Tanya Quintana	San Jose, CA, USA	Junior Black Belt
Aldo Quintana	San Jose, CA, USA	Junior Black Belt
Ed Murray	Rossmoor, CA, USA	Purple
Doug Dipzinski	Grass Lake, MI, USA	Orange
Brad Hamilton	Archdale, NC, USA	Orange
Adam LaClair	Lyndonville, VT, USA	Orange
James Folse	Montrose, AL, USA	Orange
Eli Bachara	California City, CA, USA	Purple
Gerard Perez	Howell, MI, USA	Purple
Reggie Hamilton	Thomasville, SC, USA	Blue
Harold McGill	Lithonia, GA, USA	Green
Jason Subiate	Torrance, CA, USA	Purple
Arend Pryor	Vallejo, CA, USA	Orange
Doug Wheeler	Huntington Beach, CA, USA	2 nd Degree Black Belt
Deborah Knable Richtman	Trabuco Canyon, CA, USA	1 st Degree Black Belt
Heith Lang	Pisgah, AL, USA	Orange
Jeremy Moore	Pisgah, AL, USA	Orange
Brandon Pike	Pisgah, AL, USA	Orange
Dave Brown	Howell, MI, USA	Orange
Ken Jessee	Huntsville, AL, USA	Orange
Roderick O. Pruitt	Jacksonville, FL, USA	Purple
Adam C. Werner	Roselle, NJ, USA	Blue
David H. Bean	Farmington, VT, USA	Green
Joseph P. Poliseo	Roselle, NJ, USA	Brown
Lisa Fredricksen	Cave Creek, AZ, USA	Blue
Daniel J. Crill	Phoenix, AZ, USA	Green
Daniel Albizo	San Jose, CA, USA	Junior Black Belt
Scott Beers	Torrance, CA, USA	Purple
Ray Gregory	Anahiem, CA, USA	Purple
Cory Fetterly	Hawthorne, CA, USA	Blue
Hugo Garcia	Long Beach, CA, USA	Brown
Dan Skidmore	San Pedro, CA, USA	Brown
Phillip Chavez Cisneros	Orange Grove, CA, USA	Orange
Jennifer Tniele	Cedar City, UT, USA	Orange
Nathan D. Murphree	Springfield, MO, USA	Purple
Steven A. Crawford	Kansas City, KS, USA	Blue
Anthony Johnson	Excelsior Springs, MD, USA	Blue
Clayton A. Pait	Hartsville, SC, USA	Blue
Harry Wilford, Jr.	Casa Grande, AZ, USA	Green
Sherri Wilson	Edmonton, AB, CAN	Green
Daniel Firpo	Hawthorne, CA, USA	Yellow
Verena Firpo	Hawthorne, CA, USA	Yellow
	Hawthorne, OA, OOA	Tellow

December 1995

J.P. Keith Brazeale	Leland, NC, USA	Orange
Bruce Camise	Princeton, FL, USA	Blue

Thomas Claunch Michael Lee David W. Little Keith D. Hessler Keith D. Hessler Corey Cross Bruce Pahl Sergio Lopez Anthony J. Glorioso James L. Stanton Marc Escareno James Frank Smith Manuel Grijalua Robert A. Shatto Ron Ovadia Brandon Faulkner Nicole Johnston John O'Donnell Jeffrey Drezek Donald Lee Johnston Herman R. Jones Warren Duggan **Charles Shad** Adam LaClair Louis Blizzard John M. Quinn

Webster, TX, USA Susanville, VA, USA Brewer, ME, USA Pasadena, MD, USA Pasadena, MD, USA Mercer, PA, USA Wilmington, DE, USA Torrance, CA, USA Redondo Beach, CA, USA Bryan, TX, USA El Paso, TX, USA Cleveland, TN, USA Tucson, AZ, USA Kansas City, KS, USA Redondo Beach, CA, USA Redondo Beach, CA, USA Westminster, CA, USA Schenectady, NY, USA Schenectady, NY, USA Garden Grove, CA, USA Garden Grove, CA, USA Alberta, CAN Torrance, CA, USA Lyndonville, VT, USA Ajaz, ON, CAN San Bernardino, CA, USA

Green Green Brown Yellow Orange **Orange Purple Blue Orange Orange Orange Purple Purple** Blue Blue **Blue Orange Orange Orange Orange Purple** Blue **Blue Purple Orange Orange**

