



KARATE CONNECTION

PREVIEW PACKAGE



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INTERNATIONAL KARATE CONNECTION ASSOCIATION

Dear Fellow Martial Artists;

Welcome to the Karate Connection and thank you for giving us this opportunity to present our program for your consideration.

It is our objective to furnish you with far more than just a set of video training tapes. Now, because of the advancements in the field of electronics, it's possible to have total audio/visual communication and a complete working relationship between you and us, no matter the distance.

We knew from the beginning that we could not create a program as complex as an entire system of Karate on video and expect a student to grasp it and perfect it without receiving constant feedback from a professional Instructor. Without a method of evaluation and correction from a qualified Instructor, there is no program at all. No matter how slight or how serious a mistake may be it *must* be corrected, otherwise it will only compound itself.

Experience has taught us that by predetermining the proper angles to observe moves and techniques on video we can examine your video performance as well, if not better than we can an in-person performance. The advantage for us is that we get to study and analyze your moves more thoroughly and make more carefully considered corrections and suggestions for your improvement and progress. The advantage for you is that you get to study those corrections and suggestions for as long as you need to and make those improvements on your own time and advance at a pace comfortable for you.

We have been evaluating Kenpo video test performances since 1990 and have perfected the process through constant feedback from our students. Having taught traditional classes since the sixties and then video since 1990, the steadily increasing success rate of our video students has made us proud as well as positive that "Interactive Video, Distance Learning" is not only achievable but in many cases superior to the traditional class method.

We hope you find our system as exciting as we do. We look forward to meeting and working with you through this incredible medium. And hopefully one day we will meet in person at one of our Seminars and you will be able to observe, first hand, some of the people who have learned this great Art of Kenpo from video. They are truly inspirational. They will blow you away!

Sincerely, your brothers in Kenpo,

Chuck Sullivan 10th Dan, Kenpo

Vic LeRoux 10th Dan, Kenpo

THE INTERNATIONAL KARATE CONNECTION ASSOCIATION

PRESENTS

An Effective and Inexpensive Way to

LEARN, TEST and BE CERTIFIED from BEGINNER to BLACK BELT

THE KARATE CONNECTION TRAINING SYSTEM



OUR BACKGROUND

The Karate Connection was the first organization to teach, test and promote by video, beginning in 1990. When we conceived the idea in 1988 there weren't even enough video cassette machines, let alone camcorders, owned by the general public to make it workable, but we gambled on there being enough in the future to make this a viable method of teaching. We were right. It wasn't too long before we began receiving tests from around the country and then around the world.

Our program has been copied and our methods imitated, but no one does it quite like we do. The Karate Connection has always been on the cutting edge and ahead of the competition when it comes to this method of teaching. We have had the advantage of our head

start from the beginning. We have been able to stay ahead of the pack by refining our methods as we've seen what works best and then expanding on those procedures.

If you have ever wondered as to how well this method of teaching works, the first thing you need to do is watch our [Preview Video](#) to see how we approach the teaching of Kenpo. Then check out the results for yourself at [The Evolution of the Karate Connection](#) and see those who have trained in our system through video. And if that isn't enough, please come to one of our annual Seminars held in Long Beach, California to check them out in person. Our system speaks through our people. You will see people from all over the world doing the same moves in the same manner, utilizing the same concepts and principles. That's one of the strongest points of video training: CONSISTENCY. Usually, the further away any system gets from the top man, the source, the more unwanted changes it undergoes, but because everyone who studies our system is being taught by the founders, there is no distance between us at all.

We were taught personally by the Senior Grand Master of Kenpo, Edmund K. Parker, so you are only one generation from the founder of the art. He taught us and we are teaching you. In other schools of Kenpo the distance between Mr. Parker and you could be five, six, seven, ten generations or more. Many of today's instructors are people that had never even met Mr. Parker, let alone studied under him. This is FIRST GENERATION TRAINING you are receiving, not some distorted version multiple steps removed.

We were there with the man. We know what it was and what it should be, and we intend to carry on the tradition of excellence that Mr. Parker would have wanted for his system, now and into the future.

KENPO MADE EASY

In the original Kenpo we learned, we were taught to be free and spontaneous by using the basics and a limited number of techniques from which we could borrow moves to create our own techniques on demand. It's a concept that we agreed with then and still do today. By cutting Kenpo back, making it *mean and lean* again and utilizing our *training drills*, it is our intention to give the student a system that is achievable in a couple of years and perfected in a few more, rather than a system that takes a couple of decades to learn and a lifetime to perfect.

STANDARDIZATION

Because the Karate Connection Videos are taught one belt level at a time, and all the basics and techniques are shown in detail, and all the tests are performed by all the members in exactly the same way, we have attained a level of standardization of which we are proud. No

longer does anyone need to travel the country correcting techniques and forms. All any instructor or student needs to do is slip a DVD into their player to see for themselves what the correct angle, target or weapon is. No more confusion or arguing over correctness.

COST

One of our main goals in creating the video series was to be able to offer an entire system of Karate at a very affordable price. It does nobody any good at all if they simply can't afford to do it.

Other video training systems want you to buy a separate video on a number of subjects such as one on Stances, another on Maneuvering, another on Blocking, one on Punching and other Hand Weapons and another on Kicking, just to get you started. We don't do that. Instead of teaching by subject, and requiring the student to purchase a number of videos just to get started, we teach everything concerning the basics and other material to attain their promotion to Orange Belt on our first DVD.

Each DVD thereafter also deals with an entire belt level. If you are on a limited budget you can purchase the DVDs one at a time, at your own pace as you can afford them, or you can save money by purchasing the complete set at the beginning.

If you compare the cost of our DVDs plus our fees for testing against the monthly fees at the average karate school, you will find this method of learning is just a fraction of the total cost of attaining your Black Belt at a regular commercial school. You could easily spend more money in your first year at a local school than in your entire journey to Black Belt through the Karate Connection. When you consider that it usually takes an average of four years to achieve Black Belt in a commercial school, the expense of video training with the Karate Connection System is easily one-fourth the cost. However, QUALITY not COST should be your first consideration, and that's where we shine.

VIDEO TESTING

It's been called REVOLUTIONARY, because IT IS!

In the vast majority of karate schools the tests for promotion come when the head instructor says so. But what happens if you feel you're just a few weeks away from being ready? Either you're forced to take the test when your instructor says so, and possibly fail, or you have to wait until the next test, which could be months away. Somehow that just seemed fair to us, so the Karate /connection leaves it up to the student. It doesn't matter if the test is being taken in person or on video. When you feel you're ready to test, we're ready to evaluate it.

Another problem with the way most tests are done is that they are given en masse. There are usually from ten to twenty students taking it at the same time, therefore there's no way to truly evaluate each person's performance. And there's no way to make corrections.

With the Karate Connection each test is conducted on an individual basis, giving each student a far greater degree of personal attention. Even more so on video, than in person. In person, the test is evaluated as the student performs it and the corrections made as the errors occur. True, the student is aware of his or her mistakes and can work on correcting them but sometimes it's difficult to remember all of them, and you don't have anything to refer back to.

With a video test, the student's performance is systematically evaluated by the Video Instructor. A custom printed form is filled out, detailing the errors to be discussed. Then the instructor takes the results into the studio and videos a private lesson concerning the student's errors and exactly how to remedy them, plus further instruction as to how to proceed more efficiently through the system.

The length of the lesson depends upon how much instruction is needed. The beauty of this arrangement is that you don't have to absorb all the corrections at one time. You have the luxury of addressing each correction at your own pace and on your own time because the lesson is always available.

The fee for testing includes your signed promotion certificate and a laminated rank certification card when you have passed. We also provide re-testing at no charge in the event that you don't pass the first time. In the event of further testing is required, the test fee will reapply, but that is extremely rare.

We're up front about what our requirements are and what we expect. Below you'll find the rank requirement sheets for each belt level of the Karate Connection Chinese Kenpo System. After that we've included a listing showing the themes of each Belt Level. Then you'll find an example of one of our testing scripts; EVERYONE follows the same format when testing for a particular belt level.



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PO BOX 4067 * SEAL BEACH, CALIFORNIA 90740-8067
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MATERIAL REQUIRED FOR YELLOW BELT TEST

STANCES

Horse stance (training)
Neutral bow

BLOCKS

Inward
Outward
Upward
Downward

PUNCHES

Reverse punch

SETS

Star block

YELLOW BELT TECHNIQUES

1. Delayed Sword (Defense against a right punch)
2. Obscure wing (Escape from a flank shoulder grab)
3. Sword of destruction (Defense against a left punch)
4. Lone kimono (Escape from a front lapel grab)
5. Thrusting salute (Defense against a front snap kick)

FOOT MANEUVERS

Step drag

KICKS

Ball kick
Roundhouse kick

SALUTATION

Short salute

FORM

Yellow belt form

OTHER MATERIAL- NOT REQUIRED FOR TEST

STANCES

Lunge stance
Cross stance

BLOCKS

Leg check
Elbow check (ribs)
Elbow check (kidneys)
Rear hand downward
Rear hand outward

STRIKES

Chop

KICKS

Heel kick
Ball kick to a roundhouse,
combination

SPARRING

RULES

±
POINTS

BELT TYING

MEDITATION

FOOT MANEUVERS

WARNING

This program contains techniques and exercises that can cause physical injury. Individuals involved in the production and those demonstrating their skills assume no responsibility for any injury or damage resulting from the execution of techniques and exercises presented herein.

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MATERIAL REQUIRED FOR ORANGE BELT TEST

STANCES

Horse (Training)
Neutral Bow
Forward Bow
Reverse Bow

BLOCKS

Inward
Extended outward
Upward
Downward

PUNCHES

Straight snap

KICKS

Ball kick
Roundhouse kick
Heel kick

SALUTATION

Short salute

FOOT

MANEUVERS

Step drag
Step through forward
Step through reverse
switch
Cover

FORM

Orange Belt Form

ORANGE BELT TECHNIQUES

- THUNDER AND LIGHTNING -1- (Defense against left punch - inside)
 ESCAPING RAM -2- (Escape from a rear bear-hug, arms pinned)
 RETURNING SERPENT -3- (Defense against a right straight punch - inside)
 THRUSTING RELEASE -4- (Escape from a front bear-hug, arms pinned)
 DEFLECTING THUNDER -5- (Defense against a right ball kick - inside)
 BEHEADING THE DRAGON -6- (Defense against A left straight punch - outside)

These techniques are in the order they are done on the Orange belt tape - Not in the order they are done in the Master form

OTHER MATERIAL- NOT REQUIRED FOR TEST

STANCES

12 Points of the
neutral bow,
Twist stance
Lunge Stance

BLOCKS

Short outward
Leg checks
Elbow check (ribs)
Elbow check (kidneys)
Rear hand downward
Rear hand outward
Looping inward

STRIKES

Back knuckle
Forearm
Elbow
Knee
Heel palm thrust
Heel palm smash
Middle-finger fist
Half fist
Chop
Ridge hand
Head butt (front)
Head butt(rear)

FINGER

TECHNIQUES

Thrusting claw
Slashing claw
Straight thrust
Hook

KICKS

instep kick
Scrapes
Stomps
Knife edge
Side thrust
Spinning heel kick

MANEUVERING

Jump switch
Push drag
Rear crossover
Front crossover

MEDITATION

BELT TYING

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MATERIAL REQUIRED FOR PURPLE BELT TEST

ORANGE BELT TECHNIQUES DONE WITH A PARTNER

1. BEHEADING THE DRAGON
2. ESCAPING RAM
3. THRUSTING RELEASE
4. RETURNING SERPENT
5. DEFLECTION THUNDER
6. THUNDER AND LIGHTNING

PURPLE BELT TECHNIQUES

- STOPPING THE STORM -1- (Defense against a straight right or roundhouse punch - inside)
- HIDDEN WING -2- (Escape for a right flank shoulder grab)
- CIRCLING SERPENT -3- (Defense against a right back knuckle or straight punch - outside)
- HOOING THUNDER -4- (Defense against a right ball kick - outside)
- CAPTURED WING -5- (Escape from a hammerlock)
- CLAPPING TIGER -6- (Escape for a front bear hug - arms free)
- RAKING HAMMER -7- (Defense against a left roundhouse punch (inside))

DRILLS

Kicking Drill

SALUTATION

Formal Salute

OTHER MATERIAL- NOT REQUIRED FOR TEST

DRILLS

Accuracy
Speed - Power - Reflex
Control Drill
Borrowing
Spontaneity
Dummy and Partner
The line - Orange belt punching techniques (both sides)
Semi circle with stances and blocks

KIAI

MASTER FORM

First Segment
◆ ◆ ◆
Orange belt techniques

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MATERIAL REQUIRED FOR BLUE BELT TEST

PURPLE BELT TECHNIQUES DONE WITH A PARTNER

- | | |
|-----------------------|--------------------|
| 1. STOPPING THE STORM | 4. HOOKING THUNDER |
| 2. HIDDEN WING | 5. CAPTURED WING |
| 3. CIRCLING SERPENT | 6. CLAPPING TIGER |
| | 7. RAKING HAMMER |

BLUE BELT TECHNIQUES

- | | |
|-----------------------|---|
| BRIDGING CLAW -1- | (Defense against a right straight or roundhouse punch - inside) |
| CLASHING HAMMERS -2- | (Escape for a left flank head lock) |
| TRAPPED LIGHTNING -3- | (Defense against a right straight punch - outside) |
| UNIVERSAL BLOCK -4- | (Defense against a right roundhouse kick - inside) |
| GRIPPING TALON -5- | (Escape from a cross hand wrist grab) |
| BLINDING DAGGER -6- | (Defense against a right back-knuckle) |
| TRIPLE KICK -7- | (Defense against a left roundhouse punch - inside) |
| ATTACKING WARRIOR -8- | (Sparring technique - Right back-knuckle fake etc.) |

OTHER MATERIAL- NOT REQUIRED FOR TEST

DRILLS

Mass attack drill, using segments of the Master form
Control drill - Yes, No
Speed drill with focus gloves
Sparring (free-style) drill
The line using Orange & Purple Punching techniques
Semi-circle - block and one counter strike

BLOCKS

Universal Block

ELEMENTS OF SPARRING (free-style)

KICKS

Quick kick

SUCKER PUNCH

MASTER FORM

First, second and third segments

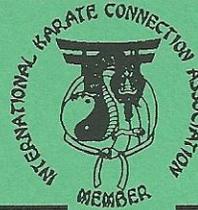


Orange, Purple and Blue belt techniques

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MATERIAL REQUIRED FOR GREEN BELT TEST

BLUE BELT TECHNIQUES DONE WITH A PARTNER

- | | |
|----------------------|----------------------|
| 1. BRIDGING CLAW | 5. GRIPPING TALON |
| 2. CLASHING HAMMERS | 6. BLINDING DAGGER |
| 3. TRAPPED LIGHTNING | 7. TRIPLE KICK |
| 4. UNIVERSAL BLOCK | 8. ATTACKING WARRIOR |

GREEN BELT TECHNIQUES

- | | | |
|----------------------|------|--|
| FISTS OF FURY | - 1- | (Defense against a right straight or roundhouse punch - inside) |
| GATHERING THE DRAGON | - 2- | (Defense against a left punch - outside) |
| BOLO | - 3- | (Defense against a right roundhouse or straight punch - (inside) |
| UP THE CIRCLE | - 4- | (Defense against a right roundhouse Kick - inside) |
| ROLLING THUNDER | - 5- | (Sparring technique - Low ball-kick fake, to a high roundhouse kick, etc.) |
| TWIRLING FANS | - 6- | (Defense against a left-right straight punching combination - inside) |
| STINGING BUTTERFLY | - 7- | (Defense against a right straight punch or jab - outside) |
| ESCAPING WINGS | - 8- | (Escape from the arms captured from behind) |
| BROKEN LIGHTNING | - 9- | (Defense against a left grab, push or punch - outside to inside) |

MASTER FORM

First, second, third and fourth segments



Orange, Purple, Blue and Green belt techniques

OTHER MATERIAL- NOT REQUIRED FOR TEST

DRILLS

Kicking drill in a circle
Semi-circle - Any complete technique

GROUND DEFENSE

Falling
Ground fighting position
Blocking from the ground
Kicking from the ground
Switching and maneuvering
Recovering to a standing position

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MATERIAL REQUIRED FOR BROWN BELT TEST

GREEN BELT TECHNIQUES DONE WITH A PARTNER

- | | | |
|-------------------------|--------------------|-----------------------|
| 1. FISTS OF FURY | 4. UP THE CIRCLE | 7. STINGING BUTTERFLY |
| 2. GATHERING THE DRAGON | 5. ROLLING THUNDER | 8. ESCAPING WINGS |
| 3. BOLO | 6. TWIRLING FANS | 9. BROKEN LIGHTNING |

BROWN BELT TECHNIQUES

- HOOKED LIGHTNING -1- (Defense against a left straight or roundhouse punch - inside)
- SPLITTING LANCES -2- (Defense against a front two hand push - inside)
- REPEATING HAMMERS -3- (Defense against a right straight punch - outside)
- BEATING DISASTER -4- (Defense against a right overhead club attack)
- WINGS OF FREEDOM -5- (Escape from a Full Nelson)
- EYE OF THE STORM -6- (Defense against right - left straight or roundhouse punches - inside)
- OPPOSING DRAGONS -7- (Defense against a two man attack - front and rear)
- LEAPING THUNDER -8- (Defense against a straight or roundhouse right punch - inside)
- BONZI RUN -9- (Sparring technique - Forward skipping combination)
- CRENSHAW HIGH FIVE -10- (Defense against a right straight or roundhouse punch - inside)

OTHER MATERIAL- NOT REQUIRED FOR TEST

DRILLS

Running the line with escape techniques from the entire system (back to the line - unrehearsed)

Running the line with punching techniques from the entire system (Unrehearsed, spontaneously)

MASTER FORM

First, second, third, fourth
and fifth segments

◆ ◆ ◆
Orange, Purple, Blue,
Green and Brown belt
techniques

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MATERIAL REQUIRED FOR BLACK BELT TEST

BROWN BELT TECHNIQUES DONE WITH A PARTNER

- | | | |
|----------------------|---------------------|------------------------|
| 1. HOOKED LIGHTNING | 4. BEATING DISASTER | 7. OPPOSING DRAGONS |
| 2. SPLITTING LANCES | 5. WINGS OF FREEDOM | 8. LEAPING THUNDER |
| 3. REPEATING HAMMERS | 6. EYE OF THE STORM | 9. BONZI RUN |
| | | 10. CRENSHAW HIGH FIVE |

BLACK BELT TECHNIQUES

- | | | |
|----------------------|------|---|
| DROPPING THE STORM | -1- | (Defense against right straight or roundhouse punch - inside) |
| RAKING EIGHT | -2- | (Escape from a two hand rear choke) |
| SPEARED LIGHTNING | -3- | (Defense against left straight punch - outside) |
| CONTROLLING DISASTER | -4- | (Defense against a gun attack) |
| ARM-BAR ESCAPE | -5- | (Escape from a rear arm-bar choke) |
| INSIDE THE STORM | -6- | (Defense against left-right roundhouse punches - inside) |
| DRAGONS IN A WEDGE | -7- | (Defense against two man attack - In a wedge to the front) |
| REAR CHICKEN KICK | -8- | (Sparring technique - Rear chicken kick etc.) |
| QUICK KICK | -9- | (Sparring technique - Quick kick etc.) |
| CIRCLING DEVASTATION | -10- | (Defense against a left straight punch - outside to inside) |
| TWIN TALONS | -11- | (Escape from a front two hand wrist grab) |
| FLANKING DRAGONS | -12- | (Escape from two men, flanking shoulder grabs) |
| CHINESE LONGHAND | -13- | (Offensive Technique - Long-hand Chinese) |
| LEAPING TIGER | -14- | (Defense against a right straight punch - outside) |
| THAI-BOXER | -15- | (Defense against a left straight punch - outside) |

OTHER MATERIAL- NOT REQUIRED FOR TEST

DRILLS

Borrowing and combining techniques from the entire system

MASTER FORM

All segments from beginning to end.

◆ ◆ ◆
Done in under three minutes with less than two errors per belt level

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IKCA BELT LEVEL THEMES

ORANGE – Moving away from attacks.

Stepping away from danger and out of holds.

PURPLE – Moving into attacks using traps, grabs & throws.

Stepping towards danger or at least side-stepping and evading. Stepping into holds, then into takedowns maintaining control of the attacker. Introduces trapping, grabbing and throws. (Five of seven techniques either trap or grab and one more throws.

BLUE – Becoming a multi-tasker; using arms and legs simultaneously.

Fighting, blending & borrowing. The seeds of the “Theory of 55” are beginning to flower. Introduces simultaneous target attacks, combination kicks, sweeps and sparring.

GREEN – Employing the circles; going with the flow.

Kenpo as a Chinese Art; it’s Kung Fu. Circles and flow; hand speed is crucial here. The Theory of 55 is expanding geometrically.

BROWN – Harnessing the power; developing the blitz.

Fast, furious and powerful. Learning to “PUT THEM DOWN NOW!” Students begin to move like a tornado over Kansas. Introduces multiple attackers.

BLACK – Seeing the bigger picture; putting it all together.

The understanding of the Theory of 55 is nearly complete. Although it takes a lifetime to get it nearly perfect. 55 techniques breed into 555 techniques. Kenpo does not exist in a vacuum. Nearly half of the Black Belt techniques introduce elements from other arts.

IKCA ORANGE BELT TEST

1. Attention
2. Salute.
3. Horse stance – left hand over right.
4. Please state your name and address for the record.
5. Meditate.
6. Close.
7. Bow.
8. Do a left neutral bow and come back to a standing position three times... Ready... 1-2-3.
9. Do a right neutral bow and come back to a standing position three times... Ready... 1-2-3.
10. Turn to your left and repeat those stances... Ready... 1-2-3... Switch... 1-2-3.

The word “**set**” is the command to assume the neutral bow.

11. Face the front. From a left neutral bow do the lunge stance three times... Set... 1-2-3.
12. Switch and do three right lunge stances... 1-2-3.
13. Turn to the left and repeat those stances... Set... 1-2-3... Switch... 1-2-3.
14. Front. From a left neutral bow do the rear bow three times... Set... 1-2-3... Switch... 1-2-3.
15. Turn to the left and repeat those stances... Set... 1-2-3... Switch... 1-2-3.
16. Front. From a left neutral bow do the cat stance three times... Set... 1-2-3... Switch... 1-2-3.
17. Turn to your left and repeat those stances... Set... 1-2-3... Switch... 1-2-3.
18. Front. Left neutral bow... Set... Step drag forward three times and back three times... 1-2-3...
Going back... 1-2-3... Switch... 1-2-3... Going back... 1-2-3.
19. Turn to your left and repeat those stances... Set... 1-2-3... Going back... 1-2-3... Switch...
1-2-3... Going back... 1-2-3.
20. Front. Left neutral bow... Set... Step through going forward three times, then back three times...
1-2-3... Back... 1-2-3.
21. Turn to your left and repeat those moves... Set... 1-2-3... Back... 1-2-3.
22. Front. Left neutral bow... Set... Cover four times... 1-2-3-4... Come back to the center.
23. Turn to your left and repeat those moves... Set... 1-2-3-4.
24. Front. Left neutral bow... Set... Six inward blocks... 1-2-3-4-5-6... Switch... 1-2-3-4-5-6.
25. Turn to your left and repeat those moves... Set... 1-2-3-4-5-6... Switch... 1-2-3-4-5-6.
26. Front. Left neutral bow... Set... Six extended outward blocks... 1-2-3-4-5-6... Switch... 1-2-3-4-5-6.
27. Turn to your left and repeat those moves... Set... 1-2-3-4-5-6... Switch... 1-2-3-4-5-6.
28. Front. Left neutral bow... Set... Six upward blocks... 1-2-3-4-5-6... Switch... 1-2-3-4-5-6.
29. Turn to your left and repeat those moves... Set... 1-2-3-4-5-6... Switch... 1-2-3-4-5-6.
30. Front. Left neutral bow... Set... Six downward blocks... 1-2-3-4-5-6... Switch... 1-2-3-4-5-6.
31. Turn to your left and repeat those moves... Set... 1-2-3-4-5-6... Switch... 1-2-3-4-5-6.
32. Front. Left neutral bow... Set... Six rear hand punches... 1-2-3-4-5-6... Switch... 1-2-3-4-5-6.
33. Turn to your left and repeat those moves... Set... 1-2-3-4-5-6... Switch... 1-2-3-4-5-6.
34. Front. Left neutral bow... Set... Six right ball kicks and plant back... 1-2-3-4-5-6...
Switch... 1-2-3-4-5-6.
35. Turn to your left and repeat those moves... Set... 1-2-3-4-5-6... Switch... 1-2-3-4-5-6.
36. Front. Left neutral bow... Set... Six lead-leg roundhouse kicks with foot replacement...
1-2-3-4-5-6... Switch... 1-2-3-4-5-6.
37. Turn to your left and repeat those moves... Set... 1-2-3-4-5-6... Switch... 1-2-3-4-5-6.

38. Front. Now turn your back to the camera and do six thrusting heel kicks with the right foot... Ready... 1-2-3-4-5-6... Now the left foot... 1-2-3-4-5-6.
39. Turn to your left and repeat those moves... Ready... 1-2-3-4-5-6... The other foot... 1-2-3-4-5-6.
40. Front. Orange Belt Technique #1 – THUNDER AND LIGHTNING. Inside defense against a left Punch... Ready... Move... Again... Move.
41. Turn to your left and repeat the technique... Ready... Move... Again... Move.
42. Front. Orange Belt Technique #2 – ESCAPING RAM. Rear bear hug escape... Ready... Move... Again... Move.
43. Turn to your left and repeat the technique... Ready... Move... Again... Move.
44. Front. Orange Belt Technique #3 – RETURNING SERPENT. Inside defense against a right punch... Ready... Move... Again... Move.
45. Turn to your left and repeat the technique... Ready... Move... Again... Move.
46. Front. Orange Belt Technique #4 – THRUSTING RELEASE. Front bear hug escape... Ready... Move... Again... Move.
47. Turn to your left and repeat the technique... Ready... Move... Again... Move.
48. Front. Orange Belt Technique #5 – DEFLECTING THUNDER. Inside defense against a right kick... Ready... Move... Again... Move.
49. Turn to your left and repeat the technique... Ready... Move... Again... Move.
50. Front. Orange Belt Technique #6 – BEHEADING THE DRAGON. Outside defense against a left punch... Ready... Move... Again... Move.
51. Turn to your left and repeat the technique... Ready... Move... Again... Move.
52. Front. Please perform the ORANGE BELT FORM... Ready... Begin.
53. Attention.
54. Horse stance – left hand over right.
55. Meditate.
56. Close.
57. Salute.
58. Bow.

INTERNATIONAL KARATE CONNECTION ASSOCIATION

MEMBERSHIP

Founded by Mr. Chuck Sullivan and Mr. Vic LeRoux, the International Karate Connection Association serves as a central point of standardization and documentation for those studying the Karate Connection system of Chinese Kenpo. But the I.K.C.A. is far more than just an organization that sanctions rank and keeps records. It is a Brotherhood and a Sisterhood that reaches far and wide. It is a family that watches out for one another.

When you apply for membership in the International Karate Connection Association means that you have read both the Karate Connection Creed and the I.K.C.A. Bylaws. By signing the application you will be validating that you have read, understand and agree to abide by those bylaws and conduct yourself in accordance with the creed.



The Individual Membership Package consists of an 8x10 Membership Plaque suitable for framing plus the Karate Connection Creed, also ready for framing; included are the Association Patch (worn on the right sleeve of your gi) and your Membership Card. You'll also find the IKCA Identification and Certification Log in which all of your promotions will be signed off by the Head Instructor as well as any clinics or seminars you attend. There are also pages in the Log to record your participation in tournaments, reflecting how you placed. Your time logged as an instructor has a section and there is a copy of the Bylaws for handy reference.

INTERNATIONAL KARATE CONNECTION ASSOCIATION

CREED

**KARATE IS A BROTHERHOOD
OF ALL THE STYLES AND SYSTEMS**

**IT IS ALSO AN ART AND A TRUST
HANDLED DOWN OVER COUNTLESS GENERATIONS
BY DEDICATED PRACTITIONERS**

**I VOW NEVER TO VIOLATE THAT TRUST
BY USING THE ART IN ANY WAY OTHER THAN
HONORABLY, RIGHT OR JUST**

THEREFORE IT WILL PERPETUATE

INTERNATIONAL KARATE CONNECTION ASSOCIATION

BYLAWS

Records

1. All rank and dates of promotion will be recorded and kept on file in the computer and on hard copy at the I.K.C.A. Headquarters.
 - A. From video students, directly to I.K.C.A. Headquarters.
 - B. Through a Qualifying or Certified I.K.C.A. Instructor.
 - C. Promotion forms will be provided to I.K.C.A. Instructors to be filled out and sent back to I.K.C.A. Headquarters.
2. Rank verification may be obtained by any member concerning themselves or any other member or non-member upon written request. A small fee for processing will be assessed.
3. The verification of rank will also include the standing of the individual. (Member, Non Member, Qualifying or Certified Instructor, Good Standing , Not Good Standing*)
4. Non-Members and members not in good standing will not be allowed to access records.

*Good standing is defined as being current with Association dues and adhering to the bylaws.

Rank

1. The I.K.C.A. promotes according to the colored belt levels as follows:

Yellow Belt (Twelve yrs. and younger, Optional. (See Children's Rank #12-A)	6th KYU
Orange Belt	5th KYU
Purple Belt	4th KYU
Blue Belt	3rd KYU
Green Belt	2nd KYU
Brown Belt	1st KYU

Rank designation in BLACK BELT is worn at each end of the belt. Starting one inch from the end. The stripes and bars are red. The stripes are one half inch wide and the spaces are one half inch wide. The bars are five inches wide.

Black Belt - 1st DAN.	One stripe.
Black Belt - 2nd DAN.	Two stripes.
Black Belt - 3rd DAN.	Three stripes.
Black Belt - 4th DAN.	Four stripes.
Black Belt - 5th DAN.	One five inch bar.
Black Belt - 6th DAN.	One bar & one stripe.
Black Belt - 7th DAN.	One bar & two stripes.
Black Belt - 8th DAN.	One bar & three stripes.
Black Belt - 9th DAN.	One bar & four stripes.
Black Belt - 10th DAN.	Two five inch bars.

2. All promotions will be made upon successfully passing the test prescribed and demonstrated on each video for each belt level, by:

- A. Sending the test on video to I.K.C.A. Headquarters.
- B. Testing in person before a "Certified" or "Qualifying" I.K.C.A. Instructor.
(see Instructor Qualifications)

3. No belt levels may be skipped.

4. No more than one test may be taken on the same date by any individual.

5. The minimum length of time between tests is 30 days.

6. Certified Instructors (see Instructor Qualifications) may promote up to and including Brown Belt without Board approval.

7. The rank of Black Belt (1st Dan) must be sanctioned by the I.K.C.A. Board of Black Belts, by:

- A. Passing the test on video.
- B. Passing the test in person, before a quorum of the Board of Black Belts.

8. Promotions within Black Belt (2nd DAN to 10th DAN) are made as follows:

- A. Three years from the date of his or her last promotion a member in good

standing of the I.K.C.A. may test for the next level of Black Belt.

B. The test is the same for all levels. It consists of the Master Form performed with no more than two errors per belt level within the form. (Two within Orange Belt, two within Purple Belt, two within Blue Belt, two within Green Belt, two within Brown Belt and two within Black Belt.

C. An error not made in one section of the form may not be carried over to another section as a credit. There can be no more than two errors per belt level.

D. Errors are as follows:

1a. An omitted movement such as a block, strike, maneuver, stance change, leg or hand checks.

2a. A strike or kick that obviously misses the target, such as a ball kick to the groin that doesn't rise above the knee.

3a. Over-extended movements that take themselves too far beyond the circle of protection.

4a. An incorrect angle of direction for an entire technique of any portion of a technique.

5a. A general lack of snap or power.

9. The entire Master Form must be completed with three minutes.

A. If the test is being taken by video there may not be any stop and resume points on the tape. It must be done continuously.

10. No individual is exempt from the rules of promotion, including the Founders and Board of Black Belt members of the I.K.C.A.

11. All rank awarded by ED PARKER'S INTERNATIONAL KENPO KARATE ASSOCIATION (I.K.K.A.) prior to Mr. Parker's passing will be recognized by the INTERNATIONAL KARATE CONNECTION ASSOCIATION (I.K.C.A.) and the elapsed time between their last promotion by the I.K.K.A. will be credited toward I.K.C.A. rank, when the I.K.C.A. Master Form is performed for a quorum of the Board of Black Belts and judged a passing performance, either on video as prescribed herein or in person. There will be a limit of three degrees for such promotions.

12. Children's rank is governed as follows:

A. The Yellow belt is optional. It is recommended that children under the age of twelve begin with the Yellow belt because the requirements are less stringent than

those for Orange belt, however if a child shows exceptional ability he or she may begin with the Orange Belt material at the discretion of their Instructor.

B. Any rank up to and including Black Belt may be attained by a person under sixteen years of age, however, all belt levels held by those persons shall be considered JUNIOR BELT RANK.

C. At sixteen years of age the rank held by such persons will automatically be considered his or her adult rank.

D. When a person under the age of sixteen receives his or her Black Belt they may not begin the three year promotion schedule to elevate their Black Belt ranking until it becomes their adult rank on their sixteenth birthday, regardless of how long they have held their Junior Black Belt.

Instructor Qualifications

1. There are two levels of International Karate Connection Association Instructors:

A. Qualifying

B. Certified

2. To become a "Qualifying Instructor" you must have successfully completed the entire program personally (Orange Belt through Black Belt). [Yellow Belt optional]. As a "Qualifying Instructor" you may:

A. Teach the program as shown on the video series.

B. Begin the "Student Testing Program".

3. To become a "Certified Instructor" you must have successfully completed the "Student Testing Program" as follows:

A. You must submit a test tape of a student of yours to the I.K.C.A. or recommend such student to be tested before the Board of Black Belts for promotion to Orange Belt.

B. When your student successfully passes his or her test for Orange Belt it automatically qualifies you to promote to the Yellow and Orange Belt level (without further approval from the I.K.C.A.), issuing official I.K.C.A. promotion certificates (obtainable only through the I.K.C.A. Headquarters).

C. Each successive promotion up the colored belt scale is treated the same. Thus, when each belt level is attained by a student of yours and sanctioned by the board,

you are then qualified to promote to that level without further approval from the I.K.C.A.

D. It is not required that it be the same student ascending the scale. You may have a different student test for each or any belt level.

E. If it is the same student testing, there is a thirty day waiting period between tests. If it is a different student testing, the thirty day waiting period does not apply.

F. The Board of Black Belts may ask to see further tests for the same belt level, taken by another of your students, even if the first student passed the test.

G. If the person testing fails, the instructor may elect to have another student retake the test for that level. If it is the same person retaking the test, the thirty day period between tests remains in effect. If it is a different person taking the test, the thirty day period is waived.

H. The fee for testing is the same for Instructor submitted tests as those sent by individuals.

4. A certified instructor may have his or her status reviewed and/or revoked:

A. If their candidate for promotion to Black Belt is found to be seriously lacking in the ability to perform the material of the program as set forth in the Bylaws of the I.K.C.A. when reviewed by the board of Black Belts.

When such an occurrence takes place the instructor is bound by the bylaws to remove, from public view, their document of certification until the problem can be reviewed and rectified.

School Affiliation

1. Upon becoming a Karate Connection Black Belt you are eligible to operate a school with an affiliation with the "International Karate Connection Association" and display the I.K.C.A. School Member plaque.

2. An affiliate school may not use "KARATE CONNECTION" as the name of the school or as any part of the name of the school. The name "KARATE CONNECTION" is a U.S. registered Trademark.

3. An affiliate school is permitted to say in their advertising that they are "MEMBERS" of the "INTERNATIONAL KARATE CONNECTION ASSOCIATION" and that they teach the "KARATE CONNECTION SYSTEM OF CHINESE KENPO."

Example:

JOHN ANDERSON'S

GOLDEN DRAGON KARATE ACADEMY

Member School of the INTERNATIONAL KARATE CONNECTION ASSOCIATION.

4. An affiliate school wishing to use I.K.C.A. artwork such as that found on the diplomas, club patch or I.K.C.A. patch for their business cards or for purposes of advertising may do so under the following conditions:

A. By submitting copies of all of the artwork and written copy to be used to the I.K.C.A. for approval.

B. By receiving written permission to use the artwork.

5. An affiliate school wishing to teach material beyond that required by the I.K.C.A. may do so under the following conditions:

A. You may teach all or any part of the I.K.C.A. material as an addition or supplement to your own material, if you are using your own promotion certificates, with no reference to the I.K.C.A.

B. You may, if you wish, require the extra material for promotion if you are using your own certification with no reference to the I.K.C.A.

6. When issuing I.K.C.A. promotion certificates the following rules apply:

A. You may, at your discretion, teach any other material in conjunction with the I.K.C.A. material but it cannot be included in the tests when issuing I.K.C.A. promotion certificates.

B. You may not require any extra or higher belt material for any promotion if you are issuing I.K.C.A. promotion certificates.

C. You may not reduce, replace or change any of the material required for promotion as prescribed by the demonstrated tests on each video if you are issuing I.K.C.A. promotion certificates.

D. You must conduct all tests exactly as prescribed on each video, using the prepared off-camera dialogue, thereby creating total standardization and insuring that every student is treated equally and fairly.

E. When issuing I.K.C.A. promotion certificates you are required to pass along to

I.K.C.A. headquarters the name and any other information required to record the promotion, along with the serial number on the certificate being issued whether the student is a member of the I.K.C.A. or not.

Amendments

1. An amendment, addition or deletion to the bylaws may be made by the membership by submitting it in writing and being voted upon by the board of Black Belts.

A. It shall take a two thirds majority in favor to amend, add or delete a bylaw.

First Amendment to the I.K.C.A. Bylaws

Added under the general heading of *RANK*, The first amendment to the INTERNATIONAL KARATE CONNECTION BYLAWS was ratified on the Twelfth day of August, Nineteen Ninety Four, to read as follows:

RANK

RECOGNITION OF DEGREES OF BLACK BELT FROM OTHER STYLES, SYSTEMS OR SCHOOLS

13. Rank bestowed by organizations other than Ed Parker's I.K.K.A. before Mr. Parker's passing will be governed as follows.

A. When a person of Black Belt rank from another organization attains the rank of First Degree Black Belt, through completion of the International Karate Connection Association Program, with a passing score of 90 percent per belt level, he or she is eligible for full recognition of their previously earned rank:

B. With verifiable certification of the dates of their initial Black Belt promotion and their last degree attained.

14. If the time frame of three years per degree has not been maintained by the previous organization, the IKCA will recognize only as many degrees as the three year formula supports.

A. The fractional time after the last promotion the IKCA recognizes will be credited toward the individual's next promotion.

Second Amendment to the I.K.C.A. Bylaws

Added under the general heading of *RANK*, The second amendment to the INTERNATIONAL KARATE CONNECTION BYLAWS was ratified on the Twenty-fifth day of April, Two Thousand and Nine, to read as follows:

RANK

AWARDING OF BLACK BELT DEGREE UPON ATTAINING CERTIFIED INSTRUCTOR STATUS

15. A single additional degree in Black Belt will be awarded when the Status of Certified Instructor is attained. (See INSTRUCTOR QUALIFICATIONS). This degree must be requested by the instructor through I.K.C.A. Headquarters and a small processing fee will be required.

A. This Degree is independent of rank attained by the three-year time in rank rule and will not affect the time in rank requirement between Degree tests for Black Belt.

B. The status of Certified Instructor and the degree associated with it must be earned for any Black Belt to attain the rank of Grand Master, 10th Degree in the INTERNATIONAL KARATE CONNECTION ASSOCIATION.

INTERNATIONAL KARATE CONNECTION ASSOCIATION

SCHOOL MEMBERSHIP

If you are currently a school owner and are operating independently, the International Karate connection Association would **like** to offer you the opportunity to become and **IKCA Affiliate School Member**. You will retain your individuality but be associated with a worldwide organization that will sanction and keep a permanent record of your rank and the rank of all of your students, who come up under the Karate connection Program.

As you now know, the Karate Connection Program consists of the Kenpo Basics, the fifty-five techniques and the Master Form that links the whole package together. The system that you yourself are learning gives you a guidebook from beginner to Black Belt for all who come after you. All of the requisites for teaching the system are detailed in the IKCA Bylaws. Read then carefully and if you have any questions, please don't hesitate to call for clarification.

There are many positive aspects of becoming an IKCA Affiliate School, one of which is that you become eligible to purchase for resale Karate Connection merchandise at wholesale prices, including the training videos, and to use the Association in the promotion of your school or program.

Once you become a Certified Instructor, you are qualified to teach the material, test and promote students and use Karate Connection promotion certificates, which are internationally recognized.

If you are not currently running a school but would like to in the future, we can help with that as well...

AFTER SCHOOL OR YOUTH OUTREACH PROGRAM

This is another area of teaching this great art that should not be overlooked, and something you can easily do on a part-time basis. Using our experience and expertise we have prepared a complete manual and a battery of aids that will allow you to structure and operate a program in your community which is a win, win, win, win proposition. The CHILDREN win, the PARENTS win, the COMMUNITY at large wins, and YOU win.

This is a low cost program that involves you teaching at a local school, church, boys or girls club, or YMCA facility. We will guide your every step in getting such a program started and running. We highly recommend the program as a very lucrative entry into the business of teaching the Martial Arts, but if you are convinced that opening a commercial Karate school is

for you, we will guide you in the best way we possibly can. A book on the subject has already been written and published. It was written with a knowledge and insight unequalled by most people in the industry today. It's much more than a book; it's more like a college course on the subject. If you are interested in running a commercial studio, contact us and we'll be happy to discuss it with you.

The use of this book will guide you to be a success in the business end of owning a Karate Studio. Along with your affiliation with the IKCA will guide you to succeed in the teaching and training of your students to the highest possible standards, it is an unbeatable combination when thinking of a commercial studio.

Pictured below is the package you will receive for your School Membership. The 10x14 School Plaque (shown here is in a 15x19 frame , but frames are not included); another Karate Connection Creed; a collection of photos of IKCA Founders Chuck Sullivan and Vic LeRoux, some with SGM Edmund K. Parker; another Association patch for your uniform; the Youth Outreach Program manual that details everything you need to run the program; explanation of the Karate Connection Formal Salute; line artwork to use for advertising, business cards, etc.; 11x17 IKCA Belt requirement Posters; IKCA Certified Instructors Chart.





YOU ARE INVITED TO OUR IKCA SEMINARS

If you have not had the experience of attending one of our seminars, we hope you will in the future. You will find yourself surrounded by your IKCA brothers and sisters from all over the world. People who share the same interest as you; people who have learned the same Art as you; people striving for the same excellence that you are; and people who, just for the asking, will share their experience and expertise freely.

Every year since 1999 the Karate Connection has held the IKCA West Coast Seminar in Long Beach, California, with the exception of 2006 when we met in Las Vegas. Though we have used various formats through the years, each seminar has been a martial arts experience attendees have never forgotten. We always start with the best of our IKCA Instructors, including (and most especially) the Founders, making sure that any IKCA student that attends has the opportunity to learn side-by-side with their counterparts reviewing material that meets them right where they are at in the program.

Then the fun begins! Each year SGM Sullivan and GM LeRoux bring together experts in a variety of martial arts systems and specialties. Not only do you have the opportunity to learn elements of different systems, but you will be learning it from recognized experts. Subjects that have been covered in the past include knife fighting, grappling (both standing and on the ground), joint manipulation, JKD, BKF Kenpo, Muay Thai, Wing Chun, American Kenpo, trapping, LEO gun disarms, etc. While we can't guarantee it and don't want to drop names; don't be surprised if you turn a corner and come face-to-face with a martial arts legend... or two... or three.

Recently we've entered into a new era as far as our seminars are concerned. We've decided to travel to our people around the country to hold additional get-togethers. In 2012 our excursion was to New York City to see our East Coast Brothers and Sisters. Other locations have been Raleigh, NC, Washington D.C. and Miami, FL. Where we go from here is still to be determined, but we look forward to seeing you in your part of the country when we can.

If you have never attended an IKCA seminar you have a treat coming your way. So we'll see you when we get to your part of the country, which is not to say that you can't travel to where we might be – many of our students wouldn't miss a seminar no matter where it's held. It's a fantastic thing to visit a place you've never been before and getting to see people you only get to see on rare occasions for a truly unforgettable time together. We always hate to see it end and everyone vows to be at the next one, and they usually are.

A CLOSING NOTE

The Karate Connection Training System has proven itself to be the absolute best of the Distance Learning methods ever established. We have devised a model that has been copied repeatedly, but never equaled. When you come out the other side the program you will have the sense of having worked for something worth having; a sense of accomplishment that few have. As of this writing, the IKCA has over five hundred Black Belts who have come through the system and our numbers are constantly growing. Our Black Belts include video students (just like you), and those who have learned from our Certified Instructors, most of which started as video students (just like you). The number of people that have been with the Karate Connection, even before the inception of the IKCA, is so numerous that we now have a half dozen people of Grandmaster status and soon to grow again.

We have given you a lot of information today, and we realize it's a lot to soak in. But we want you to make an informed decision to be a part of the Karate Connection. Check out our website; watch our YouTube videos; visit us on Facebook. Above all, if you have any questions, call us at (714) 229-0372. See you on video!

