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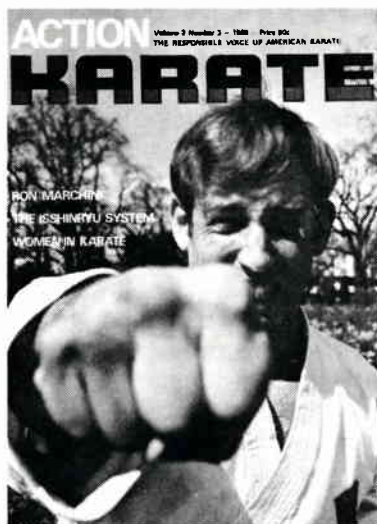
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OCTOBER 18th — Kansas Karate Championships. Contact: Roger Carpenter, 1230 McCormick, Wichita, Kansas. Ph. (316) 264-1422

OCTOBER 25th — *November 2nd*-Japan Karate Exposition Open Championship Tournament, New York Coliseum, 57th and Columbus Circle, New York City. Contact: Aaron Banks, 1717 Broadway, N.Y. N.Y. Ph. (212) 245-8086.

NOVEMBER 1st — 1969 Goju Kai Karate-Do National Championship, Civic Auditorium, 1314 S. King St., Honolulu, Hawaii. Contact: Thomas P. Cronin, 86 Collingwood St., San Francisco, California. Ph. (415) 626-9987

NOVEMBER 8 — North - South Karate Championship, Fresno City College. Contact: Steve LaBounty (213) 887-6131 or Bob Halliburton 2417 E. Belmont St., Fresno, Calif. (209) 268-4786

NOVEMBER 8-16th — Japan Karate Exposition Open Championship Tournament, Chicago Amphitheatre, Chicago, Illinois. Contact: Aaron Banks, 1717 Broadway, New York, N.Y. (212) 245-8086

NOVEMBER 22nd - 30th — Japan Karate Exposition Open Championship Tournament, Sports Arena, Los Angeles, California. Contact: Aaron Banks, 1717 Broadway, New York, N.Y. Ph. (212) 245-8086

NOVEMBER 30th — American Self-Protection Association Tournament, West Suburban Y.M.C.A., La Grange, Illinois.

DECEMBER 14th — Fort Sill Semi-Annual Shiai, Honeycutt Gym, Fort Sill, Oklahoma. Contact: Matt Ringer, 735 N. 36th St., Lawton, Oklahoma.

JANUARY 3rd, 1970 — Eastern Regional Invitational Karate Championship, Francis Scott Key Gym., Silver Springs, Maryland. Contact: Dale R. Tompkins, Silver Springs Y.M.C.A., 9800 Hastings Drive, Silver Springs, Maryland. Ph. (301) 924 4867

FEBRUARY 8th — Four Seasons Karate Tournament, Golden West College, Huntington Beach, California. Contact: Chuck Norris or Mike Stone. Ph. (213) 370-0473 - (213) 598-1512

APRIL 4-5 — *California Karate Championships, San Francisco Civic Auditorium. Contact: Ralph Castro, 1134 Valencia, San Francisco, California. Ph. (415) 334-3471 or Ed Parker, 1705 East Walnut, Pasadena, California. Ph. (213) 793-2860*

APRIL 4th — National Collegiate Championship, Michigan State University, East Lansing, Michigan. Contact: J. Kim, Jennison Hall, Michigan State University, East Lansing, Michigan.

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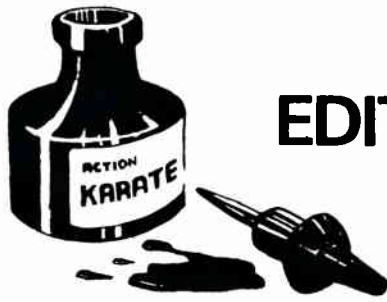
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EDITORIAL

TOURNAMENT TORMENT

When an increase in the number of tournaments is equated with a proportional decrease in attendance something is very, very wrong. Two explanations immediately come to mind: (1) there are too many tournaments, or (2) the tournaments lack appeal. Or both. Or even worse.

All too often tournaments are nothing more than convenient vehicles for opportunists anxious to establish instant reputations. Most promoters do not fit that category, fortunately. They have other faults, however. Some promoters work very hard at putting on a good tournament by issuing complex rules and regulations, but they ruin it by doing almost nothing to encourage spectators. Spectators are not parents, wives, and friends of contestants. Spectators are citizens who are willing to part with a few hard-earned dollars in exchange for some meaningful action or entertainment. Spectators will come and sit (and spend) for a certain period of time — but no longer. Spectators will pay to see — not to sit behind a throng of contestants and officials who stand in front of the action.

And what about the contestants? Are they there to compete against each other or boost the promoter's school? How much bias and downright fraud are contestants expected to endure?

How many tournaments constitute a pain in the neck? Ever hear the story of the shepherd who cried wolf too often?

What is a champion in karate? Frequently, a champion is an individual who won a bout at Joe Snerd's Semi-Weekly Grand Nationals. He wins a trophy or three books of Blue Chip Stamps, whichever is cheaper, and goes home to be roughed up by some three-year old bully down the street.

The promoter? He's the guy who, to put on a tournament, works 25 hours a day for a month straight, acquires new enemies on the hour and new expenses every half hour and who, when the tournament is over, faces the prospects of bankruptcy.

And why? Are there no other athletic events we can look to for guidance? For example. Why do people pay \$5.00 a seat to watch a basketball game? Because they are the player's relatives? Nonsense. They probably don't even know the player's names. They are willing to spend \$5.00 for 2-3 hours entertainment because they know they are going to watch a group of professionals all of whom know exactly what they are doing. The game will be supervised by professionals, promoted by professionals, judged by professionals, and played by professionals. They will not spend 5 cents to spend 8 hours watching biased referees supervise some good and some lousy contestants, nor waste an evening trying to see the action on a floor cluttered with 846 contestants, teachers, referees, friends, pop-corn vendors. Fortunately there are tournaments very well run, such as the ones by Allen Steen, Ed Parker, Steve Armstrong, etc.

That's a few of the things wrong with tournaments. That's only a few of the things.

Hey out there! Are you listening?

Chopping Block

Regarding your recent article, "Round Robin On Kata," I was partially shocked by Mr. Lieb's profound and diplomatic views of karate. Readers of your magazine are interested in sound advice, viewpoints, and suggestions; not nebulous political poetry. For example "yes, for those who compete in forms; no, for those who compete in freestyle" and . . . extension of knowledge, but should be left alone by beginners."

Why didn't Mr. Lieb answer the other questions; did he lose his thesaurus of political replies?

I would like to commend you, however, for publishing THE finest Karate magazine on the market.

Sgt Ernest J. Estrada
Chung Do Kwon
Thailand

Since first starting out in the martial arts, I have searched for some magazine that would not reflect the traditionist, oriental

view of karate. I had even hoped to find one that would present an American style of karate . . . the way karate is now. Action Karate should be congratulated for the paragonal work you are engaged in.

I would like to offer these suggestions:

1. More self defense and street defense articles and less tournaments.

2. More articles on modern American masters, such as Parker, Tegner, Angel, Lewis, and Norris.

3. Articles on some of the lesser known martial art styles (e.g., Te me. So. kiai Karate, Jukado, Ate me waze, Yaware, etc.

All in all, your magazine is excellent and should serve as a model of what the others should be like. Thank you for Action Karate.

Leslie Jack Fyans, Jr.
Springfield, Ill.

Thank you for the compliments and the suggestions. Action Karate,

as you know, is still in its infancy. Before we can walk, we must learn to crawl; thus, we plan to do the things you have asked and much, much, more. Give us a little time, Mr. Fyans, and we'll try to live up to your kind thoughts.

Editor

Your editorial (vol. 2 & 3) on American karate, "A Conglomerate Style," is an honest and realistic approach to the future of karate. Provincialism and parochialism in karate are deeply established and ingrained and thus most difficult to modify or change.

Within the growth and development of an eclectic American karate style, I think it would be useful to make use of computer techniques, which are now so widely used solving many problems. Depending on the cooperation extended by the officials and students of the various national styles and sub-styles, all

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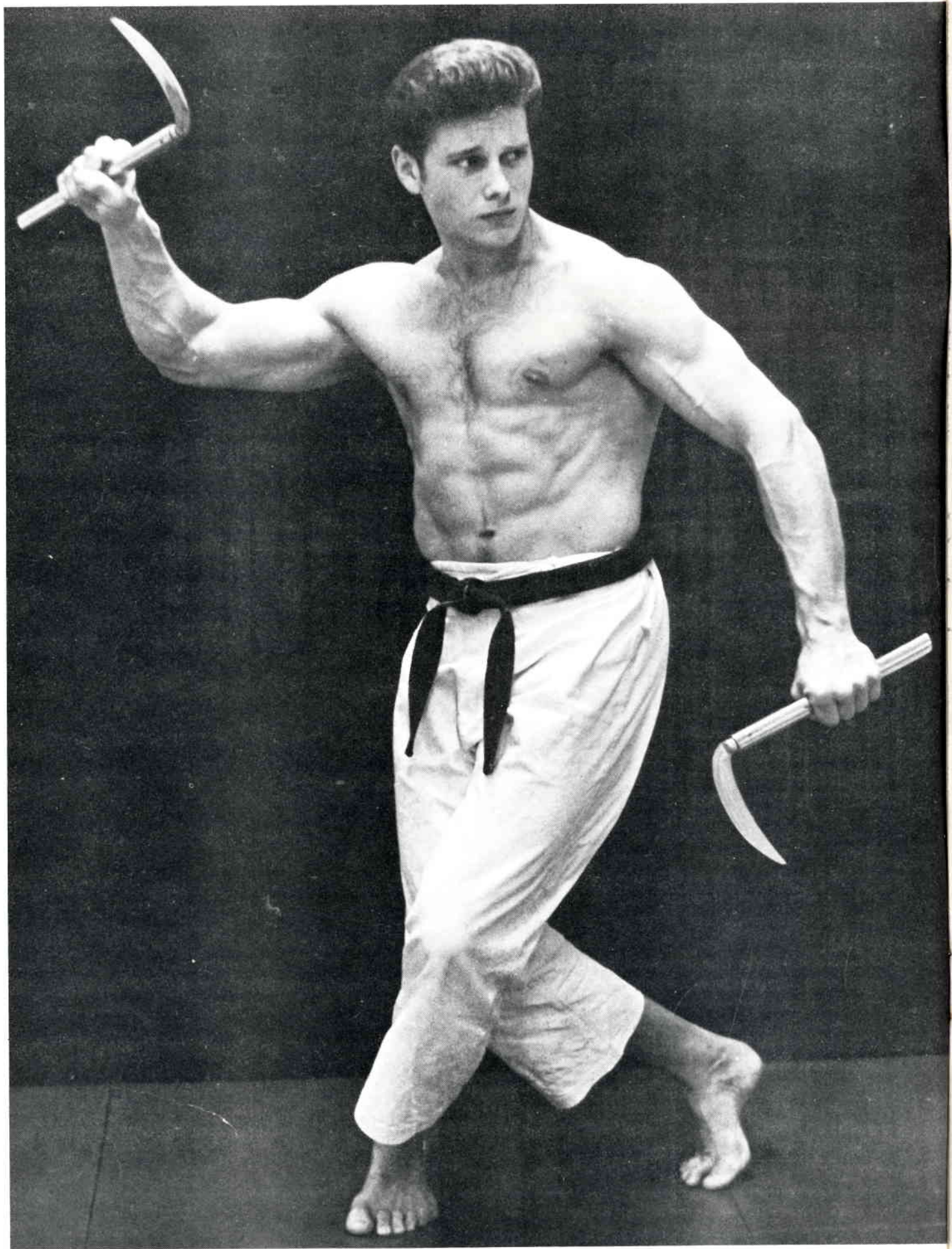
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JOE LEWIS

THE HEAVYWEIGHT

OF KARATE

by John Lathourakis

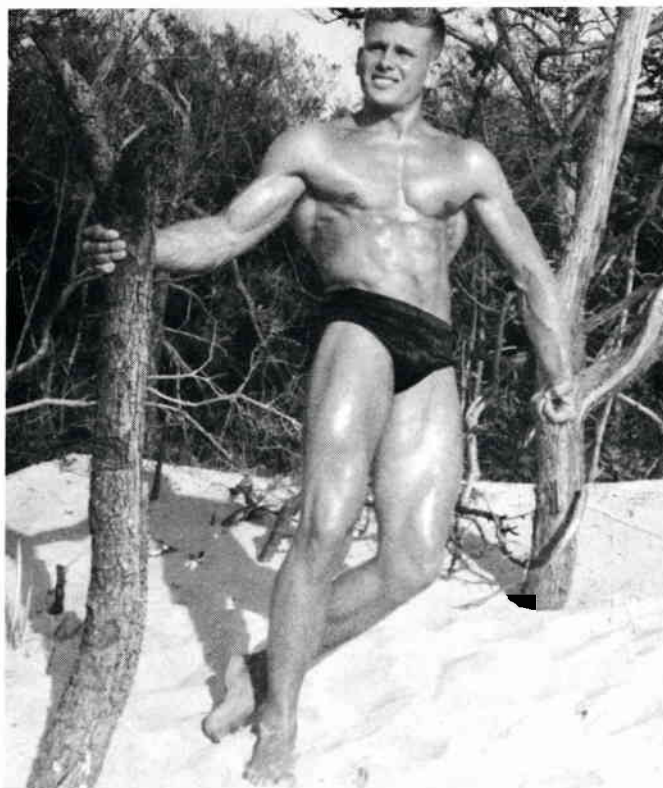
A braggart is said to be one who talks about himself in a boastful manner. He usually exaggerates his accomplishments and ignores his failures. Joe Lewis has been called a braggart by colleagues, friends, and those not so friendly to him.

Lewis told Action Karate, "I am in better shape than anyone else in karate. I am seriously looking for anyone in karate who can disprove this statement."

Is that a boast? Is Joe Lewis a braggart? He is the current Heavyweight Karate Champion of the World. In addition to this, Lewis holds a total of 23 Black Belt titles. In 1968 he won 11 grand championships. He received his first lesson in karate one day and seven months later became a black belt. From the day of his first lesson to the evening he won the Grand Nationals Championship, a total of only 23 months elapsed. The tournament in which he won the Grand Nationals Championship was the first tournament in which he had ever participated.

No, Joe Lewis may be many things, but he is not a braggart. But, he is honest, and honesty is a trait not too many people understand because they confuse it with a false concept of humility.

Lewis rose to the top some four years ago and he's still there. Controversy has raged over him ever since. So many conflicting statements have been made about the man and his career that Action Karate felt its readers are entitled to an hon-



Joe Lewis at 19 years old.

est examination of his life, his views, and his career.

He was born on March 7th, 1945, at Raleigh, North Carolina. The son of a college professor (his father) and school teacher (his mother), Lewis learned the value of education and training very early in life. The Lewis family resided on a tobacco farm, and, thus, he also learned the value of hard work. He led a fairly normal, uneventful life until one day, when he was 16 years old, he came upon a group of youngsters who were

working-out with a homemade barbell.

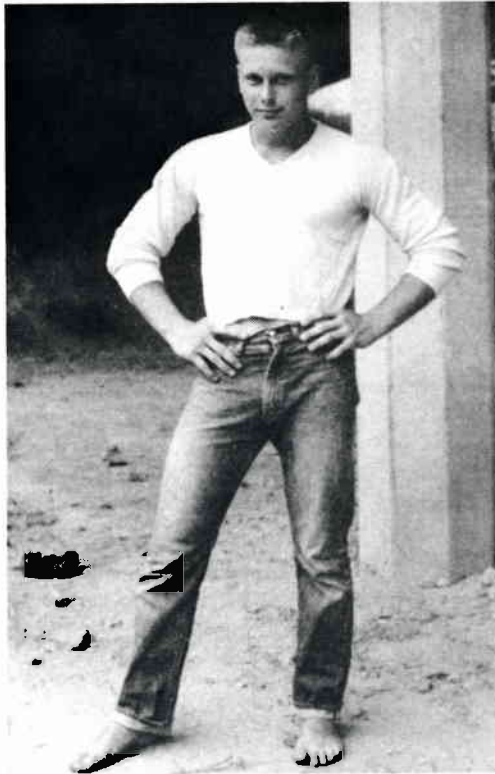
Lewis joined in the activity and was quickly impressed by the rapid rate of physical change the weight lifting produced. He was so impressed, in fact, that he saved enough money to purchase a 240-lb. set of barbells. It was at this point that the nucleus of his career was formed. He took his weight-lifting seriously and the results were satisfying. In addition to providing him with the physical frame he wanted, weight lifting had the added advantage of giving him the self-confidence that very few 16-year-olds have.

Lewis did not become a high school athlete. Work on his parents' farm occupied most of his after-school-hour activities. However, he concentrated on his studies and earned high academic marks. All during high-school, however, he continued his weight lifting training and supplemented it with running and other forms of exercise.

Immediately upon completion of high-school, he enlisted in the U.S. Marine Corps. He spent much of his off duty time in physical training. Weight-lifting, swimming, wrestling all served to keep this human dynamo in superb condition. At the age of 19, with a body weight of 203 lbs. on his 6 ft. frame he bench pressed 410 lbs. (twice), made a 425-lb. front squat lift, and succeeded in accomplishing a deadlift of 550 lbs.

It was at this point in life that he first became acquainted with Karate. He watched some Marines training and sparring at Judo and Karate—something clicked. Almost instinctively, Lewis realized that this was an activity with which he could readily identify. His instruction, at this point, was irregular and unsatisfying. Rather than abandon his new interest, he waited. The long quiet evenings on the farm had taught him the virtue of patience.

Finally, orders arrived directing him to Okinawa. He was



Joe at age 16, near Knightdale, N.C.

Joe with kick to Chuck Norris at International Karate Championships in 1967.



delighted with the assignment, because he knew he could get excellent Karate training there. Almost immediately upon setting foot on this hot, humid island, Lewis found Sensei Eizo Shimabuku, and his career in Karate was launched. Four months later he moved on to study with another master, Kinjo Chimsaku. Seven months after his first class with Shimabuku, Lewis earned his first black belt.

His training was abruptly halted when he was transferred to Vietnam. He landed at Da Nang. Lewis was a radio communications specialist, but in his spare time he taught classes in Karate and hand-to-hand combat. Later, he was returned to Okinawa.

His new assignment was most gratifying. He was directed to teach courses in self-defense rather than radio work. For the next six months, Lewis spent all of his duty and off-duty time engaged in some form of the Martial Arts. During the day, he taught; at night he attended four different dojos. He returned to Chimsaku and Shimabuku and became even more proficient under their tutelage.

Lewis returned to the United States in February, 1966 and continued Karate training under John Korab whose style he has since learned to admire and respect. Korab had a highly sophisticated system of defense and Joe took to it. After a few months of training, he felt confident enough to compete.

That spring he journeyed to Washington, D.C. to participate in Jhoon Rhee's Nationals. Were it not for his superb physique the contestants and audience would have paid little attention. No one had heard of Joe Lewis until his first bout. By the end of the tournament, Lewis' name was on everyone's lips. Now, everyone had heard of him, exclaimed over his technique, speed, and stamina—clearly, he had blitzed the tournament.

Following his victory, he was honorably discharged from the Marines. He immediately resumed training with Korab because he knew Ed Parker's International Karate Tournament was scheduled for the near future. For a good many reasons, Lewis lost the finals to Allen Steen. More important, however, he met Ed Parker and fell in love with Southern California and stayed.

Since then his career has been a series of victories. A partial list of his titles is presented below.

- 1969 International Heavyweight & Grand Champion
- 1969 U.S.K.A. Grand Nationals Champion
- 1969 U.S. National Grand Champion
- 1969 U.S. National Heavyweight Champion
- 1968 Professional Heavyweight Champion of the World
- 1968 U.S. National Professional Champion
- 1968 Grand Nationals Champion
- 1968 U.S. National Champion
- 1968 Tournament of Champions Grand Champion
- 1968 Tournament of Champions, Heavyweight Champion
- 1968 United States Grand Champion
- 1968 United States Heavyweight Champion
- 1968 U.S. vs. the Orient Champion
- 1968 U.S. vs. Korea Champion
- 1968 East vs. West Coast Champion
- 1967 U.S. National Champion
- 1967 International Heavyweight Champion
- 1967 All-American Heavyweight Champion
- 1967 North American Heavyweight Champion
- 1966 World Champion

Continued on Page 12



Joe Lewis and Mike Rubini practice back knuckle technique. Photos by McDonnell



JOE LEWIS *Continued from Page 11*

1966 U.S. National Champion

1966 U.S. Northwest Grand Champion

1966 Northwest Heavyweight Champion

"What about the future?" we asked him. Lewis has a great many prospects. Recently he has been making television commercials and appearing in motion pictures. We asked if that was planning, and learned that he has been approached by many TV and motion picture producers. Whether or not he agrees to such a career is a mute question. He is considering it.

He is also considering a career in boxing. Recently, he began training at Los Angeles' famous Main Street Gym. A major backer offered him the facilities of Floyd Patterson's camp. He turned it down in favor of a better financial offer.

Lewis loves boxing. Boxing, he states, requires superb stamina, conditioning, speed, and strength. More than anyone else, Lewis would like to fight Cassius Clay, because, "..... he is the only real champion he is so talented and so efficient, that I respect and admire him more than any other athlete.....his movements are totally different from anyone else in the game.. this is what makes him so great."

In karate, he stated, you don't see physical machines. Boxers are superb physical machines. "I run four miles (in 26 min.) every night. Why don't other Karateka's train? Maybe if we all trained the way boxers do, get to bed early, run, don't smoke, and really go at it seriously, then perhaps we'd see major changes in Karate. For example, why do people go to see boxers, or to watch football? Because of the brute physical contact. But the contact is between men who are in great condition. People won't pay to see amateurs perform.

"We are a violent people. Don't believe me? When two people are sitting in a car kissing each other, what do passers-by do? They turn their heads in embarrassment. They turn away from an expression of love. When two people are fighting in the street, on the other hand, what do passers-by do?"

Joe shows power at I. K. C. 1969, against Willie Norris.



Joe showing the playboy bunnies how it's done.

In two seconds they form a crowd and watch! That's violence, and that's what people want. They want to watch events in which there is much physical contact. That's why baseball is dying out. The pitching has become so good, that darn little action takes place. Baseball has become dull. The public will pay almost anything to watch men compete when there is a lot of contact and when the competitors are in good condition. What would happen if a boxer, say in the middle round, asked for a break because he was out of breath? The audience would walk out. That's one of the many things wrong with Karate today. The contact is there, but aside from myself, I don't know anyone in karate who is in good condition. In a boxing ring, I could go maybe 8 rounds. Boxers are conditioned to go 15 to 20 rounds. That's good conditioning! That's why I'm in boxing today, I want to associate with men who are superior specimens."





Teaching celebrities is all in a days work.

When asked what he thought of other events, Lewis offered the opinion that Judo is not a valuable end. "It has no defenses against a Karateka, a boxer, or a wrestler. But, judo offers training which is valuable. Training which is valuable to other athletics. Basketball has no practical function. That is; there is no practical function in throwing a ball through a loop, but it offers excellent conditioning and stamina, and it provides kids with the enthusiasm and release they need."

Lewis admits that many people dislike him because he is very good looking and because he is probably the best-built man in Karate. He is young, fast, and intelligent. The people who dislike him, he states, are actually envious. "I'm not envious of anyone. I admire Cassius Clay, I don't envy him, and am not jealous of him. Everyone has his thing. I have mine. If I were to allow myself to become jealous of another man's accomplishments it would cause me to regress and my opponent to progress — at my expense."

Joe Lewis already has all the trophies he wants. He would have more of them if he competed more often, but he insists on competing in a meaningful manner. It is not in his character to compete when he already knows he will win — there is no challenge in that.

There is also no braggart in that — that is an honest statement from his point-of-view. Whatever Joe Lewis is, or will become, we will sooner or later have to admit he is an honest man. Sometimes honesty hurts, but then who said it had to be sugar-coated ?

Jack Palance supervises Joe's lovely wife Susanne on how to take care of Joe. (Photo by Scott)



THE KOREAN SYSTEM

by Jhoon Rhee



*Master Won Kook Lee
founder of CHUNG
DO KWAN. Where over a
quarter million Tae Kwon
Do students have been trained
since 1945.*

Tae Kwon Do is a Korean term used to describe a system of unarmed self-defense. It can be construed to mean karate. I shall use it in that sense. Actually, the term is of recent origin. It was unanimously adopted, in 1955, in Korea, by a special board of teachers. The origins of Tae Kwon Do, however, can be traced to ancient times. Written accounts of its beginnings, if any ever existed, have been destroyed or lost. Therefore, we have put together bits and pieces of information to prepare a history.

The thread of our story begins with archaic legends which glorify the martial arts in general and celebrate the achievements of particular fighters in particular. Some of these better known fighters became folk heroes. We also learned from the Indian legends of a wealthy prince who became interested in discovering the most effective methods of unarmed attack and defense. He spent years studying animal and human anatomy in an attempt to learn both the weak and strong points of the body, and finally met with some success.

The next link was an Indian monk named Daruma Taishi.

*Mr. Hae Man Park
showing flying kicks.*





THE KOREAN SYSTEM *Continued*

A devout Buddhist fired with missionary zeal to spread the ideals and tenets of Buddhism abroad, he decided on a hazardous journey to China's Honan Province. Knowing the dangers of such a trip, traversing through wild territory ruled by bandits and bands of wild beasts, he adopted and refined existing rudimentary unarmed fighting techniques, gleaned both from legends and documents, to protect himself. He succeeded in reaching his destination. Included in his religious lectures to the Chinese peasants were exercises in self-defense. He included the exercise because his experiences taught him the value of training and disciplining the mind as well as conditioning the body.

Other Buddhist monks were quick to note the value of this training in developing the ability to concentrate intensely since this was a requirement of their religion, and so they became instrumental in its growing popularity. Their vocation and their mode of life in isolated mountainous retreats provided ideal conditions under which Tae Kwon Do could develop and spread. As the monks traveled throughout all the corners of the Orient preaching Buddhism, they took Tae Kwon Do with them. Thus it was introduced to the northern provinces of Korea during the fourth century. At first, the art flourished on temple grounds. Its practice soon spread to include self-protection because those were violent and uncertain times. This period in history was marked by intense quarreling and fighting among the three kingdoms of Korea, Koguryo, in the north; Silla, in the southeast; and Paikche, in the southwest.

After a long struggle, Silla emerged victorious. Thus, in 668 AD, the three kingdoms were unified into one. The Silla period lasted until 935 AD and it is considered the golden age in Korea's history. It was a time of building and creating. One of their great achievements, two stone sculptures depicting karate type techniques, the forerunners of present day forms, still exist. These statues which date to (circa) mid-eighth century, stand guard at the entrance to a temple housing a huge stone Buddha. Their presence proves a close association between religion and Tae Kwon Do as it existed at that time.

Also during the Silla period, another group sprang up which proved to be as important to the growth of Tae Kwon Do in Korea as the Buddhist monks. They called themselves the Hwarang-do, and their purpose was to cultivate moral and patriotic ideals among Korean youth. The membership in this exclusive organization was restricted to educated young men of noble birth. The members led an existence which was conducive to moral improvement, as they traveled throughout the country training their bodies and spirit. The tenets of their moral code, which resembled that of European knights or the samurai of Japan, were as follows: (1) loyalty to the king, (2) faithfulness to one's friends, (3) devotion to one's parents, (4) bravery and absolute obedience on the battlefield, and (5) prohibition against wanton killing of all life forms.

As we can see, there is a natural affinity between the principles of Hwarang-do and those of Tae Kwon Do, and before long, the latter became part of the official training of the Hwarang-do, who contributed much to its development.

As fate would have it, the golden period in the history of Tae Kwon Do came after the downfall of the golden period in the history of Korea. In 935 AD the kingdom of Silla was overthrown by the warlord Kyong-hum who then founded the

kingdom of Koryo, from which the western name for Korea is derived. Founded by a warlord, the kingdom of Koryo remained strongly martial in spirit for a long time. It produced some of the finest soldiers of all times who successfully defended their homeland against invaders time after time. Their bravery has been an inspiration for future generations. I personally like to attribute today's brave Korean soldiers to this remarkable historic tradition of Korea.

The soldiers were eager students of Tae Kwon Do who sometimes slammed their fists into walls or blocks of wood in order to toughen their fists. The prestige of Tae Kwon Do



Another flying kick by Mr. Hae Man Park.



Mr. Hae Man Park showing breaking over obstacles.

reached its zenith when the daring soldier King Chung Hae organized competition at the palace.

With the passage of time, however, it was inevitable that the decline of the Koryo dynasty after 500 years of rule, would signify the decline of Tae Kwon Do as well. In the 15th century, the era of the warrior princes ended, and was replaced by the Yi dynasty, which held learning and scholarship in high esteem. Confucianism replaced Buddhism as the state religion, and the military arts fell into disrepute. For four centuries the political fortunes of Korea declined as did interest in Tae Kwon Do. The final blow came in 1910, when the Japanese



THE KOREAN SYSTEM *Continued*

over-ran Korea. Tae Kwon Do was barely alive at this time.

The Japanese, who were bent on destroying the national identity of the Koreans in the hope that it would be then replaced by loyalty to them, banned the practice of Tae Kwon Do. Their orders were obeyed in all but a few cases. Only in the remote rural areas did men practice two ancient styles of Tae Kwon Do; Taik Kyon and Backchiki. As it turned out, the order was not as detrimental to the development of Tae Kwon Do as one might expect. Finding their life oppressive at home, many Koreans left to study and work in China and Japan. No restrictions on the martial arts existed in these countries, and, for the first time in over a thousand years, Tae Kwon Do was exposed to other forms of karate. This proved to be an exciting development.

The end of World War II also brought an end to Japan's 36 year old occupation of Korea. It also brought home thousands of Koreans who were fired by intense feelings of patriotism and national pride. As part of the national movement to restore Korean traditions, interest in self-defense methods was revived and many experts opened Dojangs and gymnasiums. They came back from all parts of the Orient, bringing with them many new techniques. Consequently, they proceeded to unify the various new and old styles into the Korean system practiced today.

The leaders of the Dojangs proceeded to search for a new and more meaningful name for the Korean art of self-defense. Finally, in 1955, the name Yae Kwon Do was adopted by the many leading masters of the art. Suggested by Hong Hi Choi, this term accurately describes the techniques of this self-defense method. Translated, the word "Tae" means kicking and smashing with the feet; "Kwon" means punching with the fists "Do" is the art or method of destroying with fists and feet.

This name proved a wise choice for several reasons. It



Demonstration by the head instructor of Chung Do Kwan, Mr. Hae Man Park.

(Left) Great Silla period, mid-8th century Wol-ssong Kun, located at Kyongsang Puk Do.



(Right) Kum Kang Ryuk Sa (Vajrayaksa) Unified Silla Period, Middle of 8th Century, Height 265 cm, Located at Mt. Toham, Kyungju.



sounds very much like the ancient name Taik Kyon and so provides continuity. Moreover, it describes both foot and hand techniques, and thus is a more accurate name than karate which, of course, means empty hand.

Dissension among the different groups lasted for six years, and it wasn't until 1961 that they once again organized into a single association, Tae Soo Do, as ordered by an official decree of the new military government. This new organization soon gained official recognition by the major groups, but not for long. Once again dissension set in, and the directors of the Moo Duk Kwan and Chido-Kwan Associations left the Tae Soo Do Association. It wasn't a complete break, however, and by 1962 many of the individual instructors rejoined the group. This may have been because that year the Tae Soo Do Association re-examined all the black belts for the purpose of determining nationwide standards--and they did not wish to be left out. Finally, in 1965, a compromise was reached, and the name of the new association became Tae Kwon Do, a term which is understood to mean Korean Karate.

The present membership of the Tae Kwon Do Association numbers about 370,000 and to it belong five main dojangs of Korea: Chung Do Kwan, Moo Duk Kwan, Chang Moo Kwan, Oh Do Kwan, and Chi Do Kwan. Its administrative duties include the establishment of rules and standards, the conducting of examinations, and the holding of tournaments. Besides holding ten tournaments a year and selecting a national champion, it also holds four promotional meets. Many of its officers who are elected to their positions on a yearly basis, often visit the United States and other parts of the world to develop close contact with Tae Kwon Do instructors overseas. The Tae Kwon Do Association is devoted to keeping up good standards wherever Korean Karate is practiced.

Many Tae Kwon Do students in the United States and other foreign countries seem to be confused with the terms of the martial arts and the name Dojang, which means school. In order to clarify this problem a chart of the five major Dojangs of Korea is presented below.



The Pagoda at Punhwang, SA Temple, old Silla Period, 634 A.D., Height 7.7 m. Kyonsang Puk Do.



DOJANG	STYLE	FOUNDING MASTER	PRESENT MASTER
Chung Do Kwan	Tang Doo Do Tae Kwon Do	Won Kook Lee (1945)	Woon Kyu Um
Moo Duk Kwan	Tang Soo Do Soo Bak Do Tae Kwan Do	Ki Whang (1945)	Ki Whang
Yun Moo Kwan (1945) Chi Do Kwan (1946)	Kong Soo Do Tae Kwon Do	Sang Sub Jun (1945)	Chong Woo Lee
Chang Moo Kwan	Kong Soo Do Tae Kwon Do	Byung In Yoon (1946)	Nam Suk Lee
Oh Do Kwan	Tae Kwon Do	Hong Hi Coi (1953)	Tae Hi Nam

MID CONTINENTAL CHAMPIONSHIPS!

Cincinnati, Ohio was host to some of the greatest names in karate during the Mid-Continental Open Karate Championships. Ed Parker, 8th Degree Black Belt and President of the International Kenpo Karate Association; Robert A. Trias, 8th Degree Black Belt and Director of the United States Karate Association; John Kuhl, 4th Degree Black Belt

in Goju from New York; Bob Yarnall, 3rd Degree Black Belt from St. Louis in Shorin Ryu; Mel Wise, 2nd Degree Black Belt from Ft. Wayne, Indiana in Shorei; and Jim Chapman, 5th Degree Black Belt in Isshinryu from Aurora, Illinois were the tournament officials.

The events began with the black belt kata with Mitsuo Nazaki of Fairborn,

Ohio, taking first place. He was followed by Bob Dagleish, formerly of Toronto, but now residing in Cleveland.

All kata categories were completed within two hours and a 30-minute lunch break was called as the competitors moved from the hall to a gymnasium. Once eliminations began in kumite, they proceeded rapidly to the black



Rich Ambrosia in finals with Scott Townsley. Referee Robert Trias.



Glen Keeney and Woodrow Fairbanks compete in black belt finals.

belts with such well-known players as Wally Slocki, Ken Knudson, Bill Wallace and William Swift. The outstanding match in the eliminations was between John Norman and Parker Shelton.

The Chicago players are known for their drops to the floor, followed by a kick to the groin. As Norman went into this sequence, Shelton began a running jump attack that put him high in the air above Norman and coming down on top of him with a shuto to the spine and neck. From this point on, Shelton did not lose momentum. He continued into the finals, beating Chuck Johnson of Aurora, Illinois in the heavyweight division and Glen Keeney, a lightweight from Anderson, Indiana. As a result, the Black Belt Division Championship was his.

MID-CONTINENTAL OPEN KARATE CHAMPIONSHIPS

Pee Wee Kumite

1st Rick Ambrosia
2nd Scott Townsley

Pee Wee Kata

1st Scott Townsley
2nd Dale Fernandez
3rd Billy Sanders

Junior Kumite

1st Ken Taylor
2nd Keith Loeklear

Women and Juniors Kata

1st Tom Awad
2nd Kathy Sullivan
3rd George Marakas

Women Kumite

1st Alice Stevens
2nd Judy Kolenor

White Belt Lightweight

1st Norris Mills
2nd Gary Havens

Heavyweight

1st Tom Kelley
2nd Chester Richardson

Division Champion

Tom Kelley

Green Belt Kata

1st Len Kocis
2nd Bill Tedesco
3rd Rich Awad

Green Belt Kumite Lightweight

1st Tyrone Price
2nd Bill Dunn

Heavyweight

1st Dale Heinman
2nd Jerry Lee Hudson

Division Champion

Tyrone Price

Brown Belt Kata

1st Dwight Jacobus
2nd Bob Wykpiz
3rd Allen Bowers

Brown Belt Kumite Lightweight

1st Doug Jarrard
2nd Dwight Jacobus

Heavyweight

1st Bob Trujillo
2nd Bill Downs

Division Champion

Bob Trujillo

Black Belt Kata

1st Mitsuo Nazaki
2nd Bob Dalgleish
3rd Glen Keeney

Black Belt Kumite Lightweight

1st Glen Keeney
2nd Woodrow Fairbanks

Heavyweight

1st Parker Shelton
2nd Chuck Johnson

Division Champion

Parker Shelton

Best Demonstration Trophy

Ed Parker

Team Trophy

Komokai Academy, Anderson, Indiana



Robert Trias congratulating Parker Shelton



Bob Yarnall, John Townsley, Jim Chapman, Robert Trias, Ed Parker, John Kuhl, Parker Shelton, kneeling.

TOURNAMENT OF CHAMPIONS

by MORONI MEDEIROS

The Second Annual United States Invitational Karate Tournament of Champions—Hawaii versus the Continental U.S.—was held at the Honolulu International Center, Hawaii. Ed Parker was Executive Producer, and Bobby Lowe, prominent Island instructor, was Tournament Director. Judges for the tournament from the Mainland were: Steve Armstrong, Seattle; Harvey Clary, Menlo Park; Roger Meadows, Pasadena; Ralph Castro, San Francisco; and from Hawaii, Bobby Lowe, Pat Nakata, Chuzo Kotaka, James Miyaji, and Stanly Sugai.

This goodwill event, which matches teams of the top black belt karate champions from the Mainland and Hawaii, was the brainchild of Ed Parker, producer of the Annual Long Beach International Karate Championships and President of the International Kenpo Karate Association. A native of Hawaii himself,

Parker has realized a long-sought goal of friendly competition between Mainland and Hawaiian practitioners of the art of karate, and judging from the enthusiastic reception of the second meeting, this invitational event is destined to become a classic.

The well-directed program and lineup of outstanding talent provided an impressive evening's entertainment for the 6,000 spectators at the Honolulu International Center Arena, among whom were Frank F. Fasi, Mayor of Honolulu, and a representative of the Governor of Hawaii, as well as lovely Carol Seymour, Miss Hawaii, U.S.A. of 1968, who reigned as queen of the tournament. Most of the members of the mainland team came over early, and many brought their families to enjoy the sights and holiday delights of Hawaii and to become acclimatized before the matches.

Representatives for Hawaii were champions David Krieger, captain of the team, Del Griffiths, Edgar Battad, Homer Leong, Glen Oyama, David Arita, Gary Shibata, Rudolph Castro, Mike McAndrews, Martin Buell, Allan Okubo, Eugene Kinoshita and Minobu Miki.



Queen Carol Seymour, Gilbert Kauhi, Hawaii 5 O's Kono, Ed Parker and Albert Empron applaud the introduction of the Honolulu Mayor Frank F. Fasi.



George Franko scoring point in match with Rudolph Castro.

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KUMITE KATA

1st Place
Yosuke Soga
2nd Place
David Krieger
3rd Place
Linda Masaki

Match	Hawaii	Mainland	Winner
1.	G. Shibata	J. Grady	J. Grady
2.	R. Castro	P. Cornin	R. Castro
3.	D. Arita	G. Franko	G. Franko
4.	G. Oyama	R. Castellanos	G. Oyama
5.	M. Miki	R. Halliburton	R. Halliburton
6.	E. Battad	A. Caraulia	E. Battad
7.	A. Okubo	B. Wallace	A. Okubo
8.	H. Leong	I.C. Saunders	I. C. Saunders
9.	D. Griffiths	R. Marchini	R. Marchini
10.	D. Krieger	J. Taylor	J. Taylor
11.	E. Kinoshita	P. Cornin	P. Cornin
12.	R. Castro	G. Franko	R. Castro
13.	D. Arita	R. Castellanos	D. Arita
14.	G. Oyama	J. Grady	G. Oyama
15.	Minobu Miki	A. Caraulia	M. Miki
16.	E. Battad	B. Wallace	E. Battad
17.	A. Okubo	R. Halliburton	R. Halliburton
18.	H. Leong	R. Marchini	R. Marchini
19.	D. Griffiths	J. Taylor	D. Griffiths
20.	D. Krieger	I.C. Saunders	I. C. Saunders
21.	M. Buell	G. Franko	M. Buell
22.	R. Castro	R. Castellanos	R. Castro
23.	D. Arita	J. Grady	D. Arita
24.	G. Oyama	P. Cornin	G. Oyama
25.	M. Miki	B. Wallace	B. Wallace
26.	E. Battad	R. Halliburton	R. Halliburton
27.	A. Okubo	A. Caraulia	A. Caraulia
28.	M. McAndrews	J. Taylor	M. McAndrews
29.	D. Griffiths	I. C. Saunders	D. Griffiths
30.	D. Krieger	R. Marchini	R. Marchini

Representatives from the Mainland were champions Jim Grady, Phil Cornin, George Franko, Ralph Castellanos, Robert Halliburton, Algene Caraulia, Bill Wallace, I.C. Saunders, Ron Marchini, and Jerry Taylor.

Participating in the kata (form) competition were Linda Masaki, one of Hawaii's top kata performers, Daniel Masuno, Dave Krieger, Minobu Miki, and Edgar Battad. Special Highlights of the evening were demonstrations by Hawaii's Chuzo Kotaka and James Miyasi, and the fabulous Castro family—Ralph, a native Hawaiian now living in San Francisco, and his six little castros, all experts in karate.

One of the main objectives of the Tournament of Champions is to promote better understanding of the various styles of karate, and pave the way to unification. The tournament rules were changed this year to exclude head and groin shots, which turned out to be an advantage for the Hawaiian team because the new rules resulted in seven disqualifications for the Mainland team. However, the Hawaii team showed great improvement over last year, and defeated the Mainland by 16 to 14 out of 30 matches.

Glen Oyama was voted best competitor on the Hawaii team, and Ron Marchini on the Mainland team. Trophies were presented by Queen Carol Seymour.



Glen Oyama, Ron Marchini, and Linda Masaki with trophies.

Steve Saunders with perfect kick to David Krieger.



KARATE IN THE FAMILY

One of the up and coming sports in the Western New York area is karate and certainly a main reason for its increased popularity is the Insley family, better known as the "Karate family of Buffalo." The Insleys have truly made Karate a family affair. There are seven of them in all; Barbara and George have five children - Scot, 7 years old; Randy, 6; Walter, 12; Gary, 15; and Bev, 19. Although they have been involved in Karate for only four years (George began at age 37), the family already has 41 trophies in tournament competition and has competed in a number of states including Ohio, Pennsylvania, New York and throughout Canada.

The Insleys, by good example and plain hard work, are trying to promote the less violent aspects of Karate while in no way emasculating the art. They believe that all members of the family can benefit from the practice of Karate. It is, after all, an enjoyable sport which can be practiced alone or with another individual or group. It is an excellent way to get into shape and to stay that way. It develops grace and confidence while at the same time instilling in the individual humility and respect for authority and tradition - a combination it appears that is absent in many of today's youth. Karate in George's words is "good for whatever ails you, whether your problems are psychological or physical. Karate is by no means a quick cure-all, but you'd be surprised at the variety of problems it has helped to clear up."

The family has truly made Karate a way of life. Barbara (known affectionately as Babs) became interested in the art because (1) she was enticed by the "mysteries" surrounding Karate and (2) she was looking for a pleasurable way to keep her neat figure in trim. She worked hard for three years and was awarded the rank of Shodan. She is one of the very few women black belts in the Isshinryu style and certainly there are not many Shodans who are grandmothers with five children. It is no surprise then that her children's classes in Karate are so popular. Babs also runs a series of ten-week self defense courses for women at local YWCAs, and she certainly practices what she teaches as she was the 1967-68 Kata Queen of New York State and has won numerous other trophies. And somewhere between all these involvements, she finds the time to paint, having recently successfully exhibited her work at the famous Allentown Art Festival.

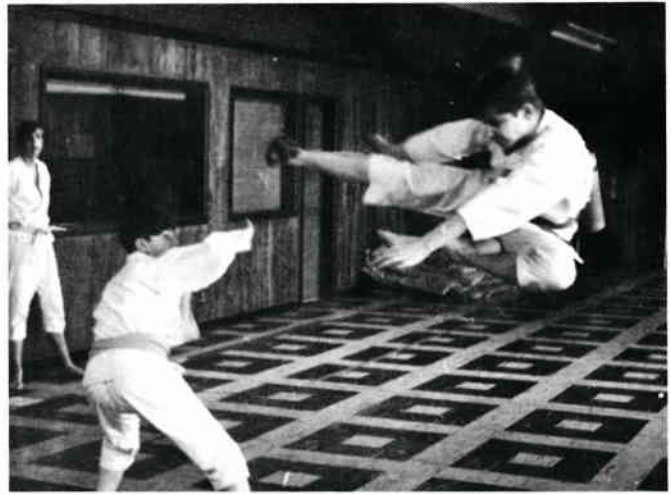
George went along with Babs to see what this Karate was all about and it wasn't long before he became deeply involved and completely dedicated to the art. He was attracted to Karate not only by the physical fitness aspect, but also by the philosophical underpinnings of the art and its potential for developing



Barbara exacuting a throw.



Gary and Walter caught in frequent sparring.



Gary showing his form in a flying kick.



George in demonstration with David Rapp.



George, Beverly, Walter, Gary and Barbara.

the mental well being that accompanies internal solace. Last year, George was awarded the black belt personally "on the spot," so to speak, after having been observed in action by Sensei Augi Uezu, Master Shimabuku's son-in-law. Sensei George presently holds the rank of Nidan as well as a head instructor's certificate. He has just recently opened his own Dojo, the Isshinryu School of Karate, currently staffed by three black belts and attended by some 40 students. He also runs several outside Karate clubs at Bishop Timon High School and the Buffalo Jewish Center. The Sensei is well known in the Buffalo area as a first class instructor with a solid grasp of the real basics of Karate and of cardinal importance, the ability to convey these basics to his students.

The Insley children were certainly exposed to Karate, but never were they forced to take it up. Their interest developed naturally and Babs feels that this is really the only way that interests can develop. "If you try to push children or anyone for that matter, into something only because you happen to be interested in it, then chances are they

will react negatively to that type of environment. But everybody in our family has their own life and their own special interests and we are certainly fortunate that we have Karate which allows us to come together and participate in a common activity. This way we all maintain our separate identities while at the same time we have this bond which reminds us that we're still a family."

The children's particulars are as follows:

Walter

Wally is a boy scout and interested in fishing and skiing. He has 13 trophies in tournament Karate competition and won most of them as a purple belt—his current rank. He is also an honor student in school.

Gary

Gary is also a purple belt. He has many other sports interests, but his first love is Karate. Out of 1500 competitors, he won the 1964-65 Outstanding Player of the Year award in the Buffalo Amateur Hockey League. In 1966 he was selected as the Quarterback of the Year in the Buffalo Bill's League. He is also on his

high school swimming and football teams. He has 15 trophies in Karate and recently registered double first place wins in his division in both kumite and kata at the Niagara Frontier International Tournament. Gary is also an honor roll student in high school.

Beverley

Bev is the only other female member of this Karate family. She became interested in the art because of her fiance who is a Shodan. Her rank is green belt and she has several trophies in her specialty, kata. She is as pretty a green belt as can be seen on any Dojo floor as was shown when she was selected runner-up as the Blossom Queen for the Niagara District.

Scot and Randy

Both are interested in Karate and can do a pretty fair Seisan, but they are really too young to have much of a biography.

All in all for the Insley's, Karate is truly a way of life. It colors every aspect of their life's style and if you should ever visit the Insley's home, watch out for their dog. His name is DOJO! What else?

INTERNATIONAL KARATE CHAMPIONSHIPS

BY DON THORUP



Steve Saunders tries to slip in kick against Joe Lewis.



Bob Perry presents Queen Kam Nelson to tournament producer Ed Parker.

LONG BEACH, Calif.--For the sixth straight year, Long Beach enjoyed a two-day reign as the karate capital of the world.

Ed Parker, executive producer of the sixth annual International Karate Championships, saw to that!

Parker, the guiding light behind the Internationals, the world's largest and foremost karate tournament, welcomed 2000 contestants to the spacious Long Beach Arena as the fast-moving, smooth-running two-day championships set another new record for contestant participation.

Following on the heels of man's greatest scientific achievement, putting two men on the moon, the International Karate Championships was anything but a scene of tranquility.

Instead, the Long Beach Arena could very well have been nicknamed "Action Base," as 12 rings were kept excitingly busy inside the huge sports palace during elimination action on Saturday, Aug. 2, and Sunday, Aug. 3, leading up to the thrill-a-minute championship finals on Sunday night, Aug. 3.

Colorful Joe Lewis, a pre-tournament favorite to win the heavyweight black belt championship, lived up to his advance billing as he not only won the world heavyweight title, but also defeated popular Steve Saunders (lightweight champion) and Jim Bottoms (middleweight champion) for the coveted Grand National Champion crown, vacated after a two-year reign by colorful Chuck Norris, who didn't enter the freestyle competition, but was crowned the black belt champion of Senior Men's Kata in the Korean system.

Lewis' bullish tactics and speedy maneuvers, coupled with his great strength, delighted the 9000 wide-eyed spectators who witnessed the Internationals' final competition Sunday night, including several members of the press--both local and national--many guest celebrities, as usual when Parker presents a tournament, and the Mayor of Long Beach, Edwin W. Wade and his wife.

Each year the Internationals get bigger and better, as the old but in this



Silvana Salamone on left in good form with Nan Schwartz.



Chuck Norris showing the form that won 1st place Korean Kata.



Nobuhiro Sinojima in weapons kata.



Two heavyweights in action (280 lbs.) Steve LaBounty and Tom Kelly in Demonstration. Photos by McDonnell and Scott

case true cliché goes. Several new innovations were tried, which proved highly successful, as Parker once again showed the way for karate tournaments to follow.

From the well attended eliminations all day Saturday and Sunday to the well run, smooth moving finals Sunday night--once again highlighted by Parker's fast-moving, highly entertaining demonstration of the self defense aspects of Kenpo karate and one of

Hollywood's most beautiful television and motion picture stars as its queen--the International Karate Championships was a true sports spectacular, worthy of the thousands of inches of coverage it received in every newspaper in Southern California from Santa Barbara to San Diego.

Lovely Kam Nelson, star of television's "Groovy Show" and "Boss City" six days a week and soon to be seen in Walt Disney's "The Computer

Wore Tennis Shoes" and Paramount's "Norwood" was besieged by autograph seekers and proved a very popular part of this year's tournament as she awarded the champions-and runners-up their beautiful, large trophies that have become a trademark of the Internationals, the World Series of karate. Kam is presently learning Kenpo in private lessons from Parker.

Another popular guest at ringside Sunday night was Bruce Lee, a karate

International Karate Championship

Continued From Page 27

expert in his own right who appeared in living rooms across the country as Kato on the "Green Hornet" series. World lightweight boxing champion Mando Ramos and All-American football candidate Bob Brown were two of the many other notables thrilled by the fast-moving sports side of the exciting world of karate.

Contestants from no less than 38 states and six countries from around the world converged on Long Beach for the truly International competition, which was highlighted by world titles being awarded in the lightweight, middleweight and heavyweight divisions of white, brown and black belt competition in Senior Men's Freestyle.

Luther Jackson (light), Bobby Thomas (middle) and Terry Ellis (heavy) won the white belt titles, while Leonard Galiza (light), Howard Singer (middle) and John Henderson (heavy) gained top honors among the brown belts and Saunders, Bottoms and Lewis were crowned the best in the world in the black belt ranks.

Kazuo Kurizama (Japanese) and Armando Urquidez (Chinese) joined Norris (Korean) as the Senior Men's Kata black belt champions and Louis Delgado scored an upset as he entered the Grand International Championship competition as an alternate and walked off with the coveted International Grand Champion crown with a sensational display of form.

The highly prized team titles at the sixth Internationals were won by Ed Parker's Kenpo Karate Association (Senior Team Freestyle Championship) and Arnold Urquidez Schools (Junior Team Freestyle Championship).

One of the new additions to the spectacular tournament was the Senior

Ladies Freestyle competition, which proved highly successful and a real crowd pleaser, as 16-year-old Silvana Salamone, a prize student of Tournament Director Danny Guzman, sailed through her elimination matches and disposed of her opponent Nan Schwartz in the finals in record time to win the ladies lightweight championship.

Silvana, a cute little fighter who is as much at home in a bikini as a karate gi, scored her three points in less than 20 seconds as she dazzled the finals through with her blinding speed and form. Malia Ribeiro was crowned the middleweight ladies champ and as Master of Ceremonies Bob Perry so aptly pointed out, there is no such thing as a heavyweight lady!

Another new feature of the Internationals was a special team competition the Midwest and the West Coast. Jim Grady, Robert Halliburton and Walter Mattson, representing the West Coast, defeated the Midwest team of Ernest Lieb, Ken Knudson and John Norman, 3-0, in the exciting team event instituted by Parker.

Other crowd pleasers proved to be the pre-teen and teenage boys in the Junior Boys Freestyle, who like their older, more experienced counterparts, put on quite a show. Junior Boys Kata, Junior Girls Kata and Senior Ladies Kata rounded out the tremendous two-day competition. The calibre of which and the extreme fine manner it was carried out from start to finish was not only a



Jim Grady with perfect point. His opponent is Ernest Lieb. Referees are Mike Stone and Skipper Mullens.



Steve Armstrong organizes women for Kumite.



Jim Bottoms scores point on Bob Wall. (Photo by Gary Nickols.)



The calm before the storm, Jerry Taylor and Joe Lewis.

great tribute to Parker (Mr. Karate) but a giant step forward for all of the karate world.

A tip of the ole fedora should go to Parker, his Tournament Director Dan Guzman, Perry, match organizer Steve Armstrong and the dozens of other hard-working individuals, including Mrs. Ed Parker, who worked behind the scenes to insure the International Karate Championships of being the great success it always is.

Is that any way to run a karate tournament????

You bet it is!!!

JUNIOR BOYS FREESTYLE

7-8 yrs. -- 1. Frank Ignarra (Arlita), 2. Luke Boryki (North Hollywood), 3. Arnold Urquidez (Arlita).

9-10 yrs. -- 1. Fred Aviles (San Fernando), 2. David Jackson (Sun Valley), 3. Bobby Garcia (Tulare).

11-12 yrs. -- 1. Jeffrey Schwarz (Montebello), 2. Sal Esquivel (So. El Monte), 3. Larry Salazar (Superior, Ariz.).

13-14 yrs. -- 1. Ralph Abbott (Sun Valley), 2. Joseph Catalano (Sun Valley), 3. Anthony Mugavera (Grande Hills).

15-16 yrs. -- 1. Joe Urquidez (North Hollywood), 2. Randy Lerer (Villa Park), 3. John Hadden (Hanford).

SENIOR LADIES FREESTYLE

Lightweights -- 1. Silvana Salamone (Monterey Park), 2. Nan Schwartz (Studio City), 3. Cathy Chavez (Los Angeles).

Middleweights -- 1. Malia Ribeiro (Walnut Creek), 2. Mahi Morales (Richmond), 3. Carole Hurley (Monterey Park).

Special East-West Team Competition - West Coast victor 3-0.

JR. BOYS KATA

8-12 yrs. -- 1. Fred Aviles (San Fernando), 2. Ray Hubbard (Fullerton).

13-16 yrs. -- 1. Ramiro Guzman (Houston), 2. Natividad Dominguez (Norwalk).

JR. GIRLS KATA

1st -- Juli-Ann Castro (San Francisco),
2nd -- Ruby Luzano (Garden Grove).

SR. LADIES KATA

1st -- Malia Riberio (Walnut Creek),
2nd -- Jeannie Luz (San Francisco).

SR. MEN'S KATA - WHITE BELTS

Japanese -- 1. Tracy Williams (Laurel), 2. Gerry Tolentino (San Francisco).

Korean -- 1. Ruben Guzman (Houston), 2. Moses Diaz (Houston).

Chinese -- 1. John Corrigan (La Puente), 2. Tony Sotero (Lompoc).



Chris Armstrong in strong competition with Joe Lewis.



Joe Lewis with his now famous side kick. The unhappy recipient is Willie Norris.

International Karate Championship

Continued From Page 29

SR. MEN KATA - BROWN BELTS

Japanese -- 1. Arturo Tego (San Francisco), 2. Wayne Perkins (Seattle).

Korean -- 1. John Natividad (Redondo Beach), 2. David Walker (San Diego).

Chinese -- 1. Dale Walker (Huntington Beach), 2. Jim Sagorac (Palo Alto).

SR. MEN'S KATA - BLACK BELTS

Japanese -- 1. Kazuo Kuriyama (Tulare), 2. Louis Delgado (L.A.).

Korean -- 1. Chuck Norris (Torrance), 2. Richard Niver (Arcadia).

Chinese -- 1. Armando Urquidez (San Fernando), 2. Ed Keays (San Diego).

SR. MEN'S KATA - WITH WEAPONS

1. Nobuhiro Shinohara (Long Beach), 2. James Steele (Chico).

SENIOR MEN'S FREESTYLE

White Belt

Lightweights -- 1. Luther Jackson (Los Angeles), 2. Mike Jarbo (Los Angeles), 3. Manuel Hernandez (Los Angeles).

Middleweights -- 1. Bobby Thomas (San Diego), 2. Jerry Melvin (Maywood), 3. Gary Robinson (Alhambra).

Heavyweight -- 1. Terry Ellis (Cupertino), 2. Michael Little (Mountain View), 3. Ralph Alegria (Torrance).

Brown Belt

Lightweight -- 1. Leonard Galiza (Honolulu), 2. Garry Wilcox (San Pablo), 3. Nat Dominguez (Norwalk).

Middleweight -- 1. Howard Singer (Westminster), 2. Cletins Hammack (Castro Valley), 3. Richard Planas (Pasadena).

Heavyweight -- 1. John Henderson (El Segundo), 2. John Natividad (Redondo Beach), 3. George Mulitua (Oceanside).

Black Belt

Lightweight -- 1. Steve Saunders (Los Angeles), 2. Richard Arviso (Yuma), 3. LeRoy Ruiz (Denver).

Middleweight -- 1. Jim Bottoms (San Fernando), 2. Bob Wall (Studio City), 3. Pat Johnson (North Hollywood).

Heavyweight -- 1. Joe Lewis (Los Angeles), 2. Willie Norris (Redondo Beach), 3. Steve La Bounty (Woodland Hills).

International Grand Champion

Freestyle -- Joe Lewis (Los Angeles).

International Grand Champion-Kata -- Louis Delgado (Los Angeles).

Senior Team Freestyle Championship -- Ed Parker's Kenpo Karate Association.

Junior Team Freestyle Championship -- Arnold Urquidez Schools.



Willie Norris and Steve La Bounty in final eliminations.



Joe Lewis showing his power to Steve Saunders. Referee is Allen Steen.

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Jim Bottoms, left, Ed Parker and Kam Nelson present International Grand Championship Trophy to Joe Lewis.

Anyone who has been to a karate tournament has most likely witnessed a demonstration involving the breaking of boards, bricks, cinder blocks or other objects. Since most tournaments include these demonstrations interspersed between the actual karate matches, spectators have come to accept them as integral parts of karate. But are these demonstrations really karate or merely sensationalism? To resolve this, I asked some of the karatekas, whose pictures appear in the accompanying pictorial, for their opinions on whether or not breaking and other related demonstrations were an important part of karate.

Chris Armstrong, a fifth degree black belt in the Goju style, feels very strongly that breaking plays an important part in karate. I asked him to explain: "It helps train the mind to know what the body is capable of doing, and how much pain it can accept. In my dojo, my students are exposed to breaking because it teaches them the control of power and the extent of its force. For instance breaking two 1x12x12-inch-boards is

IS THIS KARATE ?

By Dave Mc Donnell

equivalent to breaking two ribs. Breaking five such boards is equivalent to breaking the arms, legs, neck, the entire backbone and the rib cage. Having reached the stage of breaking bricks and cinder blocks, a person is capable of doing just about anything to the body."

Armstrong continued with, "Once a student is aware of his capabilities, he is more impressed with the necessity of using control so that he will not permanently injure another person... Breaking, as far as I am concerned, is an intricate part of karate. When breaking is taught and applied with good judgement it can prove useful both in and out of the Dojo."

Chuck Norris, a third degree black belt in the Korean Tang Soo Do system and one of the top tournament competitors in the U.S., also thinks that breaking is a very important part of karate:

"Breaking is a way of showing the power generated in kicking and punching. It teaches you proper focus and is a technique which enables you to obtain maximum power without injury. Furthermore, it is a very dramatic aspect of karate and is also included in tournaments for that reason," Norris stated.

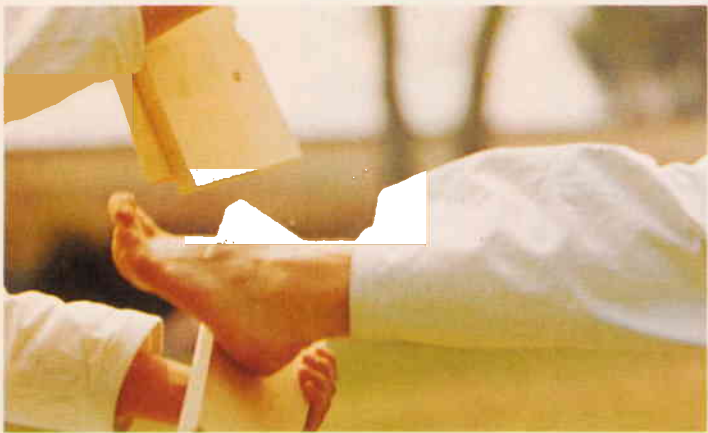
Norris students are required to demonstrate their breaking abilities on their promotional tests for higher belt ranks.

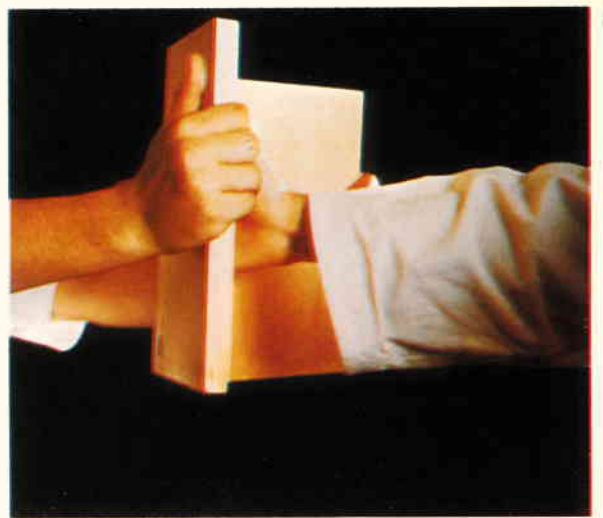
Although he claims it is a small part of the test, the mere fact that it is included indicates the relative importance he attaches to it.

Two of the accompanying photos show Mr. Takayuki Kubota hitting his hand and shin with a hammer. Kubota is a seventh degree black belt and founder of the International Karate Association U.S.A. I asked what function was served by striking his body with the hammer.

"This is not karate, but only my method of making myself strong for defense and attacking. I started this exercise in 1948 and do it daily for 4,000 times with a four-pound hammer," Kubota claimed. Kubota was quick to point out that he does not recommend this exercise and doesn't even allow his students to attempt it. Kubota, however, does advocate more conventional breaking in Karate.

From talking to these and other **black belts**, seems that breaking is generally considered to be an integral part of karate. This article seems somewhat one-sided, however, because everyone I spoke with held similar views. Therefore, this matter must remain unresolved until we hear from you. An open invitation is extended to you to express your views to **Action Karate**. This publication will print your views in "The Chopping Block" feature.





U.S.K.A. GRAND NATIONALS

By Max Muller



Joe Lewis accepts
Grand Championship Trophy.

Photos by William Straeter

The Third Annual Grand Nationals, held June 15 in Kansas City, followed the typical tournament procedure of starting late, but then it blossomed into one of the most atypical tournaments this reporter has attended. In all but one respect, to be discussed later, the tournament was nothing short of excellent.

Few tourneys can match the Grand Nationals (Jim Harrison director) in prestige, for unlike many tournaments today there were not just three or four noted black belts competing. The opposite was quite the case, with such men as Ed Daniels, Roger Carpenter, Artis Simmons, Victor Moore, Wally Slocki, Dirk Mosig, Bill Wallace, Jim Hawkes, Harold Gross, Glen Keeney, John Norman and Joe Lewis in attendance. Not only was the list of competitors dazzling, but there were such prestigious officials as Robert Trias, head of the U.S.K.A.; the amazing Kang Rhee, a seventh dan black belt; Allen Steen, the instructor of champions; Pat Burluson, the first U.S. National Karate Champion; Hulen Willis, one of the most respected karatekas in the nation; and the noted Jack Hwang.

The day began with Pee Wee and Junior eliminations, and notable amongst this group were two brothers in the eight- through ten-year-old age group. Tom and Tim Conroy from Texas are little short of amazing. Both boys have a variety of polished techniques, and they had to ultimately face each other for first and second place, with Tom besting his brother in one of the finest, true karate matches of the day.

Two other brothers, Dirk and Shawn Harrison (sons of tourney director Jim), also displayed fine technique in taking first and second places, respectively, in the eleven- through -thirteen-year-old bracket.

The white belts, although fighting hard, showed an unusual amount of control, and injuries were virtually nil.

As for the green belt division, the day belonged to Eddie Wong, a student of Roger Carpenter. One of the flashiest fighters around, Eddie continually beat his opponents with his elusive movements and beautiful flying kicks.

Things got a great deal rougher in the brown belt competition. Hard contact seemed to prevail, although the referees tightened up and issued stern warnings. Randy Hollman, the ultimate winner, had a rough day. Meeting such opponents as George Woy, a well-known Kansas City brown belt, Hollman had to continually fight hard, close matches. Much to his credit, he finally overcame not only his opponents, but also the pain of a broken nose to cap top honors.

The women's division brought with it not only pulchritude, but also a high level of disciplined and controlled behavior. Kathy Simmons from Ft. Wayne, Indiana, and Kathy Merriman from Kansas City showed how good women can really be. Kathy Simmons not only showed beautiful form to win kata, but also displayed calm, clever fighting technique to also clinch kumite. Kathy Merriman, who took second, is only a white belt and yet during the eliminations beat a black belt! Given time to gain experience, Miss Merriman will undoubtedly follow in the footsteps of teammate Janet Walgren, the top-ranked woman competitor in the U.S. (see *Action Karate*, Vol. 2, No. 3).

And finally came the black belts. Overall, the fighting was better than this reporter has seen in many years. It is easy to list the winners: Joe Lewis, Grand Champion; Artis Simmons, first place; Bill Wallace, second place; Victor Moore, third place; and Dirk Mosig, fourth place; but those dry statistics do not describe the flesh and blood action.

For example, does that fourth place position tell of the skill of Dirk Mosig? Hardly! Mosig had to start off fighting Roger Carpenter. Carpenter's speed belies his size (6'6"). He is a top competitor capable of using either hands or feet to both off- balance and beat his opponents. Only by "hanging in there" was Mosig able to beat Carpenter. This was even more true of his next match with Ed Daniels. Daniels is probably one of the largest men in karate, weighing in at 285 lbs. Over and over Mosig was thrown to the ground by Daniels, yet always sprang back, offering side kicks and punches in rapid succession to his opponent. Finally, after over five minutes of competition, Mosig slipped in a chest punch to win the match.

Statistics also do not tell of the power and versatility of Vic Moore. Moore is a bold fighter capable of pulling almost anything out of a bottomless bag of tricks. Of note was a flying roundhouse kick which caught one of his earlier opponents, Billy Watson of Texas, flat footed. (Watson's name is no stranger to karate fans, who know him as the top brown belt competitor in the country until his recent promotion to black belt.)

The number one and two men of the evening are consistent fighters. Both

rely on a few well-practiced, sharp attacks to win with. Bill Wallace has a left foot capable of delivering a side kick, roundhouse, or heel kick so fast that often his foot is back on the ground before his opponent knows he's been hit. Wallace was almost checked in his march to the finals by the current Canadian champion Wally Slocki. Slocki, who finds American tournaments generally more demanding and rewarding than Canadian tourneys, is an elusive fighter, who uses a great deal of deceptive body movement to set up fast hand attacks. Wallace and Slocki fought for nearly fifteen minutes with Slocki completely checking Wallace's legs, and with Wallace's strength and speed keeping Slocki off. In the end, Wallace's superior physical conditioning served him in good stead. A tired Slocki, although coming in for a well-set-up back-fist attack, was no match for the simultaneous, hard, counter-back-fist attack of Wallace.

And the champion, Artis Simmons, beat opponent after opponent with seemingly one technique—a reverse punch delivered with the timing and precision of a Swiss watch.

Then, enter Joe Lewis, the defending Grand National champ. Lewis, to earn the right to fight for the Grand Championship, had to fight the third and fourth place finalists.

The sell-out crowd had watched what has already been called the finest fighting to be seen in years, and as Lewis bowed in with Dirk Mosig, no one really expected to see much more. Forty seconds later all two thousand people sat blinking their eyes, wondering if they had actually seen the lightning that is Joe Lewis. Dirk Mosig, who had established himself as a tough man to beat, went down before two reverse punches delivered with a perfection of motion, speed, and strength.

And then it happened—Joe Lewis vs. Victor Moore. Both men came to the tournament with bad blood between them. They had fought twice before and each man had won once. Moore fanned the flames by stepping up to Lewis and not only demanding that Lewis take off the small, gold wedding ring he wore, but also trying to take the ring off! After some delay Lewis removed the ring and the men bowed in. Five seconds later a blood battle ensued with such ferocity that it took seven black belts to separate the two.

It may be understandable, though unforgivable, that two such powerful men could lose control for a few moments in the heat of competition, but there is excuse for what followed. Was it really necessary for Vic Moore to grab a judge's chair and attempt to strike Lewis, like a scene from a bad afternoon wrestling show? Or was it necessary for Lewis, after the match was over, and



(Above left)
Moore complains about
knuckles on Lewis
right hand.

(Above right)
Lewis emphasizes
right hand to Moore.

(Left)
Mike Cofield clashes
with Eddy Wong.

(Below)
Artis Simmons, Bill
Wallace, Vic Moore,
Dirk Mosig.





Kathy Sullivan, Kathy Merriman



Kathy Merriman with front kick short of Kathy Sullivan.



Junior champs — Dick Harrison, Shawn Harrison, Tommy Whiteman.



Pee Wee Champs — Kata, Scott Townsley — Kumite, Tom Conroy, Jim Conroy, Lance Harrison, Al Vensulia.

the men had shaken hands, to spit on his hand and wipe it off on his pants and the floor? And did Moore really have to sit around during Lewis' next match making so much noise that director Jim Harrison had to quiet him down?

After the unscheduled fight and the chair incident, a rule was made that neither man could attack to the head. This was good in that it minimized the risk of another outburst, and yet hindered neither man, as neither use the head as a prime target (Lewis very rarely if ever attacks his opponent's head or face). Once the match began, Lewis methodically kept Moore off and then beat him with a reverse punch and with a defensive side kick.

The Grand Championship Match saw Lewis in all his mastery. Artis Simmons is a brave man, who will seldom give an inch, but he was no serious threat to Lewis. With an economy of motion suddenly interrupted with lightning attacks, Lewis continually either scored or drove his opponent out of bounds. At one point Lewis had the crowd roaring when he attacked Simmons with a combination of kicks and punches that drove Simmons to the end of the four-foot-high fighting platform. Lewis scored at least three possible points and then caught Simmons before he fell off the stage. Joe Lewis is indeed a unique individual.

And so, if a man wants to compete in a tournament that has the prestige, the competition, and the action, let him come to Kansas City next year.

KANSAS CITY GRAND NATIONALS RESULTS

GRAND CHAMPIONSHIP Grand Champion: Joe Lewis

- BLACK BELT
- 1st Place Artis Simmons
- 2nd Place Bill Wallace
- 3rd Place Vic Moore (Moore also won kata)
- 4th Place Dick Mosig
- BROWN BELT
- 1st Place Randy Hollman
- 2nd Place Rudy Fuetez
- GREEN BELT
- 1st Place Eddie Wong
- 2nd Place Mike Cofield
- WHITE BELT
- 1st Place Jim Huebner
- 2nd Place Mark Payne
- JUNIORS 11-13 yrs
- 1st Place Dick Harrison
- 2nd Place Shawn Harrison
- 13-15 yrs
- 1st Place Leonard Hollman
- PEE WEES - 8-10 yrs
- 1st Place Tom Conroy
- 2nd Place Jim Conroy
- WOMEN'S DIVISION
- 1st Place Kathy Simmons
- 2nd Place Kathy Merriman

ACTION KARATE PICTORIAL

EAST COAST SCENE



The officials, without who's help a tournament would be impossible. (Photo Ralph Mazzaro.)



The East Coast vs. West Coast team. (Photo Miller)



Trophy presentation at the East Coast Karate Tournament. (Photo Ralph Mazzaro.)



Louis Delgado jamming Jeff Goldberg.



Joe Hayes in clash with Steve Saunders.

ACTION KARATE PICTORIAL

SALT LAKE WORLD TOURNAMENT



Ed Parker congratulates Al Dacascos and Bill Wallace on there 1st and 2nd place Hibben Swords.



Ralph Castellanos plants kick to Russel Perron.

An impressive line-up of black belt talent.



Russel Perron with flying kick to Ralph Castellanos. (Photos by Scott)



ACTION KARATE PICTORIAL

SAN JOSE TEAM

COMPETITION



The A & B teams of Chuck Norris took first place trophies.



The Ron Marchini Team was a 2nd place winner.



Robert Halliburton with perfect kick to Pat Johnson.



Chuck Norris using control with kick to Kuzo Kurayama. (Photos by McDonnell-Scott)



Al Decascos goes under Jerry Taylor's kick.

THE WOMAN'S GUIDE TO SELF DEFENSE

Editors Note:

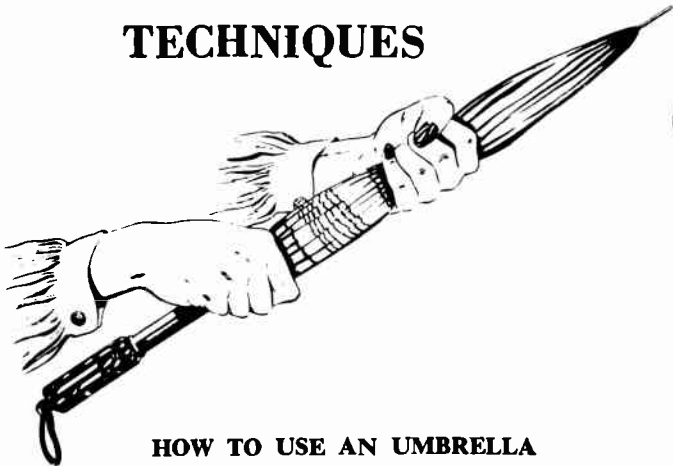
With the kind permission of Mr. Ed Parker, we have reproduced a section of his book, "The Women's Guide for Self Defense". Action Karate will from time to time reproduce sections from other prominent books on karate.

(PERSONAL AND HOUSEHOLD ARTICLES AS WEAPONS)

This course will acquaint you with ways that some ordinary household or personal items can be adopted as weapons. Many household and personal articles are not utilized as potential weapons and an awareness of these articles and their uses as weapons may save your life.

The illustrations depict a girl using an umbrella as a weapon. A staff, which could be a broom, mop, or rake, is also shown. Whatever the technique, it must be remembered that other articles such as a purse, flashlight, iron, etc., can also be used as weapons. Discard ethical practices from your thoughts. If your life is at stake, preserve it in any way you can. You owe it to your loved ones, if not yourself.

TECHNIQUES



HOW TO USE AN UMBRELLA

Illustration shows the student how to use an umbrella. Uses of the umbrella are shown in the following illustrations.

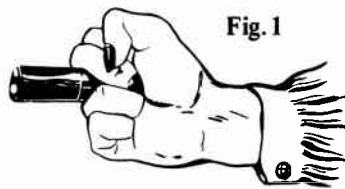


Fig. 1

HOW TO USE A TUBE OF LIPSTICK

Fig. 1

This illustration shows the student how to use a tube of lipstick. One end protrudes as the other is held by the fingers and palm. With a thrusting motion, you could strike to the eyes, throat, temple, or solar-plexus.



Fig. 2

HOW TO USE A COMB

Fig. 2

This illustration shows the student how to use a comb. The comb can be used in a slicing motion to the eyes, face, or throat.



Fig. 3



Fig. 4



Fig. 5

HOW TO USE A BROOM OR STAFF

Fig. 8 Girl holding a staff which could be a broom.

Fig. 9 Step forward with your left foot and thrust the point of the staff into you opponent's solar plexus.

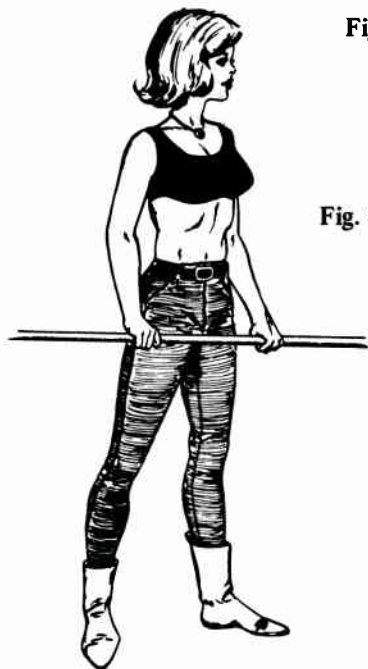


Fig. 8



Fig. 9

Fig. 3 Girl holding an umbrella.

Fig. 4 Step forward with your left foot and thrust the point of the umbrella into the opponent's solar plexus.

Fig. 5 With your right hand, immediately strike opponent's left jaw with the umbrella handle.

Fig. 6 With the left hand have the point of the umbrella strike opponent's right jaw.

Fig. 7 Kneel with right knee and have your right hand drive the handle of the umbrella up and into opponent's groin.



Fig. 6



Fig. 7



Fig. 10



Fig. 11

Fig. 10 Have the point of the staff circle clockwise and strike to your opponent's right temple.

Fig. 11 With your right hand have the other point of the staff strike your opponent's left jaw or temple as you step forward with your right foot.



Fig. 12

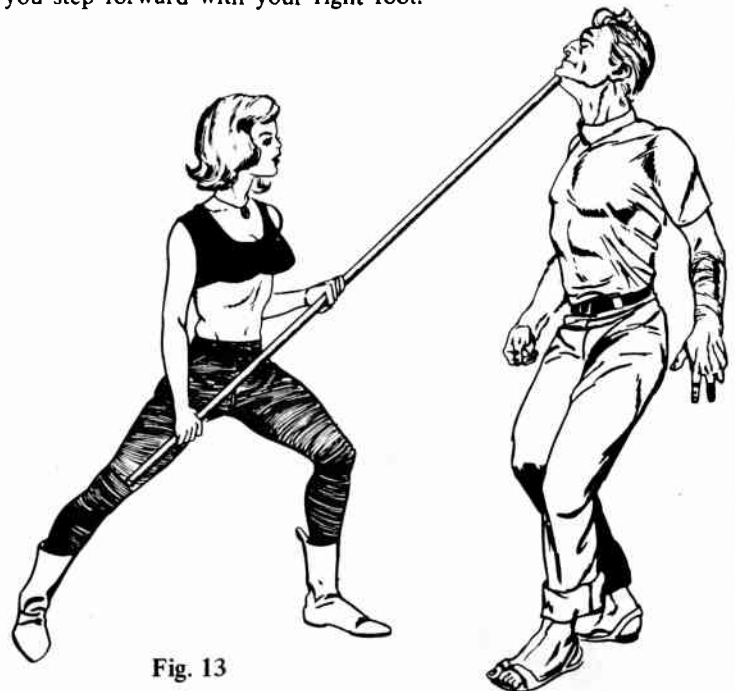


Fig. 13

Fig. 12 This illustrates the point of the staff striking the opponent's left instep.

Fig. 13 An immediate follow-up with the point of the staff up and under your opponent's chin can be an effective counter offense.

NOTE: Again the above technique can be rearranged into another working sequence by interchanging the moves.

AN OLYMPIC SPIRIT

by DR. E.O. SIMON

There is a very remarkable karate studio at Edmonton, Alberta, Canada. The studio provides daily instruction to 100 men and 20 women in the intricacies of karate. The training is rugged.

After entering the studio, you walk into a huge mat-covered gymnasium. The day we visited, the students were seated, waiting for their instructor. The door opened and the entire class rose to pay their brief respect to their sensei, Miss Margie Hilbig.

The first woman in Canada to have earned the black belt degree, Hilbig is a study in contrasts. A beautiful, dark haired, cream-complected woman whose physical appearance is totally feminine (and altogether pleasing), she also has tremendous physical endurance and strength. As if that weren't enough, Hilbig is an extremely intelligent and gifted person. Besides teaching karate, she is an art student at the University of Alberta, Edmonton, where her oils bespeak of an influence by the masters — da Vinci, Michelangelo, et al.

For those who fear that women are

unfairly treated, we are pleased to inform you that here, at least, there is an exception to the rule. In her classes, as elsewhere, she commands the respect of rugged men who obey each of her commands as they would the commands of a male sensei. She earned this respect the hard way.

In 1965, in Salt Lake City, Hilbig competed in a tournament with men. In her determination to compete on the same level as her male competitors, she broke her fist three times. She learned that men can be solid competitors. The men learned that women, at least this one, could operate on any level.

To overcome the physical differences she capitalizes on her strength, physical

abilities, intelligence and extensive experience.

Many black belts in Alberta and Saskatchewan have learned the basic steps and rudiments of karate from Miss Hilbig.

With a light smile, revealing her peaceful nature, she once commented, "men are, after all, taught their first steps in life by women."

Explaining that karate has grown considerably in recent years, she added that one spirit seems to have permeated the world of karate. A spirit wherein participation involves more than simple winning — the Olympic spirit. Margie Hilbig has added to the development and growth of karate.



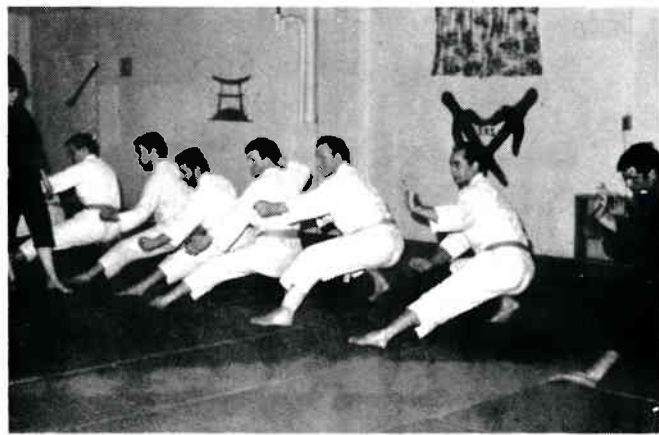
Margie showing her artistic talent.



Demonstrating side kick.



Commanding respect in class.



Instructing the finer points.

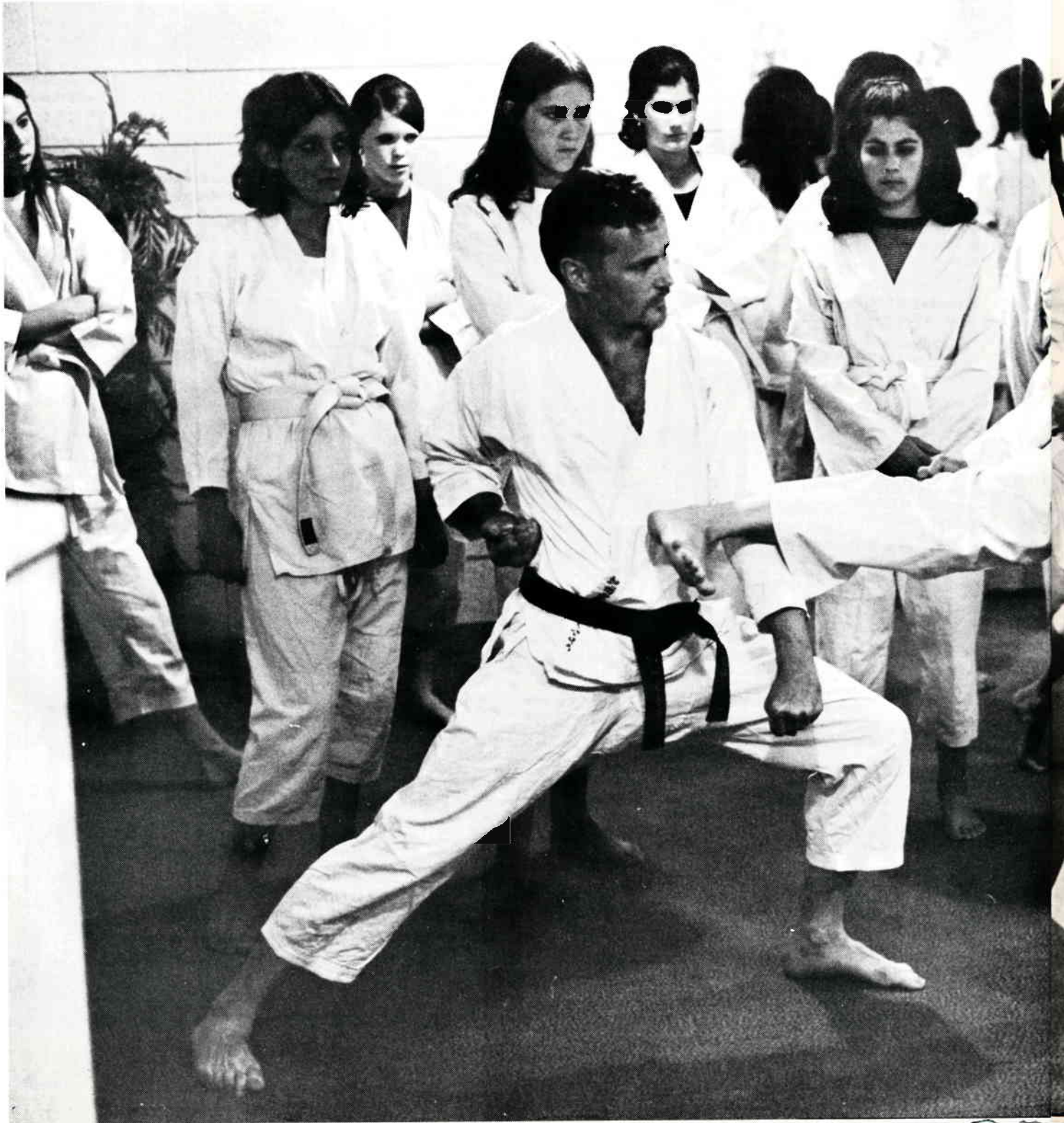
Karate is where you find it. Sometimes, karate makes its appearance in strange places. We were startled, however to find it at the Palos Verdes Charm School.

A short course in self-defense is

conducted by Mr. Ray Malloy (a second degree shotokan black belt under sensei Ohshima), and his beautiful blonde assistant, Judy Arnold (a second-year karate student). In an interview with the

school's proprietress, (Mrs. Anthony) Action Karate learned that she feels karate is not only a means of self-protection and a means of achieving agility. Karate, she said, "provides a tremendous

CHARM SCHOOL



boost to a girl's self-confidence."

Students of the Palos Verdes Charm School are required to train once a week. If they acquire a greater interest, and this frequently happens, instructor Malloy has

additional classes which they may attend. To no one's surprise, a majority of the girls become full-time karate enthusiasts.

With an eye toward providing her charges with a well-balanced

curriculum, Mrs. Anthony has established courses in fencing, ballroom dancing, social etiquette, fashion, weight control, facial and hair care, and, of course, liberal doses of karate.

KARATE

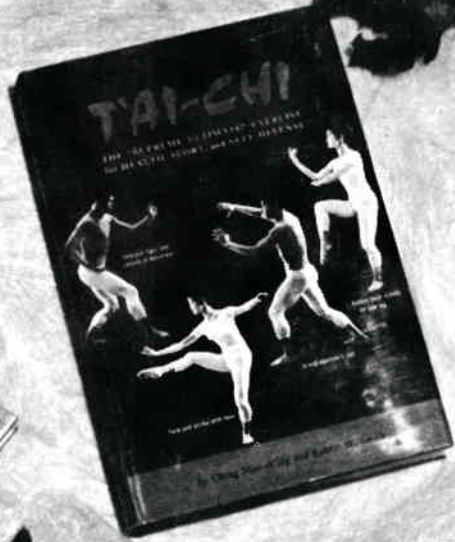
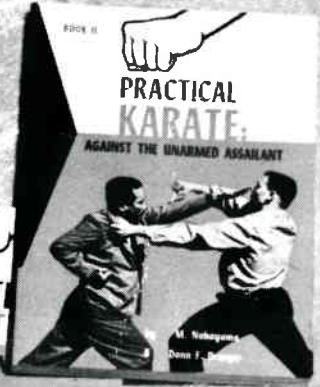
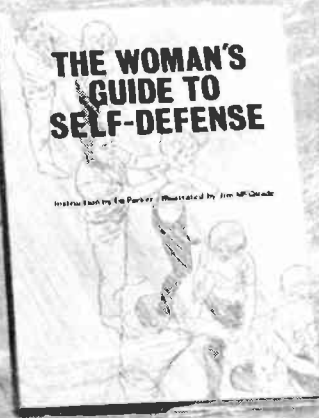
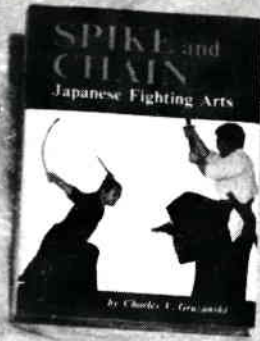


An often related sport, fencing plays an important part in the curriculum.



Fencing with opponents.

Judy Arnold instructing class in kicks. Black belt instructor is Ray Malloy.



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THE DR. SAYS...

Probably the most frequent injury encountered by karatekas, whether due to tournament, dojo, or street fighting, is injury to or fractures of the hands. The most commonly found injury is that of capsulitis of a finger joint, fractures of the 4th or 5th metacarpal neck in which the metacarpal head is depressed or dorsally angulated into the palm of the hand (boxer's) fracture are the more frequent. Rarely is the injury the result of the force of the blow delivered, but rather the angle of the hand at the time of impact. This results from the hand being in a relaxed status or improper hand conditioning.

In our karate training, we have been taught to deliver a well focused, maximum blow. The forearm, wrist, and metacarpals (the bones in the hand), should lie in a straight line and the focus of impact, or contact area, is that of the third metacarpal head. Structurally, this is a truism and applies whether the blow is delivered in a forward manner or as a back fist. What happens is that the forward blow is delivered with a semi-clenched fist. The back fist is delivered with an angle allowing the 4th and 5th metacarpal heads to strike first, thus snapping off the heads by internal forces rather than by impact force.

It is fairly easy to observe the accuracy of a beginner's blows, as his speed of delivery is such that the eye can evaluate his motions. As the student progresses, and the speed of delivery increases, this evaluation becomes more difficult. The fact that the student is not actually striking and feeling the impact of his blows indirectly allows him to experience a false confidence which ultimately can result in the injuries described above.

In karate we generally play at the game, coming close, but never striking our opponent. We concentrate on speed, agility, chops, punches, eye pokes, back knuckles, etc., and we are told of the devastating effect these have on our opponent. We seldom realize, however, what effect these may have on us if delivered incorrectly.

I know one sensei, for whom I have great respect, who will not engage in breaking boards, or bricks. His explanation, "Why should I? I've never been attacked by a tree or wall". Of course, he is correct insofar as the statement goes, but my answer is that this passive demonstration will provide the karateka with the confidence his art demands. He will be all the more aware of his powers without injury to himself or an opponent.

Assume, for example, that without usage of a pickaxe you daily go through the motions of swinging the axe against an imaginary object. Each day you increase speed and coordination. One day you actually take a pickaxe in hand, go through the same motions, and then notice that there are blisters on your palm, an ache in your shoulders and back. How much



By Victor Scholz, M.D.

more realistic to have originally used the pickaxe, developed callouses, accustomed the shoulder and back muscles to actuality. In most dojos I have visited I have never seen a Makawara board, a heavy punching bag, or any kind of contact developing apparatus.

With the foregoing in mind I would like to recommend the following procedures for any serious student:

1. Each student should practice the various punches on a Makawara board or heavy bag and progressively increase the speed and force of delivery.
2. This should be done gradually so as to allow the normal physiological changes that nature makes to proceed in an orderly manner.
3. Should injury occur, reasonable time should be allowed for the injury to heal.
4. The correctness of form must be constantly practiced. Speed will develop as a matter of course.

Almost everything in this article reflects the care and conditioning of hands. It should be understood that almost everything that applies to the hands applies equally to the feet.

East Coast Potpourri

by Aaron Banks

Karate Championships at Manhattan Center: An event billed as a karate tournament ended up as an exhibition of the martial arts. The real tournament was among the spectators; 7:00 a.m. to 10:00 p.m. with no break! That can give you a real pain ... Moses Powell, Ronald Duncan, and George Cofield deserve kudos for putting on demonstrations of such superior performance that the audience responded wildly. Real showmanship ... Fred Hamilton continues to jump into the ring to complain about calls against his students. That may demonstrate a very genuine concern for and loyalty to his students — but, there are more gentlemanly (and effective) ways of handling grievances ... Joe Hayes walked out of the tournament after winning his first match in the eliminations. He complains there are too many teachers giving unnecessary points to their own students. He also alleges poor judging and refereeing. Joe

has a point. The day will one day dawn when students in open competition will do so without their teachers to advise or function as referees. One day we may have professional referees without school affiliation. In the meantime, we suggest you do your best. The spectators can see what's happening and they will react by supporting or not supporting such events. That's economic pressure and it usually produces results. What happens when you simply walk-out? Nothing much ... One last comment on this and most other tournaments. Continuing the attitude of the public-bemadned can only mean the further decline of tournaments and karate. Who are the spectators at almost any sporting event? Families of the contestants? Who watches football, basketball, tennis matches, etc? The public. Who sits in the spectator seats at karate tournaments? Right! Guess who's making money?

Personalities in East-Coast Karate: Joe Hayes is considered a possible contender for Chuck Norris' crown in November ... Frank Ruiz defended his student from disqualification after his student knocked out his opponent TWICE. What price glory? ... At the Second Professional Bouts, James Santiago will fight Skipper Mullins for

the lightweight championship presently held by the latter. Should prove very exciting ... Chuck Merriman (Orient vs American kata champion) refuses to compete in tournaments. Says cheating is too much. Perhaps ... Tadashi Nakamura can be seen shaking his head in utter disbelief at judging and refereeing. Join the club, Sensei ... Karate has a Mickey Mantle. Ed McGrath, the Voice of Karate and a great guy, fractured the vertebra in his neck. Get well soon; we need you ... A man to keep your eye on is Johnny Kuhl. He has done more to promote karate on the East Coast than a lot of others we could name -- who should but don't.

Bad News Department: It is with great regret that we announce the retirement of Gary Alexander from the tournament scene. With his retirement go the East Coast Open and United States Open. Gary's enthusiasm, skill, and integrity will be profoundly missed.

Chopping Block

Continued From Page 7

moves, KATA components, all demonstrable or inferred variables therefrom could be analyzed coded, and computer processed.

Thus many constants, redundancies, patterns, profiles, and trends could be isolated and identified; this could be of benefit in creating an eclectic American karate style. I think ACTION KARATE could do a great service toward the national development of an American style by planning, organizing, supervising, and coordinating a computer survey of all national styles and sub-styles. The data obtained could be a valuable contribution to the future of American Karate.

Sincerely your,
Richard Hayes

Mr. Hayes' thought-provoking comments may, at first glance, seem too ambitious. Although a computer program might prove a substantial expense, Action Karate will explore the possibilities of a data retrieval system and will report our findings as they become available. Such information, however, will not be easy to secure, nor are we willing to promise any results. Suffice it to say we will give the suggestion the consideration it deserves.

Continued Next Column



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Gentlemen:

Perhaps you would consider using the pages of your excellent publication to help us disseminate some information. There has been a great deal of confusion about the Kajukenbo organization in Northern California, and we would like to clear the air now as to which and who is who.

There are two separate organizations under the Kajukenbo system. Both wear the same emblems and coat of arms, designed by Mr. Al J. Dacascos. One of these organizations is the KAJUKENBO ASSOCIATION OF AMERICA INC, (K.A.A.) headed by Charles Gaylord, and Tony Ramos. This organization established as an independent organization on February 1, 1967 by C. Gaylord, T. Ramos, J. Halbuna, A. Reyes, and G. Vargas.

In August 1968 and November 1968, Mr. Al Reyes and Mr. Al J. Dacascos resigned from the K.A.A. organized and chartered directly under Professor A.D. Emperado, founder and originator of the Kajukenbo style for self defense and the KAJUKENBO SELF DEFENSE INSTITUTE OF HAWAII INC. on February 1, 1969. Thus the formation of the INTERNATIONAL KAJUKENBO ASSOCIATION came to be with its main office in Suisun City, California.

The roots of this organization are the Kajukenbo Self Defense Institute of Kajukenbo Self Defense Institute of Hawaii (K.S.D.I.), which was started in early 1947 by A.D. Emperado, P.Y.Y. Choo, F. Ordonez, J. Holek, and C. Chang. Together, they perfected the unique school of the Kajukenbo system, kenpo-karate. A second school followed much later in early 1960 with the introduction of ch'uan fa-gung fu or kenpogung fu thru Mr. Al Dela Cruz, Al J. Dacascos and Prf. Emperado.

Although both organizations, the INTERNATIONAL KAJUKENBO ASSOCIATION (I.K.A.) and the KAJUKENBO ASSOCIATION of AMERICA INC. (K.A.A.) are independent of each other, both seek the same goals of promoting and bettering the Oriental Martial Arts.

Very truly yours,
Glenn Abrescy

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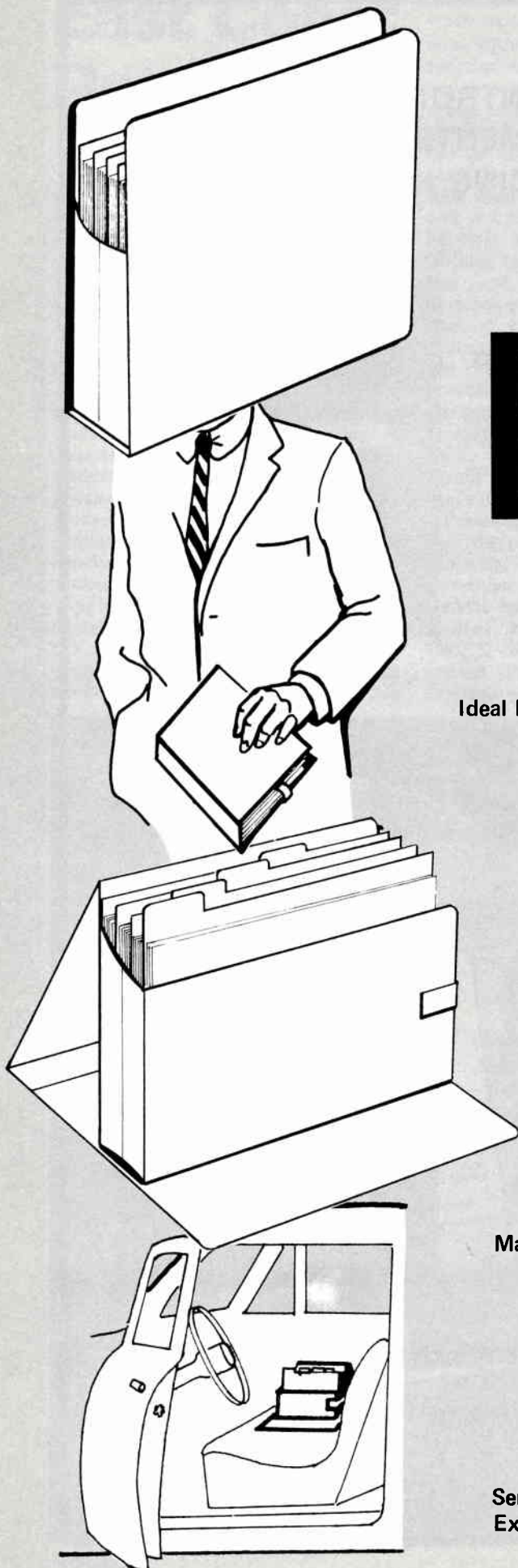
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Littletons Gym, 304 Conti, Mobile, 432-9157

Oriental Self Defense School, 935 South Court, Montgomery, 269-4108

ALASKA

Clear Martial Arts Kai, P.O. Box 56 or 69, Clear

Jake Cabuag's Kenpo Karate, P.O. Box 175, Ketchikan 99901

ARIZONA

Arizona Judo Uydanshakai, 223 Garfield, Tempe, 946-1839

Arizona Karate Ass., 2929 No. 28th St. Phoenix, 956-2730

Dick Smith Judo Club, 2001 E. Campbell Ave. Phoenix, 274-1402

Karate Inc., 1301 E. McDowell, Phoenix

Koden-Kan of Tuscon, 4207 E. 22, Tucson, 327-6162

Mack's Boys Gym, 5803 N. 7th St. Phoenix

Miller Jim, 3061 Palmaire, Yuma

Rendokan Judo Dojo, 406 S. Plumer Ave. Tucson, 624-5915

Thunderbird School of Judo, 4801 E. Indian School Rd., Phoenix 959-161

Traco International Kenpo Karate, 3119 N. Central Ave., Phoenix 264-2893

Traco International Kenpo Karate, 2200 No. Scottsdale Rd., Scottsdale, 945-6383

Traco Internacional Kenpo Karate, 114 W. 1st. Ave. Mesa, 962-1461

Traco Internacional Kenpo Karate, 6811 N. 57th Ave., Glendale, 934-7591

Traco IKKA Kenpo Karate, 2644 Speedway Blvd., Tucson, 326-2960

Trias Inter. Inst. of Karate, 909 E. McDowell Rd., Phoenix, 252-0915

University Health Club, 2000 E. Speedway Blvd., Tucson

Yuma Self Defense Club, 2355 W. Claxton, Yuma

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Academy of Martial Arts (Isshinryu), 308 E., Cedar, El Dorado, 717-30, UN 396-48

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Academy of Judo, 17472 Ventura Blvd., Encino, 788-1914

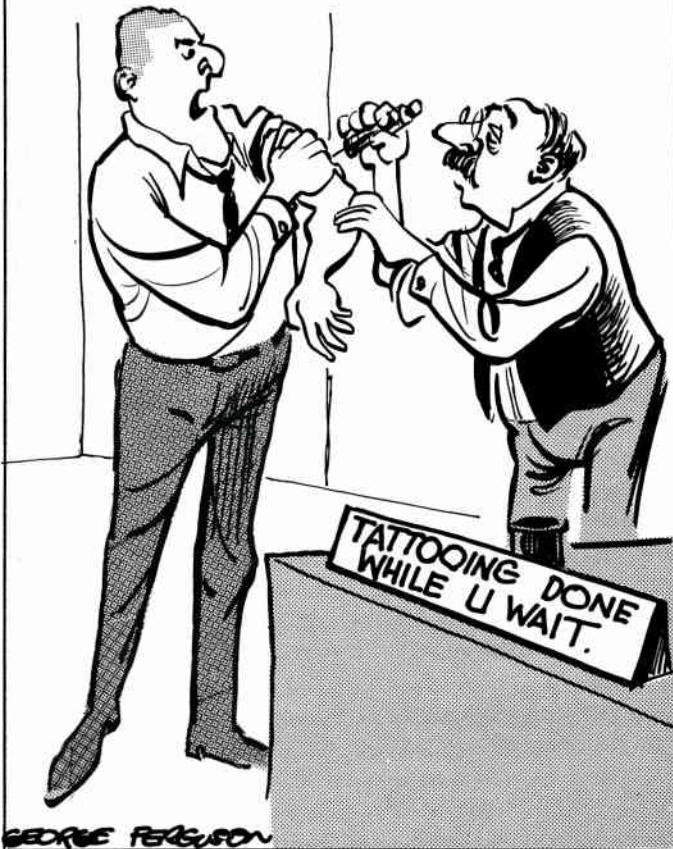
Academy of Judo & Karate, 502 S. Harbor Blvd., Fullerton, 525-0873

'CHARLIE, YOU KNOW I WOULDN'T DO THIS ORDINARILY - IT'S JUST UNTIL I GET MY NEW MEAT CLEAVER.'



GEORGE FERGUSON

I KNOW A KARATEKA IS A DEADLY WEAPON, BUT, A SERIAL NUMBER —?



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ia St., Sepulveda, 894-2222**

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Stockton 95204

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Bae Chun Soon, Tae Kwa Do Chung Do Kwan, 600 Long Beach Blvd.
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Bakersfield Judo Club, 1615 N. St., Bakersfield, 325-9524

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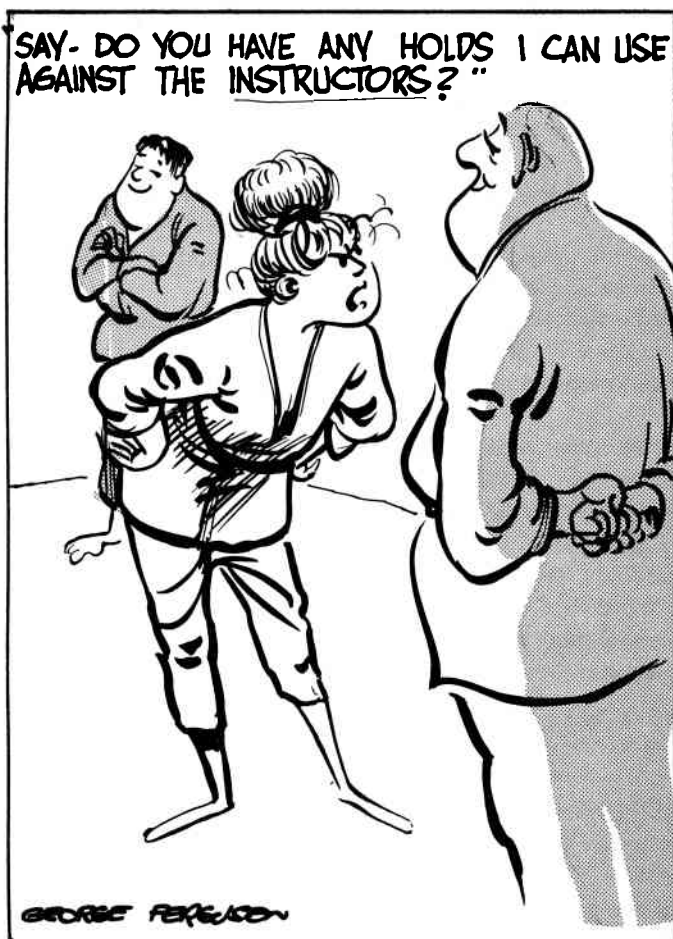
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Pung Paul, 528 Vistacion St., San Francisco

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Resplcio, Larry, 15406 So. Western Ave., Gardena 90207

Reyes Al, Suisun Self Defense Institute, 1919 San Benito St., San Francisco 94122

Richard Walt Jr., 4117 Hawkins St., Fremont 94538

Rigor Sidney, 420 "J" St., Watsonville 95076

Robertson, John, Youth Development Assoc., P.O. Box 1025, Chula Vista 92012

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Robert's School of Kenpo Karate, 22619 Mission Blvd., Hayward 581-2206

Ryu Dojo, 5961 Lankershim Blvd. North Hollywood, 762-0713

San Leandro Judo & Karate School, 1986 Lewelling Blvd., San Leandro, 351-5635

Scalerchio Frank, Mu Oak Kwan Korean Tae Kwan Do, 1219 Janet Way, Santa Rosa

School of Chinese Kenpo, 16548 E. 14th St., San Leandro, 276-8766

School of Self Defense, 230 W. Olive, Burbank, 842-4323

School of Self Defense, 458 Santa Clara Ave., Oakland, 893-7640

Selgikan Karate, 3213 W. 17th St., L.A., 731-4477

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Shorin Ryu Karate-Do, 3607 Maple St., Oakland

Short Willie, Kobayashi Karate, 8711 S. Western Ave., L.A.

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Stewart Andy, c/o Shoto-Kai Karate Dojo, 131 W. 17th St. Santa Ana

Stockton Mooduk Kwan, 1660 W. Sonoma, Stockton

Stone Mike, 10796 Los Alamitos Blvd., Los Alamitos 90720

Suisun Self Defense Institute, 707 Main, Suisun 425-9902

Sun, Youn Ik, 230 W. Olive, Burbank

Swartzendruber David, 114 Coronado, N.A.S., Lemoore

Tackett Tim, School of Chinese Karate, 919 Thomas Ave., Redlands

Tai-Chi Chuan, P.O. Box 5542, San Francisco

Tang Soo Do Karate School, 3632 University Ave., San Diego, 284-9524

Tang Soo Do Karate Club, Mariano Estioko, 8831 Garber Rd., Sacramento

Tegner Bruce Karate, 5910 Sunset, L.A., 452-9222

Toth Mrs. K., 2427 Dashwood St., Lakewood 90712

Tracy's Kenpo Karate Studio, 6148 Magnolia, Riverside

Tracy's Kenpo Karate Studio, 440 W. Highland, San Bernardino TU 657-13

Travis AFB Shudo Kan Karate Club, SMSG Carl Lange Bldg., 230, Travis AFB

Tracy's Kenpo Karate Studios, 3030 El Cajon Blvd., San Diego

Jim Trevino's Kenpo Karate Self Defense Studio, 248 W. San Carlos St. San Jose 95110

University Karate Club, 1917 University St., Berkeley

United Oriental Arts Club, Chris Armstrong, 15329 Parthenia St., Sepulveda, 894-2222

Urquidez Arnold, 13807 Wingo St., Arleta

Venice Judo Club, 12448 Braddock Dr., L.A., 391-3229

Wah Que Kung-Fu Studio, 302 Ord St., L.A.

Way of Japan (Shotokan), Jim Arwood (Robert Halliburton), 2417 E. Belmont Ave., Fresno

Weisbrot Herbert, 6917 Woodlake Ave., Canoga Park 91304

Wilson Mike, 1108 Grove Center St., West Covina 91790

Ark Y. Wong, 718 No. Broadway, L.A.

West Valley Judo Club, 20931 Roscoe, Canoga Park, 341-9162

Young's Karate School, 332 Balboa, San Francisco, 752-2863

Youth Development Karate School, 315 rrd St., Chula Vista, 427-1920

COLORADO

Air Force Academy Tae Kwon Do, U'S'A'F' Academy, Colorado Springs

American Judo College, 1995 S. Bannock, Denver, 744-1677

American Karate School, 1114 Pearl St., Boulder, 443-6830

American Tae Kwon Do Academy, 2810 Madison, Denver, 322-3186

American Tae Kwon Do Academy, 2810 Madison, Denver, 322-3186

Denver School of Judo, 2020 Arapahoe St., Denver, 244-9909

Ralph Krause, 6240 Holly St., Commerce City 80022

Ralph Krause's Se-11 Korean Karate, P.O. Box 16745, Denver, 388-4681

**Rocky Mtn., Tae Kwon Do Assn., 7023 Colfax Ave., Denver,
388-1143**

Western Tae Kwon Do Club, 1903 East Cache La Poudre, Colorado
Springs

CONNECTICUT

Academy of Judo, 1717 Barnum Ave., Bridgeport, 336-0188

Academy of Karate, 323 Frost Rd., Waterbury, 756-5615

Paul Arel's Kyo Kushinkai Karate Club, 10 Madison Rd., Glastonbury
06093

Association of Korean Martial Arts, 133 Maln St., Oakville

Bridgeport Health Club, 1223 Main, Bridgeport, 334-9716

Central Karate Club, 11 West Main St., Plansville

Connecticut Karate Assn., 31 Broadway, New Haven, 777-2822

Conn. Judo Academy, 491 Farmington Ave., Hartford, 233-9017

Conn. Martial Art Association, 110 Elm St., Danbury, 748-2241
744-3722

Cromwell School of Judo, West St., Cromwell, 346-6551

Hartford Judo Club, 380 Hudson, Hartford, 246-9253

Jocis Judo School, 101 Carlson Ave., Bridgeport, 372-9281

Karate Dojo Center, 54 Golden Hill, Bridgeport, 368-0022

Mattson Academy of Karate, 464 Farmington, Hartford

New Britain Karate School, 191 Arch, New Britain, 223-9058

North East Karate Association, 1141 New Britain Ave., West Hartford

School of Gentle Way, 33 Bloomfield Ave., Hartford, 688-8593

Shorin Ryu Karate, 27½ Silver St., Middletown, 346-4548

Shuan School of Karate, 205 Main St., Danbury, 743-9392

Stamford School of Self Defense, 91 Prospect, Stamford, 325-3555

Tang Soo Do Karate, 78 Alexander Ave., Waterbury, 756-6798

White Plains School of Self Defense, 117 Main St., White Plains,
761-9690

Yamasaki Judo School, 1404 Walley Ave., New Haven. 389-4422

Frank Zaccagnini, Connecticut Martial Arts Assoc., 110 Elm St.,
Danbury 06810, 748-2242

DELAWARE

Wilmington School of Karate, Selshin Kai Karate Union, 2712

Kirkwood Hwy., Wilmington 19808, 994-7610 or 998-0985

FLORIDA

Academy of Martial Arts (Isshinryu) 1701-C Danford Ave.,

Panama City 32401, 763-0637

Beach Hill Judo Academy, 1631 St. Clair, Jacksonville,
387-5173

Hollywood Judo Inc., 2035 Harrison St., Hollywood, 922-8344

Institute of Tae Kwon Do, 1332 University Blvd., N.

Jacksonville, 721-0900

Johns Karate Club, 2710 S. Orange Blossom Lane, Orlando

Karado Karate Academy, 1772 S. Congress, West Palm Beach

Kempo Karate School, 3805 Navy Blvd., Pensacola, 456-1982

Kodokan Judo Club, 9905 Ridge Blvd., Jacksonville, 768-9846

Jack Motley's School of Tae Kwon Do, 4001 North Palafox, Pensacola,
32505

Mr. Dirk Moslg, Universal Karate Dojo (U.S.K.A.), P.O. Box 12934

Univ. Station, Gainesville 32601, 378-4126

GEORGIA

American Karate Institute, Inc., 2269 Peachtree Rd. N.E., Atlanta
30309

Central Georgia Karate School, 426 Popular St., Griffen, 227-2549

Eddie Karate Studio, 586 Broadway, Augusta, 724-5021

Highland Karate School, 818 N. Highland Ave., N.E., Atlanta, 876-0414

Karate Black Belt Assn., 1431 Norman Berry Drive, East Point,
767-8684

Kim Institute of Self Defense, 1034 N. Highland Ave., N.E. Atlanta,
875-2962

Valdosta Karate Club, 404 S. Patterson St., Valdosta, 242-2453

HAWAII

Callejo Karate Kai, 87223 Heleuma St., Waianae, 611-604

Callejo Karate Kai, William J. Louis, 46-115 Ohala Pl.,

Kaneohe, Oahu 96744, 247-5035

Mr. Albert Empron, Tenjin Kan (Okinawan Shobukan),

1223 Koko Head Ave., Honolulu 96816

William A. Gella, 94-375 Kahuawai St., Waipahu, Oahu 96797

Godin's School of Self-Defense, 913 Waimanu St., Honolulu, 589-990

International Karate Federation (C. Kotaka), 1418 Kewalo St., No. 3A,
Honolulu

Japan International Karate Center, 848 B.S. Beretania, Honolulu,
568-996

Kaimuki Judo Club, 3454 Kaau, Honolulu, 775-866

Karate Federation of Hawaii, 428 C Chicago Ave., Aiea-Halawa, Oahu

Okinawa Shorin-ryu Karate Association, Sensei Pat Nakata, 1009

Waimano St., Honolulu 96814, 533-4677

Tiwanak's Kenpo Karate, Benny Lagrimas, 3810 Leahy Ave., Honolulu,
96819

Tiwanak's Kenpo Karate, Tommy Torado, 99126 Puakala St., Aiea,
Oahu, 96701

Tobosa's Kaji Kumf of Self Defense, 91-1022 Ikulani St., Ewa Beach,
686-028

IDAHO

Boise School of Self Defense, 612 No. Orchard, Boise, 344-2112

Calumet Karate Center, 12639 S. Laffin, Calumet Park, 389-3600

ILLINOIS

Academy of Martial Arts, 460 Garfield Ave., Aurora, 892-3804

Academy of Self Defense, 7168 W. Grand Ave., Chicago, 637-8021

Academy of Samura's Warriors, 3022 W. 63rd. St., Chicago 60629

American Self Protection Assn., 4228 Du Boise Blvd., Brookfield,
458-1924

**Chicago Judo & Karate Center, 7202 So. Ashland, (312) TR
312-43**

Chicago Metropolitan Y.M.C.A. Karate Assn., Dunkan "Y" Head-
quarters, 1515 W. Monroe, Chicago 60607

Chi Academy of Martial Arts, 3508 S. Halsted St., Chicago, 528-7631

Chucks Karate Club, 6601 State St., St. Louis, 62203

Elgin Karate School, 5 South Spring St., Elgin 695-5434

Great Lakes Karate Assoc., 1112 Bryn Mawr Ave., Chicago

Hyde Park Center, 1400 E. 53rd. St., Chicago 60615

Illinois Aikido Club, 3223 N. Clark St., Chicago, 281-9607

Japan Karate Assn., 854 Madison Ave., Oak Park, 385-4334

Ju-Keren Karate Centers, 7110 W. Higgins, Chicago, 60656

Joliet School of Martial Arts, 368 W., Jefferson, Joliet

Karate Assn., of Skokie, 8058 Lincoln Ave., Skokie, 679-0557

Kai Tatsu School of Martial Arts, 1107 A E. St. Chase Rd., Lombard,
634-1555

Jim Koncevic, 7902 S. Ashland, Chicago, 60620

Military Art Institute, 2440 N. Lincoln Ave., Chicago, 472-3564

Parker Karate School, 3030 N. Central Ave., Chicago, 622-5955

School of Syama, Coyne Center, Milan, 787-4818

Shindo Kan School of Judo, 8527 S. Stony Island, Chicago, 374-1711

Shorin Ryu Karate School, 3449 W. Irving Park, Chicago, 463-5228

Tri City Karate Center, 5814 Cermak, Chicago, 656-2600

Peoria College of Karate, 716 West Maln, Peoria

Tri-City Judo & Karate, 3109 W. Devon Ave., Chicago, 60645

West Side Karate & Art Center, 3333 W. Washington, Chicago, 60624

INDIANA

Chi Do Kwan Karate School, 102 Colonial Court, Newburgh, 47630

Chi Do Kwan Karate Club, Ball State University, Box 98, Edwards Hall,

**Daemyung Judo Karate Health Club, 421 W. California Rd.
Fort Wayne**

Indiana Karate Center, 5268 Hohman, Hammond, 932-5533
Isshinryu Karate Assoc., 206 So. Main St., Kokomo, 46901, 453-3139
Kauden Karate Club, 2016 Berkley Plaza, South Bend
Kokomo Martial Arts Inst., 206 S. Main St., Kokomo
Komakai Academy of Judo & Karate, , 2301 Main St., Anderson
Okinawan Karate Center, 101 N. Union St., Kokomo
Olympic Karate Inst., 3984 Broadway, Gary, 887-8614

**Tae Kwon Do Karate Assn., 2644 Heidelberg Ave., Evansville,
425-0401**

Tai Ryu School of Karate, 101 1/2 S. Main, Southbend, 255-4570
Tai Jutsu Aikido, 113 W. Monroe, Southbend, 287-5612

IOWA

Des Moines Karate School, 1425 Walnut, Des Moines, 288-1959

KANSAS

Harrison Jim, Bushidokan, 3851 W. 95th Terr., Overland

Jayhawk Karate Academy, 5019 Leavenworth Rd., Kansas City, 66104
School of Karate Roger Carpenter, 1230 McCormick, Wichita,
AM 4-1422

The JudoKan, 1729 W. Douglas St., Wichita

Topeka Karate Acad., 1511 Huntson, Topeka, 351-9701

KENTUCKY

Louisville Karate School, 3208 Preston Highway, Louisville,
40213, 637-6807

**University of Kentucky Karate Club, P.O. Box 4923,
Lexington**

LONG ISLAND

Black Belt Karate School Inc., 3350 Long Beach Rd., Oceanside,
(516) 766-8808 p.m. 887-2100 a.m.

Samurai Club, Hofstra University, Hempstead

Long Island Jae Kwan-Do Inc., 10 Salem Ridge Dr., Huntington
516-8606

LOUISIANA

Academy of Martial Arts, Alexandria Community Center, Alexandria
All American Karate Assn., 2705 S. Broadway, New Orleans, 822-1798
Ben's Judo Club, 3925 Delhi Met., New Orleans, 835-6330
Calcasieu Karate Club, 1112 Railroad Ave., Lake Charles, 436-7270
Crescent City Karate Clubs, 709 Jackson Ave., New Orleans, 532-8367
524 Met Road, New Orleans, 835-9207
Dixie National Karate Association, Louisiana Tech, Box 5567 T.S.,
Ruston 71270

Golden Dragon Judo School, 5523 Airline Hy., Baton Rouge, 357-4116

Harry Brace's Karate School, 4315 Common, Lake Charles, 477-5304

Louisiana Judo Club, 240 Burgundy, New Orleans, 524-1404

MARYLAND

R. Collins Beltsville Academy of Karate, 11104 Baltimore Blvd.,
Beltsville, 474-5813

East Coast Bando Assn., 711 Hudson Ave., Takoma Park

Gojuryu Karate Club of Baltimore, 4638 Freedom Way West,
Baltimore 21213, 488-5812

F. Conde's Oriental Defensive Arts Assn. Inc., 3556 S. Hanover,
Baltimore. Member UKS, 355-9693

R. Hawkin's Avengers Club, 731 E. 20th St., Baltimore, 728-9507

Holiday Health Center, 5343 Park Heights Ave., Baltimore

Isshinryu Karate Club, Holy Hall, Elkton

Isshinryu Karate Club, 132 E. Main St., Salisbury, 742-8358

Isshinryu Karate Club, Carey Ave.—Route 7, Salisbury 21801,
742-8358

Judo Inc., 1524 York Rd., Baltimore, 825-4065

Judo Inc., of Maryland, 1539 N. Calvert, Baltimore, 752-2548

Kenpo Karate School, 3533 Belair Rd., Baltimore, 21213
Moo Duk Kwan Studio, Georgia Ave., Silver Springs, 585-2180

MASSACHUSETTS

Academy of Kachi, 390 S. Main St., Fall River, 672-4043

Academy of Karate, 297 Dartmouth, New Bedford, 993-3364

Academy of Ket Sugo, 133 Summer St., Boston, 423-4994

Academy of Physical & Social Development, 1240 Boylston St.,
Brookline

Athletic Training Center, 18 Bailey Pl., Newton, 969-7080

Bay State Judo Club, 12 Apple Grath, Newton, 322-5047

Bushidokai Karate, 29 Forest St., Medford, 395-9746

**Far East Inst., of Karate, 303 Columbus Ave., Boston,
267-825**

Far East Inst. of Karate, 164 Lincoln St., Boston 02111

Far East Institute of Karate, 24 Main St., Haverhill, 372-9836

Henry Say's School of Karate, 54 Canal St., Holyoke

Mattson Academy of Karate, 26 Summer, Natick, 653-9700

Mattson Academy of Karate, 871 Washington St., Braintree

Mattson School of Karate, 3 Hancock St., Boston

Morton Goldberg, 17 Emerson St., Newton

Nishimoto School of Judo, 8 Bigelow, Cambridge, 354-0689

Norwood Health Club, 724 Washington, Norwood, 769-3888

Okinawa Karate Academy, 58 Mechanic St., Marlboro, 485-9733

Okinawan School of Karate, 62 Nason St., Maynard, Seishin-Kai
Member School, 263-2196

Okinawan Karate-Do Academy, A. Mirakian, 129 Mt. Auburn St.,
Watertown, 923-2338

Okinawan Karate Dojo, 20 Charlotte St., Dorchester

**Okinawan School of Karate, Corner High & Church Sts.,
Clinton**

Okinawan School of Karate, , Corner High & Church Sts., Clinton

Shodokan Dojo, 438 Humphrey St., Swampscott

Shorin Ryu Karate, 166 School St., Everett

Tohoku Judo, 30 Temple St., Somerville, 623-9075

Ventresca Karate Studio, 137 Pearl St., Boston, 426-1441

MICHIGAN

Academy of Martial Arts, 20 College Dr., Auburn Heights

Academy of Martial Arts, 5640 Williams Lake Rd., Drayton Plains
48020

Academy of Martial Arts Inc., (Isshinryu) 16213 W. 7 Mile Rd.,
Detroit, 48235

American Karate Assoc., No. 1 Evanston Ave., Muskegan, 773-9770

American Chi-Do-Kwan Assn., H.Q. (N.A.K.A.), 1101 Evanston Ave.,
Muskegan, 49442, 773-8833

**American Chi-Do-Kwan Assn., (N.A.K.A.), 17 S. Second St., Y.M.C.A.
Grand Haven**

American Chi-Do-Kwan Assoc., (N.A.K.A.), 2131 S. Division St.,
Grand Rapids, 48207

American Chi-Do-Kwan Assn., (N.A.K.A.), 102 Colonial Court,
Newburgh, 47630

Budokan Judo Club, 16862 Joy Rd., Dearborn

Detroit Judo Club, 15351 Livernois, Detroit

Grand Rapids Judo School, 1014 Franklin S.E., Grand Rapids

Grand Haven Y.M.C.A. Chi-Do-Kwan, Grand Haven

Horton Academy of Karate, 2103 E. Main Street, Kalamazoo

Judo Club of Mt. Clemons, 51 1/2 N. Walnut, Mt. Clemons

Korean Karate Clubs, 8479 8 Mile, Warren

Korean Karate Club, 29250 Van Lean, Warren, 48092

Korean Tae Kwon Do Assoc., of America, 2363 West Jefferson,
Trenton, 48183

Michigan Martial Arts, 900 W. Saginaw, Lansing 48910
Michigan State University Karate Club, 150 Intermural Blvd.,
East Lansing
Michigan Tae Kwon Do Assoc., 301 S. Main, Royal Oak
North Eastern YMCA, 10100 Harper Ave., Detroit
Saginaw Judo Club, 1623 State St., Saginaw
Saginaw Karate Club, 1623 State St., Saginaw, 48602, 793-6565
Tae Kwon Do Ass., 17680 Wyoming St., Detroit
University of Michigan Karate Club, Waterman Blvd., University of
Michigan, Ann Arbor

MINNESOTA

Duluth Karate School, 213 E. Superior St., Duluth, 55802, 727-9698
Karate Self Defense School, 10 W. Lake, Minneapolis
Karate Center Inc., 3045 Nicollet Ave., Minneapolis
Midwest Karate Assn., Inc., 900 Hennis Ave., Minneapolis
Moorhead Karate School, 200 South 5th St., Moorhead, 233-9898
World of Self Defense, 4361 Mahaha Ave., Minneapolis

MISSISSIPPI

Isshinryu Karate Assn., 1927 Ventura Dr., Jackson
Dixie National Karate Assn., Aidie Smith, 1611 Woodburn St.,
Jackson, 39212

MISSOURI

Bushidokan Self Defense Academy, 8910 E. New 40 Hy. Independence

Frank Brewster Self Defense School, 9525 Lackland Rd., Overland
Go-No-Sen Karate Assn., Page Park, Y.M.C.A., 5555 Page Blvd.,
St. Louis

Robert Yarnall's School of Karate, 3530 Gravois St., St. Louis
Shudo Kan Karate Club, 2605 Gravois, St. Louis

MONTANA

Maurer Lee, 220 N. 24 St., Billings 59101
Montana YMCA Karate Club, 402 N. 32nd. St., Billings

NEBRASKA

Bel Aire Karate School, 12100 W. Center Rd., Omaha
Midwestern Karate School, 1240 S. 13 st., Omaha

NEVADA

David German's Karate School, 1814 E. Charlston Blvd., Las Vegas
Kung-Fu Karate Studio, 3117 Industrial Rd., Las Vegas

NEW JERSEY

Academy of Karate, 523 N. White Horse Pike, Magnolia
Gary Alexander Karate, 969 Stuyvesant Ave., Union, 687-8382
**American Amdo Association, 158 Boonton Rd., Wayne,
07470, 271-4625**
**American Amdo Association, 12-40 River Rd., Fair Lawn,
07410**
**Ed Kaloudis's Martial Arts Institute, 1245 Main Ave.,
Clifton, 733-4222**

American Budokwai Karate, 56 Colfax Ave., Clifton
American Gosindo Karate, 345 Kearny Ave., Kearny
American Karate Inst., 231 Washington Blvd., Newark
Arts of Self Defense, 431 Lafayette, Hawthorne
Atlantic City Karate Club, 2811 Atlantic Ave., Atlantic City
Bloomfield Goshin Kai, 422 Broad St., Bloomfield
Cedar Grove Goshin Dojo, 569 Pompton Ave., Cedar Grove
Hakeem Martial Art Assn., 11 Central Ave., Newark
International Inst. of Karate, 3 Bank St., Summit 07901
Ju-Jitsu Club, Inc., 234 Washington Ave., Belleville
Jersey Karate Dojo, 14 South St., Manville
Judo & Karate Center, 107 W. South Ave., Cranford

Judo Kai Corp., 8 West St., Englewood
Judo Kai, 51 New St., Woodbridge
Karriem Allah School of Karate, 491 Springfield Ave., Newark
Katame Academy, 306 B. Richmond Ave., Point Pleasant
Menlo Judo Club, 301 Millburn Ave., Millburn
North Hudson Judo Club, 1317 Summit Ave., Union City
North Jersey Karate Clubs, 444 Blvd., Hasbrouc Heights
North Jersey Karate Clubs, 430 Bloomfield Ave., Montclair
North Jersey Karate Club, 78 Market St., Patterson
New Jersey Aiki Kai, Maple & Park Ave., Merchantville

Oikido Inc., 6811 Bergenline Ave., Guttenburg

Okinawan American Karate Assoc., 412 Broadway, Bayonne
Pompton Lakes Karate School, 268 Wanaque Ave., Pompton Lakes,
07442
Sakura Karate Club, 2616 S. Broad St., Trenton
School of Unarmed Defense, 34 Tanner St., Haddenfield
Shaolin Kung-Fu Karate School, 838 Broad St., Newark
Teaneck School of Self Defense, 406 Cedar Lane, Teaneck

NEW MEXICO

Duke City Judo Club, P.O. Box 7445, Albuquerque, 243- 6593

Judo & Karate Clubs Inc., 4601 Lomas Blvd., N.E. Albuquerque
Shorinryu Karate Dojo, 1029 San Mateo, S.E. Albuquerque
University of New Mexico Karate Club, Box 1-5, Univ. of New Mexico,
Albuquerque

NEW YORK

American Dojo Inc., 65-06 Fresh Pond Rd., Ridgewood
American Dojo Inc., 84-22 Roosevelt Ave., Jackson Heights
American Dojo Inc., 170-15 Jamaica Ave., Jamaica
American Dojo Inc., 1215 Jericho Turn Pike, New Hyde Park L.I.
American Karate Inst., 29 W. 125 St., New York
**Banks Aaron, Queens Karate Academy, 2595 Steinway St.,
Astoria, Queens, 274-1939**
Bill Chung's Chinese Shaolin Fu, c/o New York Karate Academy,
1717 Broadway, N.Y.
Blue Diamond School of Karate, 8 Bank St., Peekskill
Brooklyn College Karate Club, Bedford Ave. & Ave. H, Brooklyn
Brooklyn School of Karate, 2192 Fulton, Brooklyn
Bushido School of Self Defense, 519 Court St., Brooklyn Central N.Y.
Karate Schools, 2827 James St., Syracuse, 13206
Coney Island Dojo Inc., 1013 Surfft Ave., Brooklyn
Chung Sang Do Karate School, 77 State, Binghamton
Freeport School of Karate, 22 S. Grove St., Freeport
Genesee Judo League, 3 Parasel Ave., Rochester
Goju YMCA Karate Club, 179 Marcy Ave., Brooklyn
Hastings Karate Club, 204 Riverie Ave., Yonkers
Hidy Ochiai Triple Cities School of Judo & Karate, 143 Main St.,
Binghamton, 13905, (607) 722-1872
International School of Self Defense, 2210 Church Ave., Brooklyn
212-284-9717 or 284-9179
Jo Hedo Karate Center, 29 W. Grand St., Mt. Vernon
Judo Inc., 139 E. 56th St., Manhattan
Karate Workshop, 2777 Strickland Ave., Brooklyn, (212) 778-1600
Kingsboro Community College, Karate Club, Brooklyn
Kingston Judo Club, 13 Circle Dr., Box 355, Hurley, 12443
Kalee Riverdale Karate School, 5628 Mosholu Ave., Riverdale
Ko-Chon Yudo Karate Club, 31 Park Rock, New York
Long Island Aikikai, 303 Maple Ave., Rockville Center
Manson Judo Club, 1070 Niagra, Buffalo
Moo Duk Kwan Karate Club, 2913 Ave., Brooklyn, (212) 377-9862

**New York Karate Academy, 1717 Broadway, New York,
245-8086**

New York Gojukai, 11 E. 17th St., New York
New York Aikikai, 142 W. 18th St., New York
Nisel Judo Center, 2411 West Chester, Bronx
Queens Judo Center, 106-15 Metropolitan Ave., Forrest Hills
Ryukyus Karate Studio, 128 Medford Ave., Patchogue
S. Henry Cho Karate Inst., 135 W. 23rd St., New York
School of Karate, 30 Lafayette Ave., Brooklyn
School of Self Defense, 1673 Mt. Hope Ave., Rochester
Sportsmans KoDo Kan, 585 Michigan Ave., Buffalo
Staten Island Karate Club, 515 Broadway, Staten Island
**Staten Island Karate Dojo, 1285 Castleton Ave., Staten
Island, 447-8587**

Tong Dojo, 80 St. Marks Ave., Brooklyn
Tremont Judo School, 535 Tremont St., Bronx
Tremont Judo School, 4271 Broadway, New York
Troy Judo Club, 177 River, Troy
Duke Karate Club, Box 4293, Duke Station, Durham
Peter Urban's Little Tokyo, 22-6 Wooster St., New York
Wake Field School of Judo, 4407 White Plains Rd., Bronx
White Plains School of Self Defense, 117 Main St., White Plains
World Wide Karate Inc., 145 W. 27th St., New York
Yamato School of Martial Arts Inc., 678 Morris Park Ave., Bronx
10462

NORTH CAROLINA

Asheville Aiki-Do Club, P.O. Box 829, Asheville
Carolina Karate Inst., 1514 Central Ave., Charlotte
North Carolina School of Self Defense, 1105 W. 1st, Winston-Salem
Canton YMCA Karate Club, Canton YMCA, Canton
Charlotte Central YMCA Karate Class, c/o Mr. Reg Smith, 4101
Conway Ave., Charlotte
Eastern Carolina Karate Club, c/o Bill McDonald, P.O. Box 2142,
Greenville
Karate Class A&T State University, Greensboro
School of Oriental Arts, 509 S. Elm Ave., Greensboro
University of Martial Arts, 2216 Reville Land, Greensboro, 27407

NORTH DAKOTA

Ways of Japan, 313 N. "P" Avenue, Fargo

OHIO

Akron YMCA School of Jujitso, 80 W. Center St., Akron
Black Belt College, 6107 Ridge Ave., Cincinnati
Canton Karate School, 1718 Nauarre S.W., Canton
Central Karate Club, 5405 S. Pearl, Parma
Al Caraulia, 1255 Lakeland, Lakewood, 44107
Chung Sing Kenpo Karate, 568½ W. Tuscarawas St., Akron
Don-San Judo, 235 Court St., Hamilton
Fairborn Karate Club, 12 S. Central, Dayton
Forest City Judo & Karate Club, 8217 Cedar Ave., Cleveland, 881-8944
Glando Karate School, 3559 Law Road, Oxford 45056
Grants Karate Club, 318½ E. 5th St., Dayton
Kent Karate Club, 154 S. Water St., Kent
Kim IL Joo Karate School, 215 E. Waterloo, Akron
MidEast Judo Academy, 29010 Euclid, Euclid
Moo Duk Kwan School of Karate, 413 L. Pleasant St., Oberlin, 44074
**Ohio Judo & Karate Assn., 11722 Detroit, Lakewood 44107
(216) 831-1872**
Okinawan Karate Club, 516 Lerner St., Buckeye Lake
Ohio Karate Assn., 2705 Market St., Youngstown, 44507
Okinawan Karate Ass., 4180 Pearl Rd., Cleveland

Jay T. Will Karate Studios, 1335 W. 5th Ave., Columbus
YMCA Judo Club, 135 N. Limestone, Springfield

OKLAHOMA

Jack Hwang Inst. of Karate, 1223 N. May Ave., Oklahoma City
Lou Angels Inst. of Karate, 3739 S. Peoria, Tulsa, 74105
Lou Angels Inst. of Karate, 110 N. Morton, Okmulgee
Lou Angels Inst. of Karate, 27 N. Mainfi, Sapulpa
Oklahoma Academy of Karate, 4131 N.W. 23rd St., Oklahoma City
**South-West Karate Black Belt Association, 5806 S. Western,
Oklahoma**

OREGON

Karate Assn., of Oregon, 2356 N.W. Quimby, Portland
Liberty St. Gym, 540 Liberty St., S.E., Salem
Maine Karate Assn., 18 A Monument Sq., Portland
Obukan Judo Dojo, 4231 S.E. Hawthorne Blvd., Portland
Pacific Northwest Karate Asso., 125 Hilliard Lane, Eugene
Kenpo Karate, 6712 N.E. Sandy Blvd., Portland

PENNSYLVANIA

Academy of Okinawan Karate, 3340 Saw Mill Run Blvd., Pittsburgh,
15227
Academy of Okinawan Karate. 328 Ave., Altoona
Academy of Oriental Defenses, 6th Floor Elks Bldg., 628 Peen Ave.,
Pittsburgh
American Karate Inst., 1000 Kilarney Dr., Castle Shannon
American Science of Karate, 2123 Birch Street, Eaton 18042,
258-8698
Bushido Karate Dojo, Westminster & Third St., Greensburg
Garden City Judo Club, 634 Penn Ave., Pittsburgh
Isshinryu Karate Club, 100 York Rd., New Cumberland
Judo Kai Karate Dojo, 108 Old York Rd., Jenkinton
Korean Karate School, 2136 Bristol Pike, Cornwell Heights
Moo Duk Kwan Karate, 2138 Bristol Park, Cornwell Heights
Okinawan Karate Dojo, 329 Walnut St., Reading
Phila Tae Kwon Do, 6938 Market St., Upper Darby, LU 3-5137
Phila Tae Kwon Do, Germantown Y, 5722 Greene St., Philadelphia,
734-1240

Pittsburg Karate Club, 103 Climax St., Pittsburg, 15210
Science of Karate, 713 Grant St., Easton
Seibu-Kan Karate School, 517 Welcome Ave., Norwood
Yan Moo Kuan Karate School, 1035 Plazak, W. Leechburg

RHODE ISLAND

Eastern Karate Acedemy, 147 Pond St., Pawtucket
Kenpo Karate Institute, 450 Branch Ave., Providence
Warren Karate Dojo, 124 Water St., Warren , 245-8228

SOUTH CAROLINA

Billy Hong Institute, 104 Concord Rd., Anderson, 29621
Barkoot Kar School, 4330 Fort Jackson Rd., Columbia
Southeastern Karate Institute, Sunny Sutton, Director, Rt. 9
Dreamland Way, Greenville, 29609, 235-4006

SOUTH DAKOTA

South Dakota State University Karate Club, Brookings, 57006

TENNESSEE

Kanf Rhee Karate Center, 1911 Poplar Ave., Memphis
Memphis Judo Club, 3696 Carrington Ave., Memphis
Tokyo Karate Dojo, 3384 Summer Ave., Memphis
Tri State Karate Inst., 2100 Union Ave., Memphis
Bushido Dojo, 2634½ Franklin Rd., Nashville

TEXAS

Amarillo School of Karate, 2825 Civic Circle, Amarillo

American Judo Do Jang, 117 E. Pasadena Frwy., Pasadena
American Karate Inst., 4035 E. Belknap, Ft. Worth
American Okinawan Karate Association, 4429 River Oaks Blvd.,
Ft. Worth, MA 5-1001

Beaumont Karate Club, 2625 Hazel, Beaumont
Bjugstad Steve, 6527 Hollow Oaks, Houston, 77050
Black Belt Academy, 2606 Telephone Rd., Houston, 77023
Black Belt Academy, 2706 West T.C., Jester Blvd., Houston, 77018

**Dallas Academy of Karate, Shin Toshi, 103 Marsh Lane
Shopping Village, Dallas, 75220, 317-5787**

Dallas School of Karate, 2010 Commerce, Dallas
Ft. Worth Judo Academy, 5818 Camp Bowie Blvd., Ft. Worth
House of Buda Karate Do Jang, 1232 5th Ave., North Texas City,
77590

House of Karate Kang Duk Won, 10817 S. Post Oak Road, Houston
Jhoon Rhee Karate Institute, 3409 Guadalupe, Austin, 453-8606
Karate Inc., 3525 Pershing Dr., El Paso, 79903
Kim Soo College of Taekwon Karate, 1615 Clay Ave., Houston, 77003
Kim Soo College of Taekwon Karate, 1207 E. South Main St., Pasadena
77502

Korean Ways Karate, 5400 Camp Bowie Blvd., Ft. Worth
**David Moon's Tae Kwon Do Institute, 7125 Long Dr.,
Houston, 77017**
**San Antonio Karate Assn., Atlee N. Chittim, 106 E. Lynwood,
San Antonio, 78212**

Steen Allen, Tae Kwon Do Assn., 6743 Hillcrest Ave., Dallas
Steen Allen, Tae Kwon Do Assn., 622 Jefferson, Dallas
Tae Kwon Do Karate Academy, 6354 Terrell St., Groves
**Traco International Kenpo Karate, 5830 East Paisano,
El Paso, 778-7335**

UTAH

Black Eagle Fed, 1125 E. 21 South, Salt Lake City
Kaju Ken Bo Karate Club, 359 N. Main St., Bountiful
Kenpo Karate, 2757 Washington Blvd., Ogden
Kenpo Karate, 837 N. 700 East, Provo, 373-9405
Ogden Karate Dojo, 2652 Quincy Ave., Ogden

VIRGINIA

AJKC Inc., 3925 Mt. Vernon Ave., Alexandria
Arlinton Karate Club, 2117 Wilson Blvd., Arlington
House of Karate, 1200 Broad St., Richmond
J. Joseph's School of Karate, 31 Canterbury Square, Alexandria,
751-9084
Judo De Greater Washington D.C. 890 S. Picket, Alexandria
Karate School of Virginia Beach, 5312 Virginia Beach Blvd.,
Virginia Beach

Lee School of Karate Inc., 6048 Carlyn Dr., Falls Church
Lee School of Karate Inc., 841 Little Creek Rd., Norfolk
Pal Defensive Arts Studio, 3012 W. Broad St., Richmond
Peninsula Judo Assn., 71 Pine Chapel Rd., Peninsula

WASHINGTON

Bremerton Karate Dojo, 2821 Kitsap Way, Bremerton
Budokan Inc., 306 S. Main, Seattle
Corbetts School of Self Defense, 409 Wall, Seattle
**Isshinryu Karate School, 5243 S. Tacoma Way, Tacoma (206)
GR 592-00**
Judo Seiki-Kan, 118 Division, Spokane
Kung Fu Club, 656½ King St., China Town, Seattle
Kung Fu of Sea, 2101 14 St., Seattle
Martins Karate Club, 10907 Aurora, Seattle
Rainier Health Club, 725 23rd St., Seattle

Reuters Karate School, 513 156th, Bellevue
Sea Judo Dojo, 1510 S. Washington, Seattle
Sea Kung Fu, 120 Pike St., Seattle
Shorin Ryu Karate Dojo, 122 4th St., North Edmonds
Washington Karate Ass., Lynnwood Shopping Center, Lynnwood
Washington Karate Ass., 315 2nd St., Renton

WASHINGTON D.C.

**Jhoon Rhee Institute of Tae Kwon Do, 1801 Connecticut
Ave., N.W. 20009**

Karate Enterprises, 4256 E. Capitol St., N.E. No. 201, 20019
Kim's Karate School, Korean Tae Do Moo Duk Kwan, 2524 Penn-
sylvania Ave., S.E., 20020
Lee School of Karate Inc., 901 Rhode Island Ave., N.W., 20001
Tae Kwan Doo Duk Association

CANADA

Buck Hawk Pai, Chinese Kung Fu Club, 10057 Jasper Ave., Edmonton,
Alberta
Canadian Karate Kung Fu, 294-A College St., Toronto 2B, 923-5604
Canadian Karate Kung Fu, Southcrest Plaza, Springbank Dr., London,
Canadian Karate Kung Fu, 11 Queen St., Branford, Ontario, 759-3810
Canadian Karate Kung Fu, R.R. No. 2 Bowmanville, Ontario, 623-5393
Canadian Karate Kung Fu, 22 Charles St., Kitchener, Ontario, 744-2071
Ecole Samynryu De Karate, 3637 East, Boul. Metropolitain, Suite 1302
Montreal 38, Quebec, 721-4888
Simon Karate Studio, 11061 95th St., Edmonton, (403) 424-8973
Emil Repak Karate Studio, Penticton, British Columbia
**Emil Repack Karate Studio, 4-44 Padmore Ave., Penticton,
B.C., 492-0533**

Institute of Karate, 521 Center St., S., Calgary, Alberta, 266-5902
Simon Karate Studio, 622 13th St., N., Lethbridge, Alberta, 328-1241
Langelier Karate Dojo, 56-A Rideau St., Ontario, 234-5742
McLeod Karate Studio, McLeod, Alberta
Northwest Goju Kai, 317 Bay St., Port Arthur, Ontario, Canada
Park Jong Soo TaeKwon-Do Institute, 524 Yonge St., Toronto 5,
Ontario, 925-2012
Samurai School of Karate (Downtown Branch), 343 Portage Ave., Win-
nipeg, Manitoba, 942-4829 (West-End Branch) 946 Erin St.,
Winnipeg

Scheer Karate School, Box 1073, Saskatchewan
Shaolin Karate, Lamont Ave., Agincourt, Ontario, 291-6891
Shaolin Karate Schools, 636 Danforth Rd., Scarborough, Ontario,
267-6787
Shorin Karate Club, 2369 Eglinton Ave., E. Scarborough, Ontario,
759-6478

**Simon Karate Studio No. 1, 133-6th Ave., S.W. Calgary 1,
Alberta**

**Simon Karate Studio No. 2, 131-6th Ave., S.W. Calgary 1,
Alberta**

**Simon Karate Studios, 235 Victoria Ave., Regina, Saskatchewan-
an, (306), 527-4322**

Wong's Karate Kung Fu Society, 2197 Gerrard St., E. Toronto,
Ontario

ENGLAND

**Mushindo Karate Association, T. Dukes, 16 Morton Hse.,
Otto St., S.E. 17, London**

MEXICO

**Yoshuu-Kai Mexico Asociacion Privada de Karate-Do,
Chihuahua 230, 1er Piso, Col. Roma Sur, Mexico D.F.
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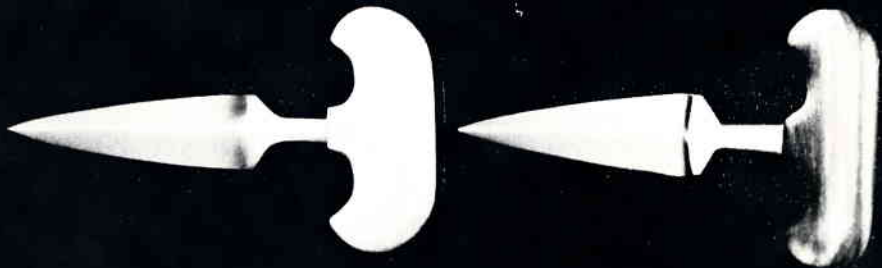
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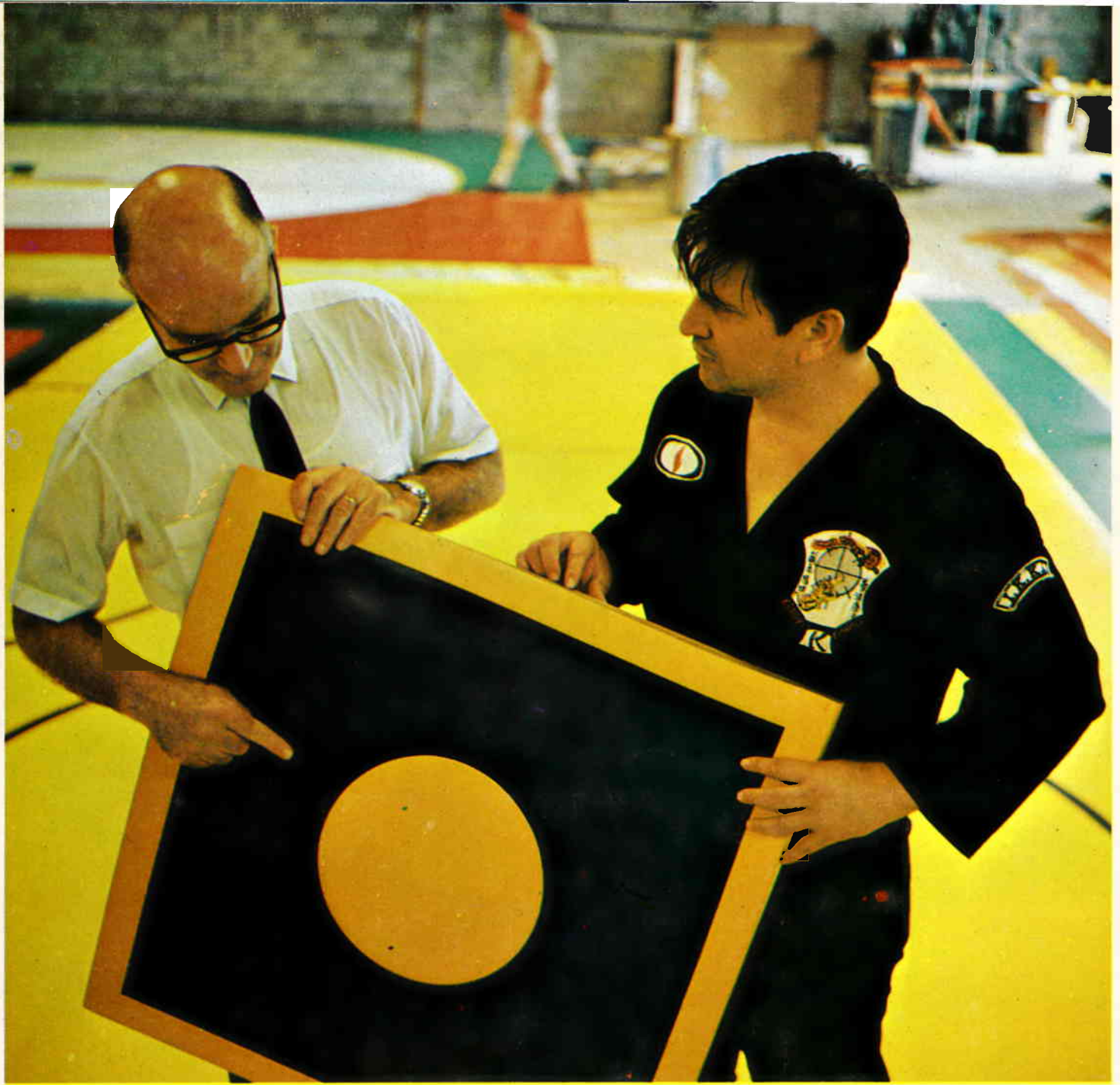
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