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Volume 2 Number 3 — 1969 — Price 60c

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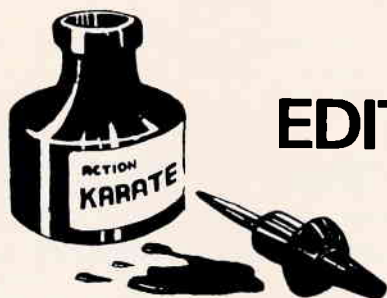
THE HISTORY OF KOREAN KARATE

The second in a series dealing with significant but little-known histories of the Martial Arts.

JOE LEWIS HEAVYWEIGHT CHAMPION BEHIND THE SCENES

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KARATE IN CHARM SCHOOL



EDITORIAL

Karate is an activity steeped in the traditions and ethos of various areas, among which are China, Korea, Japan, and Okinawa. Each of these areas maintains a recognizable style and each thinks its style is superior to the other.

Within each national style one may find numerous divisions; each of these divisions considers its particular variant the superior style. If you wanted to carry this to its logical conclusion, you might find that each division within a style is subdivided. The advocates of each sub-style, if human nature can be considered constant, think they have a monopoly on truth.

To this plethora, another style is emerging; indeed, a new style has already emerged and is asserting itself and its right to exist wherever it can. This new karate is young, but it is efficient in its results, satisfying to its practitioners, and it is very rich in its heritage because it was born of the best of its Korean, Japanese, Chinese, and Okinawan ancestry.

We call it American karate.

It's a conglomerate style synthesized from the best of the past and enriched by injections of youth and the needs of another age and another place.

The strangled cries of outraged traditionalists are heard these days because the new karate does not follow a particular form—as if one particular form represents truth—as if a particular attack may only be countered by a particular move—as if a law of nature exists proclaiming the validity of one and only one style.

One might forgive the traditionalist on the grounds that he is a purist, interested more in tradition than in the original purpose of karate. We cannot, however, forgive his rudeness. We cannot go along with the notion that karate, or any other activity for that matter, cannot be improved upon.

If there should be no American karate, then who will judge which of the other four systems shall survive? Shall we have a gigantic elimination match to see which of the four may be allowed to claim the designation of *true karate*?

All of the styles have much to contribute, but they have even more to learn. When we shall have learned everything there is to know, then perhaps we can criticize each other's style. By then, however, we shall have learned enough to offer our comments like gentlemen and not like wounded jackals frightened by the dark.

M.A. Scott

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This month we welcome
our new contributor:
Joe Lewis





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COMING EVENTS

May 17th—First Annual Karate Tournament, Duluth Y.M.C.A., Contact: Melanie Como, 326 West 1st Street, Duluth, Minnesota 55802.

May 24th—Annual All Star Karate Championships, Hollywood, California, Contact: Tak Kubota, 4945 Hollywood Blvd., Los Angeles, California, Phone: 666-9190.

May 24th—Isshinryu Karate Conference at the Sai Dojo of Karate Inc., 15521 St. Clair Ave. Cleveland, Ohio 44110, Contact: Steve Armstrong, 5243 So. Tacoma Way, Tacoma, Washington 98409, Phone: (206) 475-9200.

May 24th—State Goju Karate Championships, Stockton Civic Auditorium, Contact: Tom Schlesinger, 33 South Sacramento Street, Lodi, California.

May 31st—Mid-Continental Open Karate Championships, Wilson Hall—University of Cincinnati, Cincinnati, Ohio, Contact: John or Mary Townsley, % Black Belt College, 6107 Ridge Avenue, Cincinnati, Ohio, Phone: (513) 731-6427.

May 31st—1st Canadian National Kenpo & Kung-Fu Championships, Victoria Pavillion, Contact: Dr. Olaf Simon, 133 6th Avenue S.W., Calgary, Alberta, Canada, Phone: (403) 269-6881.

June 1st—Tong Dojo Open Karate Championships, Manhattan Center—2:00 P.M., 311 West 34th Street, New York, New York, Contact: George Cofield, Tong Dojo, 87 St. Marks Avenue, Brooklyn, New York, Phone: (212) 857-1151, (212) 564-7058.

June 1st—Northwest Regional Karate Championships, Memorial Coliseum, Portland, Oregon, Contact: W.L. Tracy, 6712 Northeast Sandy Blvd., Portland, Oregon, Phone: (503) 281-8181.

June 7th—Connecticut Judo Association Officials Clinic, Norwich Y.M.C.A. -11:00 A.M., Norwich, Connecticut.

June 7th—Mas Oyamas Kyokushinkai, 2nd Annual Tri-State Karate Championship, Westchester County Center, White Plains, New York, Contact: Richard Bernard, School of Self Defense, 117 Main Street, White Plains, New York, Phone (914) RO-19690, (914) 428-2960.

June 7th—United States Team Karate Championships, San Jose Civic Auditorium, Contact: Jim Mather, San Jose.

June 8th—American Self Protection Association Inc. Tournament, West Suburban Y.M.C.A., La Grange, Illinois.

June 15th—New York Judo Association Promotion Examination, Contact: Rolando Sainz, 439 East 84th Street, New York, New York 10028.

June 15th-22nd—Camp Olympus Judo Training Camp, Capon Bridge, West Virginia, Contact: (202) 543-8748.

June 21st—1969 Karate Olympic Tournament, Sam Houston Coliseum, Contact: Black Belt Academy, 2606 Telephone Road.

June 22nd—Fort Sill Semi-Annual Shiai, Honeycutt Gym, Fort Sill, Oklahoma, Contact: Matt Ringer 725 N. 36th St., Lawton, Oklahoma.

June 22nd-28th—Kim Karate Camp, Buffalo Gap Camp, Cold Stream, West Virginia, Contact: Kim Studio, 8238 Georgia Ave., Silver Springs, Maryland, Phone 593-3469.

June 29th—2nd Staten Island Karate Championship Tournament, Contact: Aaron Banks, New York Karate Academy, 1717 Broadway, New York, New York, Phone: (212) 254-8086.

June 29th—2nd Annual Continental United States Open Karate Championship Tournament, Contact: Khemfoia Padu, 2415 8th Avenue, New York, New York 10027, Phone (212) 864-8811.

July 4th-5th—National AAU & USJF Junior Championships, Detroit Michigan, Contact: Rolando Sainz, 439 East 84th Street, New York, New York 10028.

July 12th—2nd Annual Orient Vs America Open Karate Championship Tournament, Grand Ballroom, Waldorf Astoria, 50th St. & Park Ave., New York, New York, Contact: Aaron Banks, 1717 Broadway, New York, New York, Phone: (212) 245-8843.

July 14th-18th—Camp Bushido Arcade, Soda Springs, California, Contact: Ben Campbell, 8401 Jackson Rd., Sacramento, California.

July 20th-27th—Camp Bushido High Country, Estes Park Colorado, Contact: Ben Campbell, 8401 Jackson Rd., Sacramento, California.

August 1st-3rd—Southeastern Martial Arts Conference, Contact: David Adams, P.O. Box 266, Kings Mountain, North Carolina.

August 2nd & 3rd—International Karate Championships, Long Beach Arena, Long Beach California, Open to All Styles, Contact: Ed Parker, 1705 East Walnut, Pasadena, California 91106, Phone: (213) 793-2860.

August 10th—Commemorative Karate Tournament, New York, New York, Contact: Chinese Kung-Fu Assn. 110 West 30th St., New York, New York, Phone (212) 244-8565.

August 10th-31st—Camp Bushido West, Squaw Valley California, Contact: Ben Campbell, 8401 Jackson Rd., Sacramento, California.

August 24th—American Self-Protection Assn. Inc. Tournament, West Suburban Y.M.C.A., La Grange, Illinois.

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Chopping Block

Dear Mr. Scott:

I received an introductory copy of Action Karate and feel that it fills a very definite need in the Martial Arts if your approach and forthrightness will continue in the future and if your desire is to elevate the martial arts to the prestigious position it deserves.

Mr. Scott in his editorial states that your desire is to build the martial arts and not to tear down reputations. There is no question that self-praise and criticism of others has done much to tarnish the image of karate and to cause disunity in the martial arts. . . .

Unfortunately, there have been a great many practitioners in the Martial Arts who are so overly anxious to benefit financially, that they have lost sight of that which is in the best interests of the Martial Arts, which in the end, is in their best interest. As the Martial Arts develop and prosper with high moral and ethical standards, all involved in the Martial Arts will prosper.

So many are so anxious to reap the profits of running tournaments that

they fail to put enough emphasis on running the tournaments properly or setting proper standards for judging and refereeing matches.

Because of the chaotic and dangerous manner in which tournaments have been run, Robert Murphy, Godan, who is Supervisor of Karate instruction at the International Institute of Judo & Karate as well as President of the Society of Black Belts, will not permit his students to participate in tournaments until such time as they are run properly. Instead of uniting their talents for the common good of Karate, a large number of the high ranking Karateists are more interested in enhancing their personal esteem. Just because a man is a high grade in Karate does not necessarily mean that he is a good manager or businessman. If the leading Karateists in the United States would exercise a little humility for the common good of Karate, Karate would become a booming, burgeoning art, properly controlled and properly administered. . . .

I have been meaning to cancel our

dealings with another martial arts magazine for some time, and have now done so. I felt that the other publication was working only for its own commercial interests and did not really have the interests of the martial arts at heart.

Your magazine can do a great deal for Karate and for the martial arts in general.

If we may be of help to you in any way for the general benefit of the Martial Arts, please let us know.

Sincerely yours,
Allen H. Good
Executive Director
Society of Black
Belts of America

Dear Sir:

I have just seen a copy of *Action Karate* and was so pleased that I would like to purchase a subscription for myself, and one for my brother overseas in Vietnam. Especially enjoyed the wide range of articles.

Sincerely,
George Janis
Chicago, Ill.

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WRITE TO: Action Karate Magazine, P.O. 4086,
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Gentlemen:

At last! A karate magazine that doesn't spend all its time knocking everybody. And it looks great, too! I don't feel like hiding Action Karate when anyone walks in—in fact, I leave it out where everyone can see and enjoy it.

Yours Truly,

Mary J. Hayes Oklahoma City, Okla.

Dear Gentlemen:

In my country where we gave birth to many athletics, we have few new things to learn. But, in Greece, we do not have a word for karate—so we just say karate. In all of Greece we do not have any magazine like yours. In fact, we are a new people to karate and are just beginning to learn it.

We will be very pleasure if you give some instructions in karate in your magazine.

I want to buy your magazine for two years, but I do not know how many lepta or drachmas to send it. Can you tell me? Can you accept Greek money?

Sincerely

Ioannis S. Marrokefalos Salonika, Greece

Dear Sirs:

It is indeed an honorable to receive your magazine for so far away. We read many American magazine but not too many to my especial interests in Karate.

Do you plan to send my country reporters? Maybe you can like to see how we are progressing in karate.

Thank you.

Jose Vasquaz Santiago, Chile

We not only plan to write articles on karate activities in Chile, signor Vasquaz, but for as many countries as time and resources will permit.

Dear Mr. Scott:

I read Mr. Trias' comments regarding the establishment of professionalism, championships, etc. I agree with him in principle, but I think he underestimated the problems.

For example, who will determine who the champion will be? Why Mr. Moore (although I think he's a good choice)? Where will you find professional (impartial) referees and judges? Who will train these referees and judges, and who will pay for the training?

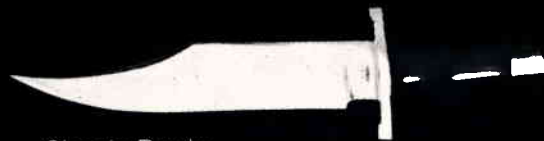
I don't think karate is yet ready for professionalism. It is still a divided activity with too many styles and schools, and far too many axes to grind. This is not to throw water in Trias' ideas, but rather to plea for time, time to grow.

Yours Truly

I. Hesu Seattle, Washington

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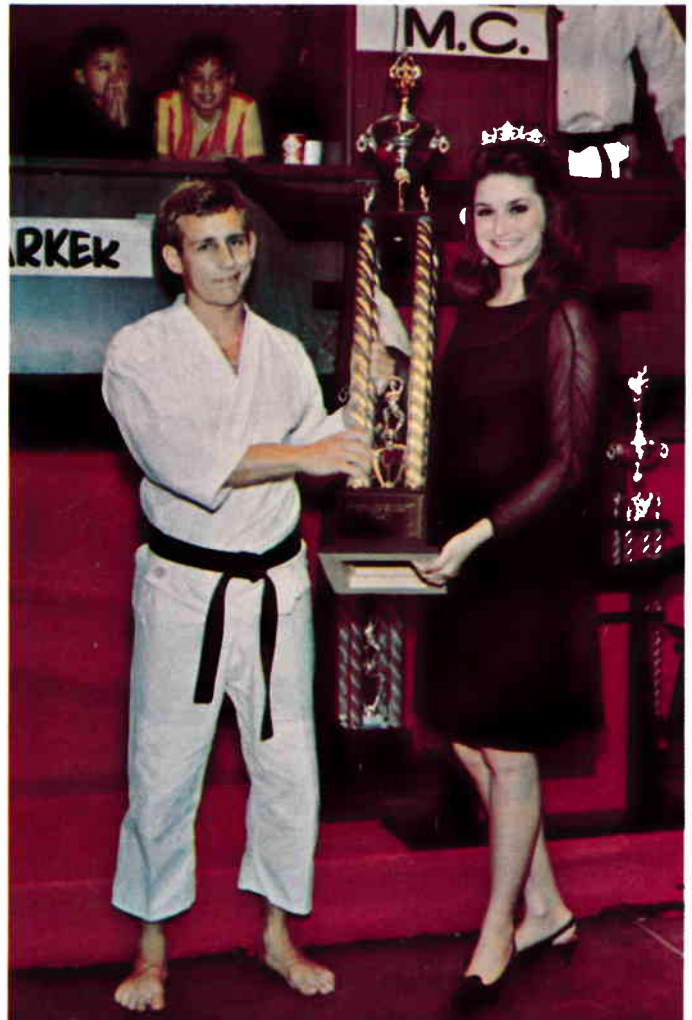
HIBBEN KNIVES

20134 Entradero Ave. Torrance, California 90503

Popularity is rarely a reliable indication of the quality of the human being behind the public image—but there ARE exceptions. Chuck Norris, whose career and personality we discussed last month, is certainly one: his popularity accords perfectly with his solid worth as a person. And Ronald Marchini, of Stockton, California, is another young 'karate' champion whose genuineness of manner and personal achievements qualify him without reservation for the growing prestige and popular favor that he is beginning to enjoy. Ronald is one of the best things of which American 'karate' can boast today.

Of course, he can scarcely be said to possess a "public image" at this point, but Ronald's reputation is spreading. A year ago when he came for the first time to New York City to compete in the second of Henry Cho's annual "North American Championship Tournaments," the so-called "Tournament of Champions" which Norris had won the first year it was held, Ron hadn't been seen in competition outside central California, and no one in the East had even heard of him. But Ed Parker had watched him and been impressed, and when he received an anxious telephone call from Cho with the request to recommend another champion from the West Coast as an entrant to his tournament because Joe Lewis was sulking and had refused his invitation, Parker named Ronald and contacted him right away. Ronald accepted eagerly and captured the tournament title with his determined style of 'kumite' and superior techniques. Result: instant recognition!!

He had not really expected to win. He came because of the opportunity to compete with and learn from other skilled players, and because of the chance to see New York City and then visit his father in Baltimore after the tournament. But he was prepared to do his best, and, since Ronald sets great store



CALIFORNIA'S COLLEGIATE KARATE DYNAMO

By Roger Newhall

on cultivating the proper attitude before a tough meet (like Victor Moore), he got about that immediately upon arriving at his hotel room in mid-town Manhattan. On the mirror of his bathroom he wrote in large letters with a bar of soap: "You're a Winner!!"—then stood back and studied it with concentration. (The next day the chambermaid had removed this inspirational inscription, probably wondering to herself what manner of man she had on the premises, but by then Ronald had thoroughly assimilated its auto-suggestive content and is certain it contributed to his triumph.) At the tournament he had to confront in turn four formidable opponents, and the first of them was no less a champion than Thomas LaPuppet. Besides having substantially the more tournament experience of the two, LaPuppet is long-limbed and rangy, and, while not an inordinately tall man, still seemed as much a giant as most players to Ronald who, at 5'8½", is of no more than medium height and almost invariably has to look up at his opponents. Both are Japanese stylists, LaPuppet schooled in George Co-field's brand of 'Shotokan,' and Ronald practicing the more obscure 'Rembukan' style, in which he has trained not only here but on two separate expeditions to Japan itself. LaPuppet

is a highly aggressive player who relies heavily upon fast combination techniques which first require that an opponent be backed up a step or two from his beginning stance before the assailant can move in on him and score. As Ronald faced him grimly, LaPuppet began at once to work on his sturdy adversary, lashing out with thrusts and feints to right and left, trying to move him back—he was in deadly earnest to score. But Ronald would NOT back up!! He stood his ground doggedly without changing expression and fought LaPuppet practically toe-to-toe, blocking his blows and striking in his turn. LaPuppet became cramped and exasperated—he could neither use his kicks effectively nor rush in to land some punches as he customarily does, overwhelming a demoralized foe: he scored one ½-point with a successful kick, but Ronald's tactics otherwise strangled his offensives. Ron himself scored two ½-points and took the match, to everyone's astonishment. The quality of his techniques immediately impressed the audience—and the other players. "That Marchini sure has 'guts'!", said Mitchell Bobrow. "He made beating LaPuppet look easy." Of course it had been anything *but* easy for Ronald as Tom LaPuppet has always been one of the most dangerous players in competition

and won't hold still for anybody, but besting him gave Ron's 'morale' a big boost at this point and he began to think more optimistically in terms of the tournament title. Subsequently, he defeated Fred Boyko, of Toronto, Canada, and there he was in the "finals," with Bobrow and Dwight Frazier—he still could hardly believe it! Ultimately he mastered first Bobrow and then the wildly-careering Frazier, and the title and a handsome trophy and a check for a good sum of money from Tournament Director Cho were all his. He couldn't have been more pleasantly surprised. There was something to that inscription on the mirror, sure enough!

After the tournament, Henry Cho held a Korean dinner for the participants and officials of the meet, and it was then that we were able to talk with Ron and get some idea of his personality, background, and attitudes. His personable appearance and ready smile make a very favorable initial impression: Ronald is the most approachable of young champions, straightforward in his manner, entirely unassuming, and a highly congenial companion for any occasion. His general outlook on life is a tolerant and even-tempered one, and he takes people pretty much as he finds them. He has lots of pep and enthusiasm and a wonderful sense of humor, is invariably courteous and considerate, and has a definite feeling for the "underdog." In conversation, Ron is lively, quick-witted, and articulate, reflecting his college background. On the subject of 'karate' he expresses himself with deep earnestness, and states his opinions with intense conviction, but he is never dogmatic about them, nor stubbornly argumentative or overbearing: he never insists, as some players and 'senseis' do, that his views are the only valid ones, and always maintains a certain poised detachment and ability to look at himself and his attitudes critically and hu-

morously. This flexibility and critical self-awareness have helped him steadily to improve his personal brand of 'karate,' while avoiding that stylistic "petrification" which makes further progress so difficult for many other advanced players. Beneath his mild and affable exterior, however, Ronald's is a highly competitive temperament: he trains hard, enjoys victory and is proud of his triumphs, even though in speaking of them he is matter-of-fact and even self-deprecatory. He judges himself and his ring performances severely and is rarely if ever satisfied that he has executed his techniques as well as he might—he's a stickler for good form in himself and others, but is invariably more generous in his estimate of the quality of his competitors' skills in combat than of his own. This anxiously critical attitude toward himself, and his humorously self-deprecatory manner make one aware of Ronald's tentative and uncertain view of his position in the world, despite his solid achievements. They reflect the two principal facts of his childhood experience: he was never able to develop a satisfactory relationship with his father; and his mother put steady pressure on him to produce and achieve from an early age.

Ronald Lee Marchini was born on March 4th, 1945, in Stockton, California, and has spent most of his life there. He is typically American in his mixed national ancestry: half Italian (Both of Ron's paternal grandparents were actually born in Italy.); one quarter German, and one quarter Irish. Anyone encountering Ronald would conclude immediately that this particular confluence of European strains in the proportions indicated had produced an unusually favorable result and that the 'formula' should have wider use. Ron was reared on an asparagus ranch (He even *likes* asparagus!) owned by his father in the very fertile agricultural region close by Stockton, and lived on



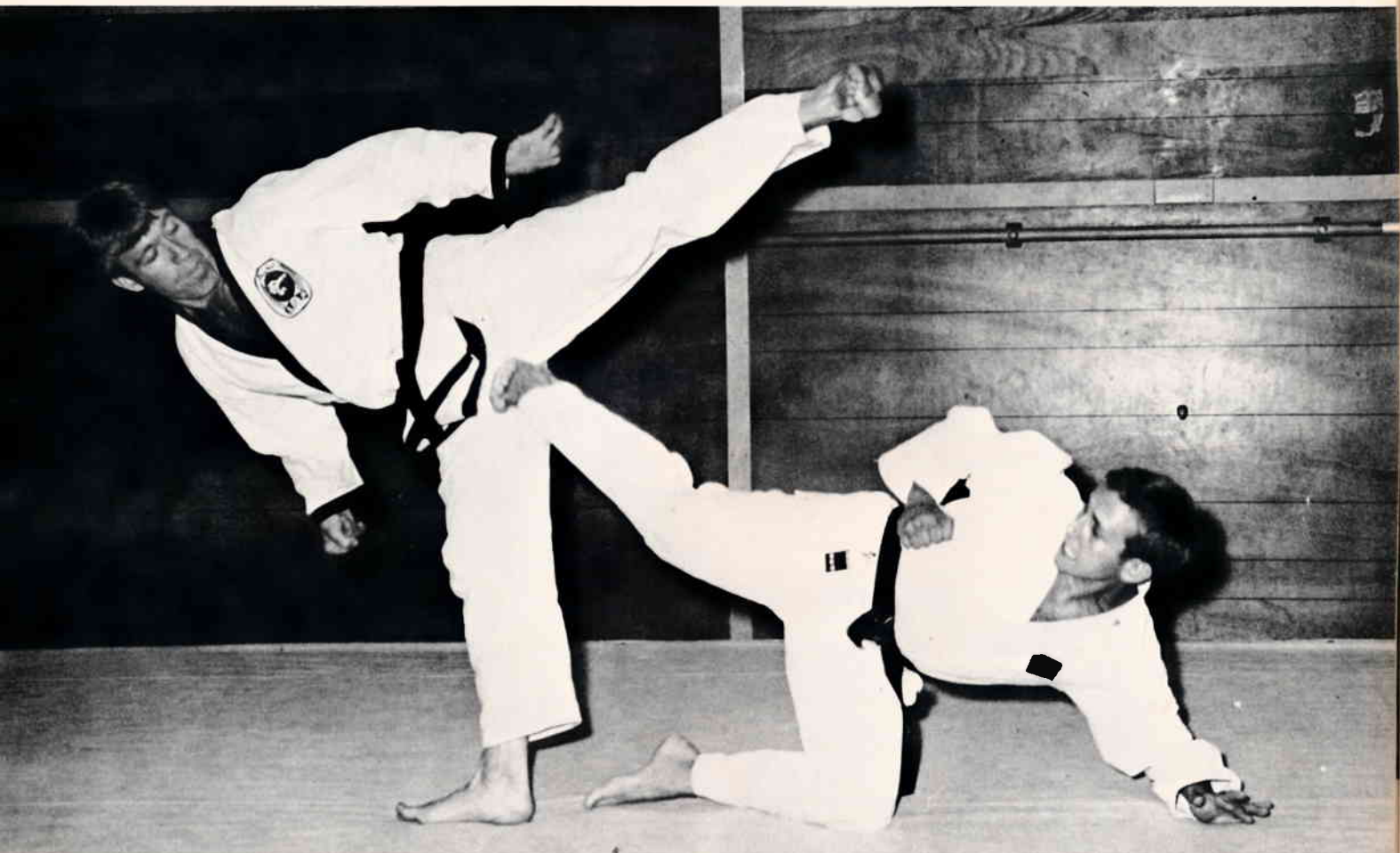
Ron and his new wife Joanne shopping in San Francisco before California Karate Championships.



the ranch until he was ten. At that time his parents parted company, the ranch was sold, and Ronald's mother, Mrs. Doreen Marchini, took Ronald and his younger brother, Michael, four years his junior, to live with her in Stockton in a new home which she established for them there. Since that time Ronald and his brother have seen their father infrequently because he has lived in other parts of the country. Ronald is on good terms with his father, and he likes his current step-mother—they live in Laurel, Maryland, and he always tries to see them when he comes to the East Coast for a tournament—but his own mother has been the dominant parent and much the most important person in his life to date. Mrs. Marchini has never remarried but concentrated her energies on bringing up her two sons and, in order to provide additional income for their support, on becoming a good businesswoman. She appears to have succeeded admirably over the years in both of these related projects, and, although to be mother-and-father-in-one is among the most difficult tasks a woman can undertake, and fraught with psychological perils for all concerned, no one can question that Doreen Marchini has accomplished it with Ronald and Michael as her Exhibits "A" and "B". From the first she gave both the boys a respect for excellence and an appreciation of what they might accomplish through their own disciplined efforts, and she never let them forget that she expected of them their best whatever the circumstances. She took an interest in whatever they were doing and encouraged them in their athletic activities particularly, as a spur to their competitiveness and as an aid to their understanding the meaning of achievement, both its requirements and its satisfactions, in an achievement-oriented society. From her, and from her promptings, which often took the form of directives hung up

on the wall of his room at home ("You're A Winner," "A Man IS as He THINKS He Is," and various other exhortations and imperatives of a similar nature), Ronald derived his conviction of the importance of "the right attitude" as a crucial determinant of performance in athletic competition—from her, also, his characteristic tendency to purposefully planned and deliberate action toward a definite goal. Mrs. Marchini is a parent not easily satisfied: at times, Ronald has unquestionably felt himself under an excessive pressure, and his gradually-evolving self-confidence been severely taxed to keep the quality of his performance abreast of her requirements—but her standards have consistently challenged him, he has grown and developed largely through surmounting the obstacles that stood between him and his goals, and his mastery of 'karate' and successful tournament career over the past two years have brought him a surer equilibrium and a new sense of accomplishment. Climaxing the opening decades of his life, they have also vindicated his mother's methods and crowned her hopes for him. Concurrent with Ronald's absorption in 'karate', by the way, Mrs. Marchini has pursued her own Martial Arts activity and interests in related fields: this Mighty Matron With A Mission trains at 'aikido'—she's a brown belt!—and practices 'yoga', too: all this besides running her own household and managing the office of the Central Valley Air Conditioning Co. in Stockton.

Although Mrs. Marchini has always maintained a good and comfortable home for Ron and Michael, they were brought up to understand that any money for such special desires as they might have, they were expected to get out and earn themselves. Ronald earned his own spending money, and the money for many of his necessities as well, from the time he entered his teens, and this experience gave him a sense of responsibility



Ron training with Chuck Norris.
page 8

beyond his years, a self-reliance and an early maturity in handling funds and planning the use of his time intelligently. Through school sports his outstanding athletic abilities developed rapidly—whatever the game, he played with a will and always sought to refine his skills. His earliest enthusiasm was baseball, and he played on one of Stockton's "Little League" teams. Then he turned his attention to swimming and during the first two years of his high school career won a number of trophies in competition, especially for 100-yd. freestyle and backstroke. He also played football in high school, and still likes to play a little ball occasionally in "Flag Football League" games in Stockton. At the beginning of his third year of high school, however, it suddenly became all-important to him to own a car, so he put aside most of his athletic activities in order to take a job and earn money. During this period he worked part of every day at a typewriter company, cleaning and repairing machines and running errands for the firm, and his final year of high school was also about equally divided between this job and his studies. Although his time for competitive team athletics was thus sharply curtailed, he did nevertheless join in whenever he could find some spare hours, and he kept in condition by lifting weights in his own home. Ronald had decided earlier that some body building would stand him in good stead, and he bought his first set of weights and started lifting when he was sixteen—just the age at which a young farm boy a year older than he named Joe Lewis had made the same decision on the other side of the country.

Upon graduating from high school, Ronald determined to head right on through college, even though it looked as if he'd have to foot the bill for most of his tuition himself and he wasn't quite sure how he was going to meet all the expenses. But he started in at San Jouquin Delta, a junior college in the vicinity of Stockton, and graduated after 2½ years, majoring in Business and History, the latter being his particular favorite among academic subjects. All this time he was working, earning money particularly during the summer vacations, and casting about for new athletic interests. Then one summer—it was in August of '64—he met a man named Gordon Kennedy, presently a deputy sheriff in Stockton, who had studied 'karate' in

Japan and was teaching a style called 'Rembukan' at the Stockton Judo Club. This was Ronald's first exposure to the Oriental Martial Arts—he had never shown much interest in any form of pugilism before, had no boxing or wrestling experience, but 'karate', with its greater depth and subtlety, hooked him almost immediately. Kennedy accepted him as a pupil, and he began to train every spare moment he could with a dedicated intensity he had shown toward no other sport. In the course of their association Kennedy told him about Japan, about Japanese methods of teaching 'karate', and about the two masters of 'Rembukan' under whom he himself had trained, Norio Nakamura and Masayuki Koide, both of Tokyo. It wasn't long before Ronald had decided he must go to Japan to train, a fairly bold plan because he had never been out of the country before and knew no Japanese at all—but he was soon a brown belt under Kennedy's instruction, and burning to be off to Tokyo.

Ronald's situation at this point in his career—the summer of 1965—was fairly complicated. He had completed his courses at San Jouquin Delta College, and decided that he wanted to continue and round out his academic requirements for a degree at the University of the Pacific, right in Stockton. At the same time, he was dying to go to Japan—but when he applied for a visa, the local draft board suddenly began to make threatening gestures in his direction. His first attempt to go to Japan was frustrated, and he also had to enter into some intricate maneuvers to placate the draft authorities and get them off his back. These involved going back for a single term to San Jouquin Delta after he had already been accepted and spent a term at the University of the Pacific—but then he was able to return and continue at the latter, and he finally laid his draft problem to rest by being taken into the Reserves.

If 1965 was a highly nervous year for Ronald, 1966 went appreciably better. At the start of the year he renewed his efforts to get to Japan, obtained a letter of sponsorship from Mas Oyama and, by means of it, a tourist visa, and made definite preparations to leave for Tokyo early in February. This first expedition proved to be largely a 'reconnaissance mission'. Ronald met and talked with both Oyama, head of 'Kyokushinkai', and Norio Nakamura, the now-retired head of his own style, 'Rembukan'; he visited various 'dojos', observed and trained a bit, he experienced Japanese life, which made a considerable impact upon him—but the trip as a whole was something of a disappointment to him: huge, sprawling Tokyo was bewildering; the language barrier made communication very difficult; and he failed to find what he had particularly come for, just the right teacher with whom he could establish a good relationship and from whom he felt he could really learn. "Shopping for a father figure" has been a persistent theme in Ronald's development and search for identity since boyhood, nor will the reader have any difficulty understanding why this should be so against the background of Ron's early experience. He didn't find the right man on his first visit to Tokyo, and returned after two weeks to continue college and to work further under Kennedy.

In March of 1966, Ronald won his black belt rank, and later that year when 'Sensei' Kennedy decided to withdraw from teaching, Ron made an alliance with another Kennedy student, Forrest Cureton, an engineer with the California State Highway Commission in that area, to organize classes for the public and carry on the instruction of the 'Rembukan' style. At first they continued to teach on the premises of the Stockton Judo Club, but as that organization's membership and their own



Ron in classic form.

clientele began to grow, 'Senseis' Marchini and Cureton were forced to look for new quarters elsewhere. They were fortunate: they found a dance studio with a fine hardwood floor available out on Stockton's Pacific Avenue, and after they had invested some money to fix it up and install showers, they had a good 'dojo' of their own for classes. In the summer of 1967, when Cureton was transferred from Stockton to a new position elsewhere, Ronald bought out his interest in the partnership, and is now sole owner. Ronald has never aimed to make his school a thunderous commercial success—his training methods are rigorous and he makes few concessions to beginners in poor condition: he would rather build up a hard core of skilled and devoted stylists than attract the public at large, but the operation's progress has been satisfactory from a financial standpoint, with Mrs. Marchini keeping an eye on the books and the balance sheets. With growing experience at dealing with his clients, Ron has learned to make certain elementary compromises sufficient to attract new students and hold them—and for the rest, his reputation and friendly disposition are enough to insure a following. His income from the 'dojo' has paid the expenses of his tuition at the University of the Pacific, where he is now a Physical Education major and will graduate in June, and supplied the cash for his necessities as well these past years, with a new Volkswagen when he needed it, so the whole venture has been well worthwhile and gained him valuable business experience in the bargain.

Ron's tournament career began in earnest in 1967 when he won the Grand Championship of the "Pacific Coast Invitational Karate Tourney" in San Francisco. He had competed in meets before this one, but it was the decisions he won at this tournament over both Ralph Castallanos and the heavily-favored Joe Lewis on his way to the championship that marked his arrival on the scene as a contender to be reckoned with. Despite the agreeable experience of this victory, Ronald was still far from satisfied with the quality of his 'karate' and toward the end of this year began to think again in terms of another expedition to Japan to make a more determined search for a 'sensei' who would meet his rather special requirements. Late in January of 1968, between terms at college, he set out once more for Tokyo, and this time he found the right man, Masayuki Koide, a fifth dan practicing the 'Rembukan' style, who had previously been 'Sensei' Kennedy's teacher. Outwardly, Koide's calling in the world was not remarkably impressive—he earned his livelihood as a dealer in fish, a 'fishmonger' we would describe him, a small cog in the Japanese economy. Since then he has become a grocer, Ronald understands. But in the world of the Martial Arts, he was already a great Master, though only in his forties. At any rate, he filled the bill perfectly from Ron's standpoint. He accepted Ronald as his student and Ron trained at his 'dojo' with the others of his flock almost every evening for over two weeks. The workouts and sparring were rugged, and whenever Koide felt displeased with a student he did not hesitate to cuff him a good blow, in traditional Japanese military style, but Ronald took it all in his stride, and one feels, as one listens to him tell about it, that he actively enjoyed the entire experience. He feels that he gained enormously from this period of training under Koide and the latter's 'second-in-command,' Akira Onodera, a third dan in his thirties, and that some study in Japan is essential for any serious student of 'karate'—but he warns the young American enthusiast against arriving blindly on the scene, unequipped with addresses or letters of introduction and with no clear idea of how to locate the right teacher for his needs. Tokyo is more formidable than any American city, and Ron advises careful preparation and a definite plan of operations before attempt-

ing to enter its Martial Arts world. Once established with a good 'sensei', however, the 'karateka' is practically assured of a substantial increase in his skills. And just as Ronald was well satisfied with Koide and their relationship, so the Japanese was very favorably impressed with his young American student. Koide knew a good thing when he saw it, and pressed Ronald to remain and train longer under him, assuring his that he would make an outstanding champion of him if given the time. As the hour of Ronald's departure drew near, the 'sensei' became more urgent, and Ronald did feel tempted to stay, but he finally decided that return to college was the wiser course—he must finish and get his degree, and then perhaps go back again to Tokyo for more training. He's been wanting to get back there ever since!

Upon returning to Stockton, Ronald, now promoted to second degree black belt, was eager to put his newly perfected techniques to the test at once in further tournament competition, and he was very active on the tournament scene all last year. Besides capturing the top trophy at Henry Cho's "Tournament of Champions" in New York City, mentioned in the opening paragraphs of this article, he also won the California State Heavyweight Championship, and successfully defended his title at Fresno's "California North-South Invitational Tournament" whose Grand Championship he first won in '67. (On that particular occasion, by the way, he encountered and defeated the Japanese champion, Tayotaro Miyazaki, who created such a favorable impression at this year's "All-American" Tournament in New York. The styles of Marchini and Miyazaki have many points of similarity, and both are noted for their technical precision.) Besides accomplishing successfully these individual title competitions, Ronald has also been much in demand as a team member at tournaments featuring team competitions. Ed Parker included him on the Mainland Team that he assembled to compete in Honolulu, and he was a member of another Parker-sponsored team that participated in a (thoroughly uproarious) "Orient vs. America" contest in Sacramento. He was a team member as well at an Arron Banks-sponsored "Orient vs. America" tournament last July in New York City, and fought on the West Coast team of a Chicago team competition in November. One of the things that Ronald likes best about being a 'karate' champion is the traveling that he does now: during his boyhood and adolescence he rarely left Stockton, but now he is airlifted regularly back and forth across the country and to Hawaii with all expenses paid. With the exception of the disreputable Sacramento meet, at which his bout never actually reached a conclusion and the judging was meaningless anyway, Ron has contributed victories in an uninterrupted succession to every one of these team tournaments, so it's no wonder his services are sought after when teams are being chosen. Only in the field of professional tournaments has he so far held back, out of a desire to maintain his eligibility for amateur contests intact.

Ronald's style in 'kumite' is best described as calm, cool, careful, and collected. He has a solid grounding in technique, and both his defensive and offensive plays are admirable, but he is not a flashy or flamboyant performer: his moves are calculated, economical, and to the point, with no waste motion or unnecessary expenditure of energy, and he fights as much with his head as with his fists and feet. He has neither the verve or sense of dramatic values of Delgado; nor the dash and versatility of Norris; nor the heavy truculence and overwhelming mastery of Lewis; nor the reckless courage and impetuosity of Slocki—but when he enters the ring against an opponent he gives the impression of being completely in control of himself and of the situation, and he usually leaves the



Jim Grady takes a kick from Ron, who was getting in shape for East vs West Tournament in New York.

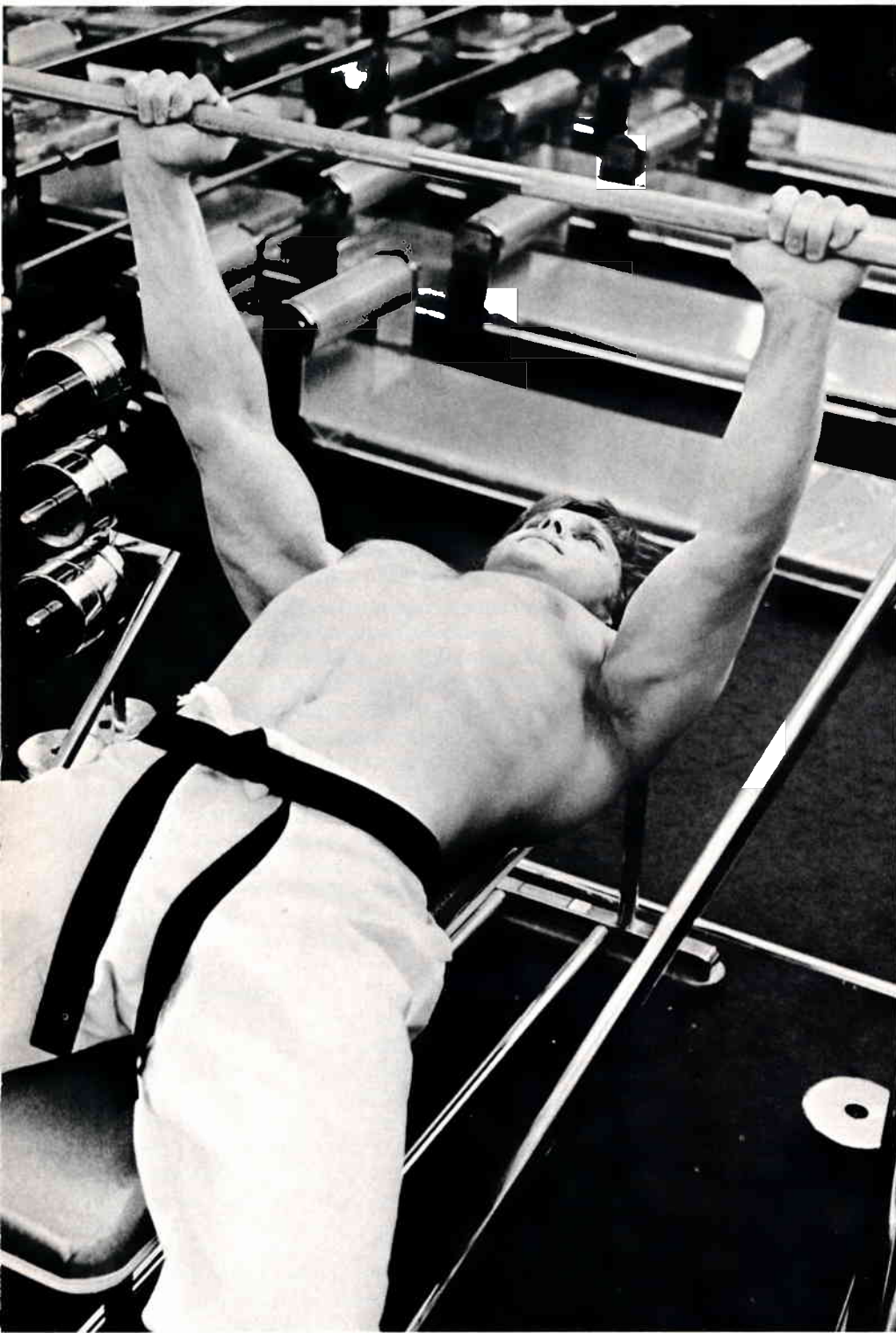
ring victorious. Of all the players he has met in battle, only Norris has ever given him serious difficulty—after four encounters, Ronald has yet to beat Chuck! In a recent match in New York City, Louis Delgado and Ron were tied—and Ron is uncertain how successfully he could cope with Joe Lewis' new style—but for the rest, he has taken their measure, and is confident he could again. Ron respects his opponents, and always controls his blows: he is 'tournament-wise', and when he strikes it is to score. But if an adversary tries to get rough with him, his defense is sure and he is more than able to discourage his opponent—and when he has decided that the opportune moment to score has come, he will quickly cast aside his cautious and calculating manner, flare up and charge with headlong momentum. His weightlifting has given him a handsomely proportioned physique, and he is enormously strong, as opponents who underestimated him have discovered to their dismay.

These past twelve months, from the time he won Henry Cho's tournament, have unquestionably been the most eventful of Ronald's life, and there is no indication that the next year will be any less active. His ability to cope with a heavy work load at college and at his 'dojo', yet also maintain his 'karate' techniques and participate in far-flung tournaments, is impressive enough—but that is scarcely the half of what he has accomplished in recent months. He has actually expanded his business operations to include an affiliate in Sacramento, and last November he married JoAnne Marchesotti, a junior at the University of the Pacific with whom he has had a steady relationship for some time: the two are now furnishing a fine new apartment for themselves to live in in Stockton, and that also requires time for planning and discussion. JoAnne and Ronald were both reared in the Stockton area and have a similar background: they seem very well suited and are fortunate to have found one another. JoAnne is so attractive that we have made

certain to include her photograph with this article.

Marriage, tournament victories, and graduation from college this coming June are providing a whole series of climaxes to the career of this twenty-four-year-old 'karate' champion, but Ronald's future appears even more promising. He has many ideas about what he would like to do, but the events of the past months have rushed by so fast that he hasn't had the opportunity to think them through and make a decision yet. He definitely wants to continue with his 'karate' and with tournament participation into the foreseeable future, with a third expedition to Japan (with JoAnne along for company this time) a distinct possibility for this coming summer or fall—they will travel over the islands to the various cities and shrines, and Ronald will spend time training with 'Sensei' Koide, to whom he is eager to present JoAnne. After that, he will choose between running and further expanding his 'dojo' operation through central California, entering the importing business, which he has been exploring recently, and starting upon a career in the California state school system to establish 'karate' as a recognized sport in the secondary schools throughout the state. Whatever he decides, Ronald may be expected to do well—he has a great deal to offer in any of these fields, perhaps most of all in teaching, and he has already proved his capacity. He combines a wholesome background with above-average intelligence and an unusually attractive manner. In his methods and outlook, he may be described as a practical idealist in the best sense, uniting a thoroughly pragmatic view of life and the problems at hand with respect for the values and goals that seem to him truly worthwhile. Thanks at least in part to 'karate' and to his victories in competition, he has succeeded increasingly over the past year in banishing the recurrent feelings of self-doubt and uncertainty which were his legacy from boyhood, and today is able to see and to accept himself in his true identity: he's a WINNER!!

PHYSICAL TRAINING IN



I am frequently asked by karate enthusiasts how best to train to become a better karate-ka. The answer, of course, depends entirely on individual needs and goals. For the aspiring karate-ka, we can assume the goal is to become as proficient in karate as possible.

The first step is, of course, the obvious one: practice-and more practice until your moves and countermoves become second nature. The second step is also obvious; however, too many of us tend to minimize it: exercise.

Exercise provides our bodies with at least two changes: a physical change and a change in performance. The physical change is to the muscular system and is manifest by increases in size, strength, and tone. Tone is a term used to describe the state of a muscle; that is, the capacity for muscle fibers to remain in a constant state of contraction. Tone aids in governing muscle coordination and the rate of muscle contraction.

The second change we mentioned, is the change in performance. The physiological processes involved are complex; suffice to say, however, that the more effort expended in the performance of a physical movement, the easier that movement becomes the next time it is attempted. Let me explain it by analogy. A baseball player when he is about to go up to bat, makes a few practice swings with a lead bat or with several bats in his grip. Then, when he's ready, the real bat can be handled with less effort and more assurance. Some swimmers practice by wearing weights on their feet and arms; the examples are numerous.

There are many kinds of exercise, and not everyone needs equal amounts of the various types. We should, therefore, make a brief examination of the four major categories, as follows:

1. Isometrics
2. Isotonics
3. Aerobics
4. Anaerobics

As we examine these categories the individual reader, if he's at all perceptive to his own physical condition, will recognize the areas in which he may be lacking.

Isometric exercises contract skeletal muscles without movement; the muscle

KARATE

By JOE LEWIS

fibers contract but do not shorten. This is accomplished by working one muscle against another as in *dynamic tension*, or by applying resistance to an immovable structure. Because of the lack of movement, strength is increased only in one direction or dimension. The muscle increases in size and strength, but there is little benefit to our oxygen cycle.

Isotonic exercises are muscle contractions involving movement wherein the muscles thicken and shorten and tension remains constant. Push-ups, situps, and weight lifting are characteristic isotonic exercises. They create an oxygen debt and impose a slight training effect on our cardiovascular system. Muscle tissue and strength are developed and can be applied to the natural moves of karate.

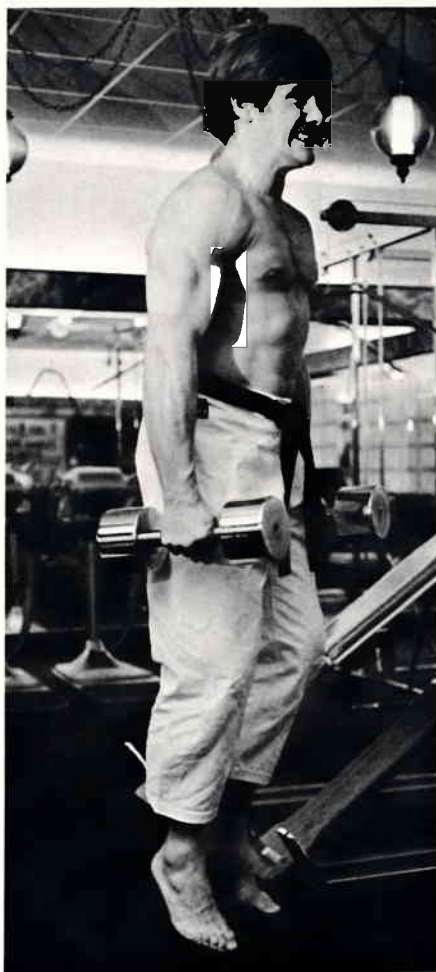
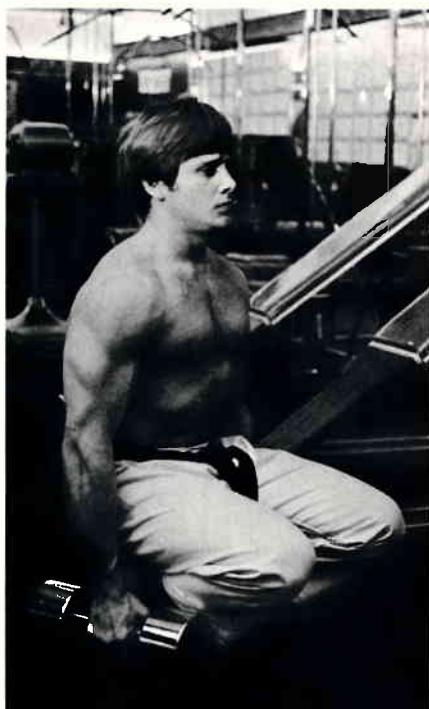
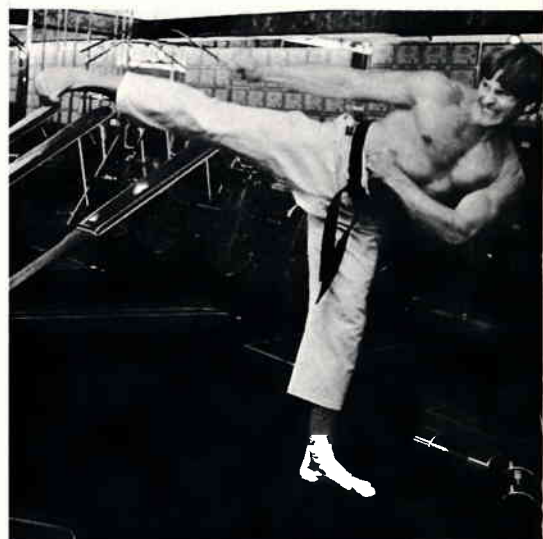
Isometrics tend to have little training effect, and limit the strength development to only the stagnant positions in which they may be practiced. However, in applying a front kick with an ankle weight, the stable leg is a form of isometrics along with the tightening of the upper back, where the kicking leg undergoes isotonic exercise. Thus both categories are of value.

Aerobics are exercises such as distance running which develop endurance by using a definite demand for oxygen

without enduring an uncomfortable oxygen debt. These are the exercises which condition our bodies internally and externally without becoming fatigued before we have benefited physically or structurally from our karate training.

Anaerobics are the most commonly practiced exercises in karate today; unfortunately, they have led to unrhythmic fighting methods. Examples are short sprints witnessed by a tremendous oxygen debt causing sudden fatigue without producing a sound training effect. Many karate enthusiasts are subject to this type of training. Others are victims of easy or too-brief periods of exercise which produce little or no benefit either to one's endurance, stamina, or physical strength.

Karate calls for the involvement of a combination of brute strength, endurance, skill, and agility. In other words, a champion must be powerful and he



must be fast. You must be able to trade blow for blow, you must be able to survive a very fast burst of physical exchanges, you must be able to stand up to prolonged punishment, and you must be able to outmaneuver your opponent. This requires a body which can function at a high-level of efficiency.

Exercise, based on an understanding of your needs and abilities is the only way to attain success in karate. Fortunately, the exercise you need will also help you in all of your other activities—even sleep. Find the areas in which you need more development, select the type of activity which will best provide that development, and get on a regular, sustained program of exercise.

Before you know it, your status as a karate-ka will have measurably improved; so will your status as a regular citizen—and that's a bonus you weren't even looking for.



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WOMEN

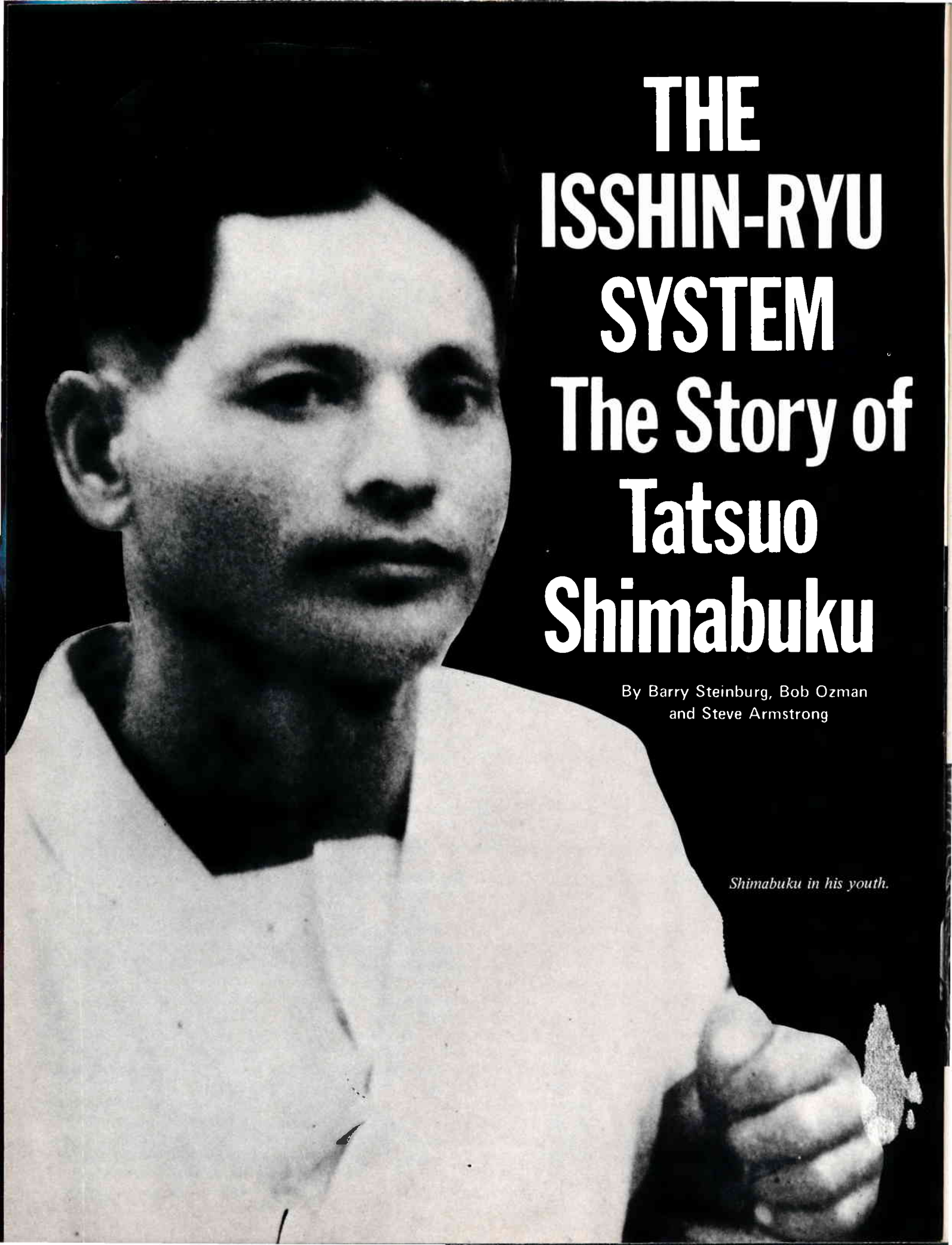
(We have not compiled any names at this time, but welcome those of your choice. Although not too many tournaments involve women, we do feel that they are deserving of recognition.

1st ANNUAL ACTION KARATE

POLL

Heretofore, other publications have attempted to select the ten top Karate Players in addition to other such honors. Exactly how they arrived at their conclusions is still a mystery. We therefore ask your support of the following poll. Left, is an alphabetical list of those nominated as America's best Karate Players. Voting is based on outstanding tournament performances in 1969. The reader is urged not to make a selection on personality or past performance, but on the basis of tournaments for freestyle only. The list does not preclude write-ins if you genuinely feel the performance of other male or female competitors were better than those listed. No name should appear on the ballot more than once. This will constitute a void ballot. Vote for 1969's Best Karate Player. Remember, this is Action Karate's Reader Poll and your vote counts. Please vote for your choices on the attached reply card.





THE ISSHIN-RYU SYSTEM The Story of Tatsuo Shimabuku

By Barry Steinburg, Bob Ozman
and Steve Armstrong

Shimabuku in his youth.

There is a legend that states karate first came to Okinawa in the nineteenth century when Chinto, a shipwrecked Chinese sailor, was washed ashore. Naked and penniless in a strange country, he hid in caves by day and at night would sneak into the villages to steal food for survival. The villagers complained to the king, who sent his best samurai, Matsumura, to capture the sailor.

Matsumura tracked Chinto to the cave where he was living; he confronted Chinto. When the sailor refused to surrender, the samurai tried to overcome him by force. Chinto blocked every technique Matsumura threw. The sailor then hid in a nearby cemetery.

Matsumura returned to the king and reported that there would be no more trouble from this man. Then he went back to the cemetery and befriended Chinto, who, in turn, taught him his system, including the kata now known as *Chinto*.

Chotoku Kiyam, incorporated *Chinto Kata* into the *Shorin-Ryu* system. Kiyam, was the first sensei of Tatsuo Shimabuku, who is today Okinawa's leading karate master. *Shorin-Ryu* features the *Goju-Ryu* system of his second sensei, Chojun Miyagi, in developing the present-day Okinawan system of *Isshin-Ryu*. Liberally translated, *Isshin-Ryu* means the one heart method. The name is apt, for *Isshin-Ryu* is the product of a life dedicated to Karate.

Master Shimabuku was born in Okinawa in 1906. He began his study of karate at the age of 8 when he walked some 12 miles to the neighboring village of Shuri to learn karate from his uncle. His uncle sent him home; obstinately he returned and was sent away several more times. His uncle finally gave in to his persistence and accepted him as a pupil.

For about four years sensei Shimabuku was privileged to study karate in the dojo of his uncle each day after completing the most menial domestic chores. Having achieved a certain degree of skill in *Shuri-Ti* karate, Master Shimabuku went on to formal training in *Kobayshi-Ryu*. He met Chotoku Kiyam, who was already famous throughout Okinawa and became one of that master's leading pupils. He also studied with Chojun Miyagi and became his best student.

The sensei did not feel he was old or experienced enough to be considered one of the greats at this time. He again took up

Kobayshi-Ryu, this time under Choki Motobu, who was virtually a legend on Okinawa. At a large martial arts festival in the village of Fatima, sensei Shimabuku finally blossomed. He won recognition through a very fine performance of the katas.

Shimabuku went on to study the art of the *bo* and the *sai* as well as the *tee-faa* forms. His instructors, Hirara Shinken and Yaby Ku Mo Den were responsible for providing Okinawa's instructors with these particular skills.

Shimabuku's reputation throughout Okinawa had reached its peak when World War II struck the island. A business man as well as a karate teacher, the sensei's small manufacturing plant was completely demolished and he was bankrupt almost from the war's outset. He did his best to avoid conscription into the Japanese Army by escaping to the countryside where he worked as a farmer. As the situation grew more and more



The original painting of the Goddess.



A rare photo of Shimabuku's second Sensei, Chojun Miyagi (left), Shimabuku (center), and first Sensei Chotoku Kiyam.

Tatsuo Shimabuku at his Isshinryu Karate Dojo, Agena Village, Okinawa.





Shimabuku resting after demonstration.

desperate for the Japanese and as the need to press the Okinawans into service became urgent, he was forced to flee.

As his reputation in karate spread among the Japanese, many soldiers began a thorough search as they wanted to study karate under him. The officers who finally caught up with him agreed to keep the secret of his whereabouts if he would teach them karate; it was in this manner that Shimabuku survived the war.

After the war, his business ruined a little chance of earning a living by teaching karate on the war-ravaged island, Master Shimabuku returned to farming and practiced karate privately for his own spiritual repose and physical exercise. Throughout Okinawa, he was recognized as the island's leading practitioner of both *Shorin-Ryu* and *Goju-Ryu* Karate.

In the early nineteen fifties, the sensei began to consider the idea of combining the various styles into one standard system. He could foresee the problems that were developing out of the differences among styles; he sagely concluded that a unification or synthesis of styles would enhance the growth of karate.

He consulted with the aged masters on the island and with the heads of the leading schools. At first there was general

Shimabuku doing Chiefa Kata with the Tonfa.

agreement, but later his idea met resistance as the leaders of the various schools began to fear loss of identity and position. Sensei Shimabuku decided to go ahead on his own; thus *Isshin-Ryu* karate was born.

In developing *Isshin-Ryu*, Master Shimabuku combined what he felt to be the best elements of *Goju-Ryu* and *Shorin-Ryu*, taking advantage also of the profound knowledge of *Gung-Fu* that he had acquired over the years. The basic katas derive from *Shorin-Ryu* and are common to most other styles of Okinawan karate. Most of the hand and foot katas are named after great Chinese karate masters.

The first kata a beginning student learns is *Seisan*, in which he learns a vertical punch with the thumb on top instead of the twist punch. The twist punch is prevalent in most other forms of Okinawan and Japanese karate. For several years, sensei Shimabuku taught the twist punch, to avoid controversy, but he returned to the vertical punch for several reasons: he felt it was faster and could be retracted more easily without elbow breaks. Further, the wrist tends to be stronger and focus need not be applied at the end of a twist while the arm is fully extended.

Kusanku, the sixth kata in *Isshin-Ryu* karate, emphasizes the speed movements for a man surrounded by eight attackers; it is a very beautiful kata. *Sunsu*, which is named after Master Shimabuku, consists of combinations of movements from the first six katas and is one of the most difficult in all karate to perform; that is, with any degree of strength, speed and accuracy. *Sunsu*, Master Shimabuku's nickname means, "Strong Man."

Weapons techniques are an integral part of *Isshin-Ryu* karate. Within a year, a new student will learn such katas as *Kusanku Sai* and *Chata-Yara No Sai* in which the sais are used to defend oneself against an imaginary samurai swordsman. In most all styles of karate the *bo* was handled strictly from the left side until sensei Shimabuku broke tradition and brought the right side into play. In the *Urishi Bo* kata, the opponent's attention is drawn by the front of the *bo* until he is suddenly hit by the rear end of the *bo* which has been brought around





Demonstration with Sai – Photo by Don Bohan.



Showing Steve Armstrong and Bob Ozman the vertical punch.

with a vertical butt stroke. Another *bo* kata of the system is *Tokumine No Kun No Dai* named after Tokumine Kun, who virtually created the *bo* as it is known in modern karate.

In teaching karate, Master Shimabuku stresses striking with full force when the time to strike presents itself, and relaxing completely when at peace. He believes the student must have more than a short-term commitment to benefit from karate training. *Isshin-Ryu* karate instructors recognize four steps in the making of a first-rate karate man. The sensei likens it to woodwork.

The first step, *Aakezuri*, is like cleaning the bark off a rough tree. The student learns, according to his ability, some basic stances and moves. The second step, *Nakakezuri*, is like the shaping of the wood. During this stage, the student demonstrates his seriousness and willingness to work in learning the katas. Many are eliminated at this time. The third stage, *Hosokezuri*, is like the sanding and the molding of the wood. The student refines his technique and may achieve the rank of Black Belt. The final stage, *Shiyagi*, is like the smoothing and polishing of the wood. The student begins to understand in his own terms the Code of Karate, also called *Kempo Gokui* which means "Innermost Meaning." This code, taken from Oriental literature and philosophy constitutes an attitude toward all of life and should be approached only after the student has learned all the kata and devoted the necessary time and practice to *Karate Do*.

Devotees of *Isshin-Ryu* karate are often asked about the emblem on their patch. It shows a woman who is half sea-serpent in a turbulent sea, her left hand in a universal sign of peace and her right hand clenched in a fist. A small dragon ascends in the dark night toward three stars in the heavens. The emblem represents a vision which came to Master Shimabuku in a dream he had during the time he was developing the *Isshin-Ryu* system. Feeling that is symbolically expressed what he was trying to accomplish in *Isshin-Ryu* karate, the Sensei adopted it as the emblem of his system. Those who wish to interpret the emblem further may find it interesting to know that *Tatsuo*, Master Shimabuku's first name, means "Dragon Boy."

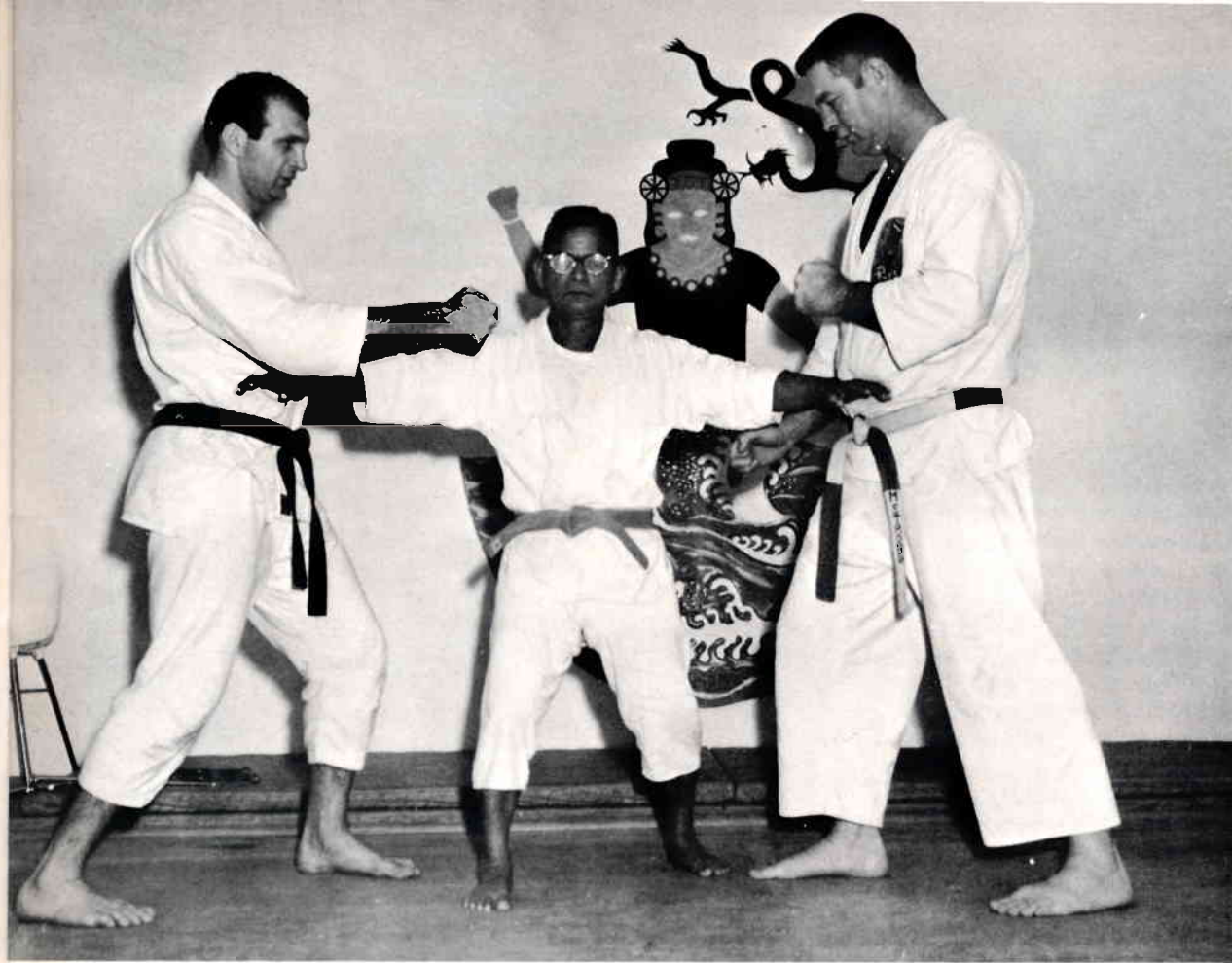
Sensei Shimabuku has just named the goddess in the emblem in deference to pressure brought about from disciples of *Isshin-Ryu* karate. He named her *Mizu-Gami*.

With the ever expanding popularity of the *Isshin-Ryu* system, the goddess is assured a very long reign indeed.



Bob Ozman being instructed in the Sai.





*Discussion on the intermost meaning of karate.
(left to right) Steve Armstrong, Harold Long, Bob Ozman, Harry Ackland, Tatsuo Shimabuku.*

From 1966 through 1968, Angi Uezu was in the United States. Mr. Uezu is the son-in-law of Tatsuo Shimabuku, 10th Dan, Master of the *Isshin-Ryu* system of karate. One of Mr. Uezu's purposes in coming to the United States, was to help establish and create a better understanding of the origins of this traditional Okinawan system. Uezu traveled to many parts of the country helping many American senseis. After spending nearly two years in the United States, Uezu returned to Okinawa. Before his departure, however, he spent approximately one week in Los Angeles where I had the pleasure of working and talking with him. He helped to confirm some of the historical facts in this article.

... Bob Ozman



Janet breaks two 1" pine boards.

should be of considerable value to women karate-ka and their instructors.

Max: Janet, why do women get into Karate? Is it merely for self-defense?

Janet: Almost always women first come to Karate, or any of the martial arts for that matter, for self-defense and as a social activity. Later, Karate itself becomes the objective. Men generally follow this same route, I believe.

Max: Does this *same route* continue into the dojo itself? Are women treated the same as men in Karate?

Janet: No, generally not! Too often women are treated as women and not as karate-ka. This, in turn, leads to most women becoming *ballet technicians*, that is, having lovely technique which is devoid of power or delivery. Due to this lack of hard training, Karate

WOMEN IN KARATE

Femininity vs Ferocity

By MAX MULLER

To discuss women in Karate, *A-K* commissioned Max Muller to interview Miss Janet Walgren, one of, if not *the* most outstanding female competitors in the U.S. today.

A curious mixture of femininity and ferocity is Miss Janet Walgren of Kansas City's Bushidokan. The mixture is curious in that Janet is the overall physical antithesis of what a *logical* definition would hold a woman Karate champion to be. This is to say, Janet is not a large and awesome physical person; rather, she is quite attractive and feminine, and she instantly reminds one of an actress or model. The latter was indeed the case as Janet once modeled clothes and hair pieces before going gung-ho for the martial arts. She is now secretary and all-round Girl Friday at Bushidokan, a job which she feels actually detracts from her training: first of all, because she is often too busy to practice with the classes, and secondly, being around the dojo so much loses some of its appeal.

How does ferocity enter the picture? It enters in the form of a well-trained, very deliberate fighter whose matches seldom exceed a half-minute. It also takes the form of a woman competitor, who through having trained exclusively against male competitors, possesses little if any physical fear. Testifying to the truth of these words is Janet's record: in eight competitions, seven of which were major national caliber tournaments, Janet has won four first places, two seconds, a third and one fourth (mandatory, due to disqualification for *necessary roughness* which we shall investigate later). With the exception of her recent upset in the 1969 U.S. Championships, her other losses were marginal, if not questionable.

Jim Harrison, Janet's instructor, was invited to participate in the interview. Jim voiced several pertinent opinions which



Janet laughs as her instructor is caught clowning by the camera.



From model to mauler. — Photo by Scott

becomes little more than a social activity to some women. Instructors and fellow students actually do these women a disservice by coddling them.

Max: Janet, this leads one to wonder whether women's belt rankings are comparable to men's, are they?

Janet: In most dojos, women are not graded by the same criteria as are the men, and yet they wear the same belts with no distinction between them. I definitely disagree with this. Woman should be expected to keep up with the men in class, and should be graded on the same basis.

Max: What about women who can't keep up?

Janet: You have to remember that belt rankings aren't everything. If a woman has gained poise, health, and some technical or applicable Karate ability, then she has gained far more than some woman who really knows nothing but has rank.

Max: Speaking of rank, I understand that you were advanced to your present rank by Mr. Trias over Jim's head.

Janet: My brown belt was awarded by Mr. Trias rather than by Jim. The details are, however, that Jim had promoted me to green belt after I won the U.S. Tournament in Dallas last year. Mr. Trias, receiving my regis-

tration at headquarters, took the liberty of returning a brown belt certificate with the qualification that Jim could either present or hold it as he chose.

Max: Jim! How did you feel about the matter?

Jim: I felt rather complimented by Mr. Trias' action. He promoted her because of her apparent superiority over other women competitors; I still feel she needs to qualify in other fields, which she shall do.

Max: Janet when do you expect to advance to black belt?

Janet: Never!

Max: What?

Janet: Never! I've never seen a woman worth a black belt.

Jim: May I interrupt? Janet has probably been brainwashed by me. I feel the black belt should be a coveted award. Unfortunately however, this is not generally so. The black belt is outright sold, self-awarded, leniently given, and prostituted in every country in the world including the orient. I take pride in any belt I award and I believe them well earned. My students are ability, not rank conscious. I don't feel a woman can have black belt ability in all areas; perhaps I'm wrong and will be proved wrong—we'll see.

Max: This may be drifting from the main subject, but why?

Jim: The black belt should be respected by everyone, not just Karate people. I don't mean with mystical awe, as in the pages of a men's magazine. But with the respect of achievement and discipline, as well as potential. I have three male black belts. They all had national credits both in Kumite and Kata as brown belts, and two of them had distinguished themselves as black belts less than a year after receiving their ranks; the other was just recently ranked. They all also proved that they could handle themselves for real.

Max: What do you mean "for real"?

Jim: My blacks had to work as bouncers in some of our more renowned night clubs a minimum of six weeks before receiving their dan.

Max: I had heard that, but I didn't believe it. Why?

Jim: Tournament fighting and real fighting are two entirely different areas. This way I don't worry about any of my blacks being *put down* in any situation.

Max: No, I guess not. Is that why Jay Garrett is so deliberate and forceful?

Jim: It surely helped, there's nothing like knowing you can do what you think you can do.

Max: That amazes me. If Janet were under consideration for black belt would she have to prove herself in such a situation?

Jim: I don't think I'm going to be confronted with the problem, and, at any rate, she has already demonstrated her actual fighting capacity. I watched her actually defeat, in an actual combat, a male purple belt (Janet was orange belt ranked at the time), larger than myself, who had obnoxiously questioned her ability.

Max: By actual combat you don't mean he fought her all out?

Jim: Well, they agreed to spar but when he bounced off the wall in less than two seconds after they began and everyone started laughing, he came on full force. She then decidedly and actually defeated him. I admit that he came from a school where ability and etiquette are not famous. Neither his ability nor his ego improved that evening but his manners improved considerably. The paradox of the whole thing is that after she thoroughly embarrassed him and smashed his ego

he later developed a crush on her and asked her out, and I'm sure it was for romance not revenge.

Max: Janet, let's drift into the area of women's training in the dojo. On what should women concentrate?

Janet: Women have two chief weaknesses in Karate; they lack raw physical power and they are weak emotionally. These should be major areas of concentration.

Max: What specifically should be done?

Janet: Power can be built up through constant practice on good technique and delivery, and working on the bag and makiwara; also, some weight training can be added. This is not to imply that women should build large muscles or anything like that. Rather, through the use of these methods she should learn to focus all the power she has correctly.

As for emotional stability or even hardness, this refers back to what I said earlier about instructors and fellow students' attitudes and treatment of women karate-ka. They don't demand much of them, they coddle them, free fight them easy, etc., and the end result is obvious.

Max: Should women in the dojo fight one another?

Janet: Definitely not!

Max: Jim, Let me ask you a question, that Janet perhaps can't objectively answer. If one woman becomes quite good in a dojo, do the others tend to become discouraged, feel looked down upon, or just what?

Jim: Naturally, I can only speak about our own dojo with complete certainty. Here we have a good situation in that Janet encourages other women to enter Karate and to advance. Rather than a source of discouragement, she represents a goal.

This, of course, doesn't answer your question completely, so let me speak from experience. It is a natural tendency for women who become dominant to push others out in a variety of ways. The first, of course, is just general maliciousness, however, although this is the first thing that comes to mind, it is rarer than one might think. The most common way that other women become discouraged in the dojo is through neglect by their instructors. For example, often women of caliber are their instructors' girl friends. This is not necessarily a bad situation, but because of it you have a number of things happening. First, other women are not shown as much attention. Second, other women generally feel slighted, and consequently are discouraged. Thirdly, girl number-one may be very jealous or resentful of any attention given by the instructor. This results in haphazard training with haphazard results.

There are also cases of instructors who through charisma, that is, the strength of their own personalities, have many women in their schools; but, unfortunately women in this category are in Karate for social reasons and are often the "ballet technicians" Janet mentioned earlier.

Max: Is this why there is a general lack of women competitors?

Jim: I've really never given it much thought. It stands as a probable reason, but it certainly isn't the only one. In fact, this is an area needing some research done on it.

Max: Janet, getting back to you, people often wonder how effective a woman could actually be. Have you ever had to use your training against anyone.

Janet: Yes, and it's really humorous; it happened here in the

dojo. One of Kansas City's more renowned street fighters came in one day and wanted to know who was there that could show him some *stuff*. Upon finding out that I was the only one in the dojo he informed me of his reputation as a fighter, and then requalified that statement by announcing that he was in reality more of a lover. Then he made his move. He left temporarily incapable of either of his self-proclaimed specialties.

Max: It would perhaps be instructive if you'd say exactly what happened.

Janet: Well, he tried to put his arms around me and he caught a knee in the . . . left elbow and again in the face. Let me point out, however, that even if he would have tried something else, I feel confident I



Knife chop with grab for control and defense.



Her Judo training before Karate made habit of grabbing opponents.

could have still handled the situation.

Jim: Let me interject something if I may. The technique Janet used could have been taught to anyone, and taught effectively, in five minutes. The lesson here is that a woman must be sufficiently trained to have full control over her emotions and senses, and trained well enough to handle this or any situation. This is a far cry from a mere knee to the . . . what was it, the left elbow?!

Max: Are women generally a match for a man?

Jim: Well, they have one definite advantage. When a man fights another man, if nothing else, he'll come on

strong and with hands, feet, and anything else he can muster. He'd look kind of stupid hauling off and punching a woman in the mouth. Men are more apt to initiate an attack by grabbing and, consequently, leaving themselves vulnerable. A woman can more easily take advantage of this.

Max: Janet, why do you still compete? Surely you've gotten as much recognition and fame as a woman can.

Janet: It's because I gain experience from every tourney and, quite honestly, some of the competition is really getting good. It's a welcome change and an exciting challenge.

Max: In a tournament do you ever feel pressured because of your reputation?

Janet: Yes, frankly. Sometimes I'm fighting not to lose, rather than to win.

Max: What happened in Dallas this year?

Janet: I was beaten.

Jim: It wasn't quite that bad. True, Janet was out-pointed, but not out-classed. Without making excuses, there were reasons for her loss. I expect her to profit from her loss. Janet was over worked, here in the new club, and didn't train sufficiently; that was my fault. More important, however, are the emotional factors. The other girls were shooting at her, and that gave them more incentive. She fell victim to a state many champions go through at one time or another. That is, the pressure of trying not to lose, rather than fighting to win. She also became victim to another fault; that of trying to become too affable. Many get to be champ by ferocity and small concern for their opponents.

After getting on top they try to build a chivalrous image, wanting to be liked by fellow players and spectators.

Max: I understand in Dallas, in 1967, you were disqualified for *necessary roughness* as Jim put it. Apparently you weren't always such an affable person as Jim terms you. Any comments?

Janet: Yes, the girl I was fighting, repeatedly refused to break at the referee's command. When I landed the winning point and after the referee called for the end of the fighting, my opponent clawed my face.

Max: Janet, who are some other notable women competitors?

Janet: I would say that the best karate-ka with whom I am familiar are Joy Tubberville, a student of David Moon's, and Phylis, one of Pat Burleson's students. Both girls are outstanding.

Max: When will you be competing again?

Janet: March 15, at Jack Hwang's *American Open Championships*, in Oklahoma City; that is, if I can find the time to train.

Max: I'd like to end by wishing you good luck in your forthcoming tournament, and in your future endeavors as well.

Perhaps the most important point brought out by Miss Walgren is that women are, by and large, a product of the handling given to them and the attitudes shown them by their instructors and fellow classmates. Strong training with and against men, according to Miss Walgren, is the key to gaining mastery over both technique and its application, as well as mastery over oneself.

Janet in Dallas tournament against womens 1st place winner Joy Turberville, referee is Kang Rhee.



KARATE AS A VEHICLE FOR PERSONAL PSYCHOLOGICAL GROWTH

BY RICHARD STEEL

A great deal of the popularity of karate today may be traced directly to the unique way in which this art meets the personal emotional needs of students and instructors alike. Recent research indicates that mastery of one's feelings, physical potentials, and environment is one of the most potent agents in man's continuing development and maturation.

The successful karate student is an individual who has developed a good deal of control over his own body and over his emotional responses. Similarly, he is able to exercise increased control in a legislative way over his environment. Such mastery frees the individual to exercise his energies in a productive way in his relationships and career outside his participation in the art. Mastery, of course, is an end product composed of a number of psychological variables which must be examined in detail before the real value of the art of karate becomes apparent. It is the unique potential of karate which gives it meaning rather than its similarities to other activities.

Karate provides a socially acceptable context for the expression and working through of violent and hostile impulses. This is of great value not only to the individual but to the community at large as well. The person who comes to terms with his frustrations and angers by destroying the property and endangering the lives of other human beings is not a particularly useful member of the community. Karate provides many people with an outlet for feelings which would otherwise be suppressed to the detriment of the individual or expressed to the detriment of the community.

Karate, however, is more than merely an outlet. The art provides a context in

which a human being can come to terms with his fears and anxiety concerning physical violence. For most people, these fears seem to be of two kinds: the fear of injury, and the fear of one's own potential for doing violence to others.

With continuing practice in a structured, disciplined setting, the student becomes gradually more aware of his own feelings and also of his ability to control the expression of these feelings. Supervised free-style sparing provides the context in which the person can reduce his fears of personal injury to a realistic level while, at the same time, discover that he has the ability to master his own hostility at a conscious level without translating it directly into action.

As mastery increases so does personal confidence and self-respect. True self-respect is based on accomplishment in the real world, not the world of fantasy and day dreams. The individual who learns to control not only his physical ability but his emotional world as well finds it increasingly easier to meet the demands of the world around him.

In the area of self-confidence and self-respect, Karate seems to be of special value for the adolescent, particularly those teenagers whose physical maturation is somewhat slower than that of their fellows. The adolescent who is slight of stature or overweight often feels inadequate in comparison to his more rapidly maturing contemporaries. Such feelings of inadequacy often give rise to fears regarding a lack of masculinity and competitive assertiveness. Karate may provide an area of competency which will tend to offset such anxieties and doubts and allow the individual to perceive himself in a more self-respecting way.

The study of karate may also provide the student with an opportunity for developing healthy relationships with others based on mutual respect and trust. To the extent that an individual is unable to relate to other people in an open and straight forward fashion, he

will find himself handicapped in the everyday business of living in the world of people. The karate school has the potential for providing the kind of environment in which this sort of learning may take place.

As one's physical and emotional awareness of himself increases through his study of the art he may find himself responding in a freer and more spontaneous fashion in other areas as well. Increased self-awareness generally leads to freer expression in all areas of activity. Freedom to express oneself in one's own way, *to do your own thing* is one of the most valuable psychological freedoms available.

A great deal of importance must be placed on the relationship of the instructor to his students. The instructor in karate is a teacher in the broadest sense of the word. He communicates to his students not only the content of his art but also his value system as a whole. He is particularly influential in the development of his younger students. The instructor who lives his art by demonstrating qualities of self discipline, control, fairness, equality, and friendship is in the position of communicating a powerful and important message to his students. Many of the benefits assumed to derive from the art actually are a result of the instructor-student relationship within the context of the art of karate.

Karate in today's world also serves a broader educational purpose. It provides an opportunity for the student to become familiar with a cultural and philosophical heritage quite different from his own, thereby hopefully reducing the gulf between peoples of different social and cultural histories. Similarly, the art brings together people of different racial, professional, and ethnic histories uniting them in a common purpose free of the overtones of prejudice and discrimination. One can only hope that these students of the art of karate will carry the *equality of the mats* beyond the doors of the dojo.

Seventh Annual United States Karate Championships, 1969

BY MARTY MARSH



The recent Seventh Annual U.S. Karate Championships, held in Dallas, Texas, were an unqualified success for most of the competitors and for organizer Allen R. Steen.

Once registration was completed, Steen's Charge d'affaires, Steve Armstrong of Tacoma, Washington shifted things into high gear. With the help of a bevy of attractive assistants, Armstrong saw to it that the eliminations went so smoothly that the competitors fought down to the final positions in a record five and one half hours! Spectators were kept hopping as Women's, Junior's, and Brown Belt eliminations were held simultaneously. Then the Kata contest fired off while the heavyweight Brown Belt division was still in progress.

Unfortunately bloody noses seemed to be the order of the day with a few eye cuts thrown in for the emergency crew. In all fairness, this cannot really be said to be the fault of the referees or the organizer. It seems to be the trend these days to go in for head points with fists flying. This tournament proved no exception to the rule. All styles and all schools shared responsibility. The fact that the competitors did meet while both were moving in precluded any disqualifications being invoked.

The 18 competitors in the women's

division were the only group that suffered no nose injuries. Miss Chery Kirby placed 4th. Last year's champion, Janet Walgreen (Bushidokan from Kansas City Missouri), won two matches and then lost to Joy Turberville (Moo Duck Kwan, Martin Schools, San Antonio). Joy, showing good style and technique, went on to beat Phylis Evetts (Tae Kwon Do, Texas Karate Institute) and became the new woman's Champion.

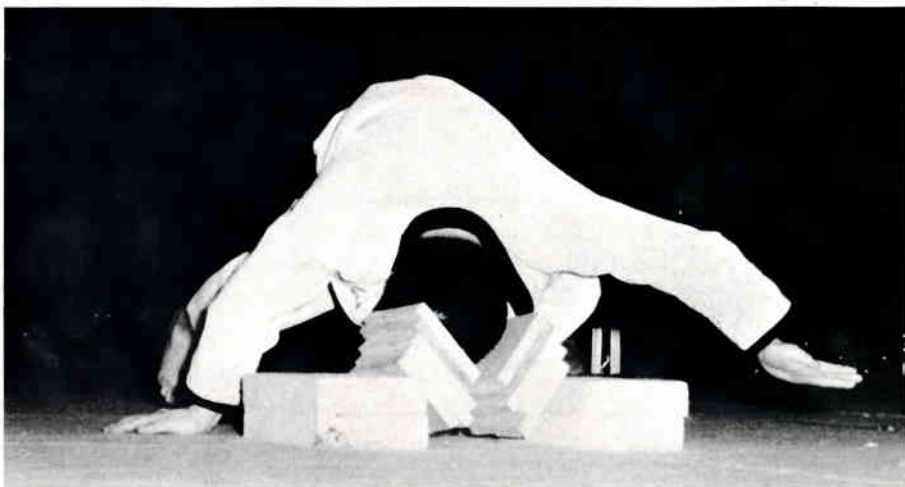
A total of 7,000 tickets were sold for the evenings finals. Events were set up to build tension all the way. Chuck Norris, Takayuki Mikami, Jack Hwang,



Tournament Director Allen Steen and Jhoon Rhee discuss the upcoming program.

Brothers, Pat and John Whorley fighting for 1st place in finals, Referee, Chuck Norris. Photo Larry Richie

Korean stylist breaking five 1" boards in demonstration. - Photo Roger Hargiss



Skipper Mullins, Miss Texas, Glenda Kay Propes and other stars were set to shine. More Black Belt matches were reserved for the evening too as this is what many of the paying public came to see.

The eliminations failed to nab several local favorites such as up-and-coming Harold Gross, Tae Kwon Do stylist from Dallas. Also surviving was Fred Wren, local successor to Steen's competition crown. The heavyweight Brown Belt finals saw three Dallas competitors competing for the titles. Harry Leggett and Rick Vaughn, with past tournament

wins, were matched for third and fourth. Leggett beat the more muscular Vaughn. Then Danny Soward (Ohio Judo & Karate Club, American style) met Jim Harkins (TKI, Dallas-Tae Kwon Do); both were newcomers to the tournament scene. The audience cheered in appreciation as Harkins ducked under Soward's turn kick in a skillful piece of timing and scored with a punch. Harkins emerged the victor.

Fighting for first and second place in lightweight Brown two men, both students of Chuck Loven and Tae Kwon Do stylists, met. John Worley had worked to lose 25 pounds to make the lightweight division only to wind up fighting his younger brother, Pat Worley. Audience enthusiasm tended to fall into the

camp of the older brother John, who, as older brothers generally do, pulled some surprises out of the bag and downed his younger foe. Ronnie Smith (TKI-Tae Kwon Do-Dallas) beat Justin Fuller (Ohio Judo & Karate Club, Robt. Moore-Cleveland, Ohio) for the third and fourth place decisions.

These more experienced Brown Belt matches were mixed into the lower belt finals which set up a good change of pace for the spectators. David Moon (Moo Duck Kwan-Houston) awed all with some fantastic kicking demonstrations which included breaking boards simultaneously with front snap kicks six feet in the air. Mr. Ahn Ye Mo (Tae Kwon Do Moo Duk Kwan-Seoul, Korea and Killeen, Texas) did a four



Bubbles Cash presenting trophy and WOW!

Harold Gross, Lightweight Black Belt winner (in black), reverses punch to Doug Hughes. — Photo Roger Hargiss



part multiple break. Then he broke five boards with his forehead. The audience was awed, to say the least.

Tension continued to mount as the Black Belt matches came up. Harold Gross was matched against James Butin (TKD—Buleson Karate Schools, Ft. Worth) and to the disappointment of the Dallasites, Butin won. When Fred Wren beat Steve Stavroff, fellow Tae Kwon Do stylist from Atlanta, Ga., the way was paved to settle a grudge started back at Steen's October Professional Tournament where Butin aced Wren out of the money by beating him. In karate circles, Wren is a karateka's man. He is noted for seldom being put down twice by the same man. Would he down Butin?

It soon became obvious that Butin was aware of the gleam in Wren's eye. He fought a running-dodging match that differed some from any other matches he'd fought that day. Wren beat Butin easily and sat back to wait for the winner of the heavyweight division. Harold Gross recovered a little luster and fought a well executed match against Stavroff to wind up in the third place slot.

Eddie Taylor (Tae Kwon Do, Stavroff's student from Atlanta, Ga.) faced Roger Carpenter (Moo Duck Kwan—Witchita, Kan.). Taylor was sporting an injured nose. Carpenter, bigger and more experienced, was favored to win. In a match that Center Judge Jhoon Rhee almost stopped due to Taylor's once-more bleeding nose, Carpenter fi-

nally won. Then Taylor had to turn around and fight Larry Whitener (Ole Miss—Stavroff) who had lost to Harrison. Understandably Whitener, fresher and uninjured, won third place.

Ed Parker put on his usual crowd-pleasing demonstration with Keith See (Kenpo—Dallas) the recipient of his famous "Dance of Death" form. Khang Rhee (Tae Kwon Do-Hapkido—Memphis, Tenn.) and Kim Soo (Tae Kwon Do—Houston) put on a demonstration of Kwon Bop the most ancient of Korean Karate forms.

Then came the battle between Jim Harrison and Roger Carpenter. Their styles are much alike. They had frequently met before at tournaments and Carpenter had worked out with Harrison; thus, this was going to be a technique, get-in-first type match. In aerial clashes, with judo throws, kicking and punching toe to toe, these two met time and again with points being hard to eke out or recognize in the flurry of techniques. Twice when Harrison sought to throw or overbalance him, Carpenter decked Harrison instead. On a third such exchange Carpenter hit the deck and bounced off the canvas right into Harrison's descending fist! Finally, Harrison won!

Now the stage was set. Wren would have a whack at his nemesis. Jim Harrison had beaten Wren at least three times in the past, in hard driving matches that had always left the observers' dubious as to which was really the better man. Harrison was older, more experienced in

judo as well as karate. Wren was more youthful and had been training hard and running to build up stamina. Could he finally beat Harrison?

The announcer, Dean O'Day, had been encouraging the audience all evening to "cheer for your favorite." This practice was not appreciated by a number of the sensei present but the audience loved it. They needed no encouragement this time, however, to cheer for their favorite in this last match. It was Wren's hometown but Harrison's gutsy fighting had won him a following too.

The final match was to be three two-minute sessions, each segment to be judged by a different Center Judge so that partiality to a man or style would be ruled out. Mike Stone, J. Pat Burle-



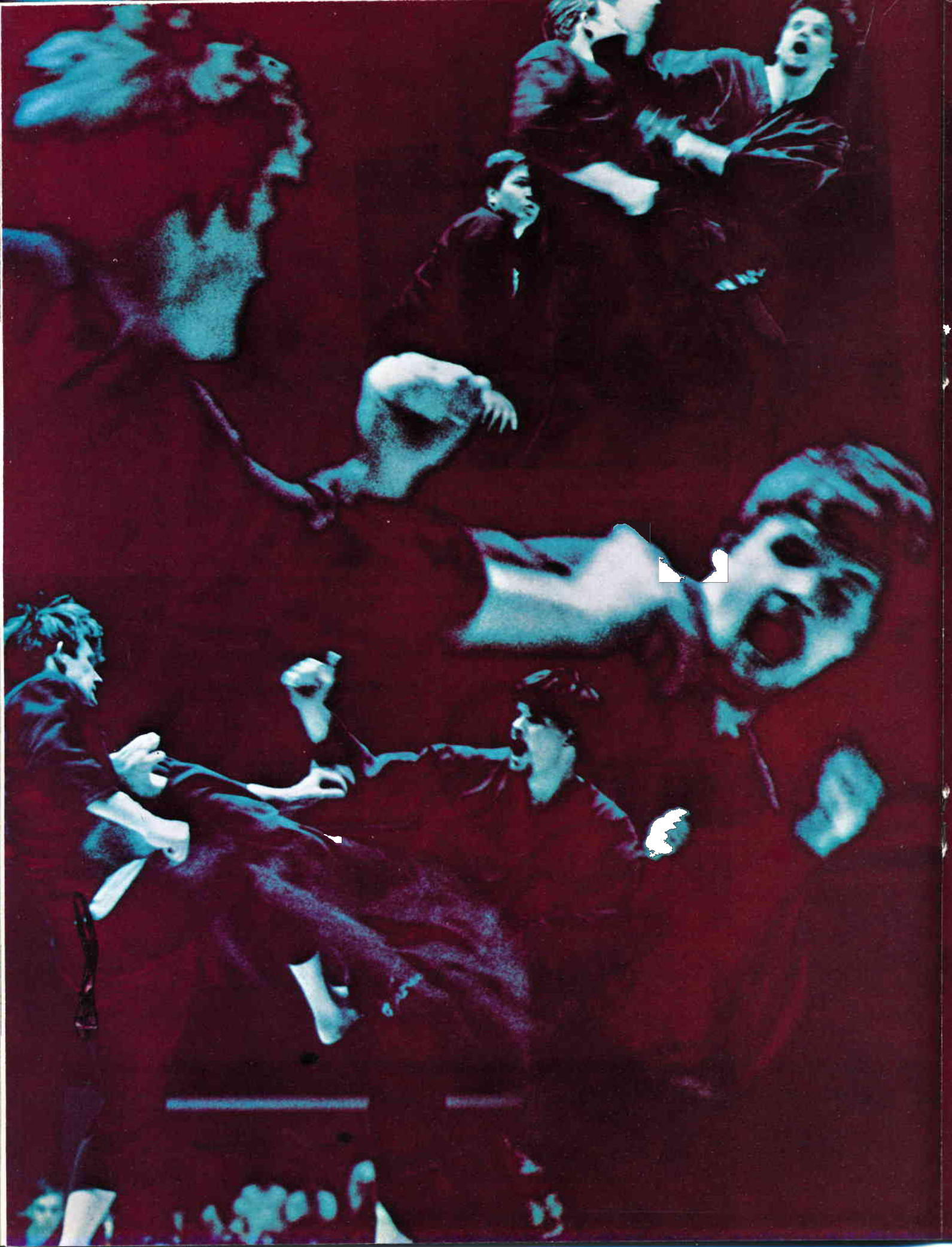
Allen Steen lining up a portion of the Brown Belts for eliminations.



Steve Armstrong putting in his usual 100% effort helping in tournament organization.



A distinguished board of black belts judge Kata eliminations. — Photo Scott





son, and Ed Parker shared these honors. A hush fell as Stone bowed the two dualists in. From then on it was hard to stay seated! Wren scored first with a surprise ridgehand. Harrison retaliated with a straight punch that scored and then a front kick. Two to one and time was running out when Wren gained the tying point with a chop to pull up even two to two.

In the second round Harrison decked Wren with a straight punch to pull ahead, then Wren evened things up with a straight punch of his own. Wren enthusiasts began to droop however as Harrison next scored three times in succession with punches to Wren's head. Harrison moved ahead 6 to 3. Wren gathered his forces and scored with another chop after a mistimed drop kick, then scored again with a side kick. Harrison dashed Wren's hopes of pulling ahead by retaliating with a reverse punch that left him ahead 7 to 5 at the end of round two. Harrison was sporting a bloody nose by this time and Wren had more than once been sent reeling with head contact. The two maintained a demeanor of good sportsmanship however, and patted each other on the shoulders before parting for the rest period prior to the third round.

Again all was quiet as the two competitors bowed in to Ed Parker and each other. Wren's stance indicated a possible change of strategy but the first clash after the salutation was the same old punch and re-punch. Then Wren's strategy began to take shape. He abandoned the punching offense he'd made his style for the past year and reverted to his basic Korean side kick. This obviously took Harrison by surprise as two kicks landed in quick succession for the tying points in the last 20 seconds of the round! The audience stood and roared. Nothing had been decided as the score was 7 to 7 and it was a whole new battle! Once again the two had fought and no clear cut champion could be declared. The Grand Championship match went into sudden death overtime with the first point scored to decide the victor. Wren was holding up to the grueling pace well but Harrison was beginning to show the strain. Would Wren continue to rely on kicks or would he go back to punches? The first few clashes resulted in no points as fists and kicks flew furiously. The audience dispaired, prayed and exhorted Wren to back up, be careful. Neither Wren nor Harrison would play the waiting game. Th

match would be won as it had been fought . . . toe to toe and punch for punch! Then, going away from a flurry thrown offensively by Harrison, Wren shot out another side kick with good extension left! A point! He won the match and the Grand Championship and proved again he's never beaten until the final flag is up . . . this time all four corner judges flew his color high! Harri-

son was the first to tell Wren, "Good Match."

Wren's instructor Allen R. Steen, worn out after the grueling business of putting on a successful tournament, sat quietly at ringside and just grinned. He had obviously chosen wisely when he elected Wren to carry on the winning tradition for his Texas Karate Institute. It was a good ending for a long day.

GRAND CHAMPIONSHIP

Fred Wren, Texas Karate Institute; Dallas, Tx.

HEAVY WEIGHT BLACK BELT

Jim Harrison, Bushidokan; Kansas City, Mo.

Roger Carpenter, Jack Hwang Inst; Wichita, Kan.

Larry Whitener, University of Mississippi Karate Club; Mississippi

Eddie Taylor, American Karate Inst.; Atlanta, Ga.

LIGHTWEIGHT BLACK BELT

Fred Wren, Texas Karate Inst; Dallas, Tx.

James Butin, Pat Bursleson School of Karate; Ft. Worth, Tx.

Harold Gross, Texas Karate Institute; Dallas, Tx.

Steve Stavroff, American Karate Institute; Atlanta, Ga.

HEAVEYWEIGHT BROWN BELT

Jim Harkins, T.K.I. Hillcrest; Dallas, Tx.

Danny Soward, Ohio Judo & Karate Assoc.; Cleveland, Ohio

Harry Leggett, Dallas School of Karate; Dallas, Tx.

Rick Vaughn, T.K.I. Oak Cliff; Dallas, Tx.

LIGHTWEIGHT BROWN BELT

John Worley, American Karate Inst; Denton, Tx.

Pat Worley, American Karate Inst; Ft. Worth, Tx.

Ronnie Smith, TKI-Texas Instruments; Dallas, Tx.

Justin Fuller, Ohio Judo & Karate Assoc.; Cleveland, Ohio

HEAVYWEIGHT GREEN-BLUE BELT

Clint Schubert, Tae Kwon Do School; Dickenson, Tx.

James Hill, T.K.I.-Oak Cliff; Dallas, Texas

Travis Everitt, David Moon Karate

Inst; Houston, Tx.

Engene Junkersfield, TKI-East Dallas; Mesquite, Tx.

LIGHTWEIGHT GREEN-BLUE BELT

Phil Wilemon, T.K.I.-Arlington; Arlington, Tx.

Moses Diaz, David Moon Karate Inst; Houston, Tx.

Tommy Melton, T.K.I.-Oak Cliff; Waxahachie, Tx.

Donald Henson, East Texas Karate School; Commerce, Tx.

HEAVYWEIGHT WHITE BELT

Charles Anderson, David Moon Karate Inst; Houston, Tx.

Scott Cure, East Texas State Karate Club; Pittsburg, Tx.

Phillip Washburn, Jack Hwang Karate Inst; Oklahoma City, Okla.

Max Alsup, T.K.I.-East Dallas; Dallas, Tx.

LIGHTWEIGHT WHITE BELT

Gary Martin, T.K.I.-Texas Instruments; Greenville, Tx.

Wayne Steadman, Dave Davis Inst; Irving, Tx.

Bill Thompson, Gary Thomas Inst of TKD; Houston, Tx.

Steve Jones, T.K.I.-East Dallas; Dallas, Tx.

JUNIORS' DIVISION

Danny Eidson, Inst. TKD of Chuck Loven; Ft. Worth, Tx.

Dirk Harrison, Bushidokan; Kansas City, Mo.

Larry Shaddon, T.K.I.; Dallas, Tx.

Robert Wiley, TKI; Dallas, Tx.

WOMEN'S DIVISION

Joy Turberville, Martin Tang So Doo Karate Schools, San Antonio, Tx.

Phyllis Evetts, American Karate Institute; Ft. Worth, Tx.

Janet Walgreen, Bushidokan; Kansas City, Missouri

Cherry Kirby, Texas Karate Institute; Dallas, Tx.

Karate, as a spectator sport, was recently introduced to the Tidewater area of Virginia, when contestants from ten states participated in the Virginia Open Invitational Karate Tournament. An enthusiastic audience, excited about their new-found competitive sport, displayed hushed attention throughout the event. Noel Smith, 4th Dan and instructor of the Karate School of Virginia Beach, directed the well-organized and smoothly-run feat.

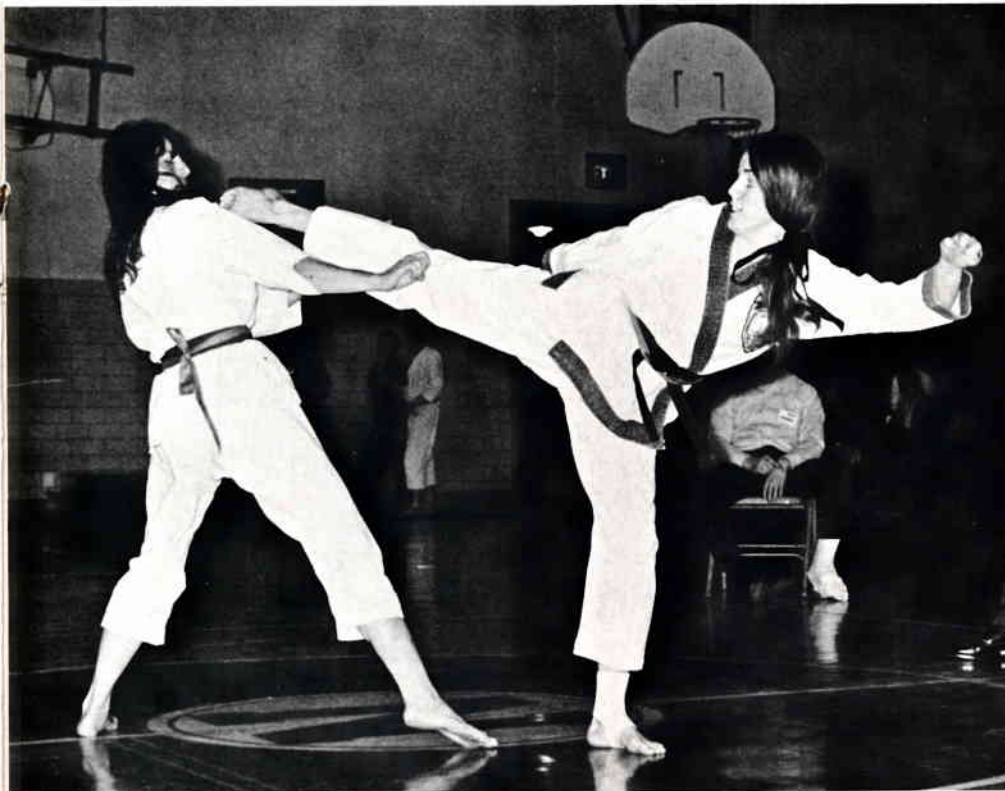
As the final match in Black Belt competition approached, it was student versus instructor. William Mills, Shodan and instructor from Richmond, found himself matched against his former instructors, Chris Armstrong, 4th Dan from Van Nuys, California. Mills honorably conceded top honors to Armstrong, and accepted second place. The two were asked by director Noel Smith to spar for the audience, and so, for the sake of the sport, provided a fast moving event.

Armstrong worked his way cautiously and confidently through the Black Belt competitors, beating Paul Adkins, Shodan of Washington, D.C., to qualify for his bid for the sparring championship. This was his second honor in one week, having just won sparring top honors in the Richmond karate competition.

VIRGINIA OPEN



*Cris Armstrong shows former student William Mills how it's done.
Photo Dave Ursprung*



Kathleen Conde displaying the outstanding form that won her first place.

First Place Winners—Sparring Division:

- Black—Chris Armstrong, Van Nuys, California
- Brown—William Mitchell, Washington D.C.
- Green—Frank Williams, Washington, D.C.
- White—Bernard Franks, Baltimore, Md.
- Women—Kathleen Conde, Baltimore, Md.
- Jr. Teen—Dean Wolfe, Falls Church, Va.
- Pee Wee—Gary Fisher, Baltimore, Md.

First Place Winners—Form Division:

- Black—Allan Taylor, Wilmington, Del.
- Brown—William Mitchell, Washington D.C.
- Green—Tracy Williams, Beltsville, Md.
- White—Phil Graham, Chesapeake, Va.
- Women—Kathleen Conde, Baltimore, Md.
- Jr. Teen—Ray Ross, Norfolk, Va.
- Pee Wee—Mark Ross, Norfolk, Va.

Sportsmanship Trophy—Outstanding Karate-ka:
Steve Wantz, Beltsville, Md.

CALIFORNIA KARATE



Kata eliminations.

Ralph Castellanos readies back nuckle strike to Steve Sanders, referee Al Reyes.



CHAMPIONSHIPS



Mike Auiles in clash with 2nd place Don Burgess, referees Tony Ramos and Harvey Clary.



Mike Auiles who won 1st place in both Kumite and Kata, is a student of Arnold Urquidez.



Phil Cornin, Steve Sanders who went on to win Grand Championship for second year in a row.



Mike Auiles with strong point in finals, referees Tony Ramos and Tino Tuiolosega.



*Howard Singer receives 1st
in brown belt kumite, Ed
Estrada 3rd place. – Photo Scott*

Howard Singer has kick blocked by member of the Kajukenbo.





Steve Sanders with elbow strike against Ralph Castellanos. Photo Larry Cehen.



Ralph Castellanos with left punch to Steve Sanders in Grand Championship Match.

Vic Guerrero's kick lands short of Castellanos.



Southwestern Championship

BY MARK BRAWLEY

No tournament could ask for more success than was provided by the 1969 Southwestern Black Belt Karate Championships, recently held in Albuquerque, New Mexico. All the favorite Southwestern competitors were there to compete for the top regional awards. With a cumulative 88 minutes of television advance publicity, a near capacity crowd jammed the Highland Gym (capacity is 3,000). The tournament was well covered by each of Albuquerque's three television stations as well as all radio media and its three newspapers.

The first match of the evening finals brought the crowd to its feet when crowd favorite and local karate man Don Anderson, Mountain States All-American Champion took on Tom Kelly, the gigantic 260 pounder from El Paso who recently won 2nd in the Pan American Championships. Anderson, a practition-

er of the Korean *Tae Kwon Do* style and kicking perfectionist who has mastered some of the most complicated kicks, immediately collided with Kelly in mid-air. Kelly's size is deceptive since he fights like a lightweight. This time it was hands against feet. Kelly, a kenpo stylist from Ed Parker's school, was one of the most colorful fighters of the day. Anderson skillfully defended against Kelly's array of attacks to score with a back-knuckle strike to the face of Kelly for the first point. Kelly quickly recovered with a score of his own with a fast reverse punch to the face, much to the surprise of Anderson. Both men, now realizing that the next point would oust one of them from further action, began sizing each other up, preparing a more careful offense.

Then after a long wait, there it was. Kelly had won the important heavy-



Richie Callihan misses with punch to Wes Patterson.

An impressive line-up in Albuquerque.





The video recorder was put to good use.



Russell in his typical style in the air.



Pat Johnson looks on as Russell Perron tries a side kick.



Russell Perron scores with kick to Dennis Roe. — Photos Mike Brawley



Tournament Director Sam Allred giving instructions to Terry Sarner.



A contented spectator.

weight match, after Anderson attempted a flying side kick at Kelly's head. Kelly had ducked under the kick and scored with a straight punch to Anderson's back, which brought the tense house to its feet.

The first match with Al Dacascos brought the most attention of any match up to that point.

Dacascos was already well known to the spectators, and was the 1966 International Kata Champion in the Chinese Style Division.

Within the first seconds, Dacascos, showing his speed and agility, let out a lunging side kick which brought cheers from the crowd. It was true to its mark as Dacascos got the flag from all four judges. Platt, cautiously eyeing his opponent and waiting for that one false move, got his chance when he blocked Dacascos' side wheel kick and went for a spinning reverse kick of his own. It was off target, however, and when the match was over Dacascos had won with one point.

Finally, it was time for the Grand Championship match. Although it was already 10:30 P.M., the entire crowd remained. The comment was made that Albuquerque had become a real karate town. Heavyweight Champion Russ Perron vs Albert J. Dacascos. A heavy-

weight with outstanding technique and an exceedingly powerful pair of legs vs the lightweight whose specialty is speed and accuracy. Yang, vs Yen. The crowd was very tense, and the strain of the day and of this event was apparent on both players as they prepared themselves for a grueling contest. The match would be judged by the total accumulation of points awarded by the four corner judges and that of chief referee, Pat Johnson. Suddenly, Perron lurched forward into one of his favorite high-jump techniques. Dacascos, summoning all of his ability, dropped to his back to attack Perron's groin, but followed this up as Perron attempted a counter-attack, with an eye strike which made contact with its target. Perron, showing the first anger in the entire tournament, attempted a series of forward punches to the face of Dacascos who was still on his back. Referee Johnson moved in to pull Perron away and was told by Perron in no uncertain terms to get away. Stopping the match, Johnson forcefully informed Perron that he (Johnson) would take care of any points given from contact and that he would also take care of any other difficulties that might come up and that Perron would do well to watch the tone of voice he used.

At this point he awarded a point to

Dacascos. Perron, both prior to and following this incident, had shown good sportsmanship throughout the tournament. Immediately following this incident, Perron floored Dacascos with a wheeling reverse kick, and went to assist Dacascos up, bringing applause from the audience. Dacascos added to the spectator's enjoyment of the tournament throughout each of his matches with his unique facial expressions as well as with his technique; this match was no exception.

As a karate performer Dacascos is second to none, knowing exactly what to do to please the audience. Colliding in mid-air, Dacascos repeated his performance with a dropping reverse kick, and again Perron sent a barrage of punches to the head of Dacascos. Trading attacks, Dacascos flashed a high-jumping side-snap kick to the face of Perron. Perron then moved into a footsweeping technique and as he fell, Dacascos unleashed a back fist strike to Perron's solar plexus who was also rendering his own series of attacks. When the match was terminated at the end of three minutes, the accumulated score went to Dacascos, 13 to 11. The crows applauded madly, remaining in place until the presentation of the grand championship award

Four Seasons Tournament

STORY BY DAVE Mc DONNELL

1969 looks like the beginning of something big for the 4-Seasons Karate Championships. It was originated to give lower ranking belts in the Los Angeles area more experience in competition so as to become better prepared for the Long Beach International Championships. The 4-Seasons is growing in such proportions that contestants from northern California and Arizona are coming to compete. The first tournament had several contestants, and now,

Afternoon eliminations, five rings of fury.

only three tournaments later, there were over 400 contestants and 2,000 spectators.

Al Reyes brought a five-man Brown Belt team from San Francisco to compete in the Team Championships and did very well by placing second. One of his brown belts was chosen to participate on the *California All Star Team* who will compete against a five-man Brown Belt Team from Texas at the next 4-Seasons Tournament. Chris Armstrong's five-man White Belt Team has been doing very well by winning the 4-Seasons's *Team Championship* the last three times; they are the team to beat.

Alex Chavez' youngsters have been placing in almost every 4-Season's Tournament.

The popularity of the 4-Seasons has been primarily due to the exceptional refereeing by the fine instructors who support the tournament.

Everyone is anxious to see how the Texas team will do against the California team at the next tournament. If anyone is interested in sending a Brown Belt team to compete against the Los Angeles Brown Belt team, contact 4-Seasons Tournament Directors; Chuck Norris or Mike Stone, at (213) 370-0473 or (213) 598-1512.





Pat Demic in Kata as final winner Nancy Dwyer on right, standing looks on.



Lynn Kobayashi, readys punch for Steve Brown.



Mike Norris (Chucks' son), lifts kick to Roberto Orland. Referee is Chucks brother Willie Norris



Curtis Pulliam blocking kick of Bob Alegria, captain of the Los Angeles team. - Photo Dave Mc Donnell.



Stuart Shuman, Grand Champion kicking to Bob Borrows.



KARATE IN COLLEGE

By George Pegelow,
Collegiate Advisor, Action Karate Magazine

Since the publication of the first issue of Action Karate, a number of people have expressed enthusiasm over the idea of an open collegiate karate association, dedicated to the advancement of karate in colleges and universities throughout the United States. It is clear that before such an association can be formed, however, lines of communication must be created between collegiate karate groups in all parts of the nation and some formal system for exchanging ideas must be developed. Once such a system is operational, we will be able to form a clearer picture of the current state of collegiate karate in the United States and proceed from there to begin the formation of an association.

To facilitate the development of this national "idea exchange", an information collection center has been established. This information collection center, located at Stanford University and administered by members of the Stanford Karate Club, will provide the following services:

1. Receive "vital statistics" from collegiate karate clubs regarding their location, size of membership, club officers, style of karate, and so on.
2. Compile this information for publication in the "Directory of College and University Karate Clubs in the United States", and distribute the Directory to all interested collegiate clubs
3. Receive suggestions and ideas regarding the formation of a national collegiate karate association and reprint these for broad distribution.
4. Assist to the fullest extent possible the actual formation of a national collegiate karate association
5. Give technical assistance to individuals who wish to form karate clubs at colleges and universities where none currently exist.
6. Provide all of the above services at no charge.

Collegiate clubs wishing to be listed in the Directory should send the pertinent information to the United States Collegiate Karate Information Center, Associated Students of Stanford University, Tresidder Memorial Union, Stanford, California 94305. All suggestions and ideas pertaining to the proposed collegiate association should be sent to the same address.

Also be sure to watch for future developments on the collegiate karate scene here in Action Karate Magazine's Collegiate Section.



John Quinn and Neil Ehrlich.

Defense Language Institute

On a gentle hill overlooking Monterey California's famous bay, stands a most unusual military installation. The Defense Language Institute is a school which teaches its students any of 27 foreign languages. In attendance this year, are 2,200 of the Army, Navy, Air Force, and Marine Corps. brightest young men; men who will become translators, interrogators, interpreters, and other exotic specialists.

Within the institute, famous for the intensity of its training, there is a group of 37 men who somehow have managed to find the time to form a karate club. Actually, they are learning the Korean Tang Su Do. The club started with the help of DLI athletic director Lloyd Williams and Ki Whang Kim of Silver Spring, Maryland, the head of the American Tang Su Do Association.

Practice sessions last one and a half hours, of which one hour is given to basic techniques and the other half-hour to either forms, one-step sparring, or free sparring.

The club's instructors are:

Head Instructor: Pfc. Neil Ehrlich, 20, of Silver Spring, Maryland. Ehrlich is a first degree black belt in Tang Su Do and has been studying under Ki Whang Kim, eighth degree, also of Silver

Spring, Maryland. Ehrlich is studying Korean.

Assistant Instructor: Sgt. Dan Messisco, 22, of Detroit, Michigan, is a first degree black belt in Tang Su Do. Sgt. Messisco has studied in Detroit under Chuck Hickmott, second degree, and in Korea under Mr. Ahn, sixth degree black belt. Messisco is a first aid instructor at the nearby Fort Ord Army Training Center.

Assistant Instructor: A1C John Quinn of Springfield, Massachusetts, 21, is a first degree black belt in both Kyokushinkai Karate and Hakko Ryu ju jitsu. Airman Quinn has studied karate under Tadashi Nakamura, fifth dan of New York City and ju jitsu under Jim Benko, fifth dan of Akron, Ohio. Quinn is a Bulgarian student at the DLI.

Karate enthusiasts have long since ceased to be amazed at the background of their fellow karate-ka; finding them at such an institution, however, even surprised the staff at *Action Karate*.



John Quinn and Dan Messisco one step sparring.

Dan Messisco side kicks against Neil Ehrlich's jumping side kick attack. — Photo Ron Pedersen



ROUND ROBIN ON KATA

In a recent questionnaire sent to our advisors, the following information was compiled from questions on Kata form and freestyle. These questions were asked from men representing different styles; this ensured a diversification of opinion. The editors of *Action Karate* would be interested in comments from its readers upon the conclusion of this two-part analysis.

WHAT IS YOUR DEFINITION OF KATA?

STEVE ARMSTRONG

Kata, is a systematically organized series of defensive and offensive techniques which are performed with four to eight imaginary opponents.

AARON BANKS

Kata is commonly known as the dance of the martial arts. The movements are preparation for combat.

JIM JONES

Kata is beauty in motion. Kata is karate.

ED PARKER

They are offensive and defensive maneuvers incorporated into a dancelike routine.

DR. OLAF SIMON

Kata is a guide to instill solid knowledge of movement, techniques, and balance.

ARE KATAS PERTINENT?

LOU ANGEL

Katas make students graceful and allow them to train without partners.

STEVE ARMSTRONG

Katas are like the Bible, without a thorough knowledge, how can a person be a Karate-Ka?

JIM JONES

If you truly love the art, you would have to love Kata.

JIM HARRISON

Pertinent? Yes! Necessary? No! Katas have values as a discipline; a tool to develop poise, balance, form, power, and speed; for grading and examination purposes; for historical retention; for artistic expression; and for traditional separation of styles.

CHUZO KOTAKA

Karate without Kata is little more than street fighting.

ERNEST LIEB

Yes and no. Yes, for those who compete in forms; no for those who compete in freestyle.

ED PARKER

Only if you have a complete understanding of what each move means, otherwise, it is like learning a word without knowing its definition.

ARE WEAPON KATAS PERTINENT?

LOU ANGEL

Yes, although they should be restricted to the Black Belt ranks.

STEVE ARMSTRONG

Yes, all styles of karate have various weapons in their background. Karate-Ka should be knowledgeable in all aspects.

AARON BANKS

Yes, because weapons Katas are an extension of one's self.

JIM JONES

Weapon Katas are not pertinent because they do not apply to the times.

CHUZO KOTATA

Most students come to the Dojo wanting to learn only the *Empty Hand* Karate.

ERNEST LIEB

Maybe in the Orient and for demonstrations. It is an extension of knowledge, but should be left alone by beginners.

ED PARKER

Yes, if it will teach continuity, control, and grace.

HOW DO YOU FEEL ABOUT LEARNING KATAS OF OTHER STYLES?

AARON BANKS

The reason there is so much dissension in the Martial Arts today is the fallacy of staying on one's own side of the fence.

JIM JONES

I feel Kata is Kata no matter what the style may be.

CHUZO KOTAKA

If you have the opportunity to learn different styles, this is good for broadening your outlook.

ERNEST LIEB

I try to keep myself and my instructors aware of other Katas. If we see something which we like, we learn and use it.

ED PARKER

This is fine if it will help your overall knowledge. If the Katas are meaningless, cast them out.

DR. OLAF SIMON

It takes a lifetime for any serious man to learn and perfect his own style.

DO YOU THINK KATAS FROM THE ORIENT SHOULD BE IMPROVED UPON?

LOU ANGEL

In some ways. Some meanings of the moves still date back to the Samurai Warrior.

STEVE ARMSTRONG

I believe that the Kata should be studied and practiced as though it were the Mona Lisa. It should be a thing of art and each style should cherish it.

AARON BANKS

Can one improve on Beethoven?

JIM HARRISON

Many Oriental forms are very unrealistic. For example, the widely practiced *Pinan Kata San* (#3) begins with seven blocking techniques before any counter move or attack is delivered.

JIM JONES

I feel that they should be up-dated. In time, everything changes, and with it, the demands.

CHUZO KOTAKA

Yes, some of them. But, before any changes are made, it is a good idea if the Karate-Ka learns and remembers the orthodox version.

ED PARKER

As an exercise, no. As a means of self-defense in our present environment, definitely.

OLAF SIMON

No, but it does not mean that only Orientals have the right to create forms.

ARE KATAS PRESENTLY BEING UP-DATED?

STEVE ARMSTRONG

Yes, the Oriental Masters and everyone on down the line are updating the Katas and claiming that this is the way they have been taught for thousands of years.

AARON BANKS

Katas are presently being taken from certain peoples' minds and being twisted and elaborated upon until the original Kata is a complete farce.

JIM HARRISON

Ancient forms should not be revised so they may retain traditional and historical values. New forms should be designed to demonstrate and develop techniques for modern situations.

JIM JONES

I have developed seven new forms which are beautiful, difficult and have meaning. But in doing so, I have received criticism and stiff opposition.

ERNEST LIEB

Yes, in some countries, but not in the United States. It is time that we look to the future and ask our own qualified Head Instructors to develop Katas for Americans.

ED PARKER

I have seen changes being made by some systems. If it is logical and applicable, why not?

DR. OLAF SIMON

I would be careful to change the traditional ones. Over many centuries they have proven to be effective for actual combat.

CAN KATA MOVEMENTS BE USEFUL IN FREESTYLE?

LOU ANGEL

To appoint a few blocks and counter moves can be helpful if applied in the correct manner.

AARON BANKS

When the street fighter is guessing on his next move, the Kata Man knows.

JIM HARRISON

Most of the blocking techniques in Kata appear to be designed to defend against formal Karate attacks, rather than haphazard moves of the street brawler.

JIM JONES

Yes, Kata is a blending of punches, kicks, and strikes in a smooth motion; it develops automatic reflexes.

ERNEST LIEB

Many of the overemphasized moves are done to look "pretty," but are not functional in free style. It would depend on the Kata.

CHUZO KOTAKA

Many people in Karate do not realize it, but the old Karate Masters developed Katas for free style.

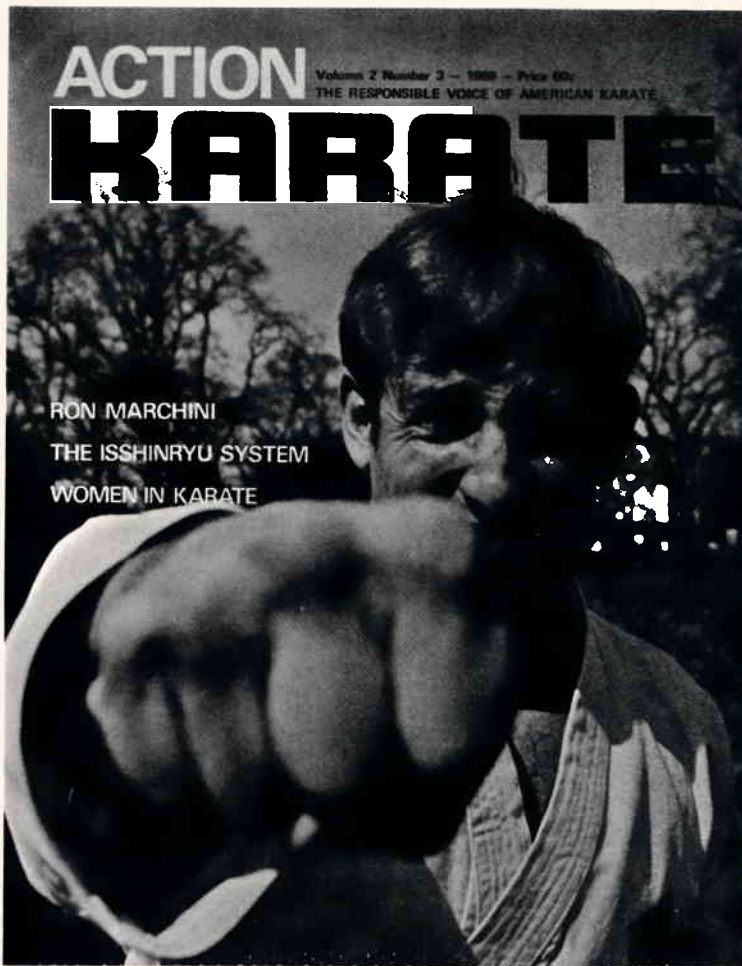
ED PARKER

To some degree, yes, again depending on the Kata.

DR. OLAF SIMON

Only if they are understood. Many hidden movements have been lost over the centuries.

What Is Your Reaction To This Issue



ACTION KARATE MAGAZINE is dedicated to the improvement of the Martial Arts and your opinions and suggestions are vital in preparing our forthcoming issues. The need for a responsible voice in karate is long overdue. With your support we can reach this goal. Please fill out the attached postage paid reply card and mail today!

Thank you,
ACTION KARATE MAGAZINE

THE DR. SAYS...



By Victor Scholz, M.D.

Many times, either at tournaments or on a personal level, I have been asked to give my opinion, or the allowability, of various types of protective equipment. I shall, therefore, devote this column to what I consider adequate, protective, and dangerous equipment.

First, let us examine protective equipment. This type should not only be protective to the person wearing it but to his opposition as well. Often, the individual in his zeal to protect himself heavily bandages his appendages and underlines these bandages with plastic (I have even seen metal) guards to such an extent that these appendages become lethal to semi-lethal weapons. Furthermore, the bandages, usually Ace bandages, are secured with metal clips or safety pins which upon a grazing blow can cut or slice just as well as a knife. I have seen shin guards made of foam rubber but with transverse plastic or metal ribs imbedded in them to provide rigidity. When new they seem adequate, but with use the transverse ribs project due to the breakdown of the rubber. These too have the potential of slicing an opponent.

One of the most inadequate, and probably one of the most widely used pieces of equipment is that of the plastic cup which fits inside an athletic supporter. While it does supply limited protection and is certainly better than nothing, a blow or kick to this area often jams the cup into the groin thus causing a trauma to the spermatic cord and nerve. In turn this follows a course from the testicles up and along the inner groin until it reaches the external inguinal ring. If you have ever been hit in this manner you know that the results are only slightly different than had you not been wearing a cup.

In view of the foregoing, I would like to make several suggestions based on my own experience in freestyling and as a tournament physician at many tournaments. While these suggestions are mainly for tournaments they would apply to Dojo workouts as well.

1. All contestants should supply themselves with adequate cups: I would recommend the type boxers wear. These not only afford protection to the testicles but to the groin area as well. Yes, they are expensive, but if you consider that the serious student is going to be wearing this for many years; then the cost amortized over a period of years is minimal.
2. All extremity equipment should be kept to a minimum. It is further recommended that the equipment be of the ribbed, sponge rubber (encased in cotton) type; that is, without metal or plastic inserts.
3. Wrappings or bandages should be secured with tape; pins, buckles, or clips should not be allowed.
4. Every contestant should have his equipment checked prior to contest and again by the referee at the time of contest.
5. Tournament rules ought to stipulate what type of equipment is permissible, and these rules should be enforced.

Finally, I would like to express a strictly personal opinion: no equipment, except a protective cup, should be allowed a contestant. I believe that any contestant who is so injured that he requires bandages, wrappings, padding, and/or splints is not in such physical condition that tournament stress and control require. We do not allow headgear, shoes, or chest protectors so why then allow elbow and knee guards, forearm and shin guards, ankle and wrist strappings, etc. I'm sure some one will ask if that's the case why allow cups? I think that speaks for itself.

SOUTH AFRICAN GAMES

BY BILL SUTHERLAND

A national body, invested with the appropriate authority, was recently established to unify all styles of karate in South Africa. The unit controls karate activities through provincial bodies.

The organization was created to bring unity to an otherwise explosive situation. There were numerous Grand Champions and even more champions, and each style had its own championships.

The annual South African Games were scheduled in late 1968. Excitement and tension spread throughout the country; who would win and who would win what? What good is it to be crowned South African Grand Champion, if the title is shared by several others?

How do you resolve problems like this when everyone is convinced the style he represents is *truth*? You resolve it very carefully. In South Africa it was done by making everyone accept the notion that *karate* is the main goal; a particular style is certainly of less importance.

Meetings were hurriedly called in every corner of the country. Decisions were made. Resolutions were offered, considered, and adopted. From a loose conglomerate of karate enthusiasts there soon emerged a united front—a new national body composed of all the principal styles.

This is not to say that South Africa's karate enthusiasts are wholly without differences of opinion, but the various groups are resolving their differences together and in a spirit of cooperation and tranquility. So successful have their efforts been that the various groups having been attending social affairs with each other.

The validity of the organization's existence was established at the highly successful South African Games; an event conspicuous by its lack of acrimony, argument, and suspicion.

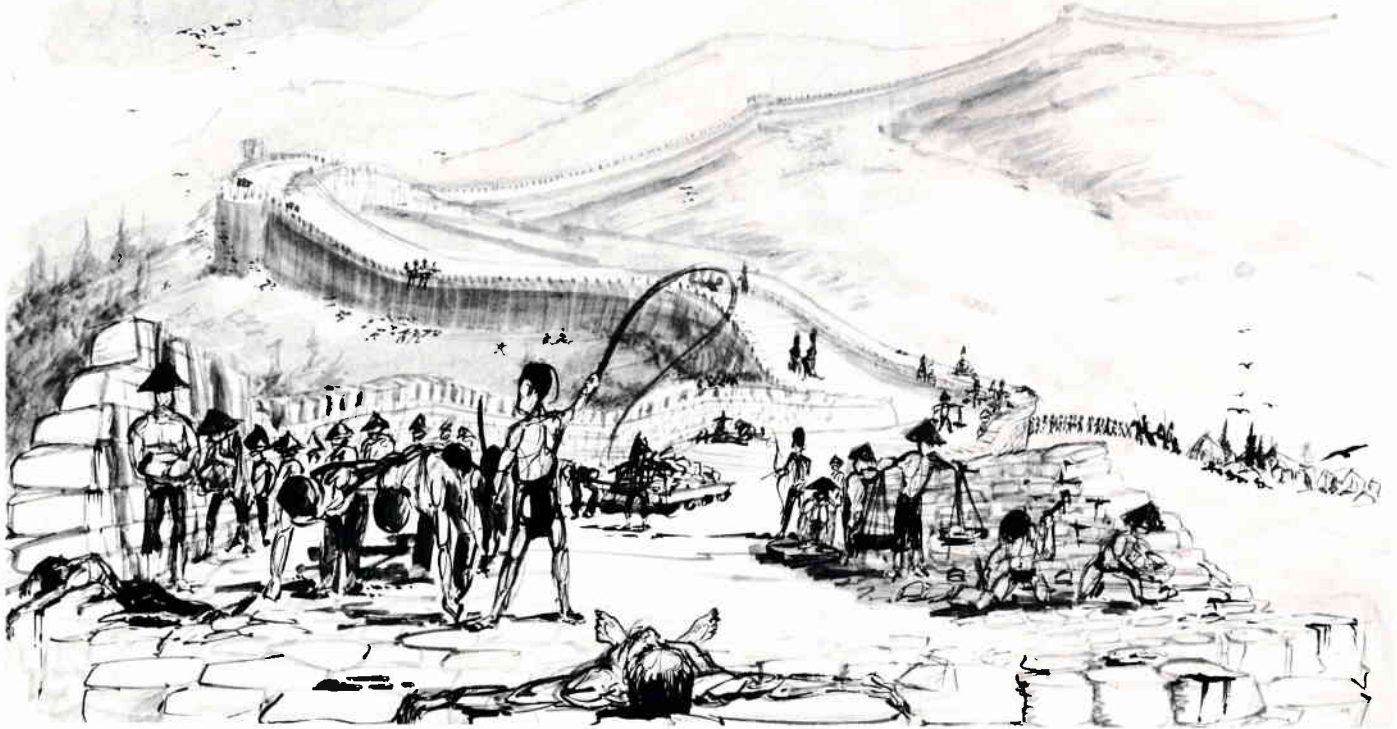
(Top), Demonstration at the South African Games, 1969

(Middle), Bo demonstration by Ray Ryan 3rd Dan and Vic Sykes.

(Bottom), Grand Champion contest, referee James Rousseau



KARATE (KUNG-FU) Philosophy or Pretence?



BY DR. O.E. SIMON

One of the seven wonders of the world, much more gigantic than the "colossus of Rhodes" or the "Pyramids of Gizeh" is the wall of China, the "Great Wall", constructed during the reign of Shih Huang Ti of the Ching dynasty (221 BC). In the presence of such documentary cultural achievement by Shih Huang Ti, his destruction of the books, that is all the books which reported anything of the past history of events at that time, seems then to expose one of the true tragedies of man—here being creator and destroyer at one and the same time in one and the same period. However, this deed was justified in the eyes of the politicians as indicated in Li Szu's advice to Shih Huang Ti. His feelings were that such a destruction was practiced for the cause of political unification. Man's reasoning for the achievement of personal greatness in the face of history was that the monumental image of being remembered was judged by one's visible deeds.

Permitting traditional thought material by way of preservation through symbols (alphabet) to exist for genera-

page 50

tions was to become equally as monumental as the erecting of temples and castles. Buildings can endure from one period of government to the next regardless of whether or not the impact of the teaching and thoughts of government change: on the other hand, the preservation of documented teachings of the past or of a written history is a very different matter. A wall or temple will not necessarily reform the thinking of a nation as the communication is only a picturesque one—more of a left over body from a past era. The teachings of a period, either transmitted through lectures or written scripts exert in fact, direct influence on the mind and impose and immediate continuation of past thought especially when transmitted in the same language to the same nation.

Quoting Li Szu (in reference to his reasoning for the destruction of the books): "As the common people are industrious and farm the country, the more superior people will engage in the studying of law and the governing of a society. The scholar (chuntzu) only will fail to conform to new teachings and

study the past—depreciating the present. The five past emperors, your Majesty, did not copy each other, the three Dynasties did not imitate their predecessors. Each had its own historical form of government. Then it was not that they actually were opposed to the methods of their teachers but that times had changed. The Counsellor, your servant, Li Szu, knows that any incorrect advice given to your Majesty may result in severe punishment.

"In the past the kingdom was divided: no one could unite it. Now that the whole realm is in control of a single ruler they praise the past and cause disturbance. If no action is taken the imperial authority will be threatened by alert thinkers and teachers. The power of the dissident will increase. To prevent this, the scripts of the Shu Ching and the Shih Ching and the works of the hundred schools of thought must be burned. Those who shall not burn them shall be put to death and their bodies exhibited on the market place. Only books of medicine, agriculture and divination shall be permitted." (v.a.)

Throughout history man's behaviour

has not changed as we can see in the example of what we today recognize as the achievement of an era (the building of the wall). We are impressed with the gigantic dimensions of such a work as well as we are equally shocked upon learning that approximately 500,000 people died during the completion of what has become one of man's seven miracles of the cultures of our world. (Legendary reports state that approximately every nine miles a human being was imbedded alive in the wall.) More people died in 607 when Young-ti (Yang-ti) reconstructed the wall and completed certain unfinished sections which Shi Huang Ti—the first emperor—had neglected. The population of China at that time is estimated to have been between fifty and sixty million people yet up until 1700 there was no significant increase in population, leaving us with the carefully estimated amount of half a million dead persons which at that time must have amounted to a large portion of the population as China did not have a huge population in comparison to its present figures.

The question of achievement judged by the moral standards of our time should then be very different. If support of ideas and impact of visible monumental structures as such would remain without the evaluation of the ethical and moral involvement, man's historical justification could easily result in heralding these monumental structures with gratefulness and praising them as the results of the creativity of man as a whole or of one ruler. The moral teachings of Confucius equally as the lecturing of the great southern teacher Lao tse (both c. 600 BC) failed to produce a true moral conscience within the ruling bodies throughout history. The remarkable value of Confucianism was to educate man to pursue noble beliefs enshrined in ideals. This moral philosophy no doubt has had greater influence on the national character of China than an entire row of its emperors. Sadly enough, the great philosophies of man often exist on a parallel to his actions. This seems to be the case with Confucianism as during Confucius' own lifetime and many generations after up until the construction of the wall, the society felt the impact of his teachings yet almost until our modern times neither the philosophy of Confucius nor the religious influence of the Buddhists had a lasting effect on the behavior and governing structure of the Chinese nation. It is the political involvement which has more guiding force upon rul-

ing man than the plain and often mildly interpreted doctrines of religions and philosophies which hamper the "head of state" with moral issues and create conflicts within the governing consciences. Confucianism in its entity can be regarded almost as a political religion. Having advised many courts Confucius became involved in the government's audit problems and responsibilities towards the people. It was his concern to elevate the ruler (subsequently the peasants) as to the humane use of power becoming the living example of one's message in bettering, teaching, uniting, and instilling ideals so that good governing was possible. However, in order to introduce and permit such virtues to function at the important executive levels of government, new philosophies must be provided with an equal basis of introductory strength in order to counter or balance the already available immense righteousness possessed by the ruling caste or person. Only in this way could lasting and workable results be secured. The "literati" became the hereditary Confucian type responsible, executive society. They themselves, were involved more in an outside approach (hypocracy) then in pursuing their schools of thought with true personal involvement. To establish a proscenium of continued historical value such equality of position of strength had then to be repeatedly secured with each new government in order to permit a perpetual historical continuity.

To follow or preach a philosophy does not automatically make a man a philosopher. One may study philosophy to appreciate the sense of the word and still be nothing else but a student, arguing and directing simply to confuse the one with the other. Only when one lives one's own teachings can one be ennobled with the title of "philosopher." For the love of wisdom one has to divide the philosophies into their basic apprehensive structures, which then through enlarging the object of one's thoughts subsequently places one on the outside in order to observe the fears and problems of the time thus permitting the closest approach to serenity for one's searching mind more so in an epoch of chaos and uncertainty.

The professional philosophy differs somewhat in comparison with the scientific philosophy where the scientific philosophy in itself can be either one. Mo'tsu and Uyeshiba seem to bear an equality as far as their professional philosophies of the martial arts as they both, then and now, are examples of

their teachings. It is their desire to induce the highest possible cultural betterment of their students through their stoic involvement in "the way."

The decline of the martial arts was to be found firstly in the country of origin. For eminent reasons of existence of man within his society a specialized combative skill was welcomed. Attempting to train too many people in too short a time without the protective conscientious responsibility of the religious follower or a moral truthful society, resulted in decline. From this decline, Kung-fu emerged but only after the introduction of Japanese karate. A purification of the once Chinese art through the Japanese master Gichin Funakoshi marked the end of one thousand years of lasting dilemma in which false values and jealousies governed over reason and spirit of responsibility.

If standards of proficiency exist they ought to be governed by what we can justify to be a moral and ethical source. As there cannot be much hope that the past living generations have achieved useful progress in this direction we now must seek out the soil of democracy in the wish that here may lie the inspiration and protection needed to consolidate the streams of conflict onto a common path for the search for a sensitive solution. As past attempts have failed—the usual obstacle being man and his ambitions—we still may expect more creative work from Mr. Parker the promoting teacher of Chinese Kenpo and perhaps more cooperation from everyone—master and student alike. Man has built his reputations and he has destroyed them; he has wandered about through the millions of years of evolution to become a universal miracle of spiritual and mental capacities of which he has little knowledge. It is still the individual, the pioneering mind, with a sense of responsibility, who could combine the living, that is the practicing philosophers with the rest of the world. Until we can find them we have to tolerate the theorist which promises and lives as he copies. Most serious attempts at unification are still enshrouded in the dark shadows of our times buried by ambitions and fear of existence—little applied philosophy and much pretense in an unreasonably competitive society. Hopefully man will reason so that common, hard work may still unite us, thus quoting a thought:

"Having seen fear and destruction, and having felt pain and sorrow, I was well prepared by my Master."

Illinois Championships

BY JOHN TOWNSLEY

Glen Keeney's flashy fighting style captured the Black Belt Grand Championship trophy as well as the enthusiasm of the spectators at the 6th Annual Illinois State Karate Championships at Aurora. Eliminations had run into finals, causing some weariness among spectators and competitors alike. As the first round of Black Belt eliminations began, the crowd's interest was renewed and brought to a peak as Keeney came across the ring with a flying rear spin kick. Keeney had many reasons to be happy with this day. His recently promoted sho dan, Jerry Brown, took first place in Black Belt Heavyweight as well as several other students receiving trophies.

Mel Wise, holding onto his first place in USKA kata competition, won 1st place in Black Belt Kata. Two of his students, Kathy Sullivan and Bob

Wykpisz, placed first and second respectively in Green and Brown Belt Kata. Kathy's one of the few girls in karate who shows excellent ability in kata and kumite. It was a pity she, a ro kyu, was matched with a black belt, Maxine Purdue, in the first eliminations. Kathy and Maxine's match showed the best karate in the women's kumite, but as fate would have it, the awards went to girls using slaps and hair pulling.

Jim Chapman, director of the tournament, was able to have the tournament taped for TV, which is what more karate-kas are attempting in their effort to expose the American public to American karate. The entire tournament was taped and will be edited to an hour's special in the near future. Mr. Chapman has also contracted to have the next two tournaments taped for TV.



Tony Zvirblis, Bernie Maxwell in lightweight black belt eliminations.



Kathy Sullivan and Maxine Purdue.



Jim Chapman, Director, presents Grand Championship Trophy to Glen Keeney.

KUMITE

WHITE BELT

- 1st—William Ford
- 2nd—Bill Schmidt
- 3rd—Steve Rawan

GREEN BELT

- 1st—Mike McNamara
- 2nd—Fred Wink
- 3rd—Steve Glapion

LIGHTWEIGHT BROWN BELT

- 1st—Rico Paone
- 2nd—John Shafer
- 3rd—Douglas Jarrard

HEAVYWEIGHT BROWN BELT

- 1st—Bill Ross
- 2nd—Larry Davenport
- 3rd—Willie McFall

BROWN BELT DIVISION CHAMPION

Rico Paone

WOMEN'S

- 1st—Denise Feeley
- 2nd—Sue Pavlic
- 3rd—Maxine Purdue

LIGHTWEIGHT BLACK BELT

- 1st—Glen Keeney
- 2nd—Tony Zvirblis
- 3rd—R. Hoffman

HEAVYWEIGHT BLACK BELT

- 1st—Jerry Brown
- 2nd—Ken Knudson
- 3rd—Chuck Johnson

BLACK BELT DIVISION CHAMPION

Glen Keeney

KATA

GREEN BELT

- 1st—Kathy Sullivan
- 2nd—Dwight Jacobus
- 3rd—Fred Wink

BROWN BELT

- 1st—Tony Mitchell
- 2nd—Bob Wykpisz
- 3rd—Debbie Kennedy

BLACK BELT

- 1st—Mel Wise
- 2nd—Robert Everhart
- 3rd—Frank T. Masor

Indiana Championships

BY JOHN TOWNSLEY

Bill Wallace won an impressive victory in the 2nd Greater Indiana Karate Championships held in Anderson, Indiana on February 16th. His lightning kicks and flashy fighting style won hard pressed at times by runner-up Ken Knudson, a team mate of his on the Mid-West vs. the East and West Coast. The smiling Ball State University student downed all comers including Bob Yarnall of St. Louis, 3rd place winner, and John Norman of Chicago who has an impressive number of wins to his credit.

Mel Wise of Ft. Wayne, Indiana, won 1st place in Black Belt Kata, followed by Jim Jones of Chicago and Jim Kennedy of Kokomo, Ind. Mel, one of USKA's best kata men, ran up his normal high score to add one more trophy to his already impressive collection.

Eight year old John Scott Townsley of Cincinnati, the youngest boy in the tournament, placed in both kata and kumite. His highly aggressive style won the cheers of the crowd as he beat his larger and more powerful adversaries.

The best competition of the day was seen only by a small number of die hards due to poor tournament planning. The preliminaries started an hour and a half late and went straight through into the time scheduled for the finals. The Black Belt eliminations began after 11:00pm with the affair coming to a close at 1:00am.

Most of the trophy winners found it necessary to pick out their own trophies and start the long trip home without

waiting for a formal presentation. The audience, which started with a capacity crowd of approximately 1,200, was down to about 100 sleepy loyalists who stuck it out to the end.

KATA

PEE WEE

- 1st—Bill Sanders
- 2nd—John Scott Townsley

JUNIORS

- 1st—John Beaman
- 2nd—Darnell Morris

WOMENS

- 1st—Kathy Sullivan
- 2nd—Debbie Kennedy



Bill Wallace and Ken Knudson for first and second.



(Right to Left), Bill Wallace Grand Champion, Ken Knudson and Bob Yarnall. — Photo Townsley



Mel Wise First Place Kata and Scott Townsley, Pee Wee Kata.

WHITE AND GREEN

- 1st—Fred Wink
- 2nd—Brickly
- 3rd—Sharp

BROWN

- 1st—Randy Holman
- 2nd—Bob Wykpisz

BLACK

- 1st—Mel Wise
- 2nd—Jimmy Jones

DEMONSTRATION TROPHY

Sin Kwang The & Siang The

TEAM TROPHY

Jim Kennedy's Okinawan Karate Center, Kokomo, Indiana

KUMITE

PEE WEE

- 1st—Maurice Arocho
- 2nd—Jim Blake
- 3rd—John Scott Townsley
- 4th—Danny Kershner

JUNIORS

- 1st—Steve Glapion
- 2nd—Tony Blake
- 3rd—Jerry Midkiff
- 4th—Ben Quinn

WOMENS

- 1st—Alice Stevens
- 2nd—Retrina Morris
- 3rd—Kathy Sullivan
- 4th—Debbie Kennedy

WHITE AND GREEN

- 1st—Carl Wilkinson
- 2nd—Yogi Olivarez
- 3rd—Bowers
- 4th—Ward
- 5th—Hudson
- 6th—Gary Havens
- 7th—Nathan
- 8th—Johnson

BROWN

- 1st—Walter Baker
- 2nd—Larry Davenport
- 3rd—George Brockman
- 4th—Willie McFall

BLACK

- 1st—Bill Wallace
- 2nd—Ken Knudson
- 3rd—Bob Yarnall
- 4th—Chuck Johnson

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 Kejer Karate School, 780 Stanyan, San Francisco, 221-8934
 Korean Karate School, 1427 The Alameda, San Jose, 295-7422
 Koden Kan Inst., 2966 Freepoint Bl., Sacramento, 447-2205
 Koyukan Judo Club, 3334 18th St., San Francisco, 431-0314
 KuKushian DoJo, 1038 Clement, San Francisco, 387-3743
 Kenpo Karate, 20809 Nunes Ave., Castro Valley, 582-6233
 Kenpo Karate, 8860 El Camino Real, Palo Alto, 327-4505
 Kenpo Karate, 1409 W. San Carlos, San Jose, 298-5594
 LaBounty, Steve, Chinese Kenpo, 4175 Blackstone, Fresno
 Lara, John A., 850 Grace St., Monterey 93940
 Lee, Clarence 1470 Washington St., San Francisco
 Lee, Richard, Butoku-Kai, 1641 Taraval, San Francisco
 Lima Lama, 2122 Whittier Blvd., Montebello
 Louis, John, Na Pua Lima, Kung Fu Karate Club, 7327 Eastern Ave.,
 Bell Gardens
 Lo Hon Karate Society, 816 "L" St., Bakersfield
 Lontoyao, Greg, Kaju Kumi Self Defense Karate School, 758 Grand
 Ave., South San Francisco 94080
 Los Altos Aiki-Jitsu Dojo, P.O. Box 1252, Mt. View
 Luke's Karate Gungfu, 36267 Birkshire Pl., Newark
 LaJolla Karate School 5623 La Jolla, La Jolla, 459-7242
 Laws Judo-Jujitsu & Karate Gym, 3917 Grand Ave., Oakland,
 854-1967
 Clarence Lee Karate School, 1470 Washington, San Francisco,
 771-1552
 James B. Lee Kenpo Karate Studio, 901 S. Broadway, Santa Maria,
 WA 2-3750
 Los Angeles Aiki Kai, 8929 Ellis Ave., Los Angeles 838-7557
 Marin School of Karate, 351 San Anpreas Drive, Novato, 897-2185
 Marin School of Self Defense, 1001 Magnolia Ave., Larkspur, 461-5453
 Marshall Arts, 11268 Washington Blvd., Culver City, 391-9079
 Martial Arts, Inc., 3955 Mission St., San Francisco, 587-9960
 Rod Martins School of Self Defense, 2482 El Camino Real, Mtn. View,
 941-1657
 Mataalii Kenpo Karate, 1519 Lincoln, Venice, 399-7325
 Modesto Karate Club, 1222 11th St., Modesto, 529-9798
 Jing Mo Karate School, 1931 Ocean Ave., San Francisco, 584-0200
 Majit, Aaron Louis, 1367 Wolfe Rd., Apt. 1, Sunnyvale 94087
 Rod Martin's Karate Studio, 1517 East Santa Clara St., San Jose 95116
 Mateshki, Val, c/o Pacific Coast Club, 850 E. Ocean Blvd., Long Beach
 Mather, Jim, California Karate Academy, 3330 Portola Dr., Santa Cruz
 Jim Mather's California Karate Academy, 20311 Stevens Creek Blvd.,
 San Jose, 95014 (408)253-4044
 Montebello Lima Lama, 2122 Whittier Blvd., Montebello, 722-8925
 Maxwell, Mr. Robert B., HMc, H-Division, U.S.S. Enterprise CVA
 (N)-65, c/o F.P.O., San Francisco 96601
 McKisson, Richard, 2750 Grattan Rd., Donair
 McMurtree, James, 507 Wales Dr., Folsom
 Mercado, P.F.C. Nelson, 251707, "C" Co., 5th Amtrac Bn. 5th Marine
 Div., Hdqts. Plt., Camp Pendleton
 Monterey Park Kenpo Karate, 397 East Monterey Park, Monterey Park
 Moo Duk Kwan, 550 Alvin Dr., Salinas 93901
 Moo Duk Kwan Tae Kwon Do, 1621 L St., Sacramento 95814
 Morris, R., Willows Karate Dojo, Stonyford 95979
 Murphy, P.R. William J., 785 Market St., San Francisco
 North American Kung-Fu Karate Association, 5019 Lankershim Blvd.,
 North Hollywood
 Scalercio, Frank, Mu Oak Kwan Korean Tae Kwan Do, 1219 Janet
 Way, Santa Rosa 95405
 Nakano, Richard T., c/o Shorin Karate Dojo, 4104 Seymour St., River-
 side 92505
 Nippon Kenpo Dojo, 202 N. Saratoga, L.A.
 Nishiyama, Hidetaka, 1440 W. Olympic Blvd., L.A. 15, 747-1774
 Noble, David R., NASL Karate Club, Public Works Department, NAS
 Lemoore
 Al Novak's Chinese Gung Fu Club, 37415 Niles Blvd., Fremont
 Nuuihiwa, Davis, 12911 Chapman Ave., Garden Grove
 Nuuhiwa, James K., Art of Self Defense School, 745 Airport Boulevard,
 South San Francisco
 Earl Nishimoto's Self Defense, 12800 Venice Blvd., L.A., 398-0282
 Northern School of Judo, 874 Grant Ave., Novato, 897-1767
 Norris Karate School, 2703 W. Artesia Blvd., Redondo Beach,
 370-0473
Norris Karate School, 12155 Paramount Blvd., Downey, 862-4611
Norris' Sherman Oaks Karate Studio, 14556 Ventura Blvd., Sherman
Oaks, 91403
 North American Karate Kung-Fu Ass., 1005½ S. Brand, Glendale,
 247-2871
 Ohshima, Sensei, So. Calif. Karate Assn., 4300 Melrose, L.A. 90029
 Okano's Karate Dojo, c/o Jim Bills, 2228 E. Santa Ana, Fresno 93725
 Okinawa Shorinryu, 630 N. Alvarado, L.A. 90026
 Olande, Fred, 3166 A Gale Ave., Long Beach
 Oliver, Ralph, Arts of Self Defense, P.O. Box 2013, Cypress
 Ozawa, Osamu, 108 W. Valley Blvd., San Gabriel
 Okano Karate-Dojo, 810 N. Fresno, Fresno, 485-0660
 Okinawa-Te Karate, 3515 Sunset Blvd., L.A., 666-9990
 Okinawa-Te Karate Org., 7327 E. Eastern Ave., Bell Gardens, 927-9033
 Okinawa-Te Karate Organ., 21625 Sherman Way, Canoga Park,
 340-9724
 Oxnard Karate Club, 2904 Paula, Oxnard, 487-3161
Bob Ozman, 4618 Van Nuys Blvd., Sherman Oaks, 789-1568
 Pacifica Self Defense Institute, 73 Aura Vista, Pacifica, 355-1630
 Panorama Kenpo Karate, 13862 Chase Street, Panorama City,
 829-9063 IKKA
 Ed Parker's Kenpo Karate Studios, 10286 Westminster, Garden Grove,
 530-3463 IKKA
 Ed Parker's Kenpo Karate, 1237 So. La Brea, Inglewood, 672-2243
 IKKA
Ed Parker's Kenpo Karate Studios, International Headquarters, 1705 E.
Walnut St., Pasadena, 793-2860
 Ed Parker's Kenpo Karate Studios, 11104 Santa Monica Blvd., Santa
 Monica, 478-9123
 Peninsula Judo & Jujitsu & Karate Academy, 571 Lighthouse Ave.,
 Monterey, 375-2811
 Palabrica, Sonny, 1380 10th Ave., San Francisco
 Paris, Staff Sgt. Arthur M., P.O. Box 3655, Castle Air Force Base
 Pegelow, George, Stanford Karate Club, 782 Coleman Ave., Apt. G.,
 Menlo Park 93025
 Periera, John, 832 Kearney St., San Francisco
 Byron Powers Judo & Karate, 1045 S. Fedora, L.A.
 Pung, Paul, 528 Visitacion St., San Francisco
Rembukan Karate Club, 7555 Pacific Ave., Stockton, 478-0371
 Robert's School of Karate, 7179 Thornton Ave., Newark
 Robert's School of Kenpo Karate, 22619 Mission Blvd., Hayward,
 581-2206
 Ryu Dojo, 5861 Lankershim Blvd., No. Hollywood, 762-0713
 Ramos, Tony, Kajukenbo Self Defense Institute, 1654-A North Texas
 St., Fairfield
 Respicio, Larry, 15406 So. Western Ave., Gardena 90207
 Reyes, Al, Suisun Self-Defense Institute, 1919 San Benito St., Fairfield
 Reyes, Tony, Zen-Bei Butoku-Kai, 1340 Irving 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
 San Leandro Judo & Karate School, 1986 Lewelling Blvd., San Lean-
 dro, 351-5635
 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
 Seigikan Karate, 3213 W. 17th St., L.A., 731-4477
 Seiken Karate, 550 N. Azusa, Azusa
 Self Defense Club, 2304 24th Ave., Sacramento 455-3351
 Sherman Oaks Karate Studio, 14556 Ventura, Sherman Oaks, 788-7819
 Shito Ryu Karate Club, 1429 Bristol, Santa Ana, 543-5550
 Shorin Jin Ryu Academy, 3065 Middlefield, Carpenters Hall, Palo Alto
 327-7220
 Calif. Shotokan, 8930 W. Valley Blvd., Rosemead, Calif.
 Shorin Ryu Karate-Do, 3607 Maple St., Oakland
 Shorin-Ryu Karate School, 1278 - 29th Ave., San Francisco, 566-9037
 Shoto Kai Karate Dojo, 131 W. 17th St., Santa Ana, 542-9973
 Shotokan Karate Ass., 4300 Melrose, L.A., 664-0039
 Shotokan Karate Ass., 29 - 39th Pl., Long Beach, 434-5842
 Shotokan Karate of Santa Monica, 1654 A 20th St., Santa Monica,
 393-6913

Shoto-kan Karate School, 8930 Valley, Rosemead, 280-2812
 Shurei-Kan Karate-Do, 4115 W. Olympic Blvd., L.A., 937-9214
 Shudo-Kan School of Karate, 393 Central Ave., Pittsburg, 439-1168
 Simmons Elise Self Defense, 3675 Grant St., Corona, 735-1908
 So. California School of Judo & Jujitsu & Karate, 760 Thomas St., Pac. Beach, 488-9092
 South Bay Karate Club, 4413 W. 147th St., Lawndale, 676-1541
 Stanislaus Judo Club, 800 E. Morris Ave., Modesto, 524-9834
 Stone Kenpo Karate, 10796 Los Alamitos Blvd., Los Alamitos, 598-1512
 Suisun Self Defense Institute, 707 Main, Suisun, 425-9902
 San Diego Aikikai, 3782 28th St., San Diego
 Santa Rosa Karate Club, c/o Frank Scalercio, 3352 Claremont Ct., Apt. 3, Santa Rosa
 School of Chinese Karate, 702 A W. Colton, Redlands
 Sherrard, Raymond, Long Beach YMCA Karate Club, 745 Gaviota Ave. No. 6, Long Beach, 90813
 Short, Willie, Kobayashi Karate, 8711 So. Western Ave., L.A.
 Shotokan Karate, 3225 Bauanca Ave., Covina
 Skornia, Phillip M., President, Centinela Valley Karate Club, 319 E. Kelso, Inglewood
 So. Calif. Karate Assoc., 3225 Bauanca Ave., Covina
 So. Calif. Karate Assoc., 1654 A 20th St., Santa Monica
 Suips, Isshinryu, 4200 Balboa, San Francisco
 Stewart, Andy, c/o Shoto-Kai Karate Dojo, 131 W. 17th St., Santa Ana
 Stockton Mooduk Kwan, 1660 W. Sonoma, Stockton
 Sun, Youn Ik, 230 W. Olive Ave., Burbank
 Swartzendruber, David, 114 Coronado, N.A.S. Lemoore
 Shotokan Karate So. California Karate Assoc., Inc., 29 - 39th Pl., Long Beach 90803, 434-5842
 Mike Stone, 10796 Los Alamitos Blvd., Los Alamitos, 90720
 Stanton Karate Dojo, Phil Perales, 7800 Katella, Stanton
 Tackett, Tim, School of Chinese Karate, 919 Thomas Ave., Redlands
 Tang Soo Do Karate Club, Mariano Estioko, 8831 Garber Rd., Sacramento
 Toth, Mrs. K., 2427 Dashwood St., Lakewood 90712
 Healy, Paul and Leonard, Robert, Karate Studios, 280 El Camino Real, San Brinno
 Jim Trevino's Kenpo Karate Self Defense Studio, 248 W. San Carlos St., San Jose 95110
 Tang Soo Do Karate School, 3632 University Ave., San Diego, 284-9524
 Tegner, Bruce, Karate, 5910 Sunset, L.A., 452-9222
 Tai-Chi Chuan, P.O. Box 5542, San Francisco
 Travis AFB Shudo Kan Karate Club, SMSG Carl Lange, Bldg. 230, Travis AFB
 University Karate Club, 1917 University St., Berkeley
 U.S. Wado-Kai Karate Dojo, 1917 University Ave., Berkeley, 841-7893
 United Oriental Arts Club, 6901 Lennox St., Van Nuys, 989-3800
 Venice Judo Club, 12448 Braddock Dr., L.A., 391-3229
 Wah Que Kung-Fu Studio, 302 Ord St., L.A.
 Walker, David P., 957 So. Pine St., Escondido 92025
 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
 Wilson, Richard, 236 Sunset Place, Ridgecrest
 Ark Y. Wong, 718 No. Broadway, L.A.
 Way of Japan Self Defense School, 2417 E. Belmont Ave., Fresno, 268-4786
 Way of Japan, 2868 Fulton Ave., Sacramento, 481-5445
 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 3rd St., Chula Vista, 427-1920
 Zen Bei Butoko-Kai, 1641 Travel St., San Francisco, 681-1563

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
 COPAR, 7023 E. Colfax, Denver, 388-1637
 Denver School of Judo, 2020 Arapahoe St., Denver, 244-9909
 Ralph Krause, 6240 Holly St., Commerce City 80022
 Mattson Academy of Karate, 3109 E. Colfax Ave., Denver, 355-6529
 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, Connecticut, 336-0188
 Academy of Karate, 323 Frost Rd., Waterbury, 756-5615
 Paul Arel's Kyo Kushinkai Karate Club, 8 Garden St., Windsor 06095, 278-4822
 Bridgeport Health Club, 1223 Main, Bridgeport, 334-9716
 Shuan School of Karate, 205 Main St., Danbury, 743-9392
 Conn. Karate School, 313 Wood Ave., Bridgeport, 368-9718
 Connecticut Karate Assn., 31 Broadway, New Haven, 777-2822
 Conn. Judo Academy, 491 Farmington Ave., Hartford, 233-9017
 Cromwell School of Judo, West St., Cromwell, 346-6551
 Hartford Judo Club, 380 Hudson, Hartford, 246-9253
 Jocs Judo School, 101 Carlson Ave., Bridgeport, 372-9281
 Karate Dojo Center, 54 Golden Hill, Bridgeport, 368-0022
 Martial Arts Assn., 9 Spring St., Danburk, 744-3722
 Mattson Academy of Karate, 464 Farmington, Hartford
 New Britain Karate School, 191 Arch, New Britain, 223-9058
 School of Gentle Way, 33 Bloomfield Ave., Hartford, 688-8593
 Shorin Ryu Karate, 27 1/2 Silver St., Middletown, 346-4548
 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, Seishin Kai Karate Union, 2712 Kirkwood Hwy., Wilmington 19808, 994-7610 or 998-0985

FLORIDA

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
 Kenpo Karate School, 3805 Navy Blvd., Pensacola, 456-1982
 Kenpo Karate of Jacksonville, 306 W. Adams, Jacksonville, 356-7433
 Kodokan Judo Club, 9905 Ridge Blvd., Jacksonville, 768-9846
 Jack Motley's School of Tae Kwon Do, 4001 North Palafox, Pensacola, 32505
 Mr. Dirk Mosig, Universal Karate Dojo (U.S.K.A.), P.O. Box 12934 Univ. Station, Gainesville 32601, 378-4126
 School of Tae Kwon Do, 1476 San Marco Blvd. Jacksonville, 359-7979
 South Florida Karate Ass., 220-F Commercial Blvd., Ldly-By-The-Sea, 565-6919

GEORGIA

American Karate Institute, Inc., 2269 Peachtree Rd. N.E., Atlanta 30309
 Central Georgia Karate School, 426 Popular St., Griffin, 227-2549
 Eddie Karate Studio, 586 Broadway, Augusta, 724-5021
 Highland Karate Club, 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
 Wasin Ryu Karate Studio, 127 Flint Ave., Albany
 Wasin Ryu Karate Studio, 1206 N. Jefferson, Albany, 436-3474

HAWAII

Callejo Karate Kai, 87-233 Heleuma St., Waianae
 Callejo Karate Kai-William J. Louis, 46-115 Ohala Pl., Kaneohe, Oahu 96744, 247-5035
 Chuzo Kotaka, 1418 Kewalo St., Apt. 3A, Honolulu
 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., #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, 428C Chicago Ave., Aiea-Halawa, Oahu
 Okinawa Karate Ass., 1009 Waimanu St., Honolulu, 504-577
 Okinawa Shorin-ryu Karate Association, Sensei Pat Nakata, 1009 Waimanu St., Honolulu 96814, 533-4677
 Pang's Tai Chi Da Kua Studio, 1186 Fort St., Rm. 305, Honolulu, 504-118
 Tiwanak's Kenpo Karate, Benny Lagrimas, 3810 Leahi Ave., Honolulu 96819
 Tiwanak's Kenpo Karate, Tommy Torado, 99126 Puakala St., Aiea, Oahu, 96701
 Tobosa's Kaji Kumi of Self Defense, 91-1022 Ikulani St., Ewa Beach, 686-028

IDAHO

Boise School of Self Defense, 612 No. Orchard, Boise, 344-2112
 Bushido School of Karate, 612 No. Orchard, Boise, 343-6496

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
 Brownridge Academy of Karate, 610 1/2 7th St., Charleston, 395-7476
 Chicago Judo & Karate Center, 7902 So. Ashland, (312) TR 3-1243
 Chicago Metropolitan Y.M.C.A. Karate Assn., Dunkan "Y" Headquarters, 1515 W. Monroe, Chicago 60607
 Chi Academy of Martial Arts, 3508 S. Halsted St., Chicago, 528-7631
 Chucks Karate Club, 660 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
 Japan Karate Assoc., 2338 W. Belmont Ave., Chicago
 Ju-Keren Karate Centers, 7110 W. Higgins, Chicago, 60656
 Joliet School of Martial Arts, 368 W. Jefferson St., Joliet, 726-1695
 Judo Training Center, 4100 14th St., Rock Island, 788-9872
 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
 Tai Jutsu School of Karate, 3030 N. Central, Chicago, 622-5955

Tri City Karate Center, 5814 Cermak, Chicago, 656-2600
Peoria College of Karate, 716 West Main, Peoria
Shorei Goju Karate School, 12639 S. Taffin, Calumet, 60643
School of Martial Arts, 900 N. Hickory St., Joliet
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, Muncie
Daemyung Karate Club, 3232 N. Clinton, Ft. Wayne, 484-1280
Evansville Karate School, 2644 N. Heidelberg Ave., Evansville, 47711
Gary Aikikai, 1305 W. 5th Ave., Gary, 886-2656
Indiana Karate Center, 5268 Hohman, Hammond, 932-5533
Isshinryu Karate Assoc., 206 So. Main St., Kokomo, 46901, 453-3139
Kaudan Karate Club, 2016 Berkeley Plaza, South Bend
KoKomo Martial Arts Inst., 206 S. Main St., Kokomo
Kornaki Acad. of Karate, 2307 Main St., Anderson
Okinawan Karate Center, 101 N. Union St., Kokomo
Olympic Karate Inst., 3984 Broadway, Gary, 887-8614
Olympic Karate Club, 229 E. 16th St., Indianapolis
School of Karate, 202 E. Calvert St., South Bend
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

Jayhawk Karate Academy, 5019 Leavenworth Rd., Kansas City, 66104
School of Karate, 1230 McCormick, Wichita, 942-3690
The JudoKan, 1729 W. Douglas St., Wichita
Topeka Karate Acad., 1511 Hutton, Topeka, 351-9701

KENTUCKY

Louisville Karate School, 3208 Preston Highway, Louisville, 40213, 637-6807
Shelton Karate School, 154 N. Broadway, Lexington
University of Kentucky Karate Club, P.O. Box 4923, Lexington

LOUISIANA

Academy of Martial Arts, Alexandria Community Center, Alexandria
Academy of Martial Arts (Isshinryu) La. Tech., Box 5567 T.S., Ruston 71270
All Amer. 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
Chinese Karate Inst., 8431 Apple, New Orleans, 866-6856
Crescent City Karate Clubs, 709 Jackson Ave., New Orleans, 532-8367; 524 Met Road, New Orleans, 835-9207
Crescent City Judo Club, 1400 Jefferson, New Orleans, 301-9685
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 Studio, 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
R. Hawkins' 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
Kenpo Karate Studio, 6218 Eastern Ave., Baltimore, 633-5456
Moo Duk Kwan Studio, Georgia Ave., Silver Springs, 585-2180
Oriental Defense Arts Assn., Inc., 3556 S. Hanover, Baltimore, 355-9693
United Karate School of Maryland, 3556 S. Hanover St., Baltimore, 355-9693

MASSACHUSETTS

Academy of Kachi, 1871 Acushnet Ave., New Bedford
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, 267-8258
Far East Inst. of Karate, 164 Lincoln St., Boston 02111
Henry's 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 Charolotte St., Dorchester
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
Ventreca 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., Muskegon, 773-9770
American Chi-Do-Kwan Assn. H.Q. (N.A.K.A.), 1101 Evanston Ave., Muskegon, 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 Assn. (N.A.K.A.) Grand Valley State College, Allendale
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
Chong Do Kwan Assoc., 2363 West Jefferson, Trenton, 48183
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
Grand Rapids Karate Club, 2131 Division, Grand Rapids, 48207
Horton Academy of Karate, 2103 E. Main Street, Kalamazoo
Judo Club of Mt. Clemens, 51 1/2 N. Walnut, Mt. Clemens
Korean Karate Clubs, 8479 8 Mile, Warren
Korean Karate Club, 29250 Van Laan, 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
Mich. Tae Kwon Do Assn., 301 S. Main, Royal Oak
Moo-Duk-Kwan, Oakland YMCA, 1016 W. 11 Mile Road, Royal Oak
North Eastern YMCA, 10100 Harper Ave., Detroit
Saginaw Judo Club, 1623 State St., Saginaw
School of Chi Do Kwan, 1101 Evanston Ave., Muskegon
Saginaw Karate Club, 1623 State St. Saginaw, 48602, 793-6565
Tae Kwon Do Assn., 17580 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
Karate Training Club, 1520 W. Broadway, Minneapolis
Midwest Karate Assn. Inc., 900 Henns Ave., Minneapolis
Moorhead Karate School, 200 South 5th St., Moorhead, 233-9808
Robert Fusaro Karate School, 900 Henns Ave., Minneapolis
World of Self Defense, 4361 Mhaha Ave., Minneapolis

MISSISSIPPI

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

MISSOURI

Budokai Acad. of Karate, 114 South 7th St., St. Joseph
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., St. Louis
St. Louis Karate Assn., 7717 Big Bend Blvd., St. Louis

MONTANA

Montana YMCA Karate Club, 402 N. 32nd St., Billings

NEBRASKA

Bel Aire Karate School, 12100 W. Center Rd., Omaha
Lincoln Karate Academy, 2057 S. 16 St., Lincoln
Midwestern Karate School, 1240 S. 13 St., Omaha
Omaha Karate School, 221 S. 19th St., Omaha
Tokyo Karate Dojo, Lot 66, 1030 N. 48th St., Lincoln

NEVADA

David German's Karate School, 1814 E. Charlston Blvd., Las Vegas
Kung-Fu Karate Studio, 3117 Industrial Rd., Las Vegas
Kung Fu Karate School, 616 S. Decatur Blvd., Las Vegas
Norris Karate School, 1332 Las Vegas Blvd., 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
Bill Chung's Chinese Shaolin Kung-Fu Assn., Hoboken North-Hudson Y.M.C.A., 1301 Washington St., Hoboken, 07030
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
Chinese Kung Fu Assn., North Hudson YMCA, 1301 Washington St.,
Hoboken

Goshin Do Karate DoJo, 26 Main St., Lodi
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., Engelwood
Judo Kai, 51 New St., Wood Bridge
Karriem Allah School of Karate, 491 Springfield Ave., Newark
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Martial Arts Inst., 1245 Main Ave., Clifton, 773-4222
Martial Arts Inst., 969 Stuyvesant Ave., Union
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ington Ave., Belleville, 07109
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North Jersey Karate Clubs, 430 Bloomfield Ave., Montclair
North Jersey Karate Clubs, 78 Market St., Patterson
Nutley School of Karate, 84 Center St., Nutley
NB Karate Club, 234 Washington Blvd., Belleville, 751-1234
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Oikido Inc., 6811 Bergenline Ave., Guttenburg
Olympic Karate Assn., Merion Ave., Cherry Hill
Pompton Lakes Karate School, 268 Wanaque Ave., Pompton Lakes,
07442

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Shaolin Kung-Fu Karate School, 838 Broad St., Newark
Teaneck School of Self Defense, 406 Cedar Lane, Teaneck

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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,
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American DoJo Inc., 170-15 Jamaica Ave., Jamaica
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Bushido School of Self Defense, 519 Court St., Brooklyn Central N.Y.
Karate Schools, 2827 James St., Syracuse, 13206
Chung Sang Do Karate School, 77 State, Binghamton
Freeport School of Karate, 22 S. Grove St., Freeport
Genesee Judo League, 3 Parasel Ave., Rochester
GoJo Ryu DoJo, 2088 A Amsterdam Ave., New York
GoJu YMCA Karate Club, 179 Marcy Ave., Brooklyn
Golden Dragon Karate, Inc., 124 W. Chipawa, Buffalo
Hastings Karate Club, 204 Riverline Ave., Yonkers
Hidy Ochiai Triple Cities School of Judo & Karate, 143 Main St., Bing-
hamton, 13905 (607) 722-1872
International School of Self Defense, 2210 Church Ave., Brooklyn
Jo Hedo Karate Center, 29 W. Grand St., Mt. Vernon
Judo Inc., 139 E. 56th St., Manhattan
Ken Po Karate Studios, 15 Palisades Ave., Yonkers
Kings Highway DoJo, 1610 E. 19th St., Brooklyn
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Kalee Riverdale Karate School, 5628 Mosholu Ave., Riverdale
Ko-Chon Yudo Karate Club, 31 Park Rrok, New York
Long Island Aikikai, 303 Maple Ave., Rockville Center
Manson Judo Club, 1070 Niagara, Buffalo
Mt. Vernon School of Self Defense, 52 4th Ave., Mt. Vernon
New York Karate Academy, 1717 Broadway, New York, 245-8086
New York GoJukai, 11 E. 17th St., New York
New York Aikikai, 142 W. 18 St., New York
Nisei Judo Center, 2411 West Chester, Bronx
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Ryukyus Karate Studio, 40 W. Main St., Riverhead Long Island
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447-8587**

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White Plains School of Self Defense, 117 Main St., White Plains
World Fighting Arts, Delaware Court Bldg., Buffalo
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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
Charlotte Karate Club, 3431 Razzells Ferry Rd., Charlotte,
Canton YMCA Karate Club, Canton YMCA, Canton
Charlotte Central YMCA Karate Class, % Mr. Reg Smith, 4101 Conway
Ave., Charlotte
Eastern Carolina Karate Club, % Bill McDonald, P.O. Box 2142, Green-
ville
Karate Class A & T State University, Greensboro
School of Oriental Arts, 509 S. Elam Ave., Greensboro
University of Martial Arts, 2216 Revelle Land, Greensboro, 27407

OHIO

Akron YMCA School of JuJitso, 80 W. Center St., Akron
Black Belt College, 6107 Ridge Ave., Cincinnati
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Central Karate Club, 5405 S. Pearl, Parma
AI Caraulia, 1255 Lakeland, Lakewood, 44107
Chung Sing Kenpo Karate, 568 1/2 W. Tuscarawas St., Akron
Don-San Judo, 235 Court St., Hamilton
Fairborn Karate Club, 12 S. Central, Dayton
Glando Karate School, 3559 Law Road, OXford 4-5056
Grants Karate Club, 318 1/2 E. 5th St., Dayton
Karate School of Self Defense, 2443 N. Verity Park Way, Middletown
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
National School of Self Defense, 8136 Vine, Cincinnati
**Ohio Judo & Karate Assn., 11722 Detroit, Lakewood 44107 (216)
831-1872**

Okinawan Karate Club, 516 Lemer St., Buckeye Lake
Ohio Karate Assn., 2705 Market St., Youngstown, 44507
Okinawan Karate Club, 4180 Pearl Rd., Cleveland
Victor Moore Karate Studio, 243 West McMillan St., Cincinnati 45219
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, 3390 N. Lancing Pl. Tulsa
Lou Angels Inst. of Karate, 110 N. Morton, Okmulgee
Lou Angels Inst. of Karate, 27 N. Mainif, Sapulpa
Lou Angels Inst. of Karate, 213 Muskogee, Tahlequah
Oklahoma Acad. of Karate, 4131 N.W. 23rd St., Oklahoma City

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Karate Ass. of Oregon, 2356 N.W. Quimby, Portland
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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, 3421 Library Rd., Pittsburg
Academy of Okinawan Karate, 328 Ave., Altoona
Academy of Oriental Defenses, 6th Floor Elks Bldg. 628 Peen Ave.,
Pittsburgh
American Karate Inst., 1000 Kilnarney Dr., Castle Shannon
American Science of Karate, 2123 Birch Street, Eaton 18042,
258-8698
Bushido Karate DoJo, Westminster & Third St., Greensburg
Delaware Karate Assn., 401 E. MacDade Blvd., Glenolden
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Isshinryu Karate Club, 100 York Rd., New Cumberland
Judo Kai Karate DoJo, 108 Old York Rd., Jenkinton
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Moo Duk Kwan Karate, 2138 Bristol Park, Cornwells Heights
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Seibu-Kan Karate School, 517 Welcome Ave., Norwood
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John E. Saviano, 62 Union St., Warren, 02885
Kenpo Karate Inst., 69 Valley St., Providence
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Barkoot Kar School, 4330 Fort Jackson Rd., Columbia
Southeastern Karate Institute, Sunny Sutton, Director, Rt. 9 Dream-
land Way, Greenville, 29609, 235-4006

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Kang 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, 2634 1/2 Franklin Rd., Nashville

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American Judo Do Jang, 117 E. Pasadena Frwy., Pasadena
American Karate Inst., 4035 E. Belknap, Ft. Worth
American Okinawan Karate, 4429 River Oaks Rd., Ft. Worth
Gary Alexander, 7807 Riata Dr., Lackland Terrace, San Antonio, 78227

Beaumont Karate Club, 2625 Hazel, Beaumont
Black Belt Academy, 2606 Telephone Road, Houston, 77023
Black Belt Academy, 2706 West T.C., Jester Blvd., Houston, 77018
Chittim Atlee Karate, USKA, San Antonio Karate, San Antonio, PE 2-6731

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

Ft. Worth Judo Acad., 5818 Camp Bowie Blvd., Ft. Worth
Karate Self Defense School, 6805 Grapevine Hwy., Ft. Worth
House of Budo Karate Do Jang, 1232 5th Ave., North Texas City, 77590

House of Karate Kang Duk Won, 10817 S. Post Oak Road, Houston 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
Moo-Duk-Kwan Karate School, 2241 34th St., Lubbock
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

Seibukan Karate School, 2734 Virginia St., Houston
Steen, Allen, Tae Kwan Do Assn., 6743 Hillcrest Ave., Dallas
Steen, Allen, Tae Kwan Do Assn., 622 Jefferson, Dallas
Tae Kwan Do Karate Acad., 6354 Terrell St., Groves
Yawara-DoJo, 1329 Butternut, Abilene
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

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AJKC Inc., 3925 Mt. Vernon Ave., Alexandria
Arlinton Karate Club, 2117 Wilson Blvd., Arlington
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

Karate Studio Inc., 123 Libbie Ave., Richmond
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Oriental Defensive Arts Studio, 3101 Williamsburg Rd., Richmond
Pai Defensive Arts Studio, 3012 W. Broad St., Richmond
Peninsula Judo Assn., 71 Pine Chapel Rd., Peninsula

WASHINGTON

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Corbetts School of Self Defense, 409 Wall, Seattle
Isshinryu Karate School, 5243 S. Tacoma Way, Tacoma (206) GR 5-9200

Judo Seiki-Kan, 118 Division, Spokane
Kung Fu Club, 656 1/2 King St., China Town, Seattle
Kung Fu of Sea, 2101 14 St., Sea
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Rainier Health Club, 725 23rd St., Sea
Reuters Karate School, 513 156th, Bellevue
Sea Judo DoJo, 1510 S. Washington, Sea
Sea Karate DoJo, 919 Pike St., Sea
Sea Kung-Fu, 120 Pike St., Sea
Shorin Jiryu School of Karate, 312 112th St., Tacoma
Shorin Ryu Karate DoJo, 122 4th St., North Edmonds
Washington Karate Ass., 8351 15th St., Sea
Washington Karate Ass., Lynnwood Shopping Center, Lynnwood
Washington Karate Ass., 14 C St., S.E. Auburn
Washington Karate Ass., 315 2nd St., Renton

WASHINGTON D.C.

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

Karate Enterprises, 4256 E. Capitol St., N.E. #201, 20019
Kim's Karate School, Korean Tae Do Moo Duk Kwan, 2524 Penna. Ave., S.E., 20020
Lee School of Karate Inc. 901 Rhode Island Ave., N.W., 20001

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, Ontario 666-0678

Canadian Karate Kung-Fu, 11 Queen St., Branford, Ontario, 759-3810
Canadian Karate Kung-Fu, R.R. #2, Bowmanville, Ontario, 623-5393
Canadian Karate Kung-Fu, 22 Charles St., Kitchener, Ontario, 744-2071

Ecole Samynryu De Karate, 3637 East, Boul. Metropolitan, Suite 1302, Montreal 38, Quebec, 721-4888
Edmonton Karate Club, 11061 - 95th St., Edmonton, Alberta, (403) 424-8973

Emil Repack Karate Studio, Penticton, British Columbia
Grande Prairie Karate Club, Grande Prairie, Alberta
Institute of Karate, 521 Center St., S., Calgary, Alberta, 266-5902
Lethbridge Karate Studio, 622 - 13th St., N., Lethbridge, Alberta, 328-1241

Langelier Karate DoJo, 56-A Rideau St., Ottawa, Ontario, 234-5742
McLeod Karate Studio, McLeod, Alberta
Northwest Goju Kai, 317 Bay St., Port Arthur, Ontario, Canada
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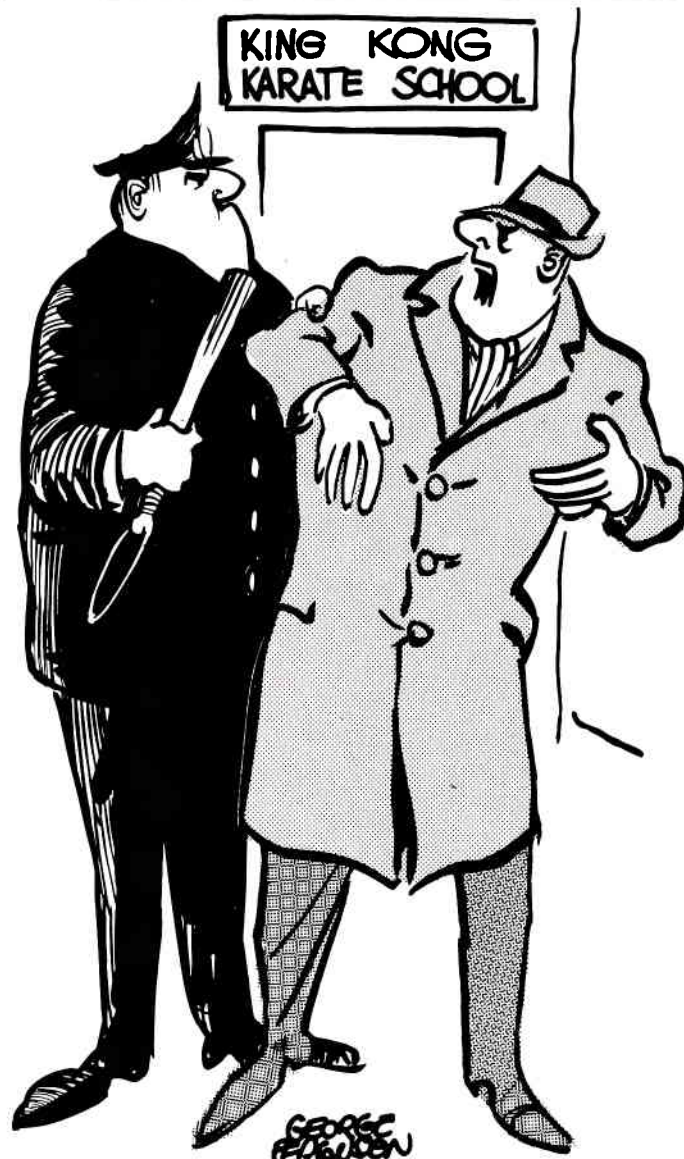
Samurai School of Karate (Downtown Branch), 343 Portage Ave., Winnipeg, Manitoba, 942-4829 (West-End Branch) 946 Erin St., Winnipeg

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Shaolin Karate, Lamont Ave., Agincourt, Ontario, 291-6891
Shaolin Karate Schools, 636 Danforth Rd., Scarborough, Ontario, 267-6787

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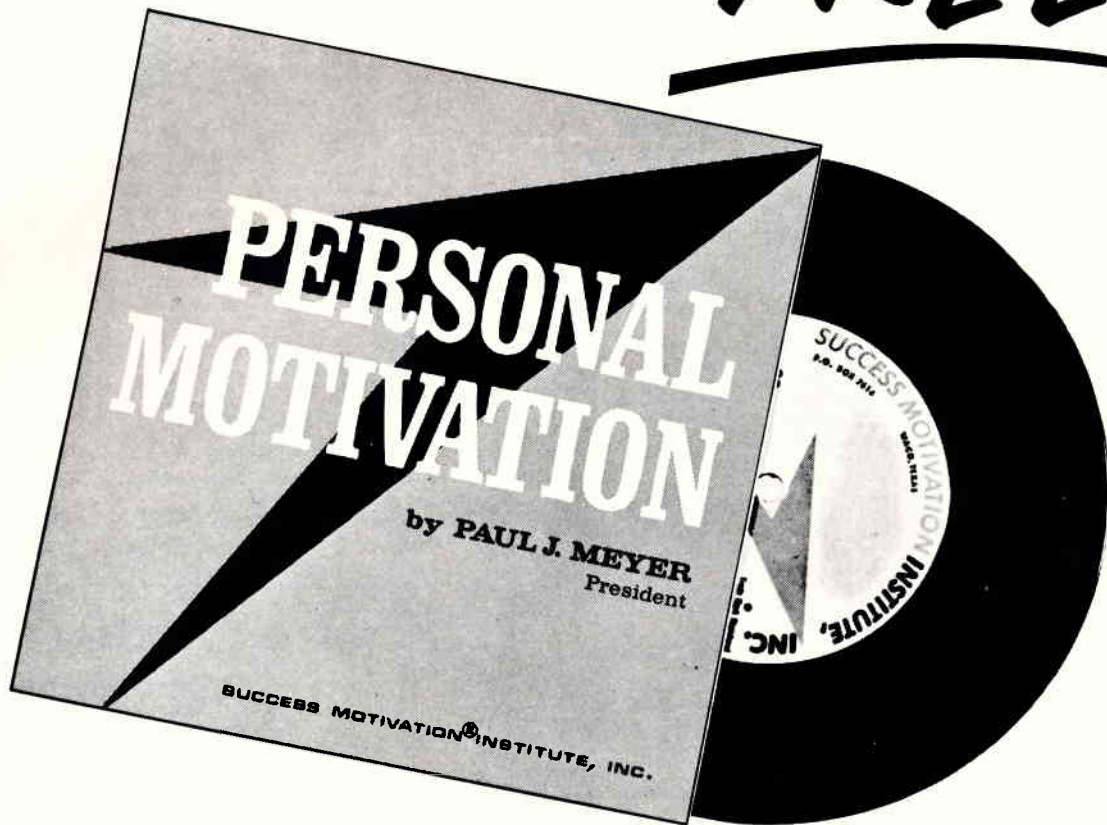
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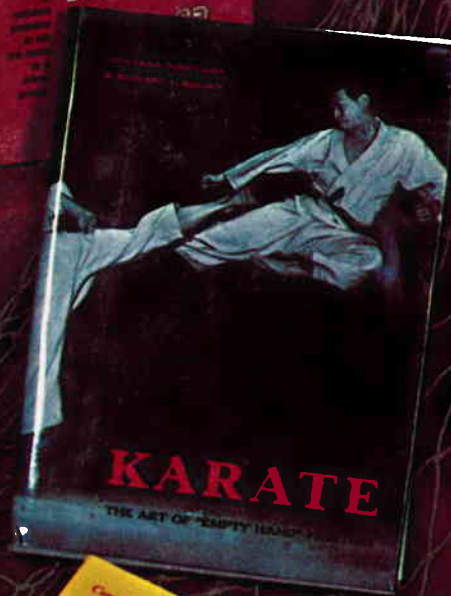
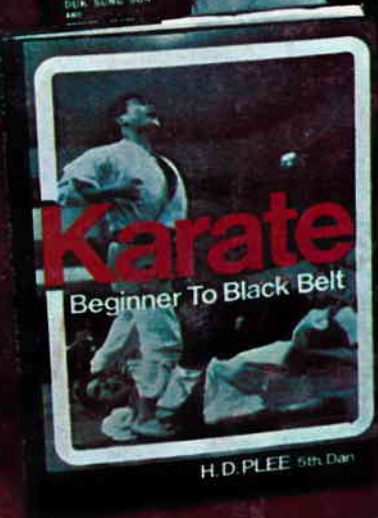
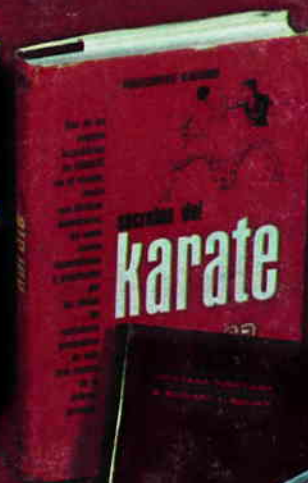
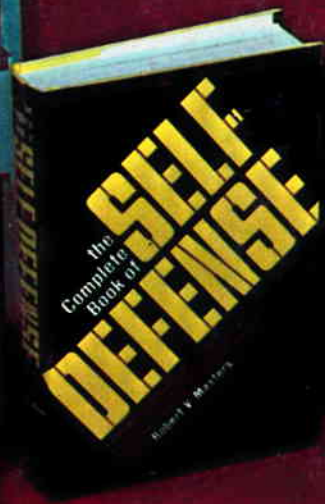
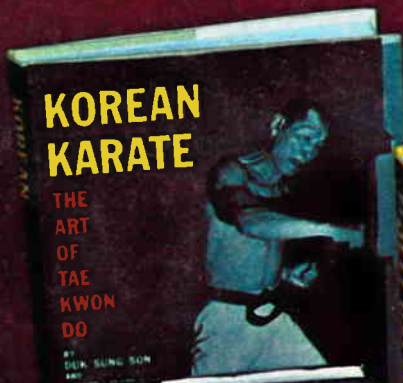
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