

# *All-American Society of Karate*

## *Austin Society of Karate*

### OFFICIAL JUNIOR MANUAL<sup>©</sup>

Advanced Blue Belt  
Through  
3rd Level Red

Student: \_\_\_\_\_

Instructor: \_\_\_\_\_

Date: \_\_\_\_\_

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**Greg Beaver**  
Director

## A note to Parents:

Parents,

**Please help your child read this manual in its entirety.**

Part of karate is responsibility. Each student will be responsible for knowing what is expected of him/her by his or her test date. They are responsible for making sure they get class signatures **(this means they must have their manuals at every class)** and for bringing the required essays to tests. Students who forget their manuals may forfeit signatures and students who forget their essays may not be allowed to test.

We ask that the essays be the STUDENT'S work. This project is to help them learn a little about the martial arts and to learn the responsibility of turning the paper in on time. If your child does not yet know how to read and write, you can read the information to them, and then help them write it. Please remember that it is your child's interpretation of the subject we are looking for.

Advanced Blue Belts and above will need to practice and keep skilled at all previously learned techniques. They should not be doing weak Yellow - Blue Belt techniques. On their test the students should be able to demonstrate all techniques with the higher scores that are marked in parentheses.

For example: A (4 or 5) on a Backfist Strike will be accepted as passing, a (1, 2, or 3) would not.

	Left	Right
Back Fist Strike	1 2 3 (4 5)	1 2 3 (4 5)

Advanced Blue and Red Belts should not be receiving low scores on Lower Belt techniques.

We encourage you to help your child with conditioning. Shadow Boxing, Push-ups and Sit-ups are to be done on a regular basis. Doing the conditioning activities with your child can be a fun and shared activity benefiting to you and your child.

Your child has worked hard to achieve this level. We look forward to the coming years.

If you have any questions please feel free to call your instructor or Greg Beaver, Director, Austin Society of Karate, at any time.

Thank you for your support. Greg Beaver

# BASIC RULES AND PROCEDURES

Instructors are to be called: Mr., Miss, Sir, or Ma'am. All Instructors are to be addressed in this manner at all times.

Before going into class, see your instructor and sign in. Your karate uniform should always be kept clean and pressed. Once you reach the Purple Belt level you may wear your competition uniform during any class unless otherwise specified. Please take the time to learn how to correctly tie your belt. All patches should be securely fixed in their proper places on your uniform and your name should be on the back in 2 inch black block letters. Advanced Blue Belts should have their first name, Red Belts their last name. Never wear your uniform to go shopping, play sports, etc.

Do not wear jewelry to class. Not even watches. No chewing gum in class.

Sit Indian style, up straight, quietly with your hands on your knees while waiting for class to begin. NO talking or horseplay before, during, or after class.

Always remember that you **MUST** set a good example for the rest of the class. If the other students see you talking, horsing around or doing something you are not supposed to, they **WOULD** think it is okay to do it.

All other students look up to the Advanced Blue Belts and Red Belts. You are what they all want to be. Show them the attitude it takes to get there.

## STUDY TERMS:

*At this point, you should know these study terms. You may be asked to answer these questions at any time in your training. Make sure you know them!*

The founder of modern day karate was a man named **FUNAKOSHI**. Karate began in the country of **INDIA** in the year **500 A.D.** Karate is a Japanese word that means **EMPTY HANDS**. The most important part of karate is **CONDITIONING**. Karate is divided into 3 groups: **ART, SPORT, and SELF DEFENSE**. The art part of karate is made of **FORMAL EXERCISES** called **KATA**. The most important part of kata is **BREATHING** and **TENSION**. The goals of karate are to train your **MIND, BODY, and SPIRIT** there are **7 LEVELS of BLACK BELT**. It takes the average adult **3 to 5 YEARS** to obtain a black belt. Karate is made up of different types of **KICKS, PUNCHES, and STRIKES**. **JUDO** is made up of different **THROWING TECHNIQUES**. The style of karate that you will be studying is called **AMERICAN KARATE**. The father of karate in the United States is a man named **ED PARKER**. The most important parts of sparring are **TIMING** and **DISTANCE**. The most important aspect of your training is having a **GOOD ATTITUDE**.

# Advanced Blue Belt

## Minimum Requirements:

- *Must have a good class attitude and good class attendance*
- *Must have attended a minimum of 8-10 classes as a Blue Belt*
- *Must have attended 1 Austin Society of Karate Tournaments as a Blue Belt*
- *4-Hook kick balance drill*
  - Must demonstrate good balance and good techniques
- *Must be able to demonstrate ALL previous techniques with good form*
  - Scores should fall within the parameters marked in parenthesis for each technique
- *Must be able to demonstrate these new techniques:*
  - Jab
  - Jump Side Kick
  - Jump Hook Kick
  - Back Leg Crescent Kick

*Remember these are minimum requirements.*

**Fulfilling these requirements does not guarantee a nomination to rank.**

# 1st Degree Purple Belt

## Minimum Requirements:

- *Must have a good class attitude and good class attendance*
- *Must have attended a minimum of 8-10 classes as an Advanced Blue Belt*
- *Must have attended 1 Austin Society of Karate Tournament as an Advanced Blue Belt*
- *Essay on attitude* (Student must hand in this essay at test time. If the essay is not turned in, the student may not be allowed to test.)
- *1-Set Side/Roundhouse/Hook Kick Combination*
  - Must demonstrate good balance and good techniques
- *Must be able to demonstrate ALL previous techniques with good form*
  - Scores should fall within the parameters marked in parenthesis for each technique
- *Must be able to demonstrate these new techniques:*
  - Hook Punch
  - Spinning Backfist
  - Front Leg Front Kick
  - Stepping Side Kick

# Advanced 1st Degree Purple Belt

## Minimum Requirements:

- *Must have a good class attitude and good class attendance.*
- *Must have attended a minimum of 8-10 classes as an Advanced 1<sup>st</sup> Purple Belt.*
- *Must have attended 1 Austin Society of Karate Tournament as 1<sup>st</sup> Purple Belt.*
- *1-Set Side/Roundhouse/Hook Kick Combination*
  - Must demonstrate good balance and good techniques
- *Must be able to demonstrate ALL previous techniques with good form*
  - Scores should fall within the parameters marked in parenthesis for each technique
- *Must be able to demonstrate these new techniques:*
  - Back Leg Reverse Crescent Kick
  - Front Leg Reverse Crescent Kick
  - Stepping Roundhouse Kick
  - Counter Side Kick

***Remember these are minimum requirements.  
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## 2nd Degree Purple Belt

### Minimum Requirements:

- *Must have a good class attitude and good class attendance*
- *Must have attended a minimum of 8-10 classes as an Advanced 1<sup>st</sup> Degree Purple Belt*
- *Must have attended 1 Austin Society of Karate Tournament as an Adv. 1<sup>st</sup> Degree Purple Belt*
- *Essay on Gitchin Funakoshi (Student must hand in this essay at test time. If the essay is not turned in, the student may not be allowed to test.)*
- *2-Sets Side/Roundhouse/Hook Kick Combination*
  - *Must demonstrate good balance and good techniques*
- *Must be able to demonstrate ALL previous techniques with good form*
  - *Scores should fall within the parameters marked in parenthesis for each technique*
- *Must be able to demonstrate these new techniques:*
  - *Upper Cut*
  - *Inside Roundhouse Kick*
  - *Parry*
  - *Back Leg Roundhouse Kick*

## Advanced 2nd Degree Purple Belt

### Minimum Requirements:

- *Must have a good class attitude and good class attendance.*
- *Must have attended a minimum of 8-10 classes as a 2<sup>nd</sup> Degree Purple Belt.*
- *Must have attended 1 Austin Society of Karate Tournament as a 2<sup>nd</sup> Degree Purple Belt.*
- *2-Sets Side/Roundhouse/Hook Kick Combination*
  - *Must demonstrate good balance and good techniques*
- *Must be able to demonstrate ALL previous techniques with good form*
  - *Scores should fall within the parameters marked in parenthesis for each technique*
- *Must be able to demonstrate these new techniques:*
  - *Spinning Round House*
  - *Stepping Hook Kick*
  - *Sliding Side Kick*
  - *Back Leg Side Kick*

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# 3rd Degree Purple Belt

## Minimum Requirements:

- *Must have a good class attitude and good class attendance*
- *Must have attended a minimum of 8-10 classes as an Advanced 2nd Degree Purple Belt*
- *Must have attended 1 Austin Society of Karate Tournament as an Adv. 2nd Degree Purple Belt*
- *Essay on 3 different systems of Karate (Student must hand in this essay at test time. If the essay is not turned in, the student may not be allowed to test.)*
- *3-Sets Side/Roundhouse/Hook Kick Combination*
  - *Must demonstrate good balance and good techniques*
- *Must be able to demonstrate ALL previous techniques with good form*
  - *Scores should fall within the parameters marked in parenthesis for each technique*
- *Must be able to demonstrate these new techniques:*
  - *Jump Spinning Reverse Crescent*
  - *Turning Jump Crescent*
  - *Sliding Hook Kick*
  - *Counter Roundhouse Kick*

# Advanced 3rd Degree Purple Belt

## Minimum Requirements:

- *Must have a good class attitude and good class attendance.*
- *Must have attended a minimum of 8-10 classes as a 3rd Degree Purple Belt.*
- *Must have attended 1 Austin Society of Karate Tournament as a 3rd Degree Purple Belt.*
- *3-Sets Side/Roundhouse/Hook Kick Combination*
  - *Must demonstrate good balance and good techniques*
- *Must be able to demonstrate ALL previous techniques with good form*
  - *Scores should fall within the parameters marked in parenthesis for each technique*
- *Must be able to demonstrate these new techniques:*
  - *Jump Spinning Reverse Crescent*
  - *Turning Jump Crescent*
  - *Sliding Hook Kick*
  - *Counter Roundhouse Kick*

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# 1st Level Red Belt

## Minimum Requirements:

- *Must have an EXCELLENT class attitude and EXCELLENT class attendance.*
- *Must have attended a minimum of 16-20 classes (TWO SESSIONS) Adv. 3rd Degree Purple Belt.*
- *Must have attended 1 Austin Society of Karate Tournament as an Adv. 3rd Degree Purple Belt.*
- *Essay on Ed Parker (Student must hand in this essay at test time. If the essay is not turned in, the student may not be allowed to test.)*
- *50 Sit-ups*
- *50 Push-ups*
- *3 – 2 minute rounds of Jump Rope*
- *3 – 2 minute rounds of Shadow Boxing*
- *4 - Sets Side kick, roundhouse kick, hook kick combinations*
  - *Must demonstrate excellent balance and excellent techniques*
- *Must be able to demonstrate ALL previous techniques with good form.*
  - *Scores should fall within the parameters marked in parenthesis for each technique*
- *Must be able to demonstrate these new techniques:*
  - *Forward Stance / Down Block*
  - *Spinning Hook Kick*
  - *Flying Side Kick*
  - *Counter Hook Kick*

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# 2nd Level Red Belt

## Minimum Requirements:

- *Must have an EXCELLENT class attitude and EXCELLENT class attendance*
- *Must have attended a minimum of 16-20 classes (TWO SESSIONS) as a 1<sup>st</sup> Degree Red Belt*
- *Must have attended 2 Austin Society of Karate Tournament as a 1<sup>st</sup> Degree Red Belt*
- *Essay on Ed Parker (Student must hand in this essay at test time. If the essay is not turned in, the student may not be allowed to test.)*
- *50 Sit-ups*
- *50 Push-ups*
- *3 – 2 minute rounds of Jump Rope*
- *3 – 2 minute rounds of Shadow Boxing*
- *5 - Sets Side kick, roundhouse kick, hook kick combinations*
  - *Must demonstrate excellent balance and excellent techniques*
- *Must be able to demonstrate ALL previous techniques with good form.*
  - *Scores should fall within the parameters marked in parenthesis for each technique*
- *Must be able to demonstrate these new techniques:*
  - *Back Stance / Backfist Block*
  - *Forward Stance / High Block*
  - *Back Stance / Knife Hand Block*
  - *Punch1,2,3 & Lunge Punch*

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# 3rd Level Red Belt

## Minimum Requirements:

- *Must have an EXCELLENT class attitude and EXCELLENT class attendance*
- *Must have attended a minimum of 16-20 classes (TWO SESSIONS) as a 2nd Degree Red Belt*
- *Must have attended 2 Austin Society of Karate Tournament as a 2nd Degree Red Belt*
- *Essay on Chuck Norris (Student must hand in this essay at test time. If the essay is not turned in, the student may not be allowed to test.)*
- *50 Sit-ups*
- *50 Push-ups*
- *3 – 2 minute rounds of Jump Rope*
- *3 – 2 minute rounds of Shadow Boxing*
- *6 - Sets Side kick, roundhouse kick, hook kick combinations*
  - *Must demonstrate excellent balance and excellent techniques*
- *Must be able to demonstrate ALL previous techniques with good form.*
  - *Scores should fall within the parameters marked in parenthesis for each technique*
- *Must be able to demonstrate these new techniques:*
  - *Rear Defense Stance High/Low Block*
  - *Back Stance / Inside Block*
  - *Jump Spinning Back Kick*
  - *Forward Stance / Outside Block*

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# Martial Arts Information

## *Gichen Funakoshi*

Gichen Funakoshi is the founder of modern day karate. He was born in 1886 in the royal capital of Okinawa, Shuri. Funakoshi was expected to die before he was three years old, because he was born premature. His parents and grandparents took extra special care of him when he was a baby. Not long after his birth, he was taken to live with his grandparents. While living with his grandparents many changes took place. One was the banning of the topknot, a traditional haircut, which at first did not seem important to him. He would find out later that it was. At that time Funakoshi started attending a primary school, and his grandfather started teaching him the Chinese classics. At school Funakoshi became good friends with one of his classmates. This young man was the son of Yasutsune Azato, a most amazing man who was one of Okinawa's greatest experts in karate. At this time karate was banned or outlawed by the government in Okinawa so sessions had to take place in secrecy. Funakoshi would walk to Master Azato's house to train each night. After a few years of karate training his health improved.

Funakoshi had been taught the Chinese classics and had a good education so he decided to become a teacher. After passing his exam at age 21 he became a teacher and was put in charge of a classroom. But before he could teach he had to cut off his topknot. When he went to tell his parents about his new job they were so upset about his hair that they didn't even talk to him. It was about this time that Founakoshi got married.

Though he taught for 30 years he did not abandon his true love, karate. In 1901-1902 the ban on karate was lifted and he was able to learn under more than one instructor. In addition to Master Azato he also trained with Masters: Itosu, Kiyuna, Toono, Niigaki, and Matsamura. Funakoshi gave up teaching when his government told him that he would have to move to another island if he wanted to continue.

In 1921 the government of Japan asked Funakoshi if he would introduce karate to the people of the Japanese capital through a demonstration at the Women's Higher Normal School. In 1922 at the age of 44 he went to Tokyo, Japan and though he planned to return home to Okinawa his trip was postponed when Jigoro Kano, the founder of Judo, asked him to give a demonstration for some of his students. He was surprised to find over 100 people attended the demonstration. Afterwards Kano requested Funakoshi teach him karate. Funakoshi was so flattered to be asked by someone so famous that he agreed immediately.

After teaching Kano, Funakoshi's plans to leave Tokyo were once again postponed when he was asked to teach a group of painters. He realized that karate was to be introduced to Japan, and he was the right man for the job.

Funakoshi wrote to his old masters and told them of his plans. They agreed it was a good idea, but warned him that it would be very difficult. Funakoshi took up all sorts of odd jobs to pay for rent, food, and clothes until his financial situation improved. He found himself teaching a large number of students, many of them businessmen.

He wrote a book on karate called *Ryukyu Kenpo Karate-do* with five chapters: What is Karate, The Value of Karate, Karate Training and Teaching, The Organization of Karate and Fundamentals and Kata. The book was so popular the publisher had to reprint it two years later. His next book, *Karate-Do Kyohan* was about Katas.

Universities began to take an interest in karate. One of them was Keio University. One day Professor Shin'yo Kasuya came to Funakoshi's class with some of his students. Not long after that karate study group formed at Keio University, the first of

its kind.

In the Japanese language there are two different kinds of characters of letters that have the sound kara. One means empty, the other means Chinese. Originally, when Funakoshi moved to Tokyo, karate meant Chinese hands. So Funakoshi went to the research group at Keio University, and suggested that it be renamed "Dai Nippon Kemp Karate-do (Great Japan Fist-Method Empty Hands Way). This change was not at first accepted and people thought he was weird. Eventually this change was accepted. As a result of the study group at Keio University, many other universities started karate study groups. On the first day of September in 1923 the Great Kanto Earthquake struck. It destroyed most of Tokyo, including Funakoshi's apartment building and the courtyard where he trained his students. Funakoshi's friend Hiromichi Nakayama, a great Kendo, or Japanese fencing instructor, told Funakoshi that he could use his dojo to teach his karate class. They raised enough money to build Funakoshi a dojo. This was the first dojo built specifically for karate. The committee named the dojo Shoto-Kan. Funakoshi made a set of rules and developed a belt ranking system for his new dojo. Funakoshi only taught there for 10 years.

In 1941, World War II broke out. Many of Funakoshi's students were called to serve in the army, and many died. Then in 1945 the dojo was destroyed in an air raid. During the war his youngest son became ill. His wife was evacuated to Oita. Soon the emperor announced defeat to a heartbroken Japan. Funakoshi moved to Oita to be with his wife in 1946. She died one year later. After her death he returned to Tokyo to continue teaching karate. Funakoshi died ten years later in 1957. He was a great man who lived a great life.

## **Chuck Norris**

Chuck Norris was born March 10, 1940 in Oklahoma. His birth name is Carlos Ray Norris. He is half Cherokee Indian and half-Irish.

Norris grew up in a family poor in material things, with a father who was gone more often than he was home, but with a very loving mother. He moved 13 times before he was 15 and had no sense of community, no real roots.

Chuck Norris grew up with little money, but there was always love in his family and his lack of material possessions was immaterial to him. His mother always made sure there was enough to eat. In fact, Chuck often judged how well off a family was by how much they had to eat. Often his toilet was an outhouse and he used to walk two miles to his aunt's house to use a "real" restroom.

One of the neighbor boys who went to school with Norris was something of a bully. He was the same age as Norris, but was much larger and chased him home from school. Everyday a man, who owned a gas station they ran past, watched this happen. One day he stopped Norris and made him wait for the bully. Chuck Norris was scared, but the man made him stand his ground and fired him up. When the bully arrived Chuck wrestled him to the ground. He was getting beat up pretty bad until he got the bully by the finger. The boy began to cry, so Norris let him go. The boy jumped him again, but Norris repeated getting a hold of the finger and finally the boy gave up. The boy never chased him again, instead they became friends.

Norris was extremely shy, and school was hard for him, but he worked at it and made good grades. In his junior year in high school his cousin introduced him to Dianne Holecheck. Dianne was one of the most popular girls in the school, while Norris was a virtual unknown. He was so shy and insecure it took weeks for him to work up the courage to ask her out. Dianne States that she was so determined to get him that she chased him until he caught her.

After graduating, Norris joined the Air Force as an MP (*Military Police*). It was at boot camp that he received the nickname he is so well known by today. One of his barrack mates asked what Carlos meant in English. He said Charles, so from that point on he was called Chuck Norris. However, to his family and old friends he is still known as Carlos.

In December of 1958, after boot camp, Chuck and Dianne were married. He was 18, she was 17.

Norris was stationed at Osan Air Base in Korea, where he found few things to do with his free time. He could play cards, drink, enroll in an academic class, or study martial arts. He chose to learn Judo. During class one day he took a bad fall and broke his shoulder. A few days after his accident, Norris saw a Tang Soo Do demonstration and became interested. He started training under Mr. Jae Chul Shin and was one of the few Americans allowed to train.

The Koreans were not into the psychology of teaching. Everyone, including beginners just jumped in and struggle along picking up as best they could. He trained 5 hours a day, Monday through Saturday. On the hard outdoor ground, no special attention was given to him because of his injury.

Each day started with 20 minutes of stretching and warming up. Followed by kicks, first separately then with partners. Next came blocks and punches, followed by Katas. Jumping and flying kicks were worked on after that, but class always ended with an hour of free sparring. When sparring, no contact was allowed. They trained in all weather, cold, hot, and rainy. He got extremely good with the spinning back kick, which became his trademark. Part of his enthusiasm for karate was that it was a sport where the only person he need compete against was himself.

After his shoulder healed Norris continued his judo training on Sundays (*his only free day*).

During a Tang Soo Do demonstration one day his instructor called on him to demonstrate breaking bricks. He had never done this before, and wasn't sure he could do it. However, he could not allow himself or his instructor to loose face by refusing, so he tried. Eight bricks were stacked one on top of the other. He lined his two knuckles up, took a deep breath, and broke his wrist along with the small knuckle of his hand. His instructor made no comment. That was the way of Korean teaching. Students learned from their mistakes.

After the cast was removed from his hand he got into a fight in the village with one of his friends who was drunk. He punched the man in the face. That didn't faze him so Norris kicked him. The man dropped like a stone. He was amazed, the things he was learning in class really worked, but he had broken his hand again.

After about a year of daily practice Mr. Shin informed him he was ready for his black belt test. That was when the intense training began. He was drilled on everything. Every technique and Kata was taken apart, criticized and reviewed. Finally it was time to take the test. He went to Seoul to face the board of examiners in the dead of winter. The building where the testing was to be held was unheated. Wind was blowing in through the broken windows. It was eight degrees inside. After about three hours of sitting on his knees his name was finally called and he was asked to demonstrate a Kata. Stiff from cold, numb in body and mind he was unable to perform it. He was ordered back to his place and waited another four hours before he was able to leave.

Nothing was said about his failure. He trained another four months before being allowed testing again. This time he completed the test and returned to the base. A few weeks later he was told he had passed the test and was presented with his black belt. By the end of his tour of duty in Korea he had earned a first-degree black belt in Tang Soo Do and a Brown Belt in Judo.

His next assignment was March Air Force Base in Riverside. There were no karate classes, but there was a Judo club, which he immediately joined. He started competing in matches and was sent to Seattle for the 15th Air Force Judo Championships where he beat three black belts and made it to the semifinals, but then lost to a white belt due to overconfidence. At one point he was sent, along with sixty other GI's, to combat school where he ended up becoming the karate instructor. At the end of the course he won the Outstanding Student Award.

He was discharged in August of 1962. Norris went to work for a defense contractor as a file clerk while he took some college courses. He also applied to become a police officer. To supplement his salary he began teaching karate in his back yard. Because at that time it was impossible to buy a gi in the United States, his wife made them for him. Word began to spread around the neighborhood about his classes, and soon he was getting invitations to do demonstrations. Norris soon realized people were interested in karate. He felt the time was right and risked opening his first school. He called it Chuck Norris Karate. His classes became something of a traffic hazard because karate was so new to the US that people would stop in traffic to watch.

For two years he worked 8 hours at the plant, then ate a fast meal and taught four hours of karate. In 1964 he quit his job, opened a new school and started teaching full time. He decided that a way to help bring in more students would be to win at a tournament.

He was 24 years old in 1964 when he entered his first Karate Tournament. He was older than most competitors in a relatively new sport. He traveled to Salt Lake City with some of his students, and though he won his first two matches he did not win a trophy. Three of his students did.

His next tournament, the Internationals in Long Beach California, he also lost. Norris won his first tournament at the Tak Kubota's All Stars Tournament in LA where he beat Ron Marchini for the title match. At the California State Championships he won Middleweight Champion. Eleven of his students also won. The Norris School dominated the tournament. He competed and won many more tournaments, and became a major championship competitor. In 1966 he won the Middleweight Division at the Internationals, the most prestigious tournament of the times.

At this time Norris decided that his competitors were becoming too familiar with his style and he needed to work on learning new techniques. He trained in many different styles with many different instructors. He learned Shito Ryu with Fumio Demura, Shotokan with Hidetaka Nishiyama, Hapkido with Jun Chung, Jujitsu with Al Thomas, Kenpo with Ed Parker, and wrestling, boxing, and judo with Gene LeBell.

In 1967 he felt he was again ready for tournament circuit and entered the All-American Karate Championships held at Madison Square Garden. Using his technique of visualizing each match before he fought it, he won his first 11 matches, then fought and beat Hiroshi Nakamura (*All Japan Middleweight champion*) for Middleweight Championship. After beating Nakamura he competed against Joe Lewis for Grand Champion.

After the tournament Bruce Lee introduced himself and walked Norris back to the hotel where they were both staying. From 11:45 p.m. conversation led to a demonstration of techniques in the hallway of the hotel, and the next thing they knew it was 7:00 a.m. Norris had worked out with Bruce Lee for seven hours after competing in 13 tournament matches. Norris and Bruce Lee became fast friends. They trained together once or twice a week, for three to four hours at a time.

At the next All-American match Norris again defeated Joe Lewis and by the end of 1967 Chuck Norris was the top point karate fighter in America. He had won more than thirty tournaments. He decided to cut down on competing and try putting on a tournament himself. His first attempt was to be the Las Vegas Nationals and it was a big success.

In 1968 at the US Championships in Dallas, Norris made it to the finals and ended up fighting Fred Wren a top competitor from Texas. The match turned into a real brawl. Texans don't always pull their punches, as Norris found out when he stepped into a punch that broke his nose. Despite his broken nose he won the match. He then beat Skipper Mullins but lost to Joe Lewis. Chuck Norris won the Internationals two years in a row, getting his name inscribed on a beautiful silver cup.

From 1967 to 1969 Chuck Norris's Black Belt Karate Team went undefeated for eighty (80) straight matches.

Norris fought Louis Delgado in 1968 at the World Professional Middleweight title match in New York. In the first few minutes of the match Louis executed a turning heel kick that landed on Norris's jaw with precision and power. As they continued the match Norris swept Louis's legs out from under him and dropped down to punch, but when he did he landed on Louis's outstretched arm. Both men continued the match. They didn't realize until it was over that Norris had a broken jaw and Louis had a broken arm.

Bruce Lee called Norris and requested he be in his movie, *Return of the Dragon*, which called for a big fight scene in the Coliseum in Rome. The fight scene, which took three days to film, was the picture climax. To this day is considered one of the best martial arts scenes ever filmed.

Chuck Norris retired from karate in 1974, but soon became bored with the lack of challenges. Steve McQueen suggested he try acting. Norris was not at all sure he could do it, but decided to give it a try. In the beginning no one wanted to sign him, so Norris decided to write his own movie, sell it to producers and star in it. He co-wrote his first movie with Joe Fraley, and John Robertson. They called it *Good Guys Wear Black*. For the next three years he did all he could to sell the script. During that time he was asked to do "*Breaker! Breaker!*" and was paid \$10,000. In 1977 he sold the script for "*Good Guys Wear Black*" and was paid \$40,000 to star in it. He now earns six figure salaries for his movies.

### **Chuck Norris's Secrets of winning:**

1. Be in the best possible physical shape.
2. Learn success imagery - Imagine yourself winning and turn the image into a reality.
3. You can win - Never go into a match thinking you can't. If you do, you've already lost.
4. Control your breathing - Don't hold your breath.
5. Eliminate stress - Stress is a negative reaction that causes tension.
6. Turn negatives to positives - Learn from your mistakes.
7. Man can be defeated, but not destroyed.
8. Strive for realistic objectives - Don't make impossible demands on yourself.
9. Concentrate on what you are doing not on your opponent.
10. Do your homework - Study your opponent before the match.
11. Look for openings to penetrate your opponent's defenses.

## Bill Wallace

Bill “Superfoot” Wallace was the Professional Karate Association Full-Contact MiddleWeight Champion from 1974 until he retired undefeated in 1980. He earned the nickname “Superfoot” because of his fast kicks, which have been clocked at 60 to 80 mph.

Mr. Wallace has been a major influence on many of today’s karate fighters. Much of his techniques and style of fighting has been adopted into the style of the Austin Society of Karate.

Bill Wallace was born in 1945. He started his martial arts training in 1966 by studying judo. He began studying karate while he was in the Air Force. His first instructor was Michael Gneck, who taught the shorin-ryu style. Wallace trained on a rigorous schedule seven days a week and earned his black belt in only one year. In 1968 he began training with Glenn Keeney in Anderson, Indiana, Wallace’s home state. Mr. Keeney’s style was shorei-goju. Although Wallace never adopted this style, he gained much of his sparring ability from his workouts with Keeney. Wallace began entering point-karate tournaments around this time and won nearly all of his competitions, including the U.S. Championships and U.S. Karate Association Grand Nationals three times each, and the Top 10 Nationals twice. He was rated the top fighter in the country three times by *Black Belt Magazine*. Wallace began his full-contact karate career in 1974. He went undefeated in twenty matches from 1974 through 1980, with 11 knockouts. In June 1980 he fought his famous retirement match against Bob Biggs, winning by a decision in the 12th round. Mr. Wallace was one of the first four to win the title, and was the only one to keep it and retire undefeated.

Mr. Wallace studied physical education at Ball State University in Indiana, where he earned his bachelor’s degree in 1972. He then attended Memphis State University and completed his master’s degree. While at Memphis State, he taught a physical education program that included karate, judo, wrestling, and weight lifting. He co-authored a college textbook, *Karate’s Basic Skills and Concepts*.

While in Memphis, Mr. Wallace taught at Elvis Presley’s karate studio, the Tennessee Karate Institute. He taught Elvis himself for a few weeks in 1974. During this time, Wallace suffered a leg injury to his left knee. When conventional medical treatment failed to help, Elvis flew in his acupuncturist from Los Angeles to treat Wallace. His knee was able to fully recover due to this treatment.

Mr. Wallace has starred in several martial arts films, including *A Force of One* with Chuck Norris, and *Neighbors* with the late John Belushi. He also served as Belushi’s bodyguard and personal karate trainer. Wallace has definite opinions about today’s martial arts movies. He doesn’t like most of them because they are unrealistic and the theme is always vengeance. He states that he would like to see the theme changed from vengeance to traditional values such as respect or honor, which would be more in keeping with martial arts values.

Kicking exclusively with his left leg, Bill Wallace is noted for his unbelievably fast sidekick, hook kick, and roundhouse kicks. Some have stated that Wallace uses his left leg better than most people use their right hand.

In his training and teaching, Mr. Wallace emphasizes **stretching** (flexibility) and **kicking**. He states in his book *Dynamic Stretching and Kicking* that “increased flexibility has been found essential in helping an athlete avoid injury, fatigue less quickly, and generally perform better.” On the subject of preventing injuries, he states “Most athletes are susceptible to muscle pulls, strains, and tears. Pulled hamstrings are particularly common. When muscles are tight, any quick movement or a movement beyond the normal range of the muscle will cause a strain or tear. A flexible athlete, however, will have relaxed muscles which can receive strains or hits without sustaining injuries.” On increasing stamina, Mr. Wallace goes on to say



that more flexible athletes do not have to work as hard to move their muscles; therefore, less energy is used up. Also, because flexible muscles have an increased blood supply, more oxygen is available to them. Lactic acid, a waste product that accumulates in the muscles and makes them tired, is carried away more quickly.

Mr. Wallace uses three basic kicks in his fighting style: the sidekick, the roundhouse kick, and the hook kick. He states in his book *Dynamic Stretching and Kicking*, "I use the same stance, footwork and knee position to deliver all three kicks. The opponent never knows which kick is coming until too late." Wallace uses a side stance as opposed to a frontal stance to deliver his kicks. This makes it easier to kick without letting your opponent know what's coming. In other words, you don't have to shift your body as much to position your hips for the kick, thus giving away your next move. This is the same Fighting Stance that we use in the Austin Society of Karate. As Mr. Wallace states, "I use a shifting movement of the feet which is quick and does not disturb the balance or position of my hips. My knee comes up in the same way for all three kicks. The knee protects my body and positions the leg to snap the kick out at the same time."

There are other advantages to using a side stance, besides being able to deliver all three kicks from the same position. For example, you are less of a target in a side stance. In a frontal stance, the groin and chest are much easier targets for your opponent to hit. Also, you are in a better position to block your opponent's techniques in a side stance. Finally, by using a side stance you increase your choices of action. As Wallace states, "You can slide up in a straight line to kick. You can twist and punch to deliver a back fist. You can step back and punch. You can step back and kick."

Bill Wallace has conducted karate seminars in Europe, South America, England, and throughout the U.S., including seminars with the Austin Society of Karate. He currently travels world wide to give seminars and lectures.

#### **SOURCES OF INFORMATION ON BILL WALLACE**

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## **Ed Parker**

Ed Parker was born in 1931 and died in 1990. He was the founder of the Kenpo Karate Association of American, which changed its name to International Kenpo Karate Association. He is considered the father of American Karate.

Ed Parker learned Kenpo Karate from William K.S. Chow in Hawaii. He moved from Hawaii in 1951 and founded the first commercial karate school on the West Coast Provo Utah in 1954.

He graduated from Brigham Young University and started teaching to American students. Some of his first evening classes had as many as 72 students. He started teaching law enforcement officers after they saw a demonstration he put on after a basketball game.

Parker was named the "Outstanding Contributor" to karate for nine years in a row by the U.S. Championships in Dallas, TX. He received the Golden Fist Award as Karate Pioneer in Southern California.

In 1964 he originated the Annual International Karate Championships, where Bruce Lee first attracted attention.

He has staged demonstrations for Ronald Reagan, Gary Cooper, and Mae West in which he added what he called a "Hollywood Flair".

He instructed such celebrities as Elvis Presley, Blake Edwards, Nick Adams, Robert Wagner, Frank Lovejoy, Darren McGavin and many more.

Parker has appeared in movies and TV shows and has choreographed stunts for films. He has written books such as *Kenpo Karate*, *Secrets of Chinese Karate*, *The Basic Booklet*, *Ed Parker's Guide to the Nunchaku*.

When teaching karate, Parker retained a traditional flavor but added practical, realistic, applicable, concepts and principles to his style. He experimented with logical and practical ways of combating modern methods of fighting and emerged with his own interpretation of karate. He did this by analyzing fights from the viewpoints of the attacker, the defender, and the bystander. His best ideas came from studying himself on film in reverse.

When he was through experimenting he categorized all the basic Kenpo elements into a logical order for step-by-step instruction.

He is known for teaching the martial arts as though it were the alphabet. He considered each technique an "alphabet of motion" which could be combined to form "words of motion" and "sentences of motion". Ed Parker was one of the firsts and one of the best martial arts pioneers. Now that he is gone the martial arts community is at a great lost. Ed Parker and his teachings have influenced most Kenpo and Kempo styles.

## Different Martial Art Systems

### *Aikido*

Aikido is a method of unarmed self-defense. A man named Morhel Ueshiba founded it in the year 1942 in Tokyo, Japan.

Aikido is a Japanese word meaning "the way of divine harmony". It is known as the gentle art because its techniques are designed not to cause permanent damage to the attacker. This style was designed to be non-aggressive, but effective for defense. Students of Aikido are taught to respect the body of their attacker. The techniques of Aikido cause little or no damage and are used only to control the attacker.

Students of Aikido are taught to search for eternal harmony (aiki). The training of a student has no end, for it is believed that perfection of character is never complete and must always be sought. Students of Aikido wear GI's. More advanced students such as brown and black belts also wear a hakama, a long skirt like pant. Koichi Tohei is the man who first introduced Aikido to America.

There are no tournaments in Aikido because there is no sparring. It is designed for self-defense the principal that "more is less". In other words the harder or faster an attacker is moving the less it takes to defend against him. In Aikido an attackers movement is not stopped, but instead it is used against him by allowing it to continue (usually in a circular motion).

A punch to the stomach can be blocked and countered using karate, but in Aikido a student would move with the attacker and lead them to a neutral, harmless position. Most Aikido moves end either in a throw or by pinning the attacker so they can't move. When pinning, the attacker is held to the ground with little effort and, in fact, no pain is felt unless they attempt to struggle or move.

Aikido's teachings are designed to extend to everyday life. Students are taught that their training is not just in class, but also everywhere as they continue to seek harmony.

There are more than 14 different forms of Aikido today.

One of the best-known Aikidoists today is Steven Segal. He is known for his movies such as *Marked for Death* and *Hard to Kill*.

## ***Judo***

Judo is a Japanese “soft” martial art. Judo is a Japanese word that means “the way of flexibility”. Kano Jigoro created it in 1882. Judo is essentially a grappling art that, much like Aikido uses an opponent’s own movements against them. For example, instead of standing still and trying to block a punch, a Judo student would turn to move with the punch, seize his attacker, and throw him or pin him to the ground.

Judo tournaments are very different from those of karate. In Judo tournament two contestants grapple and try to unbalance or throw each other. Points are awarded for various throws or pins. There are no rounds in Judo competition, and matches can last 3 to 20 minutes. Judo is now also an Olympic event.

Students of Judo are taught a wide range of throwing and locking techniques as well as Kata. In addition, students are taught, “break falls”, a method of falling without hurting oneself. There are no kicks, punches, strikes, or blocks in Judo.

## ***Ju-Jitsu - (also spelled, Jujutsu or Jutsu)***

Jujitsu is a Japanese martial art system of unarmed combat. It means soft or flexible, which is a good description of the movements of the system. Judo’s founder, Jigoro Kano traced its emergence to the period between 1600 and 1650. In the late 17th century nearly 700 Jujitsu systems appeared in Japan.

In those days the vital issue was effectiveness in combat. Methods were tested in duels and public competitions between different schools. These duels often ended in the death of one opponent, which not only helped to improve the art, but also established the reputations of the survivor. Such duels are no longer fought, but Jujitsu is a competitive art and does have tournaments.

Jujitsu is an ancient Japanese system. It is a take off of Judo & Karate combined. Unlike Judo, it uses kicks, punches, strikes, and blocks in addition to its famous throwing techniques. This is a very violent system of combat. It includes hitting with the elbows, gouging of the eyes, ripping out of the throats, and breaking of bones. Jujitsu was the art taught to the soldiers in the military from World War I to the Vietnam War for self-defense.

The number of recognized Jujitsu systems today is nowhere near the number in the 17th century. Today there are approximately 25 different Jujitsu systems.

## ***Shotokan***

Shotokan Karate is a Japanese style founded by Gitchin Funakoshi who brought together two systems of open handed fighting that were native to Okinawa. Originally Funakoshi called his new art Karate-do, meaning the way of the empty hand. His student’s thought referred to it as Shotokan - the Hall of Shoto (Shoto was Funakoshi’s pen name).

Funakoshi continually edited, revised, and up dated the various kicks, punches, blocks, strikes, and throws until he died in 1957.

Shotokan karate has fewer techniques than other styles, but incorporates 16 Katas. Shotokan emphasizes two ideas into its training, 1) Balance and Control, 2) A belief that proper study eliminates ego, promotes hard, honest work, humility and excellence.

Shotokan is distinguished from other styles because nearly every one of its techniques is in a linear fighting style. The reason for this is the philosophy that the shortest distance between two points is a straight line. Shotokan stylists believe that a straight line of attack is the quickest, safest and most effective. They may circle an opponent during a match, but it is almost always a diversionary tactic.

## ***Kung Fu***

Many historians trace Kung Fu's beginning to the Shao-lin temples of China, but some believe it extends much further back in history.

Kung Fu is composed of a number of martially inspired systems for fighting, health development, and dance. There are several hundred different Kung Fu styles. Some systems of Kung Fu emphasize strenuous, energetic kicking and punching, while others stress more subtle techniques. Some are nearly static.

Four great philosophical systems stand out as having influences in the development of Kung Fu. They are: Confucianism-theories of Ying and Yang, Taoism-promoting magical and religious transformation, Buddhism, and Tao-harmony within one's self.

Kung Fu came to the United States in approximately 1848 with the Chinese laborers who were brought to America to work in the mines or on the railroads. Teaching non-Chinese citizens did not take place until the early 1960's.

Kung Fu was made famous in the United States by the television series "Kung Fu".

All of Kung Fu's techniques are patterned after animals such as the tiger, crane, snake, monkey, and dragon.

## ***Tae Kwon Do***

General Choi Hong Hi is regarded as the father of Tae Kwon Do.

Tae Kwon Do is a Korean art that uses kicks, punches, jumping, blocking, dodging, and parrying. Literally translated Tae Kwon Do means the art of kicking and punching. It incorporates the linear movements of karate and the circular, flowing movements of Kung Fu, then adds its own kicking techniques.

Tae Kwon Do is known for its beautiful, but deadly kicks. Students are taught stances that develop and strengthen the thighs (common to most other arts). The longer a student can hold these stances the stronger his legs become.

All basic Tae Kwon Do kicks can be delivered with a jumping or flying motion. Flying kicks are considered the ultimate weapon in Tae Kwon do. Though it is known for it's kicking, Tae Kwon Do also has a large array of hand techniques used to punch strike or block.

The Breaking of boards or bricks is widely practiced in Tae Kwon Do.

## ***Kenpo***

Kenpo is a more modern term that describes an innovative system practiced in Hawaii, Europe, New Zealand, and the Americas. It is a spin off of Kung Fu. Originally it was called Chinese Kenpo, but Ed Parker helped Americanize it into what

is now called Kenpo Karate. Kenpo Karate is predominately hand techniques patterned after the various animal strikes used in Kung Fu.

Kenpo uses linear and circular moves and uses power when and where needed. It is flexible in thought and action. Students are encouraged to alter moves, but not the underling principles. Teaching methods are Americanized and rely on practical demonstration, and experience.

Ed Parker, the Father of US Karate and a student of Kenpo, recognized the need for an updated approach to the martial arts. He experimented with logical and practical ways of combating modern methods of fighting and emerged with his own interpretation of Karate. He did this by analyzing fights from the viewpoints of the attacker, the defender, and the bystander. His best ideas came from studying himself on film in reverse.