



United Kung Fu

Welcome New Students!



Dec. 2



Dec. 7



Dec 12



Dec. 17



Dec. 22



Dec. 27

UNITED KUNG FU

CIT Students

Jeffrey Cross
Katherine Dixon
Cynthia Miller
Joshua Hagofsky
Mark Richardson
Keith Rupp

Master's Path

Simon Price
Traci Price
Nakoma Price
Jonathan Price
Benjamin Walker
Terisa Walker
Nathan Walker
Bonnie Walker
Jared Walker
Gwen Walker

Black Belt Students

Dr. Douglas Cutler
Dr. Julie Cutler
Sophia Cutler
Joshua Cutler
Samantha Cutler
Skylar Ferdosi
Chelsea Glockner
Sarah Snackenber

Beginning Students

Robin Alvarado
Laura Boucher
Kitty Cai
Emilio Fernandez
Carter Hill
Chris Ralyea
Jo Ralyea
Jesse Sinita

WELCOME BACK!!!

Seema Shah, Janvi Shah, and Raj Shah



TRAINING WITH MASTER LEONE

Master Michael Leone instructed the Adult Certified Instructor Training Class on Monday evening, December 7th. The instruction included physical training, as well as dialogue with Instructors, Assistant Instructors, and Training Instructors.

- Inside this issue**
- Message from the Chief
 - Victory Stories
 - November & December Graduates
 - Textile Embroidery Info
 - Upcoming Events
 - Contact Us!

Instructor Certification News

Congratulations to our Training Instructors for earning their stars!

Brett Baldwin
Green star
Julie Reese
Red star

Congratulations to our Junior Instructors for earning their stars!

Haley Lind
Green star

To contribute to this publication, please contact: juliereese@unitedkungfu.com

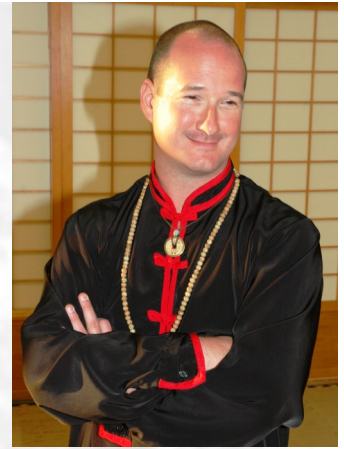
勇士

“Warrior”

Message from the Chief

The only constant in life is change.

As the winds of change blow, it is our duty to stay inspired and motivated. As circumstances beyond our control occur, we have the power to choose how we engage with them.



In life, you get back how you give, not what you give.

Energy and intent is constantly flowing from you.

Are you directing it towards your goals, or are you walking asleep in your waking dream?



Your life is your Ceremony. It is not a ritual.

**What is the difference between the two? If you do not know, ask the Chief!
(Hint: The answer has something to do with the How.)**

If there is any kindness I can show, or any good thing I can do to any fellow human being, let me do it now, and not defer or neglect it, as I shall not pass this way again.

-William Penn

Give the gift that lasts a lifetime ! KUNG FU !!!

For a limited time, United Kung Fu members only may purchase gift certificates that include 1 UKF t-shirt, 1 pair of pants, 1 pair of shoes, and 1 month of training for \$39.95.

YES, you read correctly ! \$39.95 !

Purchase your gift certificate before the Chief regains his sanity.

HAPPY HOLIDAYS !!!

Only 25 available, so call now to purchase your certificates.

VICTORY STORIES

Justin DawaHoya, 10

*1st Degree Black Belt
Certified Junior Instructor*

I have passed all my stars and I would say to show up, do your best, learn to lead the class, and graduate and become a master.

*Howard DawaHoya, regarding Justin DawaHoya, 10,
1st Degree Blackbelt & Certified Junior Instructor*

It was a victory for my son to balance being on the Honor Roll at school and his success at obtaining his Black Belt. It has increased his respect for others and helped him to have a more balanced life at home. For someone considering training at United Kung Fu, I would say never underestimate yourself and your personal goals.



Mr. DawaHoya & Justin DawaHoya

胜利

"Victory"



Michael, Julie, Lauren, and Kyleigh Reese

Julie Reese, Red Belt 1st Stripe

My entire family started training as a way to spend quality time together, get exercise, and help start us all on the road to a healthy lifestyle. We have achieved better health, an active lifestyle, more family time, and a common goal – 1st Degree Black Belts and beyond. The sky's the limit. My training has strengthened the bond between my husband and I, as well as between all of us in our family. Friends and co-workers are inspired by my transformation (physical & my positive attitude!), and are amazed at the excitement and dedication I have to my training. Make a commitment to yourself to get healthier. It is by far the best decision I ever made.

Michael Reese, Red Belt 1st Stripe

I started Kung Fu with UKF to develop greater flexibility, balance, and coordination. When I started, I was unable to hold a Balanced Stance for more than 10 seconds. I can now do several stances for nearly a minute at a time. My flexibility has increased tremendously due to the stance work and the training. I train Kung Fu with my entire family. This gives us time to all participate in the same activity while providing exercise and stress release. I feel this has shown through to others at work and our friends. I do, and would, highly recommend the classes at United Kung Fu not only for the exercise, but for all of the additional activities and benefits.

Special thanks to Instructor Mary Pegg for contributing her professional photography skills to this issue.



Graduations



As a student at United Kung Fu, your Instructors will assist you in reaching your training goals. As time goes by, your efforts will be recognized through rank graduation. Rank graduation is not an automatic process. You must earn the privilege to advance to your next rank.

Rank graduation requires a Black Belt Attitude, consistent class attendance, and both physical and mental progress. Your Instructors are highly qualified Martial Arts Professionals. They have trained many Black Belts. They consider many things to qualify your rank advancement. Do not judge, compare, or have expectations in this process with yourself or others. If you have a question, set an appointment to meet with your Instructors to address your concerns.

The graduation itself is not an evaluation or test. Whenever you are in the training hall, you are being tested by both yourself and your Instructors. Graduation is your opportunity to showcase your progress that you have made as a student at United Kung Fu. If you are unable to attend your graduation or if you arrive late, you will be required to postpone your graduation to the following month. **REMEMBER** if you are late, you do not graduate.

Graduation ceremonies are generally held on the second Saturday of the month unless a scheduled holiday or other event makes this impractical. Always check the posting at the front of the school for correct date, time and location of your graduation. You are responsible for your graduation process.

A list of people eligible to graduate is posted after the previous month's graduation. Being on the list does not guarantee a student will graduate. That is determined in the student's progress evaluation.

On the other hand, don't refuse to schedule a progress evaluation because you do not think you are ready. Ask yourself: "How many Black Belts have I trained?" Hence, you are not qualified to decide on your own advancement. There are many reasons to advance a student. Your Instructors know what they are doing. Progress evaluations are also an opportunity for the Instructors to assist students in planning their training towards their Black Belt and deal with any other issues facing a student with respect to their training.

Progress evaluations must be booked and completed two weeks before the graduation date. This allows the Instructors to assist a student with any challenges they may be encountering for their next rank advancement in time for them to graduate on that date. If you are not able to make a progress evaluation, give the Instructor at least 24 hours notice so that another student who needs a progress evaluation can take advantage of that appointment.

Students are required to bring their Black Belt Leadership Manual to all Progress Evaluations! Parents of youth students will also be required to sign off on the written part of the evaluation inside of the Black Belt Leadership Manual to ensure the appropriate written requirements are filled in before the student's progress evaluation.

For all Graduations other than Black Belt, there is a non-refundable Graduation Fee of \$50 and it is due two weeks before the graduation date. This allows the Instructors to order the appropriate certificates, belts and other rank advancement materials so that they arrive in time for the graduation ceremony. The Graduation Fee for the Black Belt Graduation is \$200 and it is due no later than six weeks before the Black Belt Graduation date (at the time your paper is turned in).

You are encouraged to invite family and friends to your rank graduations. All Guests at a graduation may receive a guest pass to train. This is our way of thanking them for supporting the student body. Students are encouraged to attend all Graduations to support their training partners and our Black Belt Community.

Cameras and recording devices (such as camcorders) are permitted and encouraged at graduation ceremonies. However, excessive noise, such as group chatter or a crying baby, is both disruptive and disrespectful to the Instructors and the graduating students. Parents will be required to take disruptive children outside of the academy. In addition, all mobile phones and pagers should be silenced during the graduation.

Graduations

November Graduates

William George	2nd Degree Black Belt, 2nd Section
Nemanja Crnogorac	1st Degree Black Belt, 10th Section
Brett Baldwin	1st Degree Black Belt, 9th Section
Mindy Lind	1st Degree Black Belt, 7th Section
Dan Carson	1st Degree Black Belt, 5th Section
Haley Lind	1st Degree Black Belt, 3rd Section
Megan Richardson	1st Degree Black Belt, 2nd Section
Darin Fredrickson	Red Belt, 3rd Stripe
Mary Fredrickson	Red Belt, 3rd Stripe
Stephanie Hill	Red Belt, 2nd Stripe
Kevin Nguyen	Red Belt, 2nd Stripe
Julie Reese	Red Belt, 1st Stripe
Michael Reese	Red Belt, 1st Stripe
Taylor Ramirez	Red Belt
Jeffrey Cross	Blue Belt, 1st Stripe
Andrew Carson	Blue Belt
Mark Richardson	Blue Belt
Tim Palmer	Green Belt, 2nd Stripe
Zachary Maung	Green Belt, 1st Stripe
Zoe Maung	Green Belt, 1st Stripe
Geena Matsumoto	Green Belt
Regina Wisniewski	Green Belt

December Graduates

Sandra Belmontez	2nd Degree Black Belt, 2nd Chevron
Brett Baldwin	1st Degree Black Belt, 10th Section
Gina Redding	1st Degree Black Belt, 10th Section
Catherine Reid	1st Degree Black Belt, 10th Section
Mindy Lind	1st Degree Black Belt, 2nd Chevron
Blayke Heaton	1st Degree Black Belt, 7th Section
Christopher Heaton	1st Degree Black Belt, 7th Section
Justus Heaton	1st Degree Black Belt, 7th Section
Haley Lind	1st Degree Black Belt, 1st Chevron
Keith Rupp	Red Belt, 2nd Stripe
Andy Belmontez	Blue Belt, 3rd Stripe
Sharon Bunker	Blue Belt, 1st Stripe
Stacy Carson	Blue Belt, 1st Stripe
Monica Belmontez	Green Belt, 2nd Stripe
Katherine Dixon	Green Belt, 2nd Stripe
Kenny Ervin	Green Belt, 2nd Stripe
Shaun Thompson	Green Belt, 2nd Stripe
Joshua Hagofsky	Green Belt, 1st Stripe
Cynthia Miller	Green Belt, 1st Stripe
Erik Miller	Green Belt, 1st Stripe
Angelina Roose	Green Belt, 1st Stripe
Jayce Schlichting	Green Belt, 1st Stripe
Natalie Boucher	Green Belt
Jenny Bowman	Green Belt
Howard DawaHoya	Green Belt
Brendin Hartly	Green Belt
Luis Hartly	Green Belt
Samantha Hartly	Green Belt
Sandra Lee-Hartly	Green Belt
Jonathan Price	Green Belt
Nakoma Price	Green Belt
Simon Price	Green Belt
Traci Price	Green Belt
Andreas Tellez	Green Belt
Benjamin Walker	Green Belt
Bonnie Walker	Green Belt
Gwen Walker	Green Belt
Jared Walker	Green Belt
Nathan Walker	Green Belt
Terisa Walker	Green Belt

Candidates Eligible for January Graduation Need to Schedule Progress Evaluations

Progress evaluations must be completed prior to January 10th.
Graduation fees are due at your progress evaluation.

Candidates are as follows:

Penny Allen	Harrison Deal	Alex Okonoski	Jeremy Sena
Carlos Alvarado	Kelly Dewhurst	Cydney Owens	Ben Sterbach
Robin Alvarado	Devon Dixon	Taylor Owens	Blake Thomas
Julian Amparan	Katherine Dixon	Dominic Passeri	Isabella Vosler
Keoni Anderson	Linda Erfourth	Richard Passeri	Benjamin Walker
Brett Baldwin	Skylar Ferdosi	Catherine Plaumann	Bonnie Walker
Paula Becker	Saylor Fleming	Misty Poisall	Gwen Walker
Christopher Brooks	Joshua Hagofsky	Preston Poisall	Jared Walker
Nicklaus Brooks	Monica Hierling	Thomas Race	Nathan Walker
Christian Carpenter	Jason Hoffarth	Steven Ramirez	Terisa Walker
Dan Carson	Steve Huska	Taylor Ramirez	Stephen Werner
Jeffrey Cross	Sharon Judd	Joe Redding	Regina Wisniewski
Nemanja Crnogorac	Nathaniel Landreth	JT Redding	Alex Wray
Dr. Liz Cruz	Scott Lopez	Julie Reese	Jazzmyn Yehle
Douglas Cutler	Alexander Mackie	Michael Reese	Kohen Yehle
Joshua Cutler	Geena Matsumoto	Alyssa Reid	Michael Yehle
Julie Cutler	Zachary Maung	Nichelle Reid	Stefan Yehle
Samantha Cutler	Zoe Maung	Hervey Rico	Tatiana Yehle
Sophia Cutler	Tina Nunziato	Andrew Schweda	
Justin DawaHoya	Kai Nunziato-Cruz	Stefano Sedillo	

January Graduation

Saturday, January 16th at 12:00pm
83rd Avenue & Lake Pleasant Parkway

ATTENTION UNITED KUNG FU STUDENTS!!!!

We are excited to announce the availability of new logos for you to put on the textiles of your choice – whether they be T-shirts, Sweatshirts, Jackets or Backpacks.
These can make great gifts for the holidays!!!!

You can purchase your own textiles to bring in to get embroidered, or you can order those textiles from us.

Options are available as follows:

CIT Students: Can choose from Options 1, 2 and 3

Master's Path Students: Can choose from Options 1 and 2

Black Belt Students: Option 1 only

In addition to these logos, students can also have their name and rank placed on their textiles, coin, and Zen Marksman logo if applicable.

Most colors of thread are available. However, please note that the use of Gold and Red Thread are reserved for Master Instructors, and Chief or Head Instructors respectively.

Call (623) 972-7900 to make an appointment with Assistant Instructor Reid for ordering your textiles and/or your embroidery today, or speak with an Instructor when you are at the academy!

OPTION #1

United Kung Fu



功夫联盟

OPTION #2

United Kung Fu



功夫联盟

OPTION #3

United Kung Fu



功夫联盟

UNITED KUNG FU HOLIDAY HOURS

The Academy will be closed starting Wednesday, December 23rd, & will reopen on Monday, January 4th.

We hope that you find peace and love during this special time of the year,
and may your family be blessed with all the joy that life brings.

功夫联盟

"United Kung Fu"

WEBSITES

www.unitedkungfu.com
www.unitedmartialartsonline.com
www.zenwellness.com
www.azkungfu.com

United Kung Fu
as KUNG FU PLANET on



Facebook

Email us!

Chief Instructor Dibble
jerrydibble@unitedkungfu.com

Head Instructor Dibble
lauriedibble@unitedkungfu.com

Instructor Pegg
marypegg@unitedkungfu.com

Instructor Boles
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Assistant Instructor Redding
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Assistant Instructor Reid
catherinereid@unitedkungfu.com

Instructor Trainee Intern Steven Ramirez
stevenramirez@unitedkungfu.com

United Kung Fu

83rd Avenue & W Lake Pleasant Pkwy
(N of Beardsley on 83rd Ave, on SW corner of 83rd Ave & Lake Pleasant Pkwy)

8279 W Lake Pleasant Pkwy, Suite 108
Peoria, AZ 85382
(623) 972-7900

Other UMA Association Locations in Phoenix

Indian School & El Mirage
(W of El Mirage in the Indian School Crossing Center)
12409 W Indian School Rd, Suite 111
Avondale, AZ 85323
(623) 535-5517

Zen Wellness Locations in Phoenix

Beardsley & Stardust
(W of El Mirage on SW corner of Beardsley & Stardust)
12805 W Beardsley Rd, Suite 104
Sun City West, AZ 85375
(623) 537-9443

Indian School & El Mirage
(W of El Mirage in the Indian School Crossing Center)

UPCOMING EVENTS

Event & Location	Date	Time
UKF Demonstration Momma's Organic Market Park West Shopping Center, Northern Ave West of Loop 101	Saturday, 12/19	12:00pm
January Graduation United Kung Fu 8279 W Lake Pleasant Pkwy Suite 108	Saturday, 1/16	12:00pm
Women's Self Defense Class United Kung Fu 8279 W Lake Pleasant Pkwy Suite 108	Friday, 1/22	7:00-8:30pm
Girl Scout Self Defense Class	Monday, 1/25	6:30-8:00pm

Making Our World Better One Black Belt at a Time