



United Kung Fu

Welcome New Students!



Jan 1



Jan 6



Jan 11



Jan 16



Jan 21



Jan 26

CIT Students

Stephanie Hill
Cynthia Miller
Simon Price
Traci Price
Shirley Reasor

Master's Path

Linda Erfourth

Black Belt Students

Laura Boucher
Natalie Boucher
Emilio Fernandez
Kyle Fulgham
Jan Holmes
Jesse Senita

Beginning Students

Dylan Dietz
Sofia Fencken
Kyle Fulgham
Nicholas Holland
Jan Holmes
Toni Makin
Christian Lee Smith
Dustie Walker

CONGRATULATIONS

MASTER INSTRUCTOR DIBBLE and CHIEF INSTRUCTOR VENABLE



Master Instructors Michael Leone and Jerry Dibble



Master Instructor Michael Leone and Chief Instructor Alan Venable

On Saturday, January 16th, Chief Instructor Jerry Dibble was promoted to Master Instructor 5th Degree Black Belt, and Head Instructor Alan Venable was promoted to Chief Instructor 5th Degree Black Belt.

Master Instructor Michael Leone presented Master Instructor Dibble with his certificate of rank advancement and gave him the Master's coin from around his neck, which is a gold coin with a gem. Master Leone also presented Chief Instructor Venable with his certificate of rank advancement and gold coin.

UNITED KUNG FU

勇士

“Warrior”

Message from the
Master Instructor



A Black Belt is a Leader.

Always be ready for self-examination. Not brooding over oneself idly but examine the effects and results you are producing in your life and the lives of others. This is your legacy.

Stay humble; guided by Spirit.

There are no mistakes, only road signs. Here, in the highest place, everything that is personal, related to ego, is excluded.

Be a Sage that exists free from the world yet in it as well. This is the razor's edge. Liberated from ego, contemplate the Laws of Life. Realize that knowing how to be free from blame is the highest good.



Take full responsibility for your life. Take your power.

It is all your fault. Train your evolution. Live the life of your dreams.

You miss 100 percent of all the shots you never take.

~Wayne Gretzky



UnitedKungFu.com

2 CLASS GUEST PASS

*This pass is good for two
Beginning Basic Training Guest Classes.*



*We are located at 8279 W Lake Pleasant Parkway
(Lake Pleasant and 83rd Avenue behind the Wells Fargo)*

Reserve your space today by calling (623) 972-7900

VICTORY STORIES

Dr. Mindy Lind, Pharm D RPH
1st Degree Black Belt

I am doing things I never thought I was capable of. I feel great & I'm physically and emotionally fit. Before I started at UKF, I was hitting the mid-life "spread". I was gaining weight & bored with my life. I've lost 30 lbs. & have something fun and exciting to do. I am also a much happier person with more positive interactions.

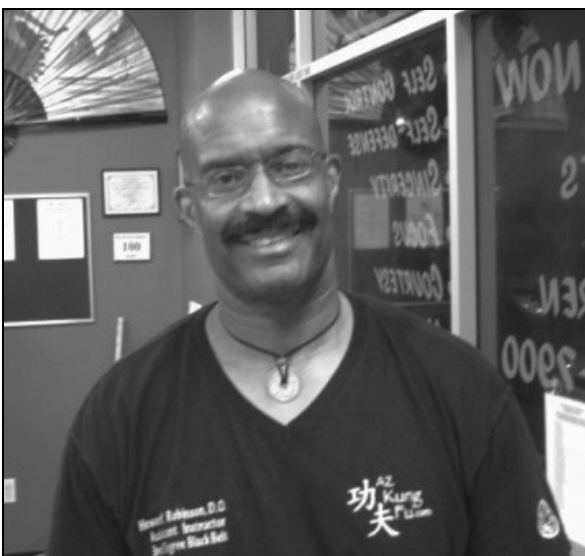
In particular, I started the Ladies Kung Fu workout in August of 2007 and I've had phenomenal results. I don't want to sound like a commercial and bore you with the details of all the inches I have lost etc. I will tell you my coworkers and family members have all complimented me on my success. Today I pulled out my pre-pregnancy "skinny" jeans and tried them on – not only did they fit but they were loose in the thighs! I was so excited I went directly to the mall and bought some new ones. Master Instructor Dibble once said "Train with me and you will have a body you won't believe." I've had so much FUN training at United Kung Fu I can't I imagine ever wasting money on a gym membership or doing those boring workout videos ever again. I'm a pharmacist and my patients always ask me what to take to help them lose weight. I tell them there is no magic tablet or capsule that will do it for them and they're going to have to work at it. I have found the magic workout though. The Ladies Kung Fu class has a magical combination of stretching, cardiovascular, and strength training for incredible results.

I feel extremely fortunate to be able to train with this fantastic group of people and I feel like I have a whole team of personal trainers. Be FIERCE and come out and PLAY! Try it, you will like it, you will see... Don't miss out on a fantastic opportunity to change your life, attitude, strength & success!



Dr. Mindy Lind, Pharm D RPh

胜利
"Victory"



Dr. Howard M. Robinson

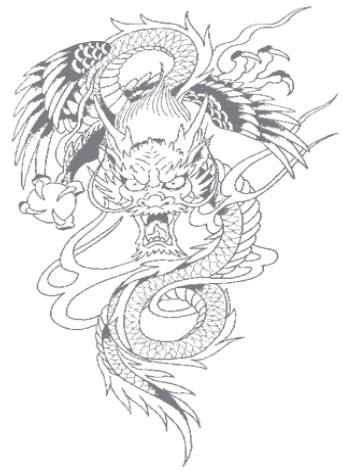
Dr. Howard M. Robinson
3rd Degree Black Belt
Instructor

My training at United Kung Fu has helped me to develop as a person, a father, a musician, and a physician. The calmness and ability to be present has allowed those around me to feel my positive energy and appreciate my presence. If you want to go on a mission to change your life, improve your health, and develop your mental state, I would urge you to join our family.

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



Uniforms



Shoes, shirts and pants are available at the academy. If you earn the privilege of an invitation to Advanced Degree training (Congratulations!) your uniforms will be available for order.

Your Instructor will give you details on how and what to order.

If you need to special order uniforms or equipment, speak first with your Instructors. Always check with your Instructors to be certain to purchase the correct uniform for your rank and program. There is hardly anything more embarrassing than being sent home for wearing the wrong uniform.

Always check with your Instructors.

You receive your first uniform upon enrollment. All other uniforms are purchased by the student, as directed by your Instructors. The opportunity to purchase your own T-shirts or other textiles and have school logos embroidered on them may be available. Check first with your Instructors regarding what types of textiles are appropriate to wear inside of the academy.

Wash your uniform after each class. Do not wash your belt.

Jewelry, watches, and facial piercings are not permitted in the training area.

- **Guests:** Wear a white United Martial Arts Association T-shirt, white pants and white shoes
- **Introduction to Self Mastery-Black Belt Course:** Wear a Standard Northern or Southern top, white pants and white shoes.
- **Masters Path:** Wear a custom white Northern or Southern top with black trim, custom microfiber black pants, white/black/or custom shoes. **Masters Path** students may also wear Seasonal T-Shirts, custom embroidered T-shirts, or T-shirts from UKF sanctioned seminars and events.
- **Certified Instructors in Training:** Wear Custom microfiber Black Tops, custom microfiber black pants, white/black/or custom shoes. **CIT** students may also wear Seasonal T-Shirts, custom embroidered T-shirts, or T-shirts from UMA sanctioned seminars and events, and other uniform upgrades as designated by the Master Instructors and/or Chief Instructors.

Graduations

January Graduates

Brett Baldwin	1 st Degree Black Belt, 3 rd Chevron
Nemanja Crnogorac	1 st Degree Black Belt, 3 rd Chevron
Dan Carson	1 st Degree Black Belt, 7 th Section
Penny Allen	Red Belt, 2 nd Stripe
Julian Amparan	Red Belt, 2 nd Stripe
Kelly Dewhurst	Red Belt, 2 nd Stripe
Monica Hierling	Red Belt, 2 nd Stripe
Sharon Judd	Red Belt, 2 nd Stripe
Alexander Mackie	Red Belt, 2 nd Stripe
Julie Reese	Red Belt, 2 nd Stripe
Michael Reese	Red Belt, 2 nd Stripe
Ben Sterbach	Red Belt, 2 nd Stripe
Stephen Werner	Red Belt, 2 nd Stripe
Alex Wray	Red Belt, 2 nd Stripe
Steven Ramirez	Red Belt, 1 st Stripe
Taylor Ramirez	Red Belt, 1 st Stripe
Keoni Anderson	Red Belt
Christopher Brooks	Red Belt
Nicklaus Brooks	Red Belt
Jeffrey Cross	Blue Belt, 2 nd Stripe
Alex Okonoski	Blue Belt, 2 nd Stripe
Saylor Fleming	Blue Belt, 1 st Stripe
Paula Becker	Blue Belt
Christian Carpenter	Blue Belt
Katherine Dixon	Blue Belt
Jason Hoffarth	Blue Belt
Steve Huska	Blue Belt
Hervey Rico	Blue Belt
Jeremy Sena	Blue Belt
Blake Thomas	Blue Belt
Isabella Vosler	Blue Belt
Joshua Hagofsky	Green Belt, 2 nd Stripe
Zachary Maung	Green Belt, 2 nd Stripe
Zoe Maung	Green Belt, 2 nd Stripe
Carlos Alvarado	Green Belt, 1 st Stripe
Dr. Liz Cruz	Green Belt, 1 st Stripe
Tina Nunziato	Green Belt, 1 st Stripe
Kai Nunziato-Cruz	Green Belt, 1 st Stripe
Nathaniel Landreth	Green Belt, 1 st Stripe
Benjamin Walker	Green Belt, 1 st Stripe
Bonnie Walker	Green Belt, 1 st Stripe
Gwen Walker	Green Belt, 1 st Stripe
Jared Walker	Green Belt, 1 st Stripe
Nathan Walker	Green Belt, 1 st Stripe
Terisa Walker	Green Belt, 1 st Stripe
Regina Wisniewski	Green Belt, 1 st Stripe
Robin Alvarado	Green Belt
Douglas Cutler	Green Belt
Joshua Cutler	Green Belt
Julie Cutler	Green Belt
Samantha Cutler	Green Belt
Sophia Cutler	Green Belt
Linda Erfourth	Green Belt

February Graduation

Saturday, February 20th at 12:00pm
UMA Indian School & El Mirage

Progress evaluations must be completed
 prior to February 1st.

Graduation fees are due at your progress evaluation.

Candidates Eligible for February Graduation

Daniel Allen	Haley Lind	Michael Reese
Jacob Allen	Mindy Lind	Alyssa Reid
Susan Allen	Scott Lopez	Catherine Reid
Andy Belmontez	Geena Matsumoto	Mark Richardson
Monica Belmontez	Cynthia Miller	Megan Richardson
Laura Boucher	Erik Miller	Angelina Roose
Sharon Bunker	Rachel Molina	Keith Rupp
Andrew Carson	Cydny Owens	Zachary Rupp
Stacy Carson	Taylor Owens	Jayce Schlichting
Justin DawaHoya	Tim Palmer	Andrew Schweda
Devon Dixon	Rachel Passeri	Stefano Sedillo
Kenny Ervin	Catherine Plaumann	Jesse Senita
Skylar Ferdosi	Misty Poisall	Jennifer Smith
Emilio Fernandez	Preston Poisall	Sarah Snackenberg
Darin Fredrickson	Jonathan Price	Shaun Thompson
Mary Fredrickson	Nakoma Price	Alex Toudjarov
Chelsea Glockner	Simon Price	Uri Toudjarov
Joshua Hagofsky	Traci Price	Marshall Vosler
Brendin Hartly	Keith Puckett	Lonetta Willis
Luis Hartly	Thomas Race	Zach Willis
Samantha Hartly	Jacob Ramirez	Jazzmyn Yehle
Blayke Heaton	Shirley Reasor	Kohen Yehle
Christopher Heaton	Gina Redding	Michael Yehle
Justus Heaton	Joe Redding	Stefan Yehle
Stephanie Hill	JT Redding	Tatiana Yehle
Sandra Lee-Hartly	Julie Reese	

Your Path is Self-Mastery! Your Goal is Black Belt!!

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.

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



木火土金水

The Five Elements
Philosophy

Wood, Fire, Earth,
Metal and Water

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!

Master Instructor Dibble
jerrydibble@unitedkungfu.com

Head Instructor Dibble
lauriedibble@unitedkungfu.com

Instructor Pegg
marypegg@unitedkungfu.com

Instructor Boles
daneboles@unitedkungfu.com

Assistant Instructor Redding
ginaredding@unitedkungfu.com

Assistant Instructor Reid
catherinereid@unitedkungfu.com

Instructor Trainee Intern Steven Ramirez
stevenramirez@unitedkungfu.com

General Information
info@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 Booth Parkridge Elementary 9970 W Beardsley Rd Peoria	Saturday, 2/6	10:00am
UKF Booth Momma's Organic Market Park West Shopping Center, Northern Ave West of Loop 101	Saturday, 2/20	9:00am
February Graduation UMA Indian School Location 12409 W Indian School Rd Suite 111	Saturday, 2/20	12:00pm
UKF Booth Coyote Hills Elementary NW Corner of 87th Ave and Lake Pleasant Pkwy	Saturday, 2/27	2:00pm

Making Our World Better One Black Belt at a Time