



功夫联盟



木

"Wood"

火

"Fire"

土

"Earth"

金

"Metal"

水

"Water"

UNITED KUNG FU

United Kung Fu

Welcome New Students!

Black Belt Students

Jenny Bowman
Luis Hartly
Sandra Lee-Hartly
Brendon Hartly
Samantha Hartly
Natalie Boucher
Joshua Hagofsky
Angelina Roose
Andreas Tellez
Regina Wisniewski

Beginning Students

Porter Ballent
Douglas Cutler
Julie Cutler
Sophia Cutler
Samantha Cutler
Joshua Cutler
Linda Erfourth
Jesse Hathcock
Mikayla Kulman
Simon Price
Traci Price
Nakoma Price
Jonathan Price

Inside this issue

- Message from the Chief
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Instructor Certification News

Congratulations to our Assistant Instructors for earning their stars!

Gina Redding
Red and Gold stars
Catherine Reid
Red, Blue, and Gold stars

Congratulations to our Instructor Trainees for earning their Green stars!

Christopher Heaton
Michael Reese
Julie Reese
Steven Ramirez
Christopher Brooks
Sharon Bunker



CONGRATULATIONS WOMEN'S SELF DEFENSE GRADUATES!

The Women's Self Defense class was held on Friday, September 25th, at United Kung Fu. Forty five women from the surrounding community attended, and learned effective techniques and the philosophy behind self-defense. The class was free, and is a part of United Kung Fu's community outreach program.

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

勇士

Message from the Chief



"Warrior"

This is a family school.

We train hard to become the best Black Belts we are capable of being. As we change and transform, we create a more noble and purpose driven community. This is our task.

We make our nation strong one Black Belt at a time.



Your task is to be an oasis of positive energy.

Remember:

***A RISING TIDE LIFTS
ALL BOATS.***



You are it!

You are a gateway of transformation for your life and the lives of everyone around you.

Who you are is shouting in the desert without you having to say a word.

A candle loses nothing by lighting another candle.

-Erin Mayers

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 UMA 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

Sandra Belmontez, 14

*2nd Degree Black Belt
Certified Junior Instructor*

I love UKF. It's changed my life in so many ways I can't even imagine! It's sweet being able to train with your peers and have fun at the same time! I feel great! I think the training has affected the lives around me in a way that I can't describe! Everyone self-reflects off your attitude! It is a great place to train! Take my word for it. There are so many great outstanding people. You won't regret it.

Monica Belmontez, Green Belt 1st Stripe

One very big victory would have to be that Sandra is able to lead a class. Sandra's training at UKF has been only positive. She always has a positive attitude on everything. I have noticed that she feels confident and empowered in many areas of her life.



Monica Belmontez, Sandra Belmontez, Andy Belmontez

胜利

“Victory”



Mark Richardson and Megan Richardson

Megan Richardson, 10, 1st Degree Black Belt

I have learned how to protect myself and how to do many things. My Dad has been training and we have been having fun and are happy. If someone was considering training at UKF, I would say that they should try it. United Kung Fu is fun and great and it is awesome.

Mark Richardson, Green Belt 2nd Stripe

After 30 years of wanting to learn Kung Fu, I achieved that goal. It has been everything I had hoped it would be and more. Myself and my daughter, a Black Belt, have become so much closer and happier since I joined. If you want to feel confident and in your control of your own life; if you want to feel a calmness and clarity you have never felt before, then United Kung Fu is the only place you could achieve these things.

*Lia Richardson, regarding Megan Richardson,
10, 1st Degree Black Belt*

Since my daughter started Masters Path training at UKF she is more confident (not that shy), she is able to pay more attention while doing her homework (focus), and most important self-control. She just loves training at UKF and I love the changes in her. Thank you all.

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



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.zenmarksman.com
- www.zenwellness.com
- www.azkungfu.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 United Martial Arts Locations in the West Valley

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

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

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

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

PROGRAMS

October Graduates

Tatiana Yehle	Red Belt, 2nd Stripe
Ben Sterback	Red Belt, 1st Stripe
Jazzmyn Yehle	Red Belt, 1st Stripe
Stefan Yehle	Red Belt, 1st Stripe
Catherine Plaumann	Red Belt
Lauren Reese	Red Belt
Christopher Brooks	Blue Belt, 3rd Stripe
Nicklaus Brooks	Blue Belt, 3rd Stripe
Kyleigh Reese	Blue Belt, 3rd Stripe
Alex Okonoski	Blue Belt, 1st Stripe
Sharon Bunker	Blue Belt
Paula Becker	Green Belt, 2nd Stripe
Megan MacLean	Green Belt, 2nd Stripe
Isabella Vosler	Green Belt, 2nd Stripe
Monica Belmontez	Green Belt, 1st Stripe
Devon Dixon	Green Belt, 1st Stripe
Katherine Dixon	Green Belt, 1st Stripe
Kenny Ervin	Green Belt, 1st Stripe
Anthony Martinez	Green Belt, 1st Stripe
Shaun Thompson	Green Belt, 1st Stripe
Carlos Alvarado	Green Belt
Dr. Liz Cruz	Green Belt
Joshua Hagofsky	Green Belt
Nathaniel Landreth	Green Belt
Cynthia Miller	Green Belt
Eric Miller	Green Belt
Rachel Molina	Green Belt
Kai Nunziato-Cruz	Green Belt
Tina Nunziato	Green Belt
Angelina Roose	Green Belt
Jayce Schlichting	Green Belt

Black Belt & Master's Path Training

Please call one of our schools for class times.

We offer a variety of training, including:

- | | |
|--------------------------------------|----------------------|
| Morning Kung Fu Conditioning | Kung Fu |
| Medical Chi Gong | Chi Fit |
| Weapons Training | Tai Chi |
| Zen Wellness | Zen Yoga |
| Certified Instructor Training | Little Tigers |
| Little Avatars | |

CERTIFIED INSTRUCTOR TRAINING

- | | |
|----------|-------------------------|
| CIT | Mondays
7-9:30pm |
| JCIT | Tuesdays
6-7:15pm |
| Teen CIT | Tuesdays
7:15-8:30pm |

UPCOMING EVENTS

- | | |
|--|-------------------|
| Momma's Organic Market | 11/21
9-2:00pm |
| Park West Shopping Center, Northern Ave West of Loop 101 | |
| UKF Demonstration Pizza Hut | 11/28
12:00pm |
| 67th Ave & Loop 101 | |

DECEMBER GRADUATION

Saturday, December 5th at 12:00pm
Indian School & El Mirage Location