

**American Kenpo Karate International**  
**HOUSE OF PAIN CAMP**  
**September 16-19, 2010**

**Thursday, Sept. 16<sup>th</sup>, 2010**  
*(Open to all Ranks)*

**(Thursday night seminars will be held at the  
Best Western Hotel in the Wyoming Hall Banquet Room)**

**Registration Time:** 6:30 p.m. 7:30 p.m.

**Time:** 7:30p.m. - 9:00p.m.

**"Mystery Seminar"**

You won't want to miss this one! All we can say about this seminar is that Mr. Jacob has volunteered his body for the AKKI's greater good. It is HIGHLY likely that this seminar will provide the footage for our very next YouTube.com video clip!

**Cost:** \$25.00

***"Harness your Force to successfully employ Energetic Conversions"***

***"Become one; one in purpose, one in thought,  
become one and your ability will be second to none".***

# Friday, Sept. 17th, 2010

(Friday/Saturday seminars will be held at Evanston Wyoming Recreational Center)

## **“AKKI International Test and Promotions”** **Combined Test (Color and Black Belts)**

**Location:** Evanston Recreational Center (2<sup>nd</sup> Floor, Multi-Media Room)

**Time:** Registration - 10:00 a.m. – 12:00 p.m.

**One Combined Test: It Will Start on Time - 12:00 p.m. – 1:30 p.m.**

**Fee:** Ask your Instructor

\*\*Payment for testing fee will be **separate** from Seminar Fees\*\*

A Special Note to Instructors: Please be sure to collect your students certificates (registration desk) after test to have them signed by the testing board of examiners. Please Notify Headquarters (before test date) of Black Belts Testing.

## **Friday Seminars**

*(Open to all Ranks)*

Registration Time: After the test

### **1<sup>st</sup> Seminar**

**Time:** 2:00 p.m. – 3:00 p.m. “2<sup>nd</sup> Floor”

**Instructors:** Mr. Paul Mills, 10<sup>th</sup> Black (WY)

**Subject:** “AKKI Deceptive Fighting Strategies”

Friday Seminars Con’t...

## Friday Seminars Con't.

### 2<sup>nd</sup> Seminar

(You have a choice)

**Time:** 3:00p.m. – 4:00 p.m.

**Instructors:** Mr. Bruce Tomson, 8<sup>th</sup> Black (AZ), “2<sup>nd</sup> Floor,”

**Subject:** Form 2, Level 2

**Review and Refinement**

**Rounding off corners and elongating circles**

**OR**

**Instructor:** Mr. Frank Elsasser, Black 10<sup>th</sup> Black (UT), “1<sup>st</sup> Floor”

**Subject:** “Corrective Adjustments of Test Techniques”

*Lunch Break>>>>4:00pm-5:00pm<<<<Lunch Break*

### 3<sup>rd</sup> Seminar

(You have a choice)

**Time:** 5:00 p.m. – 6:00 p.m. “2<sup>nd</sup> Floor”

**Instructor:** Mr. Steve Bybee, 6<sup>th</sup> (UT) “2<sup>nd</sup> Floor”

**Subject:** “The Speed, Power, Variations and Principles of the AKKI 3 Count”

**OR**

**Instructor:** Mr. Alan Jacob, 7<sup>th</sup> & Mr. Ryan Wheaton, 7<sup>th</sup> Black (UT) “1st Floor”

**Subject:** “Applying Chokes from Trapping Set”

**Friday Seminars Con't...**

## Friday Seminars Con't.

### 4<sup>th</sup> Seminar

(You have a choice)

**Time:** 6:00 p.m. – 7:00 p.m. “2<sup>nd</sup> Floor”  
**Instructor:** Mr. Jim Clark, 7<sup>th</sup> (UT)  
**Subject:** “AKKI Club Set Phase 1, 2, & 3”

OR

**Instructor:** Mr. Josh Lannon, 6<sup>th</sup> Black (AZ) “1<sup>st</sup> Floor”  
**Subject:** “Closing the Gap”- Deceptive kicks with internal and external timing patterns, speed patterns and power patterns to maximize your commitment.

**\*\*Fee\*\***      **Friday Seminars (4) - \$100.00**  
                         **Two Seminar Block - \$60.00**  
                         **One Seminar - \$35.00**

**Seminars Con't.....**

# Saturday, Sep. 18th, 2010

(Open to all Ranks)

Registration Time: 9:00a.m. – 10:00a.m.

## 1st Seminar

(One Seminar only at this time)

**Time:** 10:00 a.m. – 11:00 a.m.

**Instructor:** Mr. Rick Brumby, 6<sup>th</sup> Black (FL) “2<sup>nd</sup> Floor”

**Subject:** **Dressed for Bed-Application of chokes using your opponents clothing. Ground based choke applications learning methods of techniques that use clothing as the leverage point. (bring a t-shirt you can shred)**

## 2nd Seminar

**Time:** 11:00 a.m.- 12:00 p.m.

**Instructor:** Mr. Bruce Tomson, 8<sup>th</sup> Black (AZ) “2<sup>nd</sup> Floor”

**Subject:** “Beginning Freestyle”

**Fundamental strategies to build confidence and skill in the ring and the street. \*Note\*-This will be a closely supervised, leaning seminar, not a brawl. Join for a fun, physical workout. Hand, foot, groin protection required. Mouth guard highly recommended.**

OR

**Instructor:** Mr. Frank Elsasser, 10<sup>th</sup> Black (UT) "1st Floor"

**Subject:** "Compacting Motion to Increase Power"

## 3rd Seminar

(You have a choice)

**Time:** 12:00 p.m. – 1:00 p.m.

**Instructor:** Mr. Randall Miller, 8<sup>th</sup> Black (NM) “2<sup>nd</sup> Floor”

**Subject:** “Form 3, Level II” **Continue to sharpen your execution and performance of Forms. If you think your way through a Form it becomes boring and detached. "[It's] easier staying engaged through a single technique; to remain engaged through an entire Form is more difficult" (P. Mills). Efficient transitions | Upper/Lower body synchronization | *Lively and effortless* style with correct angles, paths, and patterns...and more**

OR

**Instructor:** Mr. Ryan Wheaton, 7<sup>th</sup> Black (UT) “1st Floor”

**Subject:** “*Brown Belt - Intercepting Spear + Trapping Destruction*”

Sat. Seminars Con't....

**Sat. Seminars Con't.**

**4th Seminar**

(You have a choice)

**Time:** 1:00 p.m. – 2:00 p.m.

**Instructor:** Mr. Alan Jacob, 7<sup>th</sup> Black (UT) “2<sup>nd</sup> Floor”

**Subject:** “Brown Belt Techniques-Entwined Fans”

**OR**

**Instructors:** Mr. Jim Clark, 7<sup>th</sup> Black (UT) "1<sup>st</sup> Floor"

**Subject:** “The how's and why's to increasing your speed through AKKI principles”

***LUNCH BREAK >>>> 2:00 p.m. – 3:00 p.m. <<<<LUNCH BREAK***

**5th Seminar**

(You have a choice)

**Time:** 3:00 p.m. – 4:00 p.m.

**Instructor:** Mr. Randall Miller, 8<sup>th</sup> Black (NM) “2<sup>nd</sup> Floor”

**Subject:** “Closing the distance-Brown Belt Techniques”

**Combination Techniques: Lethal Deviation, Unfurling Crane, etc.**

**OR**

**Instructor:** Mr. Scott Hilderbrand, 6<sup>th</sup> Black (NV) “1<sup>st</sup> Floor”

**Subject:** “Connecting AKKI Drills & Sets to Enhance Versatility of Motion-A Continuing Study”

**Sat. Seminars Con't....**

**Sat. Seminars Con't.**

**6th Seminar**

(You have a choice)

**Time:** 4:00 p.m.– 5:00 p.m.

**Instructor:** Mr. Rick Brumby, 6<sup>th</sup> Black (FL) “2<sup>nd</sup> Floor”

**Subject:** “How to Use a Knife Like a Bad Guy-Tactical folder principles”  
Teaching basic principles of using a blade, debating the fallacy of a "knife fight", folder carry and deployment, and using the folder as a self-defense tool.  
(training folder highly recommended)

**OR**

**Instructor:** Mr. Josh Lannon, 6<sup>th</sup> Black (AZ), Mr. Preston Hutchings, (ID), “1<sup>st</sup> Floor”

**Subject:** “Ground Fighting”  
How to set up and apply chokes on the ground  
Possible Escapes  
Ground Sweeps

**6<sup>th</sup> Seminar**

**Time:** 5:00 p.m. – 6:00 p.m.

**Instructor:** Mr. Paul Mills, 10<sup>th</sup> Black (WY) “2<sup>nd</sup> Floor”

**Subject:** “The AKKI Way”

**\*\*Fee\*\*** Saturday Seminars (7) - \$150.00  
Two Seminar Block - \$60.00  
One Seminar - \$35.00

***Sunday, Sept.19th, 2010***

***"Question and Answer Seminar"***  
***(Camp Review at Legal Tender Wyoming Hall)***

***Time: 1:00p.m.-2:30p.m. = \$25.00***

***We hope you enjoyed our AKKI International Camp!***