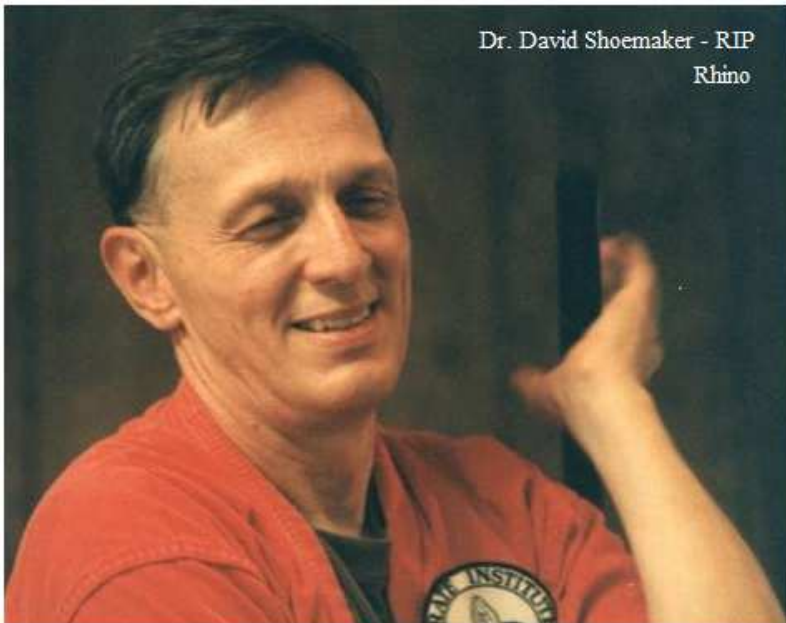


Blast From the Past: Part 4



These distinguished individuals were the soul and substance of the first wave of Black Belts of the Kiado-Ryu during the Eighties and early Nineties.

Front Row L to R: Steven "Widi" Ho, #1 - Genny "Cougar" Edge, #13 - David "Nails" Mooney, #19 - Jeff "Chainsaw" Kelly, #18, - Jason "JB" Brown, #15 - Larry Vetter (KIA friend) - Clark "Flash" Hyman, #16.
 Back Row L to R: Don "Quindar" Quinn, #7 - Dan "Basal" Asay, #8 - Richard "Whitefire" King, Grandmaster (black/red belt)
 Bob "Trucker" MacFarlane (KIA friend) - Bob "Grinder" Schreck, #6 - Greg "Maddog" Bendel, #14 (hiding) - Rose "Renegade" Hoberg, #12.



Dr. David Shoemaker - RIP
Rhino



David Keith
"Technician"



BLACK BELTS

Back Row: Capt. Lou Gacs, Chris "Growler" Grau, James "Psycho" Griffin, Thomas "Draco" Lindsey, Tim "Odin" McCord, Jeff "Boa" Norman.
Front Row: Terry "Slider" Bass, Grandmaster Richard King, Mike "Shooter" Benedict, Greg "Earthquake" Benedict, Gwen "Hobbes" Ryan



Kiado-Ryu Black Belts Kim "Cultivator" Thomas and Anna "Wildcat" Griffin give a sparring exhibition during Annette "Warrior" Dale's Green Belt test. Anna is the 55th Black Belt of the Karate Institute of America; Kim is the 63rd.



Odin

Dr. Tim McCord



Tristan "Raptor" Ligtoet practices a karate chop to Bob's throat during his early days at the Karate Institute of America in Lake Forest, CA. At only ten years of age, Raptor is fast becoming a daunting martial artist. His power, especially in his kicks, is devastating. More importantly, Tristan is a wonderful young man - respectful, humble, kind, obedient and willing to please. He has been a joy to have in class since the first day he entered the KIA. Keep up the great work, Raptor. You're awesome!



Anna "Wildcat" Griffin, Kiado-Ryu Black Belt #55, is pictured on the right congratulating Tejas Maniar, aka "Wolverine," during his 1st Dan Black Belt coronation ceremony in 1998 when he became the 57th Black Belt of the Karate Institute of America. Pictured in the background from left to right are Taka Wada, Dave Sampson, Terry Bass (blue gi, hidden), Vince Weber and Heather Corn. The venue was CardioFit fitness center in Mission Viejo.



Sheel "Ceo" Chitalia has more than one reason to be smiling as she lovingly embraces Bob. First, this was taken after her 1st Brown Belt test so she's quite relieved. Second, Sheel and Bob have a definite martial arts "thing" going. Why? Because Sheel, more than any student in KIA history, absolutely loves hitting, striking, kicking and thoroughly giving Bob a thrashing. The first time she ever worked with Bob, her eyes lit up like a Fourth of July celebration! For Sheel, not only is working with Bob fun and necessary to develop great striking skills, it's also great therapy, as anyone can attest who has ever hit a practice dummy - great training for the street if need be.



Jeff "Boa" Norman was honored during Mike "Shooter" Benedict's Black Belt test on Monday, 28 August 2006, for his service and support of the Karate Institute of America and the Kiado-Ryu system of martial arts. Thank you, Boal



Pictured with "Bob" is Kim "Cultivator" Thomas, the 63rd Black Belt of the Kiado-Ryu. Kim, who received his 1st Dan rating on 21 July 2007, is an assistant instructor at the Karate Institute of America in Orange County, CA. A professional landscape architect, he is diligently working toward his 2nd Dan black belt rating. Cultivator is a loyal, dedicated, devoted, hard-working individual whose light-hearted and compassionate character is a true blessing to the KIA and the Kiado-Ryu system. He is a gentle soul who is loved by all - a truly decent man and exemplary human being. Bob truly knows how to pick good friends!



R.I.P. Rod “Rock” Hickman and Eric “E.V.” Vind



This handsome hunk is Todd Norman, Kiado-Ryu Black Belt #51. Todd, who holds a 2nd Dan rating from the Karate Institute of America, is the owner and head trainer of The Cutting Edge Training Center in Lake Forest, Orange County, CA. Its website link is: www.cuttingedgeathletics.com.

Todd's professional expertise has also landed him a featured trainer position on SparqTraining.com. Check out his section at http://sparqtraining.com/trainers/todd_norman.

Todd, now in his thirties, began his Kiado-Ryu studies in high school. It was always his dream to own a high-level training facility. With a great deal of hard work, persistence, dedication, vision and a Masters Degree in Kinesiology, Todd is living his dream as one of the premier athletic trainers in his profession. His facility is filled with the jerseys and memorabilia of such famous athletes as Deacon Jones of NFL Rams fame, former world #1 ranked tennis professional, Lindsay Davenport, hockey star, Paul Kariya and a cornucopia of other sports standouts.

Thanks to Todd's generosity, as well as that of his brother, Jeff Norman (Kiado-Ryu Black Belt #61, also a 2nd Dan), the Karate Institute of America has a beautiful training facility of its own within the spacious interior of The Cutting Edge.

It's always fulfilling to see a young man's dreams come true, especially when they help so many people. Great work, Todd. We're all very proud of you and your accomplishments!



Liz Eckes/Avram, "Quasar"
RAK-"Whitefire"
Prepping for a showcase



The Karate Institute of America (KIA) logo pictured here is actually embedded in the carpet of the studio in Orange County, CA (located inside Todd Norman's The Cutting Edge). Todd is Kiado-Ryu Black Belt #61. The carpet was crafted by Kiado-Ryu Black Belt #42, Dave "Rugman" Sampson, a custom-carpet maker by profession who lovingly gave his time and expertise to create this beautiful work of art. Rugman is co-owner of MH Custom Carpet in Laguna Hills. Not only did Rugman inlay the KIA logo, he also inlaid the borders of a sparring ring, the actual words "Kiado-Ryu" as a welcome greeting at the studio entrance and placed matching black borders around the entire dojo. The entire carpet and studio were gifted to the KIA by Jeff Norman, Black Belt #61, Todd's older brother. Thank you all for this exquisite gift. We are all deeply grateful!

~finis

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