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# THE *ULTIMATE* LIFE

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**February's class focus is conditioning, conditioning, conditioning! We cannot be as effective in our training if we do not have the endurance necessary to keep moving! March's class focus is**

## "A CLOSER LOOK" FEATURING... SEMPAI PAUL RHODES



Sempai Paul Rhodes, our Chief Instructor at the Clay dojo, has found his calling and a fulfillment he'd never before discovered as he

shares his passion for Martial Arts with his students. He says, "No matter what I did in my life, the one constant was my love for both the Martial Arts and my love of teaching others about the discipline and sharing my enthusiasm for the practice."

Sempai Paul Rhodes is a Birmingham, AL native and has over 20 years experience in the Martial Arts. Starting at the age of nine, Sempai Paul began his training in the Korean art of Tae-Kwon-Do under the guidance of Grand Master Sang Bok Chung. Training under Master Chung, Sempai Paul began to enter, and compete well in many local and regional tournaments, in both point system fighting and Kata events. Reaching the grade of 1st degree Dan by age twelve, he began to instruct other students in his school in the basics of Tae-Kwon-Do. At age fifteen, Sempai Paul began his training in the Kyokushinkai organization under Shihan Yasuhiko Oyama, a direct student of Mas Oyama's. After training only a short while, however, he stopped his training to pursue

athletics at his high school.

After his graduation, Sempai Paul entered the United States Marine Corp. He quickly embraced the Judo and Jiu-jitsu training in the military, and added this hardcore ground fighting to his growing arsenal. After his term of service was over he moved back to his hometown of Birmingham.

After a few years at home, and with a daughter on the way, Sempai Paul was once again called to train with Shihan Oyama. At this time, Shihan Oyama had left the Kyokushinkai organization and formed the World Oyama Karate Organization, headquartered in New York. Sempai began to train again, but this time as a mature, disciplined student of the art. Training 6 days a week, he quickly began to make up for lost time. It was during this time period that he met Sensei Don Monistere, and the two quickly became friends as their passion for the Martial Arts gave them a common thread. Sensei Don called him years later to ask for his help starting a new school, and Sempai Paul eagerly accepted



the invitation to partner with his friend and mentor to begin Ultimate Martial Arts in 2004. He has been teaching and training four, five and six days a week ever since, and has never regretted the decision to pursue his passion. Sempai Paul's unique experiences have brought a new dimension to the Ultimate Martial Arts organization for which we are all very grateful.

He is currently the Chief Instructor at UMA in Clay, Alabama and serves on the Board of Directors for the International Karate Association alongside esteemed Master Sensei Yushiro Namokoshi. He and his wife Amanda live in Birmingham with their daughter Bethany and they train together as a family at the Clay dojo and will still occasionally visit the Oneonta dojo family where UMA originated.

**You can contact Sempai Paul at [sempaipaul@goumakarate.com](mailto:sempaipaul@goumakarate.com) or call him at 205-223-3777**

Check out our website!  
www.goumakarate.com

## The 'KIAI!' of UMA...



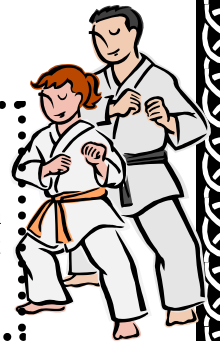
On January 14, UMA students were invited to attend a Fight Clinic in Anniston at the Yoshikai Dojo.

Our students were warmly welcomed and enjoyed a wonderful training time with some fabulous individuals!

### **Marine Fitness Challenge 2006**

Sensei Don has challenged all UMA students to complete the Marine Fitness Test with a 100% score. Those with a perfect score will win \$100! The test will be held at the Covered Bridge Run in Oneonta in October, but don't wait—start training TODAY! For more information, email a request to [rapunzel@corrcomm.net](mailto:rapunzel@corrcomm.net) or see <http://usmilitary.about.com/od/marines/> for the requirements!

**More details to follow in future newsletters!**



## HOT OFF THE PRESSES...KYOKUBUGEI 1



**The Basics of Ultimate Martial Arts** is now available! This is an absolute **must** for the serious student, and will give that *extra edge* when it's studied outside of the dojo! This book, written by Sensei Don and Sempai Paul has detailed instructions—and **pictures**—on each basic stance, block, punch/strike and even **KATA**! You can purchase your copy of this valuable resource at your dojo or on our UMA website at [www.goumakarate.com](http://www.goumakarate.com)



# UMA

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**UMA's Mission** is not only to hone the skills of self defense and martial arts, but also to use them as personal development tools. This endeavor will aid us in our quest for martial arts perfection and also in our daily life and careers.