

Founder of the K.O. CARES's community safety program



2 time Guinness World Record holder

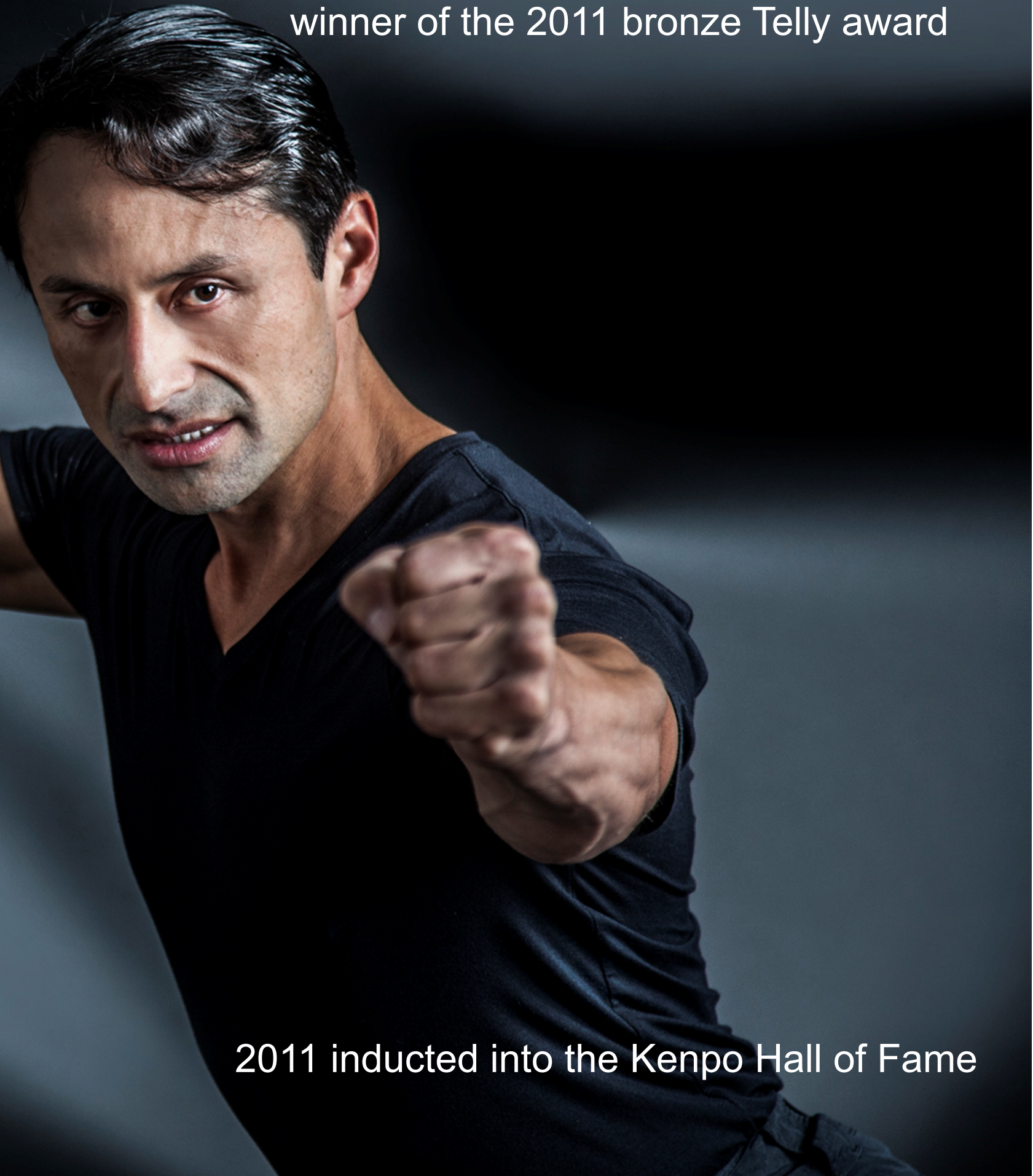
- "Most martial arts punches" in 1 minute at 713 punches

"Fastest martial arts punch" at 43.3 mph listed in the 2011
edition of the Guinness Book of World Records

Founder of KO Kung FU Karate School

Master John Ozuna

Wrote and hosted tv documentary "Save your life",
winner of the 2011 bronze Telly award



2011 inducted into the Kenpo Hall of Fame



It was in 1989 that I founded KO Kung Fu school and this year we will be celebrating our 25th anniversary. It was originally in Gilroy but now finds it's home in San Jose, California.

I was born and raised in San Jose California. Like many martial arts enthusiasts I was fascinated and mesmerized by Bruce Lee. I first learned martial arts at the age of 6 years old, Judo at an after school program. But then later on trained in Kung fu or more specifically Bokfudo (Bok-Fu-Do, meaning "the System of the White Tiger" was developed and founded by Grandmaster Richard Lee in 1967. It is a Chinese system of martial arts that is composed of many different fighting arts from around the world).

I received my black belt in 1988 and have traveled the world competing in lei tai fighting (full contact competition) representing the USA team in 1992 World Championships in the Republic of China (Taiwan).

One of my most profound moments as a teacher was when a young lady happened into the school challenging me that she bet I could not teach her. She suffered severely from Cerebral Palsy. She had been turned away from every school thus far. Accepting the challenge, more like the privilege of working with such a bright, young lady with unlimited potential, we started working together. After a period of fun and difficult sessions her progress was miraculous. This validated that my career path was not in vain. There is no person I would ever turn down. Anybody that has a desire to learn can learn anything!

Martial arts has been there for me in the most challenging times of my life. 1994 comes to mind as one those times where you feel like things couldn't get worse. With the



passing of my father and daughter and my mother having been diagnosed with leukemia, I can't think of many years like this one. Although as one has to go through the natural process of mourning my martial arts training provided me with tools needed to cope and eventually to prevail. "If you search hard enough you can extract the best out of the worst of events. At times it feels like trying to wring out a dry towel for the smallest drop of water. It's there, it's just trapped deep inside".

My most current projects are simply an extension of my martial arts. I've been involved with producing, writing and hosting an award winning tv documentary "Save Your Life" and most currently working on a documentary film, "Bridge Angels". It's a film about people who have lost loved ones who have killed themselves by jumping off of the Golden Gate Bridge and the people and organizations that are campaigning to end this travesty.

One of my proudest accomplishments in addition to my martial arts, tv and film is that I'm also a father and in the spirit of Valentine's Day, this is a great time for me to remind her of my love and hope that her own martial arts training will bring her continued happiness and success.

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