
THE IMA SIDEKICK

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Black Belt Evaluations Summer 2009

The IMA held its' Summer 2009 Black Belt Evaluations on Saturday, July 18, 2009 at the Egg Harbor Township Recreation Center. The Evaluation was attended by at least 65 Cho Dan Bo through 3rd Dan Black belts and 15 Masters, including Kwan Jang Nim Yi.

The day started with a Weapons Seminar, broken down by belt rankings. After that the students had a written test and then were evaluated on their techniques, forms, one-steps, and self defense. The evaluation concluded with students receiving their stripe and written evaluations so that they know their strengths and the areas that they should devote more training to.

The IMA evaluations are required for all Cho Dan Bo's through 3rd Dan students to remain members in good standing in the IMA, and are a pre-requisite for Dan testing.

2010 IMA World Championships News & Schedule of Events

Important Announcement: As the 8th IMA Tang Soo Do World Championships will also be a celebration of the IMA's 25th Anniversary , to commemorate this milestone event, everyone participating in the World Championships in Dublin, Ireland, including Masters who are judging, will be given a special patch to wear on their do bahks under the Korean flag patch.

Patches will be dispatched to IMA Headquarters in Due course. Please would all wear their patches for the tournament and beyond. This will not only show unity, it will also show pride in our achievement.

US Team Directors selected: The 2010 IMA World Championships will feature two Team Competitions between IMA Europe and IMA United States.

First, is the Creativity Team Challenge. The United States team will be under the direction of Master Waldemar Bonilla.

Second, is the Team Hyung and Team Free Fighting Challenge. The United States team will be under the direction of Master Martin Carson.

2010 World Championships Schedule of Events

Following is the schedule of events for Friday, June 25, 2010 for Masters, Black Belts and Judges/Referees, and Saturday, June 26, 2010, the 8th IMA World Championships.

continued on page 3

INSIDE THIS ISSUE

- 1 USA Black Belt Evaluations
- 1 2010 World Championships News & Schedule
- 2 Tang Soo Do Will Help Your Child Do Better In School
- 3 Calendar of Events
- 3 Are you preparing for the 8th IMA World Championships
- 4 CPR Certification (mandatory for 3rd Dan & above)

TANG SOO DO WILL HELP YOUR CHILD DO BETTER AT SCHOOL

Wouldn't your child learn more at school and get higher grades if he/she had better focus and concentration, more self confidence and higher self esteem, improved discipline and deeper respect, and was able to set and achieve goals?

These are some of the 'Life Skills' your child will develop in our unique programs. Tang Soo Do is a *Traditional* Korean Martial Art whose roots date back over 2,000 years. For centuries, Tang Soo Do has been arming people with the skills they need to live happy, successful, and peaceful lives. So, how does learning to 'kick and punch' produce so many benefits and develop these skills?

The cornerstone of this 'Traditional Martial Art' of Tang Soo Do is **respect**. With their first step onto the dojang (training studio) floor, our students salute the flags and bow to their instructors and fellow students. Our students address their instructors as "Sir" or Ma'am" and treat each other with traditional Korean courtesy. The behaviors learned in the dojang carry over into a more courteous, respectful attitude toward teachers, parents, acquaintances, and the world at large.

Tang Soo Do training teaches progressive skills. The student learns physical skills in increments and is rewarded incrementally.

As the students move from a white belt to a black belt, they are able to measure their progress through the colored belts they have earned. Each colored belt represents a stage of achievement on the path to black belt. Of course the main goal for new martial arts students is becoming a black belt, and through our program they learn to break the goal of becoming a black belt into a series of smaller, more 'do-able' goals. With each stage of accomplishment you see the students confidence and self esteem grow, and they develop a "YES, I CAN" attitude, which carries over into every area of their lives.

As mentioned above, Tang Soo Do teaches 'progressive skills', with more advanced skills building on those previously learned and practiced. Besides the physical benefits of continuous practice and building of these skills, there are many mental benefits through one's training in Tang Soo Do.

When a student trains, their brain is getting as rigorous a workout as their body. First they must learn the skill. Then they have to make their body perform the skill. After this they refine the skill – this takes lots of practice. Finally, they should know the skill so well they can perform it without actively thinking about the skill. But this is not the end, now they can focus on the proper application of the skill, etc., etc.

All of this 'learning' requires higher and higher degrees of **focus** and **concentration**. While these abilities are developed in the dojang, once acquired, the student carries and uses them in all areas of their lives.

Unlike most activities your child will participate in, Tang Soo Do will develop his/her whole being – Body, Mind, & Spirit.

CALENDAR OF EVENTS

CPR TRAINING/CERTIFICATION

AUGUST 22, 2009 – 1:00-4:00PM

IMA HEADQUARTERS

WOODBURY, NJ

COST: \$25.00

RSVP BY AUGUST 15, 2009

CHECK WITH YOUR DO JANG

8TH IMA WORLD CHAMPIONSHIPS

JUNE 26, 2010

DUBLIN, IRELAND

Rooms are steadily getting booked up already at the Regency Hotel so the best advice is to book your room as soon as possible.

Friday June 25, 2010:

Venue: The Sports Link

10:30 Masters Evaluation

11:30-13:30 Masters Testing

13:30-14:00 Lunch

14:00-16:00 International Black Belt Testing

16:00-16:30 International Judges/Referee Meeting

(Transportation will be provided)

Saturday June 26, 2010:

Venue: The Regency Court Hotel

9:30-10:30 Opening Ceremony

10:30-12:30 Masters Hyungs, Black Belt Hyungs & Weapons, All Gup Hyungs & Weapons

12:30-13:00 Break

13:00-13:30 Demonstration by Kwan Jang Nim

13:30-14:10 Creativity IMA Cup Challenge
USA vs. Europe

14:30-16:00 All free Fighting Divisions

16:45-17:00 Team Hyung Challenge
USA vs. Europe

17:00-17:30 Team Free Fighting Challenge
USA vs. Europe

17:30-17:45 Grand Champion Presentations
Closing Ceremony – Finish

19:30 Meet in Banquet Suite (optional)

20:00 Dinner served – all must be seated

21:00 Black Belt Presentations

21:30 Disco/Dance

00:00 Finish

Are you preparing for the 2010 IMA World Championships in Dublin, Ireland

Travelling to Dublin for the 2010 IMA World Championships is a fun and exciting proposition. Like anything that is worthwhile though, there is a cost for a trip like this. Following is the approximate cost in today's dollars and current exchange rate of \$1.42/1 Euro, and you will need a Passport.

Air Fare - \$600 - \$800

Hotel (4 Nights @ 50 Euro's p.p.)* - \$284.00

Tournament (Competitors) - \$50.00 (Best Guess)

Gala Celebration (Opt.) – Adult \$50.00 Child \$25.00

Total for an Adult Competitor - \$934 - \$1,184.00

* Includes Full Breakfast

As you can see, attending this tournament is not cheap. However, I have attended all of our World Championships as well as all IMA European Championships, and I would say emphatically, that this experience is worth every penny.

In order to allow as many students as possible to attend the 2010 IMA World Championships, we will need to do some Fund Raising activities. Of course the sooner we start and the more funds we can raise the better, and I am hopeful that all students will participate in this endeavor.



CPR Training & Certification

The International Martial Arts Association requires all 3rd Dan Black Belts and above hold a current CPR Certification.

On Saturday August 22, 2009 the IMA will host a mandatory CPR Certification / Re-Certification course from 1:00-4:00P at IMA Headquarters in Woodbury, NJ.

The cost for this course is only \$25.00. Upon satisfactory completion of the CPR course you will receive a Two (2) Year CPR Certification.

CPR saves lives when properly administered, and the more people that know how to administer CPR, the better off we all are. The more CPR Certified IMA members we have, the safer all of our do jangs will be.