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# THE IMA SIDEKICK

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## IMA Welcomes our newest members from Brazil

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My experience in the Martial Arts and facts that brought me to become a professional instructor.

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## Yi's Martial Arts Institute Schools Now Offer Family Membership Programs

Yi's Martial Arts Institute and its participating schools are now offering family membership programs. Over his many years of instructing Tang Soo Do, Grandmaster Yi has witnessed many families enjoy enormous benefits from training together. Beside the obvious benefits of training, like respect, confidence, self discipline, self defense, healthfulness, etc., Tang Soo Do is a wholesome, physical activity that the whole family can participate in.

In addition to training regularly, many families compete in tournaments, perform in demonstrations and fund raisers, and literally travel to foreign lands together practicing Tang Soo Do. See your schools instructor to find out how your family can spend more quality time together.

## Punch Up Your Martial Arts Practice

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Whether it's for self-defense, competition, discipline, or just exercise, people are turning to martial arts in increasing numbers. Martial arts can include karate, tang soo do, tai chi, judo, and hapkido, as well as related sports such as kickboxing and capoeira.

According to the American Academy of Orthopaedic Surgeons (AAOS), martial arts can be a good way to stay active during the cold, winter months. The appeal of these sports is that the focus is not on strength and muscle mass, but rather on balance, flexibility, speed, strength, agility and endurance, making them appropriate for both males and

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I was born in Rio de Janeiro, Ipanema, in 1963, my mom was separated and I was without a father figure, I was a insecure kid and at nine years old I was fat and starting to show problems to overcome the challenges of a normal boy's life. Due to my insecurity and fatness I was a disaster in all kinds of sports and my weak self-esteem was bringing me to become a sad, silent and lonely kid that preferred to stay home than go out and play. At this time in my life my mother had the idea of enlisting me in some martial arts classes because she knew that this could help me. (My father also was a Jujitsu practitioner and was a student of Carlos Gracie (patriarch of the Gracie family) in their early years in Rio.)

This was perhaps the turning point in my life. In the Martial Arts I found in an environment of respect and encouragement. I was fortunate to be one of the Master Valquenares's students. Despite being a giant, he treated all his students with impressive sweetness and also he knew how to keep us in good discipline demanding and committing ourselves to the constant quest to overcome physical and mental limits.

Since then I have found space in the martial art to know myself and make great friends. I started to seek a life of health and significant achievements. Today I work professionally with martial art and have my children as practitioners of the martial art and hundreds of students, in which I could try to reproduce some of the benefits I have received.

My training:

My training in the Korean Martial Arts Taekwondo began under Master Jose dos Santos, who is a student of Grand Master Kim Jung Roul. School Moo Duk Kwan. I had some experience in competitions where I got good results. Having been my State's champion and also winning the National Title Moo Duk Kwan's Style, always in the heavyweight category.

Academic Development

When I began teaching Taekwondo in 1998, I received the opportunity to teach children in an important school of my town. At this point, I felt I had little knowledge to deal with the developmental stages and decided to make the University of Physical Education. In college, I became interested in research on psychological, organic and physical characteristics of various ages and the influence of martial arts practice in these different times. I even participate in some publications on this subjective.

Since then, I started to study the benefits of inserting classes of martial art in Schools with children and teenagers and the effects on the direct improvement of discipline and academic results of students involved in practice.

I also publish a Monograph about the Martial Arts in School, which in 2004 had the honor to be selected for presentation at the most important Congress of Physical Education in Brazil, EnFEFE - Meeting of Federal Physical Education, Fluminense Federal University.

From there, I have devoted myself to study of the softening of violent expressions of Martial Arts practitioners compared with non-practitioners, under the criteria of evaluating o the Spielberger and Biaggio (1992) Inventory of Expression of Anger as a trait-state (STAXI). Work what I should be publishing within one to two years.

After coming to some conclusions concerning my idea about martial arts, decided to seek knowledge that would best serve to that philosophically I think I should pass on to my students.

Researching for a considerable time I found the attitude of Master John Dickinson and everything else I've learned about the Arte of Tang Soo Do and the IMA-International Martial Arts, I decided that this was the kind of art and community to which I should strive to belong.

## CALENDAR OF EVENTS

### **TRI-STATE MARTIAL ARTS CHAMPIONSHIP**

SATURDAY, OCTOBER 23, 2010

THE EPISCOPAL ACADEMY  
1785 BISHOP WHITE DR.  
NEWTOWN SQUARE, PA

### **BLACK BELT TESTING**

SATURDAY, OCTOBER 30, 2010

IMA HEADQUARTERS  
560 S. EVERGREEN AVE.  
WOODBURY, NJ

females, young and old.

In 2007, the U.S. Consumer Products Safety Commission reported more than 75,000 people were treated in hospital emergency rooms, doctors' offices, clinics and other medical settings for injuries related to martial arts. The most common types of injuries are sprains, strains, bruises, and broken bones. @

Therefore, AAOS recommends that martial arts students and their instructors take precautions to minimize the chance of injury.

"Martial arts can be a great way to get some exercise while developing mental discipline," says Joseph Marotta, MD, spokesperson for the AAOS. "These activities require proper conditioning, training and equipment. Martial arts students need expert instruction by qualified teachers. These measures will ensure safety and enjoyment and keep you coming back to learn more."

The Academy offers the following tips to help prevent injuries from martial arts:

- Consult with a physician before beginning your conditioning to make sure you are ready for intense physical activity.
- Train under the direction of a martial arts instructor who focuses on form and technique, rather than solely on competitive strategy. These techniques should include the proper way to fall to avoid injury, as well as methods to prevent injuring your partner during practice.
- Wear the appropriate protective gear for your type of activity; for example, taekwondo, as a full contact sport, requires a head guard, a body protector, forearm and shin guards, and a groin guard.
- Exercise to strengthen the stabilizer muscles rotator cuff muscles and hip adductors (inner thigh muscles or groins) and abductors (muscles on the outermost part of the hip), which help to support the back and hips and improve your balance. Also, stretching will help build your flexibility, and cardio can help develop your speed and endurance.
- Maintain proper breathing techniques when practicing martial arts to avoid injury, breathing out during the contraction portion of any stretching movement, and breathing in during the extension portion of any stretching movement.
- Do not take part in these or other sports when exhausted or in pain.
- If you have children who take part in martial arts, make sure they understand that they should not attempt stunts performed by more experienced practitioners, such as breaking boards or bricks by kicking or punching. Also, ensure that they realize that martial arts can be dangerous, and therefore they should be careful of using their techniques on other children outside of their martial arts class.

# 1<sup>ST</sup> IMA UNITED STATES CHAMPIONSHIPS

## JUNE 11, 2011

Hosted by Yi's Karate of Vineland, the first bi-annual IMA U.S. Championships will be held at the Forum, St. Augustine Prep in Richland, NJ on June 11, 2011.

This is a great opportunity to meet and compete with IMA students from throughout the USA, and to represent your school at this inaugural event.

### U.S. Team Selections:

Beside the usual competition in Breaking, Weapons, Forms, and Sparring, selections will be made for teams representing the USA at the next IMA World Championships in 2012 which will be held in the U.S.

Members will be selected for the following:

**U.S. FORMS TEAM**

**U.S. SPARRING TEAM**

**U.S. DEMONSTRATION TEAM**



## Word Search Game

Try to find **all 30** words on this board.

Q L S O P B Q U L E J V L I M W C J G D  
A H K Y F F O P V S T K K H U R F T B T  
B Q Q E C J F L H V Y I U S M P G I K K  
R L O A U A K S P F A L F W T F Y I H R  
V R A D M P Y S T W C C E O C I N B N I  
Z O O P U A B T S E O F T R T O T G E L  
C A X W G N N A A K K T A H I L T S G C  
F P Q K D K I M N R C C R T E N F I U V  
S U L T G N H O D I K I A B I Y D L L B  
E I F C A T A D L O H R K J C B U I P H  
L W E U Q I N H C E T C O S A P E W A L  
U S X H S E V X S N A E R Q H B L T I J  
R E D L U O H S E L F D E F E N S E W H  
A B J E F I T C B O O H A N L T N C D N  
N Z P F T A N A O J L M N I U I O E O W  
K C O S N O L T O G I M C D T Z P P K O  
S R J C C A S V A F I B Y F I B R M Y T  
Y C E H N E N O O X Y P R K S W U N I R  
T B O C E V L W W E Q X N U V U U S R B  
L P E P I B Q K B E Y Z K Q H Y I T S H

AIKIDO, BALANCE, BLACKBELT, CHINA,  
CHOP, CONCENTRATION, DOJO, FLIP,  
FOOTSEEP,HAND, HITS, HOLD, INDIA, JABS,  
JACKETS, JAPAN, JUDO, KARATE, KICKS,  
KOREA, MATS, RANK, RULES, SELFDEFENSE,  
SHOULDER, STANCE, STUDY, TECHNIQUE,  
THROW, TIBET