



IMA Messenger

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24th Annual Garden State Championships A Huge Success!

Heralded as one the largest and most prestigious tournaments on the East Coast, Yi's Karate Institutes' 24th Annual Garden State Championship, held on April 8th in Woodbury, NJ, was the highlight of the Spring tournament season!

Eager competitors vied for one of the nearly 450 trophies to be awarded. The five towering Grand Champion trophies were the most coveted of all. In the end, Yi's Karate Institutes' own students proudly claimed nearly 20% of the total trophies awarded. This impressive record of success is a testament to the our students' dedication, effort and skills, as well as the caliber of instruction and encouragement they receive from their Master and Assistant Instructors. But this is no surprise in an organization that prides itself on its high quality of traditional instruction!

As in years past, competitors represented nearly every state in the Mid-Atlantic region. Even the elite cadets who train in martial arts at the US Navel Academy in Annapolis, MD made a strong presence, with nearly 50 members attending.

The distinguished group of visiting Masters in attendance included some of the most notable and highly respected Masters in the area, including Master Chun Sik Kim of Pittsburgh, PA, President of the International Tang Soo Do Federation, Master Y.U. Min of Harrisburg, PA, President of the Oriental Tang Soo Do Association, and Master S. Henry Cho of New York, NY, a member of the Black Belt Hall of Fame.

The Masters Demonstration, always a high point of the day, had spectators on the edge of their seats. Master H.S. Kim of Voorhees "wowed" the crowd with a self-defense demonstration. He executed a series of stunning Hapkido holds and throws that had his attacker twisting and flying through the air. Not to be outdone, Master Brian Dinger of Woodbury shattered ten 125-pound blocks of ice stacked vertically, with one clean soo do chop! (Continued on Page 4)

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Congratulations To Our New Black Belts!

The results are in from the Spring 2000 Black Belt Test, held on May 20, 2000 at the IMA Headquarters in Woodbury, NJ! It brings me great pride to acknowledge the individuals below for their Dan promotions. You have reached a significant milestone in your growth through Tang Soo Do. It is my sincerest wish that all of you will continue on the road to mastery. You are the future of Tang Soo Do; you are tomorrow's masters!

- **Grandmaster Ki Yun Yi**

4th Dan-

20848	Regina Glover	Maple Shade, NJ
21616	John E. Heslop	Essex, England

3rd Dan-

21659	Matthew Elphick	England
21690	Andy Young	England

2nd Dan-

21790	Michael Ahn	Cherry Hill, NJ
21928	Shawn Sanford	Cinnaminson, NJ
21978	Joseph Ibay Jr.	Cherry Hill, NJ
22013	Michael Calvarese	Sewell, NJ
22023	Daniel Glickman	Turnersville, NJ
22028	Fred Rodriguez	Westville, NJ
22029	Eric B. Fiedler	Northfield, NJ
22037	Riana Cordoba	E.H.T., NJ
22038	Michael Pitts	Clarksboro, NJ
22039	Cheryl Wiernicki	Bridgeport, NJ
22047	Duane Maynard	England
22050	Scott Keating	England
22051	Faith Howell	England
22078	Anne DeFrancesco	Voorhees, NJ

1st Dan-

22184	Naomi Peters	England
22185	Paul Goldsmith	England
22186	Ian Dean Wallace	England
22187	Aaron C. Austin	England

1st Dan (Continued)-

22188	Benjamin Amure	England
22189	Keith Amure	England
22190	Clare Moloney	England
22191	Andrew E. Herman	Cherry Hill, NJ
22192	Victor Straub	Deptford, NJ
22193	Reina Stazzone	Westville, NJ
22194	Louis Szigalsky	Mullica Hill, NJ
22195	Nicklaus Aliberti	Sewell, NJ
22196	Billy Kwak	Audobon, NJ
22197	Joseph Kwak	Audobon, NJ
22198	Victor Reyes	Camden, NJ
22199	Erick Garibay	Camden, NJ
22200	Yvette Reyes	Camden, NJ
22201	Katrina Reed	Sewell, NJ
22202	Aaron Coppens	E.H.T., NJ
22203	Nancy Barberi	E.H.T., NJ
22204	Jacob Barberi	E.H.T., NJ
22205	Joseph Barberi	E.H.T., NJ
22206	Christine Wittenwiler	E.H.T., NJ
22207	Donald Wittenwiler	E.H.T., NJ
22208	Wyatt Ozmore	E.H.T., NJ
22209	Dylan Ozmore	E.H.T., NJ
22210	Robby Morhauser	Atco, NJ
22211	Alexander Rybacki	Atco, NJ
22212	Matthew D'Armi	Berlin, NJ
22213	Marybeth Barnes	Swedesboro, NJ
22214	Danielle Clement	Swedesboro, NJ
22215	Bonnie Griffiths	E.H.T., NJ
22216	Dean Capsel	Pleasantville, NJ
22217	Autumn Rose Pugliese	Absecon, NJ

Ko Mop Sum Ni Da!

At a major event like our recent 24th Annual Garden State Championships, there are a multitude of jobs that must be done on tournament day. And despite nearly a year of advance planning and preparation, the real success of the tournament depends on the ability of dozens of volunteers to work as an organized team when the big day comes.

I want to say a special thank you to this year's Director of Operations, Master Grace Quinones who, with Masters Florence Solomon and Mike Hatton, were responsible for organizing events and ring assignments, in addition to recruiting and assigning dozens of Black Belts, students and parent volunteers to a multitude of positions. Jobs to be done included everything from set-up, manning doors, record keeping, score keeping, time keeping, and judging to manning the first aid, refreshment and concession stands. The smooth flow of the tournament is a testament to what a great job they did!

I would also like to extend a heart-felt THANK YOU to all of the Masters, Black Belts and members of Yi's Karate Institutes who unselfishly gave of their time and efforts to be part of the team that made this year's tournament the most successful yet! Although there are too many of you to thank individually at this time, please know that I appreciate each and every one of you for the great jobs you did and for your support and help.

- **Grandmaster Ki Yun Yi**

Mark Your Calendars!



Saturday, June 24, 2000

IMA World Championships 2000

Croyden, England

Saturday, July 22, 2000

Black Belt Evaluation

GM Yi's Naihanchi Form Clinic

IMA Headquarters, Woodbury, NJ

- **Junior Black Belts and Cho Dan Bo**

Clinic: 10:00 AM - 11:00 AM

Evaluation: 11:00 AM - 12:15 PM

- **Adult Black Belts and Cho Dan Bo**

Clinic: 1:00 PM - 2:00 PM

Evaluation: 2:00 PM - 3:15 PM

Saturday, April 7, 2001

25th Anniversary Garden State

Invitational Championships

Gloucester County Community College

Trainer's Corner by Master John Dickinson, Certified Personal Trainer

The "ABS"olutely Essential Crunch!

Abdominal crunches are the "benchmark" exercise to get the "6-pack" we're so obsessed with achieving. Unfortunately, as a personal trainer, I see people doing dozens of these at a time- INCORRECTLY! Poor technique not only guarantees poor results, it can also lead to neck or back injury. So next time you do crunches...DO THEM RIGHT! Follow the steps below to improve your technique. If they still hurt, don't do them!

- 1) Lie flat on the floor with knees bent at a 45 degree angle and feet flat on the floor.
- 2) Press your lower back into the floor by shifting your hips upward and backward. (This position puts less stress on your lower back.)
- 3) Place hands next to (not touching) your ears, or cross arms across chest.
- 4) Lift the upper torso off the floor until your shoulder blades are 1 to 4 inches above the floor, exhaling as you lift. (DO NOT allow your chin to drop to your chest as you lift. Pretend you are holding a large orange between your chin and your chest.)
- 5) Finish by lowering your upper torso back to the floor, inhaling as you lower.
- 6) Vary leg position to target different muscles. (More on that in the next issue.)



A Taste of Korea - Bulgokee

Bulgokee is Korea's national dish and may have been the inspiration for Japan's teriyaki, which it resembles. Try it on the grill! A great international dish for a change of pace!

Ingredients -

- 3 lbs. stir fry beef
- 1/2 cup soy sauce
- 1 1/2 tsp. fresh garlic, minced
- 3 tsp. sesame oil
- 1 tsp. sesame seed
- 1/4 cup sugar
- 1 bundle green onions, sliced thin

Method -

Put meat in bowl. Add all other ingredients. Mix together thoroughly and marinate in refrigerator 3 hours or overnight. Brown meat mixture on the grill (line grill with foil and poke holes in the foil). Or stir fry in hot sesame oil using a large skillet or wok over medium high heat. Serve over hot cooked rice or serve "wrap" style - rolled in large lettuce leaves. Green tea is the perfect accompaniment for this dish!

Meet The Masters Master Suresh Nar

At age 36, Master Suresh Nar is truly a moving force in Tang Soo Do, not only in his native United Kingdom, but throughout the world! He's the founder and Chief Instructor of the Great Britain Tang Soo Do Association, he's a 5th Degree Master Instructor, he's coached world champion TSD teams to victory in international competition 3 times, and his students have gone on to found schools in South Africa and Malta. But his list of accomplishments doesn't begin to tell the story of his dedication to the martial arts!

To understand that, you have to go back to 1977 and see the world through the eyes of a small Asian boy living in Bedfordshire, a rural town 50 miles south of London. His parents were poor and worked at menial jobs back then. Martial arts training was a luxury they just couldn't afford for their son, even if they did approve of it, which they didn't!

But 13 year old Suresh was determined, so he paid for his lessons himself by skipping his lunch at school and saving up his lunch money. Every Friday evening, Suresh would walk 3 miles, his week's lunch money jingling in his pocket, to attend Tang Soo Do class and pay for his week's lessons. Two hours later, after a grueling training session, he would trek 3 miles back home, tired, but satisfied.

Master Nar continued his TSD training through high school and received his Black Belt in 1982 at age 18. He relocated to London that year and began his formal



martial arts teaching career, while pursuing a degree in Social Work at the London College of Education. Through the ensuing years, he moved up through the ranks of TSD in the UK. In 1996, Master Nar and his GBTSD Association joined the IMA. Master Nar recalls, "I was looking for a unique traditional association with a traditional grandmaster at its helm. I wanted my schools to be part of an association that not only taught the traditional values, tenets, and codes of Tang Soo Do, but practiced them as well. I found these qualities in Grandmaster Yi and the IMA!"

Since 1996, Master Nar and wife Annette have also become the proud parents of daughters Aine, age 4, and Kaira, age 1. And yes, Aine does train in TSD, and will soon be testing for her yellow belt!

Master Nar's pursuit of Tang Soo Do has shaped his life; now he helps shape the future of Tang Soo Do, one student at a time!

Excitement Mounts For 2000 IMA World Championships!

Travel arrangements are complete, passports are in order, and the excitement is mounting for a trip that for many, is just days away!

The destination is London, England, the date is June 24th, 2000, the event is the 3rd Annual IMA World Championships. And this year is the first time ever that the United Kingdom will be hosting this exciting international event! Master Nar and the tournament committee have been working for months, and the big day is almost here!

IMA member schools around the world, including the United States and South Africa, will be sending groups to compete in Forms, Free Fighting, Weapons, and Team Competition. With nearly 150 divisions in Forms and Free Fighting alone, many travellers will be



toting trophies along with their baggage on their return flights home!

The weekend's activities will begin with Senior Black Belt Testing on Friday evening. The championships will be held on Saturday from 9 AM to 6 PM, followed by a spectacular "Millennium Championship Party" at the Norfolk House Hotel. There will be disco music and lots of dancing, food and fun for everyone! A sight-seeing tour on Sunday to Britain's celebrated Millennium Dome, with its futuristic exhibits and attractions, promises to be a favorite family event for everyone!

For those planning to attend, have a great trip! For those of you who can't, watch for complete coverage and great photos in the next issue of the IMA Messenger!

Garden State Championships

Continued from Page 1

Competitors ranged in age from Grasshoppers (under age 6) all the way up to Seniors. Events included weapons, breaking, forms and sparring.

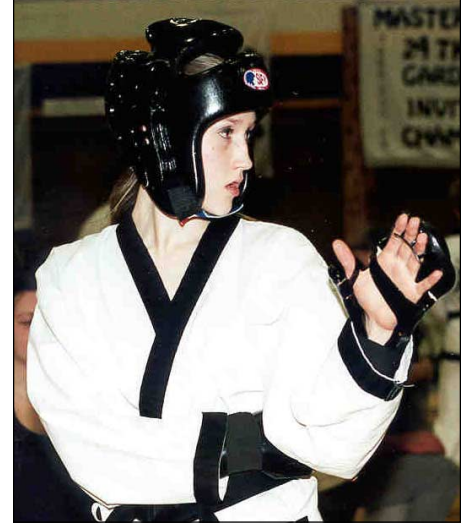
Weapons competition was truly varied, with bows, daggers, numchuks and even swords whirling through the air. Jo Ann Falanga of New York won the Advanced Black Belt Division. Notable trophy winning performances were given by Robby Morhauser from Yi's Karate, Berlin, who won 2nd place in the 11-14 age group with a skillful numchuk routine, and our own Bonnie Griffiths and Joseph Griffiths, who each won 3rd place trophies in their respective divisions.

Breaking competition was impressive! When the sawdust settled, the trophy for Advanced Breaking went to Yi's Karate's own Nathan Grebb whose "smashing" performance included a 2-board speed break with a 360 degree round kick, a hammerfist punch that pulverized six boards, and a head break of 5 boards! Other trophy winning breaking routines were performed by Yi's Karate's Michael Santoro, Raiza Cordoba, Russ Green, and Madison Nilsen!

Forms competition followed with especially impressive performances by Yi's Karate's own Master Joseph Monaghan who took 3rd place in the Masters Division, Mike Santoro, who took 2nd place in Men's Advanced Black Belt forms with Kong Sang Kun, and Regina Glover, who took 3rd place in Women's Black Belt forms, also with Kong Sang Kun. Some other Yi's Karate forms winners, in their respective divisions, included Ramon Morales, Bonnie Gift, Bonnie Griffiths, Russ Green, Irvan Watford, Frank Santoro, Riana Cordoba, Chelsea Reyes and Quinn Fitzpatrick.

Sparring competition was intense at all levels. Again, a significant portion of the trophies were awarded to Yi's Karate students! Mike Santoro, A.J. Aaron, and Matt Luehman dominated the Black Belt Men's Middle Weight Division, claiming 1st, 2nd and 3rd place respectively. In the Men's Beginner Division, Ken Henry claimed the 3rd place trophy. Proving that martial artists improve with age, Chuck Vertolli and Jerome Calderwood dominated the Senior Men (33 & up) Black Belt Heavy Weight Division, winning 1st and 3rd places respectively. In Senior Men Black Belt Light Weight Div., Ramon Morales took first place. Mike Spence also fought admirably to claim 2nd place in the Super Senior Men's Division (40 and up). Not to be outdone by the men,

(Continued Next Page)



Garden State Championships



Nancy Mussen and Joyce Calderwood both took 3rd place trophies in the Senior Women (33 and up) Division.

Some of the fiercest sparring of the day was seen in the Super Junior Girls Division (15-16), with Sallie Calderwood and Christina Bates taking 1st and 3rd places respectively. Sallie's win qualified her to fight for the Teen Grand Champion trophy, which she later won! Our Super Junior Boys (15-16) also dominated their divisions with 1st place wins by Russ Green in the Super Junior Boys Black Belt Light Weight Division, Jeff Sanders in the Super Junior Boys Advanced Division, and a 2nd place win by Jason Bonilla in Super Junior Boys Intermediate Division.

In Junior Black Belt Division action (ages 13-14), Raiza Cordoba took first place in the Girl's Division and Michael Ahn took 3rd place in the Boy's Heavy Weight Division. Other trophy winning fighters in Juniors Division included our own Matt Reyes (2nd) and Irven Watford (3rd) in Boys Lt. Wt. Black Belt Div., Jonathan Calderwood (2nd) in Junior Boys Advanced, and Joe Ferranova (3rd) in Junior Boys Intermediate.



In children's action, Yi's Karate's Riana Cordoba, Dana von Hassel, Chelsea Reyes and Joseph Griffiths made a clean sweep of the Pee Wee Black Belt Div. (ages 9 & 10) winning 1st, 2nd & 3rd place trophies respectively! In Grasshopper Advanced (under age 6), Ryan Griffiths proudly claimed the 2nd place trophy, which was almost bigger than him!

The day's events culminated with Grand-master Yi awarding the 5 towering Grand Champion trophies. Rick Feisbach of Ki Whang Kim's Karate Studio, Wash., D.C. won the trophy for Grand Champion Forms. Ms. Laurie De Umberto from James Karate, Trenton, NJ won Senior Forms Grand Champion. The Jr./Super Jr. Sparring trophy was awarded to Sallie Calderwood of Yi's Karate, Woodbury, NJ. The Pee Wee/Super Pee Wee Div. Sparring Grand Champion trophy was awarded to Joseph Falonga of NY. The most coveted trophy of all, for Black Belt Sparring, was proudly claimed by George Ortiz, a cadet from the US Navel Academy in Annapolis, MD.



Although this year's tournament was the best yet, next year's 25th Anniversary Garden State Championship promises to be even bigger and better, with competitors expected from IMA member schools around the world! The Championships are already scheduled for April 7, 2001, and will take place at a larger facility - the Gloucester County College - to accommodate the huge crowd expected for the tournament's 25th Anniversary!



GREETINGS FROM KWAN CHANG NIM

Looking Ahead

The excitement surrounding our recent 24th Annual Garden State Championships is just dying down, and we find ourselves with spirits high again, anticipating the IMA World Championships in London, just days away! An observer might conclude that Tang Soo Do is an art form based on competition and winning trophies. But, in Tang Soo Do, as in life, appearances can be misleading!

Tang Soo Do is not a sport like Tae Kwon Do. The goal of our training must *never be* to excel in sport, but *always* to advance as individuals. Competition sharpens one's skills, and provides an arena where one can gauge their *individual* progress respective to others.

Indeed, the winner is not always the one who takes home the trophy! In the art of Tang Soo Do the real trophies are forged within as we excel as individuals. Competition not only hones physical skills, it provides an opportunity to develop the higher qualities of brotherhood, team spirit, good sportsmanship, sense of fair play, and character. In competition, as in life, *these qualities should be a beacon that guides our every action*. These qualities cannot be measured. Unfortunately, there

are no 1st, 2nd, and 3rd place trophies for "character." Nevertheless, in life, a person's "character" will affect the quality of every moment of his life much more than a dusty collection of trophies on a shelf!

I'm very much looking forward to the upcoming IMA World Championships in London. I think of this event as a celebration where members from around the globe can come together to share our art, to learn from each other, and to forge closer bonds of friendship and brotherhood. Master Nar, this year's tournament organizer, has been preparing for months to insure that this year's IMA World Championships and associated events will be exciting for everyone attending, and I'm sure it will be. I'm also sure that, trophy or not, everyone who attends will leave a winner!



Milestones



Congratulations and best wishes to Kyosa Mike Santoro and fiancée Kelly Buzby on their recent engagement. Partners in running Yi's Karate Institute of Absecon, NJ, they are soon to be partners in marriage too! Kelly is also a recent graduate of the Atlantic City Police Academy, and a member of the ACPD! An October, 2000 wedding is planned.



Congratulations to Master H.S. Kim, Chief Instructor of Yi's Karate in Voorhees, NJ, and wife, on the birth of their new son, Hugo, born on May 20, 2000. His one year old sister and the entire family are delighted with their newest addition.

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560 S. Evergreen Ave • Woodbury, NJ 08096
Tel: (856) 848-2333 Fax: (856) 848-7399
<http://www.neerland.com/yiskarate>
e-mail: yitiger@aol.com

Founder and Publisher Ki Yun Yi
Executive Editor John Dickinson
Production Editor Susan Fazzio
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WEBSITE UPDATES!



If you haven't logged on to the Yi's Karate website lately, (<http://www.neerland.com/yiskarate>) you should! An exciting new feature is the "Message Board," where you can post messages, ask questions, etc., of other Yi's Karate members. You'll also find results from our 24th Garden State Championships, along with great tournament photos! Also new to the site is a downloadable and printable version of the latest IMA newsletter, the IMA Messenger.

Visit Master Nar and the United Kingdom branch of the IMA at this address: <http://www.gb-tangsoodo.co.uk/> This site will also be carrying the latest coverage of the IMA World Championships scheduled for June 24, 2000 in England!