



30th Anniversary Garden State Championships Were Awesome!

The Spring tournament season got off to a blockbuster start with the premier tournament of the season, the 2006 Garden State Championships, held at the River Winds Community Center in Thorofare, NJ. on April 1st. The day started with over 450 glittering gold trophies in an array of sizes all lined up neatly, just waiting to be claimed, with 7 towering Grand Champion Trophies posing in the forefront. With hundreds of eager competitors from 4 to 65, there were divisions for everyone, and hopeful contenders in all of them! By days' end, judging from the smiles on people's faces as they left, whether they were toting one of the coveted trophies or not, everyone was a winner!

The Garden State Championships, presented by Grandmaster Yi and Yi's Martial Arts Institutes is an annual Spring tradition. It is one of the largest and most prestigious tournaments on the East Coast. But this year it was even more special. This year was the 30th Anniversary of the Garden State Championships, and it was a time to give honor in addition to giving trophies. The event had the feel of a "family reunion" as much as

a competition. And the man of honor of the day was the man who began this tradition 30 years ago, Grandmaster Yi.

Among the esteemed panel of Masters in attendance were some of the most notable and highly respected masters in Tang Soo Do, including Grandmaster Chun Sik Kim of Pittsburgh, PA, President of the International Tang Soo Do Federation, Master Young Ui Min of Harrisburgh, PA, President of the Oriental Tang Soo Do Federation, Master Suresh Nar, Director of IMA Great Britain and IMA Europe, and many others.

The day began with award ceremonies. Grandmaster Yi presented an Appreciation Award to Master Suresh Nar, Director of IMA Great Britain and IMA Europe. Then came inductions into the Masters Hall of Fame. New Inductees are Master Martin T. Carson, Master Y.B. Choi, Master Charles Erwin, and Master Young Ui Min.

Next came acknowledgments and awards to Grandmaster Ki Yun Yi celebrating his 30th Anniversary Tournament, and 30 years of dedication and teaching in the

(Continued on Page 4)



In This Issue -

- 2006 Garden State Championships 1
- New Forms Being Introduced 2
- Grandmaster Yi Promoted 2
- Excitement Mounting for IMA World Championships 2
- Wales, UK Masters Training 3
- News From IMA Europe 5
- Profiles of the Masters- Master Alfredo Quinones..... 6
- Greetings From Kwan Chang Nim 6

Great Tournament Pix- See Page 4!



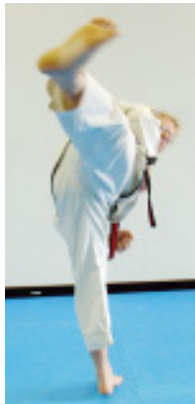
New Forms Being Introduced Into IMA Curriculum

Six new forms are being "phased in" to the IMA curriculum in the months to come. The six new forms, or Kook Jae Moo Duk Hyung, will complement or mirror the first six forms that are already taught by the IMA- the three Kicho



Forms and the three Pyung Hwa Forms. They are sister forms to the traditional forms and will be taught simultaneously.

The new forms teach more practical aspects and movements as opposed to the very traditional movements in the Kicho Forms and the Pyung Hwa Forms. One major difference in the new forms is that they all incorporate blocks and strikes in their ending movements, as opposed to just strikes.



The first six forms taught currently have very historic origins. The first 3 forms, the Kicho forms, feature the most basic movements in our art of Tang

Soo Do, and the forms themselves were created by the Father of Tang Soo Do, Grandmaster Hwang Kee. The next 3 forms our students learn, the Pyung Hwa Forms, are historic forms that originated in China.

The new Kook Jae Moo Duk Forms incorporate very similar movements to the original forms, with the addition of practical self defense movements.



We anticipate releasing a new video series featuring the new forms (also on DVD), so you can practice at home!

Grandmaster Yi Promoted to 9th Dan

On August 27, 2005, Grandmaster Yi, after a lifetime of dedication to excellence in the Martial Arts, was promoted to 9th Dan Black Belt by Grandmaster Kim Young Duk, President of the Moo Duk Wan Association headquartered in Seoul, South Korea. The

promotion took place in an award ceremony at the Hilton Hotel in Philadelphia. This crowning achievement of our Grandmaster is a source of pride and honor to all of the IMA and students of Grandmaster Yi. Congratulations Grandmaster Yi!



Excitement Mounting for 2006 IMA World Championships on July 29th!

Our long awaited world championships is just around the corner! This year's event will be held at the Egg Harbor Twp. High School in Egg Harbor Township, NJ. on Saturday, July 29, 2006.

The tournament planning committee, consisting of Master Martin Carson, Master Suresh Nar, and Master John Dickinson has been planning for months to make this year's event successful and exciting, even adding a new event!

There will be divisions for ALL AGES - from mini pee wees to Seniors, so no matter what age or level you are, this will be a great time to make new friends and compete!

In addition to the usual events - Weapons, Forms, Sparring, and US vs. European Team Competition, a special new event is being added this year - Synchronized Forms.

The team competition will feature a 5-person US Team competing against a

5-person European Team. Each team will consist of 2 adult male black belts, 2 adult female black belts and one teen black belt. The teams will compete in Forms and Sparring, with the winning team receiving the coveted Team Trophy Cup.

The newest event, Synchronized Forms Competition, will consist of 3 member groups from individual schools competing against groups from other schools. The divisions will be Advanced (1st thru 3rd degree Black Belt), Intermediate (Brown belt thru Cho Dan Bo), and Beginner (White belt thru Light blue belt).

A sumptuous banquet dinner will follow the tournament, with tickets available for purchase.

Watch our website imahq.net (click on IMA World Championships from main menu) for the latest info!

Everyone is encouraged to try to attend! We not only represent ourselves and our schools, but also our country!

Masters Training Held In Wales

In February of 2006, a special Masters Training took place in Wales UK. Grandmaster Ki Yun Yi, Master Martin Carson, Master John Dickinson, and Master Chuck Vertolli traveled from the United States to take part. Master Suresh Nar, Master John Heslop, Master Gregers Young, Master Andy Young, and Mr. Nick Richards, from Great Britain and Wales IMA also attended.

The week's activities included Masters Endurance Training, with an outdoor component taking place at the National Park of Wales.

The endurance component was grueling, and among other things, included submersion in an ice cold waterfall and lake. Masters Testing was also held during the week, with new promotions to be awarded this July at the upcoming 2006 World Championships.



Of course all work and no play is no fun, so touring and dining activities were included. A day trip to a historic coal mine in Wales was fascinating and informative. The tour guides were actual miners who worked in the mine prior to its closing in 1979. Another interesting day trip was a visit to the Stewart Castle, a landmark in the capital of Wales. The Stewart Castle has at various been a Roman Fortress, a Viking Fortress, and finally, upon purchase by the wealthy Stewart family in the 1800's, was maintained as their family residence until it was turned over to the government of Wales as a national landmark. Delicious dining cuisines included Indian, Chinese and indigenous Welsh dining on different evenings.

The training was awesome, the sightseeing was lots of fun and very informative, and the dining was sumptuous. It was a great event!



2006 Garden State Championships Continued

United States. Distinguished Mayor of Woodbury, NJ, Leslie Clark, who is a Black Belt and student of Master Yi, read a special acknowledgment. Next Master Nar presented GM Yi with a commemorative silver plate recognizing his contribution to the martial arts. And last but not least, on behalf of the Masters, Master Michael Hatton, Master Florence Solomon and Master Martin Carson presented GM Yi and his wife a 5 day trip to the Westin Rio Mar Golf Resort and Spa in Puerto Rico, for some well deserved R and R!

Then the competition began. Eager competitors vying for trophies ranged in age from under 6 (Grasshopper) to Seniors. Events included breaking, weapons, forms and sparring. Competitors represented schools from as far as Canada, but members of Yi's Martial Arts Institutes far outnumbered the rest, and claimed a significant percentage of trophies. This impressive record of success is no surprise. It attests to our students' dedication and skill, and is a reflection of the high quality of instruction that Yi's Martial Arts Institutes prides itself on. Also claiming a sizable percentage of trophies in the adult divisions were the nearly 100 members of the U.S. Navel Academy Karate Team from the U.S. Navel Academy in Annapolis.

The competition was fierce for the 7 towering Grand Champion trophies! The winners were Olivia Sun (GC Forms), Angel Muniz (GC Senior Forms), Jonathan Chainey (GC Boys Sparring), Christie Mac Kain (GC Girls Sparring), Mitchel Hannibal (GC Men Sparring), Angel Muniz (GC Senior Men Sparring), and Stephanie Maa (GC Women Sparring).

At the Banquet Dinner following the day's competition, GM Yi gave out awards acknowledging dedication and service to the following: Master Chom San Kim, Master Martin Carson, Master Mike Hatton, Master Florence Solomon, Masters Alfredo and Grace Quinones, Master John Dickinson, Master Bob Cameron, Master Brian Dinger, Master Alex Lonabaugh, Master Waldermar Bonilla, Master Victor Molinari, Master Joe Baker, and Miss Carol Maya.

All in all, it was a beautiful and memorable day, celebrating a monumental milestone in the distinguished career of our Grandmaster Ki Yun Yi!

Grand Champions



Awards



Ahhhh...Aren't They Cute!



News from IMA Europe

Recent Promotions - Congratulations!

Master Promotions - (To Be Presented at the IMA World Championships)

5th Dan - John E. Heslop

4th Dan - Gregers Young

4th Dan - Nick Richards

2nd Dan

Aine Nar

Stephanie Johnson

Andrew Johnson

Russell Moss

1st Dan

Gillian Gillespie

Ben Strutt

Tim Kerr

Malcolm Campbell

Alex Shanklick

Danielle Balach

John Strutt

Sam Leatham

World Championships Update

The flights are booked, hotel rooms reserved, and all that the European IMA students need to do now is just turn up and win all the medals, right? Wrong! We know it's not going to be easy with all the talent in the USA and that is why sixty plus competitors and families are coming in July. Not for the trophies, but to solidify the camaraderie amongst all IMA Tang Soo Do members and maybe bring back a few medals, if we're lucky!

17th British Championships held in October 2005

The 17th British Championships were held in October 2005. Students from around the UK and Ireland gathered in Croyden, South London for the 17th British Tang Soo Do Championships. The day got off to a smooth start and finished on time, which meant that there was more time spent in the Holiday Inn hotel bar, however less about that!

Amongst the medal winners were Natasha Foster and Deanne Constantinos, who won the Female Grand Champions. The Male Grand Champions went to Sam Chan from the Croyden Club. First Place in the Team Event went to "Black Crane" South London followed closely by Bedford A.

Spectators and guests were also treated to the customary Masters Demonstration which included flying side kicks over tables, various speed breaks, and an amazing finale, Master Nar's head break of 3 cinder blocks!

Plans are underway for the 18th British Championships which will be held in conjunction with the celebration of Master Nar's 30 years in Tang Soo Do, in 2007. What a party that will be! - Tang Soo!



Check out our Website!

For regular updates on European IMA, check out our website: www.europeantangsoodo.com!

Profiles - Master Alfredo Quinones (Cont'd from Back Cover)

addition of daughters Lindsay and Julia, so did their business interests together. In 1995 they founded Yi's Martial Arts of Swedesboro. In 10 years it has grown from a handful of students to over 100, and expanded to a beautiful new 3000 square foot facility on Helms Ave. Master Quinones also offers an enormously successful "Tiger Paws" program at child care centers, where he teaches the basics of Tang Soo Do in a fast-paced and fun way to 3 to 5 year olds.

It is hard to believe how there could be a spare minute in Master Alfredo Q.'s schedule, but Master Q. still finds the time to pursue his hobby of collecting sports memorabilia and talks proudly of his Micky Mantle Baseball and Jason Kidd Basketball, two of his favorites from his collection!

Master Quinones' dedication and service to this organization, in capacities ranging from his services as Tournament Medic to judging at tests to lending a hand wherever and whenever one is needed is admirable. But what is more admirable is that whatever this man does, he puts his whole heart into it. He lives in the spirit of Tang Soo Do, every day of his life!



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GREETINGS FROM KWAN CHANG NIM



April 1st, 2006 marked the 30th Anniversary of the Garden State Championships, an event I started in 1977, shortly after emigrating to the USA. So this is a

natural time of reflection for me.

New to America in 1977, I worked 12 to 16 hour days teaching in a small studio not far from the current IMA headquarters. My students were my "family." My dreams were humble; my mission was to work hard and save enough money to bring my wife and infant son to America to join me. It was beyond my wildest imaginings that 30 years later my Tang Soo do family would number in the thousands and span continents.

Life is not a destination, it is a journey. The mile marker says "30 Years." It's a nice place to pause briefly, and to reflect on pictures from 30 years back. I am thankful for the wonderful "Tang Soo Do family" that I am blessed to share these memories with today...and to share the ongoing journey with tomorrow. Tang Soo.



1) GM Yi presents prize to Grand Champion - a bicycle. 2) Ms. Carol Maya doing a form. 3) Masters Demo - GM Yi "breaking" a cast iron pump handle. 4) Masters Demo - GM Yi beneath 1000 lb Harley. 5) Master Martin Carson.

Profiles of the Masters

Meet Master Alfredo Quinones - 2005 USA Instructor of the Year

For Master Alfredo Quinones, Tang Soo Do training is certainly a family affair! His wife Master Grace Quinones is a 5th Dan Black Belt, daughters Lindsay, Alyssa and Ashley are 2nd Dan Black Belts, daughter Julia is a cho dan bo, and son Gerry is a purple belt. If that's not enough, this husband and wife team are the proprietors of Yi's Martial Arts Institute of Swedesboro, NJ, a growing school with over 100 active members that has recently expanded to a new and larger facility to accommodate it's growing student base.

Master Quinones has a long and extensive career training in the martial arts. Born and raised in Bronx, NY, he began his training there at the age of six. He studied Tae Kwon Do, Go Ju, and spent 14 years studying Northern Style Praying Mantis Kung Fu.

Master Alfredo Q. met Master Grace Q., not through martial arts, but through the



Master Alfredo Quinones & wife, Master Grace Quinones

US Army Reserves, when they went for training at the same drill headquarters in Wilmington, DE in 1990. The next year of their lives is a classic love story, with the couple being separated when Master Alfredo Q. was activated into service in the Gulf War during the Desert Storm Campaign in January of 1991 as an Army Medic. Master Grace Q. would have also been activated if not for the fact that she discovered that she was pregnant with the couple's twins! The couple was reunited just days before Alyssa and Ashley's birth.

Master Alfredo Q. and Master Grace Q. have always worked side by side, and before opening their karate school, they began an Emergency Care Training Company which offers onsite CPR and 1st Aid classes to companies and organizations, for their employees. As their family grew, with the

Continued on Page 5