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# THE IMA SIDEKICK

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## July is Family Month at Yi's Martial Arts Schools

*Start your Martial Arts journey with one free month of training*

Start a new Family Activity with one (1) FREE month of training. In honor of all of our Families, Yi's Martial Arts schools are offering all family members a free month of training with the purchase of a uniform.

Tang Soo Do is a terrific and wholesome family activity – a great way for families to spend quality time together, and enjoy all of the benefits that Tang Soo Do offers.

Besides spending rewarding time with your family, you also get the personal benefits of training; physical fitness, strength & agility, flexibility, mental acuity, balance & coordination, peace of mind, tranquility, etc...

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## Master Forms Seminar with *Kwan Jang Nim Yi*

Fifteen U.S. masters spent the afternoon of June 13, 2009 at IMA Headquarters, training with Kwan Jang Nim. The seminar was a wonderful opportunity for the masters to work directly with Kwan Jang Nim and each other.

The focus of this seminar was the higher forms of Tang Soo Do. The masters performed Jin Do, Lo Hai, Sip Soo, Gung Sun Gung, Hwa Rang, Sei Shun, Won Shu, and Ji On. The masters had many questions for Kwan Jang Nim regarding the proper execution and interpretation of the advanced techniques included in these forms, and of course Kwan Jang Nim, through his in-depth research and personal experience (training for more than 55 years), gave the masters brilliant clarification on all points.

Events like this are just one example of Kwang Jang Nim Yi's tireless effort and dedication, to promote and teach the high and consistent standards he has set for himself and the IMA. This is what makes the IMA such a World Class and worldwide respected organization.



Ko Map Sum Ni Da Kwan Jang Nim

# Benefits of Martial Arts Training For Kids

By: Laura Saunders

Admit it. When the going gets tough at home, we've all plopped the kids in front of the television and breathed a sigh of relief. Finally, we can get started on dinner, maybe check email or sort that massive pile of laundry. But when your five-year old yells at you "Mom, Kids Rule!" or your ten-year old horrifies you with language that would make a sailor blush, you realize there must be something amiss with what these "family programs" really teach our kids.

And sadly, its happening all over the media today, from sports to cartoons, and our children are learning things that we, as parents, vowed we would never teach them.

Old fashioned values like respect and self-discipline, seems to have been forgotten, replaced by the dreaded "bling bling" pop culture of today. Just the thought of your angelic three-year old morphing into a designer-clad, smart-mouthed, money-worshipping, me-obsessed, lay-about is enough to make any parent consider that threatening military school brochure, but there is a solution out there to consider.

Martial Arts training. From Ninja Turtles to The Karate Kid You and your kids have all seen the flying kicks, battle cries and mighty chops of their favorite TV characters, as they beat the bad guys to submission — but, you may ask, how on earth can these acts of violence teach my child anything worthwhile? First, know that what you see on television (save perhaps the Karate Kid) is a far cry from what real martial arts are all about.

The fact is, martial arts training is based on non-violence. Originating in Asia (mainly Japan, China and Korea, although Thailand and Vietnam have their own practices as well), martial arts range from a variety of types and styles, all of which are based on well-rounded, moral teachings.

The beauty of learning martial arts is that it encompasses not just the physical aspect of the "sport", but mental and emotional lessons as well.

Comparing that to other kid's activities and sports, where fierce competitiveness and "winning at all costs" seems to be the order of the day, it's not surprising that many children grapple with issues of

self-esteem and misplaced aggression. Now imagine your child actually learning valuable life lessons, skills that he will take throughout life, laying the foundation for a happy, well-adjusted and fulfilled adult life.

If only karate for kids was popular in the 70's, when I was growing up! The Advantages Karate, and other martial arts for kids, builds confidence and self-esteem as well as self-discipline, respect, concentration and courtesy.

Many martial arts schools also offer leadership courses for kids, in conjunction with their karate for kids programs, or similar lessons.

Martial Arts is ideal for children who do not do well in team sports, giving them the ability to flourish this activity, while combining physical and mental practices.

Many do not realize this, but it is a fact that martial arts training are safer than most school sports. Children with special needs, such as ADD (Attention Deficit Disorder), learning difficulties and hyperactivity are often recommended to participate in martial arts for kids because of the clear benefits in its structured training techniques.

Choosing The Right Instruction If you have an idea of the type of martial arts class you'd like your child to participate in, the next step would be to find the right school. Finding the right class that not only matches your child's and your needs, in terms of teachers you feel comfortable with, the price, facilities and so on, are all important factors.

Baby Blackbelts Starting your child young in karate training is ideal (children as young as the age of four are usually accepted, as it is also a good way to hone fine motor skills), and lots of parents have found that in as little as a year, their children who were involved in martial arts had noticeably gained positive traits such as increased self-esteem, respect and overall physical fitness.

**Many parents also opt to join a martial arts training program themselves, making it a great bonding experience for the entire family.**

*This article was Re-printed from AFPA and edited to fit this space.*

## CALENDAR OF EVENTS

### **Independence Day**

SATURDAY, JULY 4, 2009

### **Black Belt Evaluations**

EGG HARBOR TWP. RECREATION CENTER  
5045 ENGLISH CREEK AVE.

EGG HARBOR TWP., NJ 08234

**SATURDAY, JULY 18, 2009**

10:00AM-12:00PM

### **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.*

## **Black Belt Awards Ceremony**

On June 13, 2009 the IMA held its' United States Black Belt Award Ceremony at IMA headquarters in Woodbury, NJ.

This is a wonderful and emotional event where students are rewarded for their years of dedicated training with the Black Belt, for which they have worked so hard to earn. This is also an event for the families of the students, who are also recognized for their effort and sacrifice in helping and encouraging the student to reach this goal. It is also an opportunity for students to thank those that have helped them to achieve this goal, as no one makes it this far on their own.

Congratulations to all of these students and their families on achieving this milestone, but remember there is still much, much farther to go on this journey. Keep training, and learning, and teaching, and giving.



Spring 2009 Black Belt Award Ceremony

Tang Soo!

**It's not too late to attend the . . .**

## **2010 IMA World Championships in Dublin, Ireland**

There isn't a lot, but you still have time to reserve your space to attend the 2010 IMA World Championships in Dublin, Ireland.

See your instructor for all the information you need to book your reservation and before you know it, you'll be on your way to Dublin.

This is a great opportunity to meet our Tang Soo Do brothers and sisters from Europe. You will get to compete with them and spend time with them and their families, and experience the fantastic camaraderie that many of us have enjoyed over the last dozen or so years.

**World Championships Update** – Please can all wishing to attend the evening tournament banquet please return entry forms and payments by 1<sup>st</sup> November. Places will be allocated on a first come first served basis as spaces are limited. Prior to the World Championships on June 25<sup>th</sup> 2009, a Masters testing will be held along with a Masters evaluation with Kwan Jang Nim, which all masters are advised to attend. This will be followed by an international Dan testing. Full schedule to follow.



**Grand Champions and Masters at the 2006 IMA World Championships**

# **IMA Leadership Program**

## **Leadership Seminar June 27, 2009**

On June 27, 2009 Kwan Jang Nim Yi hosted the IMA's first Leadership Seminar at IMA Headquarters in Woodbury, NJ. The seminar was attended by thirteen youth and adult students, from Blue Belt (5<sup>th</sup> Gup) through Third Dan Black Belt.

Grandmaster Yi opened the seminar with a discussion on the proper attitude that a leader should possess, stressing the merits of courtesy, respect and compassion. Also offering presentations at the seminar were Master John Dickinson (Atco), Master Chuck Vertolli (Vineland), and Master Alfred Quinones (Swedesboro). The seminar concluded with a small pizza party for all of the attendees and presenters.

This seminar marks the start of the IMA Leadership Program. This program is being designed to educate and motivate IMA students interested in leadership, not only in the IMA, but in their schools, work places, and the community at large.

If you or your child(ren) are interested in the IMA Leadership Program please see your instructor and they will keep you up to date as more information becomes available.