
THE IMA SIDEKICK

Volume 3, Issue 3

June 2011

1st IMA U.S. Championships Results

Breaking

Adult BB - 1st Chris Bonilla
2nd Patricia Savko
3rd Shane Dempster
3rd Zach Warren

Adult Color - 1st Hannah Collins
2nd Wendell Hannah
3rd Andy Rodriguez
3rd David McCain

Youth BB - 1st Ray Dudo
2nd Adrian Palacio
3rd Brian Aylesworth
3rd Kristianna Gaw

Adv (9-14) - 1st Tyler Broughton
2nd Isaac Gaw
3rd Matthew Wear
3rd Brooke Jablonski

Adv. 6-8 - 1st Jackson Christinzio
2nd Gabriel Gaw
3rd Jake Green
3rd Josephine Morgan

Y Int (1)- 1st Nicolas Law
2nd Caesar Gonzales
3rd Rachel Padvani
3rd Joshua Jacoby

Y Int (2)- 1st Nicolas Law
2nd Caesar Gonzales
3rd Rachel Padvani
3rd Joshua Jacoby

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SUMMER TRAINING TIPS

Summer Fitness Tips

Summer is the perfect time of year for outdoor training. Many people are even more motivated to train during the summer months, and are looking for something different. Here are some ideas for outdoor summer training for martial artists of all styles.

Stay Hydrated!

The danger of becoming dehydrated is always present. Always take plenty of water with you and drink it often.

Wear sunscreen to protect your skin before you do any outdoor training. And wear a hat.

Wear Cool Clothing

Wearing hot or thick clothing does you no good in training especially when the temperature starts to rise. You not only risk dehydrating, but you also risk raising your body temperature to dangerous levels. Any weight lost in this way will just be water weight, and will quickly return.

Get Your Feet Wet

Training in water can give you a completely new training experience. Try throwing a set of kicks or punches as fast as you can underwater. As an example, pick four different kicks and four different punches, and throw each 20 times per side, as fast as you can, while neck deep in water. You will love the burn, get a great workout and over time your techniques will become faster and stronger.

If you live near the beach or a lake try stance training. Stand about knee deep in the water, practice holding your stances for 30 seconds to a minute at a time, maintaining your balance and stability against the pressure of the waves.

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Weapons

Youth BB - 1st Adrian Palacio
2nd Tara Griffiths
3rd Nisha Desai
3rd Maya Desai

Adult BB - 1st Josh Vertolli
2nd Chris Bonilla
3rd Sam Llabres
3rd Zach Warren

Youth Adv - 1st Dillon Conrad
2nd Isaac Gaw
3rd Matthew Wear
3rd Brooke Jablonski

Forms

6 & Un Int - 1st Nicole Clifford
2nd Sean Dolan
3rd Victoria Telschow

6 & Un Beg - 1st Ciara Mills
2nd Morgan Savko
3rd Mikey Cruz
3rd Hara Krips

7/8 Black Belt - 1st Jake Green
2nd Gavin Paul-Welsh

7/8 Adv - 1st Josephine Morgan
2nd Jackson Christinzio

7/8 Int - 1st Caesar Gonzales
2nd Nicolas Law
3rd Nicholas Bove
3rd Nathan Ho

7/8 Beg - 1st Michael Carfagno
2nd Ashley Servis
3rd Connor Burns
3rd Cristian Martinez

9/10 BB - 1st Ashley Iveson
2nd Matthew Wear

9/10 Adv - 1st Gabriel Gaw
2nd Anize Kirkland
3rd Brooke Jablonski
3rd Ethan Bordetsky

9/10 Int - 1st Kristopher Frank
2nd Rhon Galarita
3rd Kayla Servis

9/10 Beg - 1st Colin Quade
2nd Thomas Novracas
3rd Victor Marin
3rd Daniel Rodriguez

11/12 BB - 1st Adrian Palacio
2nd Tara Griffiths
3rd Maya Desai
3rd Kristianna Gaw

11/12 Adv - 1st Isaac Gaw
2nd Jillian Moran
3rd Tyler Broughton
3rd Alexis Krips

11/12 Int - 1st Dillon Conrad
2nd Kenny Nicholson
3rd Rachel Padwani
3rd Chaz Garrison

11/12 Beg - 1st Mikel Conrad
2nd Dimitri Raimonde

13/14 Boys BB - 1st Ray Dudo

13/14 Girl BB - 1st Nisha Desai
2nd Kimberly Alexander
3rd MaryAnn Grace

13/14 Boy Int - 1st Anthony Matos
2nd Alexander Matos
3rd Tyler Gillian
3rd Quiyan Pesce

13/14 Boy Beg - 1st Ben Nocac

15/16 Boy BB - 1st Zach Warren
2nd Chris Bonilla

15/16 Boy Adv - 1st Terry Wong

15/16 Boy Beg - 1st Alexey Kulpin
2nd Justin Dickenson

15/16 Girl BB - 1st Christine Papaycik

15/16 Girl Adv - 1st Lauren Moran

Men BB - 1st Josh Uron
2nd Josh Vertolli
3rd James Robinson
3rd Sam Llabres

Men Adv - 1st Michael Godwin
2nd Wendell Hannah
3rd Anthony Jacoby

Men Int - 1st Andy Rodriguez

Women BB - 1st Lindsay Quinones
2nd Jenn Rusciani
3rd Ashley Ayres

Women Int - 1st Aisha Fidler

Women Beg - 1st Hannah Collins
2nd Samantha Lambert

Sr Men BB - 1st Mike Lapsley
2nd Joe Navarro
3rd John Dickenson
3rd George Dudo

Sr Women BB - 1st Kajal Desai
2nd Karen Dimacale
3rd Barb Polun
3rd Debra Toutant

Masters - 1st Wade Dix
2nd John Dickinson
3rd William Krips
3rd Mark Fancher

Sr. Men Color - 1st David McCain
2nd Merced DeHaro

Sr. Women Color - 1st Kim Hence

CALENDAR OF EVENTS

IMA BLACK BELT & CHO DAN BO EVALUATION

SATURDAY, JULY 16, 2011

EGG HARBOR TWP. COMMUNITY CENTER

5045 ENGLISH CREEK AVE.
EGG HARBOR TWP., NJ 08234

9:00AM CLINIC
10:00AM EVALUATION

TO MAINTAIN CONTINUAL DEVELOPMENT
AND HIGH QUALITY IN YOUR BELT LEVEL,
ALL YU DAN JA AND CHO DAN BO ARE
REQUIRED TO PARTICIPATE.

SUCCESSFUL COMPLETION OF THIS OF THIS
EVALUATION IS NECESSARY IN ORDER TO
HELP US DETERMINE WHETHER YOU TEST
FOR YOUR NEXT DEGREE.

APPLICATIONS SHOULD BE RETURNED NO
LATER THAN JULY 12, 2011.

MASTERS CLINIC

JULY 16, 2011

FOLLOWING THE EVALUATION THERE
WILL BE A MASTERS CLINIC AT 12:00PM.

Summer Training Tips (cont.)

Hit the Beach

Training on the sand is great for improving stability and overall power. Try sparring or shadow boxing on the beach. Try to wear a martial arts uniform or gym gear, if there are two of you so people don't think you are in a real fight.

Grapplers will get great benefit from training on sand as well, provided you don't mind the mess. Practice bridging and turning on the sand. You can also grapple with partners, we would recommend wearing goggles, as stupid as that might sound, as sand in the eyes is not enjoyable.

Visit The Park

Cardiovascular endurance "wind" is extremely important to being good martial artist. Try jogging on the grass if you can avoid jogging or running on cement, as it is bad for the joints. If you are just starting out, set yourself a mark, such as a particular tree or pole, jog out to it at a moderate pace, and jog back. As your endurance improves, either increase the distance of your marker or the number of times you go back and forth.

For martial artists with better endurance, try running sprints. Pick a marker that is a moderate distance away, and run to the mark as fast as you can. For an added challenge, as soon as you get to your mark, drop down and do 25 push-ups. Get up and sprint back to your starting point. Drop to the grass and do 25 crunches. Rest at this point for between 1 and 5 minutes, then repeat. You can also mix these up some. Instead of doing pushups or crunches, you can do a certain technique for 25 reps in-stead.

These tips are a good start in getting the most out of your summer training. Enjoy the good weather while you

Sparring

6 & Un Int - 1st Nicole Clifford
2nd Sean Dolan
3rd Victoris Telschow
3rd Nicolas Torres

6 & Un Beg - 1st Morgan Savko
2nd Joseph Nappa
3rd Mikey Cruz
3rd Bobby Urbanelli

7/8 Boy BB - 1st Jake Green
2nd Gavin Paul-Welsh

7/8 Adv - 1st Josephine Morgan
2nd Jackson Christinzio

7/8 Boy Int - 1st Joshua Jacoby
2nd Nicholas Bove
3rd Kaiden Lieberman
3rd Caesar Gonzales

7/8 Beg - 1st Nicolas Marin
2nd Conner Burns
3rd Cristen Martinez
3rd Michael Carfagno

7/8 Girl Beg - 1st Naomi Unverzagt
2nd Sydney Ball

9/10 Boy BB - 1st Matthew Wear
2nd Gabriel Gaw

9/10 Girl BB - 1st Ashley Iveson
2nd Anize Kirkland

9/10 Boy Beg - 1st Victor Marin
2nd Gabriel Gaw

9/10 Adv - 1st Rhon Galarita
2nd Kristopher Frank
3rd Kayla Servis

11/12 Boy BB - 1st Adrian Palacio
2nd Andrew Jacoby
3rd Brian Aylesworth

11/12 Boy Adv - 1st Tyler Broughton
2nd Isaac Gaw

11/12 Boy Int - 1st Dillon Conrad
2nd Kenny Nicholson
3rd Chaz Garrison

11/12 Boys Beg - 1st Mikel Conrad
2nd Dimitri Raimonde

11/12 Girl BB - 1st Samantha Dimacale
2nd Kristianna Gaw
3rd Tara Griffiths
3rd Maya Desai

11/12 Girl Adv - 1st Jillian Moran
2nd Alexis Krips

11/12 Girl Int - 1st Rachel Padwani

13/14 Girl BB - 1st Kimberly Alexander
2nd Nisha Desai

15/16 Girl Beg - 1st Nicole Clifford

13/14 Boy Int - 1st Alexander Matos
2nd Anthony Matos
3rd Sebastian Figueroa
3rd Tyler Gillian

15/16 Boy BB - 1st Chris Bonilla
2nd Zach Warren

15/16 Boy Int - 1st Brandon Conrad
2nd Terry Wong

15/16 Boy Be - 1st Justin Dickenson
2nd Alexey Kulpin

Women BB - 1st Lindsay Quinones
2nd Ashley Ayers
3rd Jenn Rusciani

Women Adv - 1st Kim Mondae Hence
2nd Lauren Moran

Women Int - 1st Samantha Lambert
2nd Aisha Fidler

Men BB Hvy - 1st Martin Carson
2nd Shane Dempster
3rd Michael Purcell
3rd Josh Vertolli

Men BB Lt - 1st Ivan Chen
2nd James Robinson
3rd RJ Vertolli
3rd Josh Uron

Men Adv - 1st Michael Godwin
2nd James Dippner
3rd Wendell Hannah

Men Beg - 1st Andy Rodriguez
2nd Merced DeHaro
3rd David McCain

Sr. Women BB - 1st Karen Dimacale
2nd Kajal Desai
3rd Debra Toutant
3rd Pat Savko

Sr. Men BB - 1st John Dickenson
2nd Robert Barrett
3rd Mike Lapsley
3rd Joe Navarro

Masters Division - 1st Wade Dix
2nd Joe Barberi
3rd Bill Krips
3rd Jill Gorsky

Demo Team

1st Yi's Karate of Vineland
2nd Yi's Boum Dee Dojang

Grand Champions

Forms - Lindsay Quinones

Teen Sparring - Ray Dudo

Mens Sparring - Ivan Chen

Women,s Sparring - Karen Dimacale