
THE IMA SIDEKICK

Volume 1, Issue 4

June 2009

June is for Dad's at Yi's Martial Arts Schools

Dad's start your Martial Arts journey with one free month of training

Dad's start your Father's Day celebration with one (1) FREE month of training. In honor of Father's Day, Yi's Martial Arts schools are offering Dads 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 Dads to spend time with their children and families, and enjoy 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...

Look Beyond What You See:

By Master S. Nar

I have been training in Tang Soo Do for over thirty two years. During this time I have learn't to control my emotions and have become more patient with myself and others. I have seen some incredible feats of strength and inner power demonstrated through the practise of traditional Tang Soo Do. One only needs to look at Kwan Jang Nim as an example. I have seen instructors at all levels, shapes and sizes demonstrate their skills and although people have different and varying degrees of skill, it is still heart rendering to see people reaching their full potential.

However, and unfortunately people don't always see things in the same way. How many times have you heard a student describe a particular instructor as 'not that good'? So what constitutes good in traditional Tang Soo Do? If a black belt can do a 180 degree side kick in a demo but is a menace to society outside the do jang, does that still make them good? All that might stick in the student's thoughts is the 180 degree side kick. If an instructor can't kick very high and struggles physically to keep up with others, but cares about his/her students and is a positive asset to their community, does that make them good? In my eyes I would definitely say yes to the latter. One of the most important lessons I have learn't during my practise is that looks can be very deceiving.

So the next time you are asked if an

INSIDE THIS ISSUE

- 1 June is for Dad's
- 1 Look Beyond what You See
- 2 Black Belt Test Results
- 3 Calendar of Events
- 3 News from Europe
- 4 Meditation

Black Belt Test Results

Spring Cycle 2009

6th Dan Master

- Alexander Lonabaugh – United States

4th Dan

- Jana Buttram – United States
- Nancy Barberi – United States
- Joseph Barberi – United States

3rd Dan

- Andrew Johnson – Great Britain
- Stephanie Johnson – Great Britain
- Lynn Kennedy - United States
- Tony Perez - United States
- Nicholas Calzaretto - United States
- Jonathan McClain - United States
- Jeremy Juckett - United States
- Diane Hanthorn - United States
- Christian Hanthorn - United States

2nd Dan

- Eckstein Spencer - United States
- Chad Hubler - United States
- Craig Gillespie – Great Britain
- Lois Richards – Great Britain
- Steve Matranga - United States
- Alessandro Sparacio - United States
- Giovanni Sparacio - United States
- Victoria McCulley - United States
- Madisen Dimacale - United States
- Adrian Palacio - United States
- Deija Inloes - United States
- Sahira Iqbal - United States
- David Chasen - United States
- Jose Constantino - United States
- Stasi Mavridis - United States
- Tyler Kuni - United States

1st Dan

- Brett Reich - United States
- Tyler Reich - United States
- John Mimplitsch - United States
- Anastasios Lazaropoulos - United States
- Thomas Lennie – Great Britain
- David Roughley – Great Britain
- Miroslan Smiljanic – Great Britain
- Alex Murphy – Ireland
- Christian Mizzi – Malta
- Bernard Azzopardi – Malta
- Dillion Scicluna – Malta
- Kevin Towna – Ireland
- Lydia Perry – Ireland
- Anthony Ronketty – United States
- Kunti Patel – United States
- Karina Goldberg – United States
- Connor Poisel – United States
- Douglas Getz – United States
- Vladimir Tikunov – United States
- Suk Joo Lee - United States
- Nicolas Linsalata – United States
- Leonard Fiannaca – United States
- Eyanna Spiegel – United States
- Alyssa Lewis – United States
- Anthony Celestino – United States
- Valerie Goldberg – United States
- Ashley McKishen – United States
- David Kiniry – United States
- Jennifer Nidorf – United States
- Samantha Nidorf – United States
- Kristianna Gaw – United States
- Jordan Callhan – United States
- Ralph Pileggi – United States
- Jasmine Rider – United States
- Michael Maginnis - United States

Congratulations on reaching this goal, but remember there is much farther to go, so continue your training with a renewed spirit of dedication.

CALENDAR OF EVENTS

MASTER'S FORMS CLINIC

IMA HEADQUARTERS
560 S. EVERGREEN AVE.
WOODBURY, NJ 08096

SATURDAY, JUNE 13, 2009

3:00 PM

BLACK BELT CEREMONY

IMA HEADQUARTERS
560 S. EVERGREEN AVE.
WOODBURY, NJ 08096

SATURDAY, JUNE 13, 2009

5:00 PM

LEADERSHIP SEMINAR

IMA HEADQUARTERS
560 S. EVERGREEN AVE.
WOODBURY, NJ 08096

SATURDAY, JUNE 27, 2009

12:00 PM (NOON)

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.

instructor is any 'good', take some time and thought and take into considerations one's attitude and character. Look beyond what you see before you make your judgement.

News from Europe: *by Master S. Nar*

1st All Ireland Invitational Championships were held on April 4th 2009 in Dublin Ireland. The event proved to be a success with close to 150 competitors. The tournament ran smoothly and finished on time. The team creativity was won by the DAL POON Academy from Bedford, England, coached by Master A. Young. Grandchampion winners were; female, Natasha Foster, and male, Albert Omensa. Both spectators and participants were treated to a Tang Soo do demonstration by Master Nar and Master P. McManus. The evening celebration disco echoed the spirit of the day, that of camaraderie, friendship, and fun. The 19th British tang Soo Do championships will be held in Bedford, England on 31-10-2009 and will be supported by students from Ireland. Everyone is looking forward to another thrilling tournament.

World Championships Update – Please can all wishing to attend the evening tournament banquet please return entry forms and payments by 1st November. Places will be allocated on a first come first served basis as spaces are limited. Prior to the World Championships on June 25th 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.

One of the most important lessons I have learn't during my practice is that looks can be very deceiving.

Master s. Nar

Are you preparing for the 2010 IMA World Championships in Dublin, Ireland

Travelling to Dublin for the 2010 IMA World Championships is a fun and exciting proposition. Like anything that is worthwhile though, there is a cost for a trip like this. Following is the approximate cost in today's dollars and current exchange rate of \$1.42/1 Euro, and you will need a Passport.

Air Fare - \$600 - \$800

Hotel (4 Nights @ 50 Euro's p.p.)* - \$284.00

Tournament (Competitors) - \$50.00 (Best Guess)

Gala Celebration (Opt.) – Adult \$50.00 Child \$25.00

Total for an Adult Competitor - \$934 - \$1,184.00

* Includes Full Breakfast

As you can see, attending this tournament is not cheap. However, I have attended all of our World Championships as well as all IMA European Championships, and I would say emphatically, that this experience is worth every penny.

In order to allow as many students as possible to attend the 2010 IMA World Championships, we will need to do some Fund Raising activities. Of course the sooner we start and the more funds we can raise the better, and I am hopeful that all students will participate in this endeavor.



Grand Champions and Masters at the 2006 IMA World Championships

Meditation: by Master Martin Carson

Hopefully, you have worked on your breathing techniques and are now ready to advance to meditation. With meditation, you will be able to control and direct your Ki (universal life force) to where ever you need it. For example, when you get angry someone may have told you to count to ten. This is meditation and you are actually controlling your mind to calm it. When pregnant women learn Lamaze techniques, they are learning how to deal with pain. Think of a juicy, tart lemon. If your mouth is watering you are actually changing the chemical balance in your brain merely through concentration. Now imagine what you can do if you actually practice meditation, and not merely chance upon it here and there in life.

Following is a good starting technique in meditation. Just like the breathing technique you learned, sit on the floor with your legs crossed, palms down on your knees, back straight, and eyes closed. Picture an apple and keep the picture steady in your mind. With practice, you should be able to increase the length of time you can hold the mental picture. When you become good at this, try to rotate the apple. See it moving in all directions, see the colors change and the imperfections of the apple. You may even be able to “bite” into the apple and “hear” the crunch and “taste” the sweetness. This technique is called visualization. You can use it with any object you please, and may eventually be able to use this technique in an entire 3D world.

If you are ready, you can try to visualize and direct your Ki. To do this, you must first understand the concept of *dan jun*. Dan jun refers to an area about two inches below your navel and two inches below the skin. Dan jun is the Ki center and the foundation of power and balance. Dan jun is where your kihap should originate because it is where Ki is gathered and stored. Using the same techniques as the previous visualization exercise, try to visualize the breath going into your lungs as Ki. See Ki not only filling your lungs, but also gathering in your dan jun. With practice, you can continue visualizing and send your Ki to travel through the body, or be able to send it to specific areas of the body.

It is essential to the dedicated martial artist to study breathing and meditation to be able to properly focus their power, to overcome pain and anger, and to gain confidence and peace with oneself. A martial artist that has practiced Ki development through meditation will be able to make their body light or heavy, harden parts of the body to protect it from damage, dull parts of the body so pain is not felt, and even increase power to beyond the normal limits.