
THE IMA SIDEKICK

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Celebrating Moms at Yi's Martial Arts Schools

Moms: Train with your Family Free for One Month

Practicing Tang Soo Do is an activity that everybody can participate in. Not only are the Martial Arts able to be enjoyed by all people, it is an ideal Family activity. Whether one is very young or not quite so young, you will still enjoy the innumerable benefits that the martial arts offer. It's hard to imagine another activity that promotes a healthy mind, body, and spirit, while strengthening and enhancing our relationships with others, especially those closest to us.

There are many wholesome activities, like playing games, travel or vacations, exercising, etc., that we can spend time with our families and enjoy each others company. Tang Soo Do however, offers much, much more. Besides the physical training and tradition of an art with roots dating back 2,000 years, Tang Soo Do holds as its' main concern 'respect'. Respect for ourselves, respect for others, and respect for all humankind and the world we live in. Tang Soo Do requires that we strive to live by the Five Code Spirit

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Breathing

By: Master Martin Carson

Correct breathing is used to focus the mind, increase concentration and enhance physical performance, among other things. Learning how to control your breathing will only make you a better martial artist.

By now you are already familiar with the *ki hap*, or spirit yell. We can separate this word into two components, *ki* and *hap*. *Hap* generally means "coordinating" or "harmony." *Ki* means "universal life force" or the energy that pervades all things within the universe- people, animals, water, rocks, trees, and outer space. Therefore when you *ki hap*, you are literally harmonizing your universal life force, gathering it and directing it toward the appropriate use. Learning how to control your breathing will help you begin to develop your *Ki*, thus giving you control over your body physically, mentally, and medicinally.

Learning to control your breathing begins with becoming aware of it, since it is normally an involuntary act. During meditation (*mun nyum*) at the beginning and end of class, think only of your breathing. Sit on the floor with your legs crossed, hands palm down on your knees with your back straight. Your eyes can be closed, or open and focused on a stationary object. Breathe in through your nose, ballooning your abdomen (stomach area) to fill up your lungs. Hold that breath, then release it slowly either through your nose or your mouth. With proper practice, you should be able to increase the length of this breathing cycle. For example, breathe in for a count of four, hold for four, and release for four. With practice, you can increase that to in for eight, hold for four, and release for eight. This technique is very basic and should follow with much more advanced learning and practicing.

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and Seven Tenets.

Five Code Spirit:

1. Be Loyal to Your Leader
2. Obedience to Parents
3. Honor Friendship
4. Always Finish what You Start
5. In Fighting Choose with Sense and Honor

Seven Tenets:

1. Integrity
2. Concentration
3. Perseverance
4. Respect and Obedience
5. Self Control
6. Humility
7. Indomitable Spirit

In honor of all Mothers (and your families), Yi's Martial Arts schools are encouraging you to try Tang Soo Do. We are offering Moms **1 free month** of training – see your school's instructor to get started, and see what else they may be offering.

Here's what Mother/Daughter Christine and Emma, who train at Yi's Karate of Cherry Hill, say about training together;

Christine's comments:

When my daughter first brought up the idea of taking karate, I admit I wasn't too enthusiastic. I thought that she was probably envisioning something where she would walk right in and chop two-by-fours in half. But, thankfully, she persisted, and I finally took her. After watching her for some months, I decided to give it a try myself and am really glad I did. It's a great bonding thing for us, and its fun to have been introduced to an activity by my child instead of it being the more typical path of something I picked out for her. I also like that she is the higher belt rank. As the youngest child in the family, she usually is the last to experience things – in this case, she even outranks Mom!

Emma's comments:

Mommy and I are a good team. I like that we can practice forms together. I love us being a team. Yes! Yes! I outrank my mom!

Indomitable Spirit

Undying Enthusiasm and Endless Energy for Excellence

By: Master John Dickinson

To have indomitable spirit is to develop and maintain a burning desire to excel and achieve your goals in life. It takes a lot of energy and enthusiasm to achieve excellence. The martial arts are filled with role model examples of indomitable spirit.

To develop this spirit, it requires an individual to learn to get excited and be willing to demonstrate it. In the classroom, during a workout, preparing for an exam, demonstrate your spirit and enthusiasm. Once you get used to it, you'll find it easier to apply to other areas of your life.

A person who is enthusiastic and excited about achieving a particular goal, is exciting to be near. They tend to give off a vibrant energy that is catching. The key is to learn to maintain your spirit even when you encounter difficult times. It's easy to be excited and happy when things are going well, the tough part is to keep yourself up when you're not feeling well or facing obstacles and challenges. Indomitable spirit is the internal drive and excitement to achieve excellence.

Try to take a quiet moment each day to think about your goals and your future. Then be sure to take the proper action today that will continue to lead you toward success and happiness with your life. Practice showing outward spirit and energy. Smile and be excited about the good things life has to offer. Think positive and believe in yourself. **LIVE WITH INDOMITABLE SPIRIT.**

*Of all things you wear,
your expression is the most important!*

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)

TOURNAMENTS:

All Martial Arts Open Championship

Saturday May 2, 2009

Fitzgerald Field House, University of Pittsburg

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.

Not only is breathing important during mun nyum, but it is also important during the physical techniques in training. Make sure you always breathe properly during stretches. Make sure you breathe out during focused energy movements such as kicks, punches, and blocks during regular techniques and forms. It is suggested that you make a breath sound every time you need to focus energy, so that you are conscious of doing so. For example, if you are executing a punch in a form (that doesn't have a ki hap), at the exact point power and snap within that block you should create a sound that comes from your abdomen that may sound like "shio." If you are conscious of your breathing techniques and keep practicing, eventually they will become instinct and you will notice a greater improvement in your abilities.

Correct breathing is used to focus the mind, increase concentration, and enhance physical performance.

Learning to control your breathing begins with becoming aware of it.

33rd Annual Garden State Invitational Championship

March 28, 2009



Grand Champions and the Masters

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 \$1.30/1 Euro, and you will need a Passport.

Air Fare - \$600 - \$800

Hotel (4 Nights @ 50 Euro's p.p.)* - \$260.00

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

Gala Celebration (Opt.) – Adult \$45.00 Child \$23.00

Total for an Adult Competitor - \$910 - \$1,155.00

* 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.



Opening Ceremonies

2004 IMA World Championships Bedford, England

Information on International Martial Arts and Tang Soo Do

About Tang Soo Do

Tang Soo Do is one of the oldest Martial Arts. It originated in Korea around 2,000 years ago, and the philosophy and techniques are still being taught today. The term "Martial Arts" refers to that body of knowledge that enables us to apply physical techniques together with keen mental and spiritual power. You must consider this as you practice the art of TSD. Your strong and truthful commitment is of the utmost importance. Only if you begin with dedication will you succeed with your endeavor.

Our teaching of TSD Moo Duk Kwan is to stop violence. As you move up through the belts, you will realize that TSD is a way of life. You will gain a new way of thinking and acting which will guide and teach you in all areas of life so that you will be happier, healthier and wiser. The kicking techniques of TSD are based on the ancient Korean kicking style of Tae Kyun, and the soft flowing movements come from the northern and southern Chinese systems.

The word "Tang" originates from a Korean word meaning "to defend and strike." "Soo" means hand, but it may also be interpreted as a punch, a strike, a fist, or a defense. "Do" means a way of life. When you combine the three words, Tang Soo Do means "The Way of the Hand of Tang."

International Martial Arts

The International Martial Arts Association is an organization of individuals whose goal is to further the art of Tang Soo Do while preserving the unique heritage and traditions of this time honored art. Members of the IMA work toward the proliferation of the art throughout the world.

Founded by Grandmaster Ki Yun Yi in New Jersey, USA, in 1984, the organization now spans four continents. Although the IMA is a dynamic and growing organization, there is a unity and brotherhood throughout the member schools.

Each year the association grows stronger not only in members that train in our current schools but with new schools joining the I.M.A. because of its reputation and goals. The association is not looking to be the largest Tang Soo Do group but one that is respected for its student's tradition, attitude, spreading of this Korean Martial Art and support of each gym's community. Grand Master Yi's desire is that each school give back to each community they are in as much as they receive in support. For the true martial art thought is ; "We are the community and so it is part of your code to share the skills and support that area to build and grow together.