



# IMA JOURNAL

IMA Worldwide News

November 2013

Honbu Dojo: 1340 Main Street, Louisville Colorado 80027 Tel: 303-665-0339 www.imakarate.com

## A Note from Hanshi

I would like to congratulate Sensei and Senpai McGavin (IMA North Fork) for their outstanding and well organized tournament on October 12<sup>th</sup> in Grand Junction, Colorado. They had close to 150 competitors and 20 referees.

I would also like to share a story of a recent event in my life. I had been invited by Sensei Philip Kalloo to travel to Trinidad and Tobago to give technical, coaching and referee seminars and to oversee the championship. It was a good experience and I met many high-level referees and competitors. On October 22nd I was on my way back home, flying to Miami on American Airlines flight #2282 when suddenly the cabin started filling up with smoke. There was a fire in the cockpit and one of our engines was leaking oil. It was announced that we were going to have an emergency landing in the water and everyone had to put on their life jackets. We were all bracing ourselves for impact, crying, and praying out loud. Fortunately, our pilot was able to get the plane to land on an island called Turks and Caicos. We had a rough landing and were met by countless fire trucks spraying water all over the plane while the flight attendants opened the exit doors to let out the smoke. During the 30 minutes of confusion and feeling helpless in the airplane I was thinking, "Life TRULY is a blessing and is priceless," as I always say in my classes and at testing. My message to everyone is to take the time to enjoy life, enjoy your siblings, appreciate what you have, hug your family and friends and say, "I love you." As we all say, "Life is short," and I learned that it could be a lot shorter than you think.

Finally, I would like to wish Mr. & Mrs. Gilca who are hosting the 7<sup>th</sup> Annual IMA Utah Championship on November 9<sup>th</sup> a successful tournament and the best of success to Kamran, Maya, and Kuba in Spain for the Jr. World Championships from November 7<sup>th</sup> – 10<sup>th</sup>.

I LOVE YOU ALL, and thank you for being my friend.

Hanshi

## IMA Utah Championship

Have you registered online? The IMA Utah Championship is just around the corner! Here is a welcome letter from Gilca Sensei.

*Dear Senseis, Athletes & Friends,*

*Our 7<sup>th</sup> Annual IMA Utah Karate Championship will be held in Cottonwood Heights, Utah on November 9, 2013.*

*The tournament will be held at the Cottonwood Heights Rec Center (basketball court) located at 7500 South. 2700 E., Cottonwood Heights, UT 84121. Check in will start at 8:30 AM. We will start Opening Ceremonies at 9:30. The tournament will begin promptly at 10:00.*

*We have arranged hotel accommodations at The Crystal Inn, Midvalley. They are proud*

## Calendar of Events

- **IMA Utah Championship**  
Nov. 9, Cottonwood Heights, UT
- **IMA Unity Tournament and Holiday Party**  
Dec. 14, Louisville, CO
- **IMA Honbu Dojo Kyu Testing**  
Dec. 21, Louisville, CO
- **IMA Goshin-Ryu Championship**  
Mar. 2, 2014, Flushing, NY
- **2014 Rocky Mountain Championship**  
May 3 & 4, 2014, Louisville, CO

*to offer a special rate of \$77.00 per night plus tax, to those who will be arriving to our area to compete in the tournament. This rate will be guaranteed up to 30 days in advance. They are happy to offer a shuttle to and from the Cottonwood Recreation Center. The shuttle will be available in the morning prior to the tournament and a return after the tournament. Come early and enjoy our beautiful state. Visit [www.utah.com](http://www.utah.com) for a list of area attractions. Please visit our website at [www.imautah.com](http://www.imautah.com) to view all tournament information including registration and payment.*

*Please contact us if you need any information regarding the tournament or have any problems with online registration or payment.*

*We are looking forward to a wonderful tournament and thank you for your support!*

*Sincerely,*

*Sensei Marius Gilca*

Congratulations to all of our competitors who participated in the North Fork and Colorado Classic tournaments.

## North Fork Tournament, Grand Junction

Ewan Albright: Silver in kata; Gold in kumite

Kai Funk: Silver in kumite

Kamran Madani: Gold in kumite

Alex Matsumoto: Gold in kata; Gold in kumite

Bryan McCarty: Bronze in kata; Bronze in kumite

Alex Miller: Gold in kata; Gold in kumite

Kate Nakasato: Gold in kata; Silver in kumite

Kurt Nakasato: Bronze in kumite

Alex Quiachon: Gold in kata; Bronze in kumite

Zach Smith: Gold in kata

Alex Quiachon: Gold in kata; Bronze in kumite

## Colorado Classic Tournament, Niwot

Ewan Albright: Gold in kata; Gold in kumite

Alex Matsumoto: Gold in kata; Gold in kumite

Ari McCarty: Gold in kata; Gold in kumite

Alex Quiachon: Gold in kata; Gold in kumite

Jake Peters: Silver in kata; Silver in kumite

Zach Smith: Silver in kata; Gold in kumite



Back: Kate Nakasato, Alex Matsumoto, Kamran, Kelara Madani, Alex Miller, Jake Peters, Bryan McCarty  
Front: Keon ZiaShakeri, Kurt Nakasato, Ari McCarty, Alex Quiachon, Zach Smith, Ewan Albright  
Not Pictured: Kai Funk

## Good Luck!

Wishing our IMA competitors good luck at the World

Championships in Guadalajara, Spain:  
Kamran Madani from IMA Honbu Dojo and Maya and Kuba Wasowicz from IMA Goshin-Ryu (the first sister and brother from IMA Goshin-Ryu to compete in the World Championships.

2013  
Guadalajara - Spain  
world  
karate  
championships  
cadet & junior

## "Thank You," from McGavin Sensei

Open Letter to IMA Coaches, Senseis, Students and Officials,

Thank you to everyone for your support of the 6<sup>th</sup> Annual North Fork Championship. This year was our first sanctioned event. With your help we looked very professional.

I was very pleased and proud of the fantastic job done by everyone from the competitors, to the officials, to our staging crew and scorekeepers. The whole event went well and everyone had fun. We look forward to seeing everyone next year.

Just shows that IMA is the best!

Sensei and Senpai McGavin

North Fork Karate

## Hanshi's Travels

On October 18th, Hanshi traveled to Trinidad and Tobago to give seminars. The students were very appreciative of his visit and learned valuable tips on how to improve their techniques. Contact Hanshi to schedule a seminar at your location: [madani@imakarate.com](mailto:madani@imakarate.com)

Some of his seminar topics include but are not limited to:

- The differences between traditional and sport karate, and the advantages of each
- How to generate inner power and strength in karate techniques
- Developing speed and agility in kata & kumite at any age
- The development of appropriate training programs for competitors of all ages and abilities
- Ring management and refereeing techniques
- Learning to maximize your potential using energetic movement and an understanding of biomechanics
- The psychology of competitive strategy
- Breath control and how it relates to speed and dynamic movement



Hanshi's Seminar in Trinidad and Tobago



*Hi Sensei Cyrus,*

*Heard about your adventure. Glad to know that you and everyone on the flight are ok. What an experience! I am sure that one such experience is enough. Thank you for everything. I think that your visit and future visits can help us to improve in our training and performance. I am looking to see if I can make a short visit to Colorado. Will keep in touch. My regards to your family and students.*

*Sensei Philip Kalloo*

*Dear Sensei Cyrus,*

*Hope you returned safely, and all is well at home.*

*Thank you again for your visit, I appreciated the way you pull together all the technical and psychological aspects of training into a very practical way to teach the athletes. I found it most interesting and thought provoking. You have left with me a great number of avenues to explore, for this I am grateful... thanks!*

*Regards,*

*W. Dexter Shim*

### Quote of the Month

*Success is not a place at which one arrives but rather...the spirit with which one undertakes and continues the journey*

*Alex Noble*

### Question of the Month

*We know the US National bird is not the Turkey but the Bald Eagle. What kata is named after a bird?*

*Tell your instructor and earn a red stripe!*

#### **Bonus Question:**

*Does Bob have a belly button?*

## Madani Sensei's Travels

In her capacity as WKF RC Official, Madani Sensei was invited to travel to St. Petersburg, Russia from October 15th to 22nd to participate in the World Combat Games. The World Combat Games is an event recognized by the Olympic Committee that takes place every four years and organizes the 15 Martial Arts and Combat Sports: Aikido, Boxing, Fencing, Judo, Jujitsu, Karate, Kendo, Kickboxing, Muay Thai, Sambo, Savate, Sumo, Taekwondo, Wrestling, and Wushu.





**Mr. Radu Gal from Romania and Gilca Sensei**

## New Classes Starting Soon!

IMA Honbu Dojo will be starting a new class in January for 3 to 5 year olds. Tiny Tigers classes will be taught by Mrs. Tammy Nakasato, 1st kyu and former pre-school educator. Class time to be determined based on mutual availability. Let Mrs. Nakasato know if you are interested. Call (303) 665-0339 or email [tnakasato@imakarate.com](mailto:tnakasato@imakarate.com). Looking forward to hearing from you!



## Congratulations!

Congratulations to Tabriz Sensei on his recent marriage to Homa. Wishing you a lifetime of joy and happiness together.

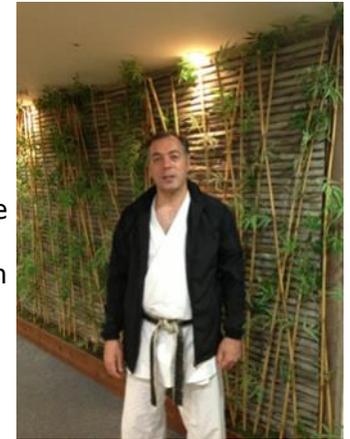
## Congratulations to Mr. Radu Gal!

Gilca Sensei (Marius) recently traveled to Romania to meet with Mr. Gal, his former student, to test him for the rank of Shodan. Congratulations goes out to Mr. Gal on obtaining his black belt from IMA! Special commendation goes out to Gilca Sensei for his commitment and dedication to IMA's outreach to the world and thus to IMA's future. Thank you, Gilca Sensei!

## Congratulations to Shihan Safi

Shihan Safi is the chairman of our IMA Technical Committee and represents IMA in Iran and the Eastern countries.

A big congratulations for a job well done goes out to Shihan for his continued efforts and successful work as the coach of the Korean national team. We wish him good luck with his new dojo in Iran and hope to see him in the USA very soon.



**Shihan Safi from Iran**

## Testimonial

Recently I went to an "Ultimate Conditioning" class at a friend's gym. I had heard that the instructor was rather hardcore & since I don't normally take the class, I was a bit concerned that I'd be terribly sore the next day, but I wanted a good workout. Most of the class comprised of non-stop jumping, kicks, squats, weights, & push-ups, all while balancing on a bosu ball, which was no easy feat; it required constant balance & focus to not fall off! Not only did I survive the class, but to my surprise, I wasn't sore, and that I attribute to the great workout, focus, and training we get in our karate classes. It's nice to experience our karate skills benefiting us outside the Dojo. Thank you, Sensei(s)!



**Linda Polanowski**

## Upcoming Tournaments



**19th Annual  
IMA  
Unity Tournament**

December 14, 2013  
IMA Honbu Dojo, 1340 Main St.  
Louisville, CO 80027

Check-in: Everyone should be at the dojo by 7:30 AM  
Ceremony & Competition: Starts promptly at 8:30 AM  
Registration Fees: One event -\$35.00  
Two events -\$45.00  
Team Kata or Kumite: \$20 each person

*Open to all ages and levels*

*All competitors who are 11 yrs. of age and under will be presented with an award*

*For more information  
please contact us at (303) 665-0339 or email  
tnakasato@imakarate.com*



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Contact Luis Ruiz @ 347-400-5632 senseiluisruiz@gmail.com / Avi Azoulay @ 516-364-6610 info@americanjka-ny.com

## Kevin MacNeil

Were you wondering how our dojo mats got to camp? Did they fly there? Who set them up? Ever looked to see who drives the big U-Haul with all of our equipment to the Rocky Mountain Championship? Who oversees the set-up? Have you seen the beautiful new doors and windows? A sincere, heartfelt "thank you" goes out to IMA Honbu Dojo's special, first-rate, expert builder, dojo maintenance manager and event equipment coordinator, Kevin MacNeil. Kevin is our behind-the-scenes man who helps to keep our dojo and events functioning smoothly. He works hard, is conscientious and very dependable. If you see him around, shake his hand, pat him on the back, or give him a kiss on the cheek. He deserves our appreciation. Thank you, Kevin! We truly appreciate your time, energy and expertise. You are amazing and **we love you!**



## Alumni Letter

For all those who remember her, here is a note from Honbu Dojo's Miya Leeta, Bronze medal winner at the 2009 World Championship in Morocco.

*Hello Hanshi,*

*How are you doing? I hope everything is going well with you and everyone on the competition team is training hard.*

*I am in my senior year of college and currently working at the infectious disease research lab in Fort Collins. I will be taking the MCAT in summer and applying to medical school in less than a year. I'm hoping to get into the University of Colorado Denver.*

*Anyways, just wanted to check up and see how everything is going.*

*Sincerely,  
Miya*



*I love watching everyone train. Oh look! All the students are coming over to visit me!*

*Hey! If you're going to punch me, keep your wrist straight! Now you're kicking me! Oomph! Kick higher! Above the belly button! I'm a nice guy. I don't punch back. Happy Halloween.*

Bob



## Submit your News and Pictures

Send to [tnakasato@imakarate.com](mailto:tnakasato@imakarate.com) for inclusion in the next newsletter

**Newsletter Staff:** Wanda Lestinsky, Tammy and Keith Nakasato



From IMA Honbu Dojo Little Dragons Class

**Hope you had a Happy Halloween!**



**I Vonder Whooooooo Iz Dis Ghost from Dojo Past?**



From IMA Goshin-Ryu with Ruiz Sensei



From IMA Honbu Dojo Youth Class

### From the mouths of Little Dragons:

"Ahhhhhhh! There is a ghost in the bathroom! The light went on by itself!"

(Kevin MacNeil had just installed motion sensor lights in the bathroom).