

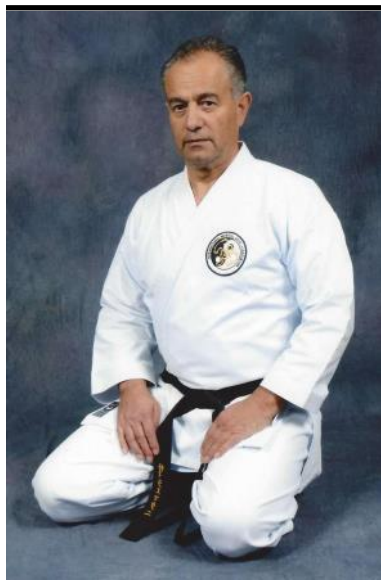


IMA JOURNAL

Worldwide News

December 2013

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



A Note from Mr. M

I would like to THANK everyone who read my note last month concerning my airplane experience and for calling, writing and talking to me in person.

Congratulations to my son, Kamran Madani and to Sensei Ruiz's student, Maya Wasowicz from IMA Goshin-Ryu in New York for an outstanding

performance in the World Championship in Spain on November 7th and 8th. Kamran had three hard matches and became 8th in the world from over 80 competitors. Also, I am very proud of Kamran for his leadership, dedication and devotion to the US team members as he was selected in Spain by the US coaches to be the US Team Captain.

I would like to also congratulate Sensei Marius for an outstanding championship in Utah with many competitors and referees. I am very proud of our IMA family for coming together to help each other.

As you know we are getting ready for our traditional end of year Unity tournament on Saturday, December 14th. This year we will have several competitors from the Honbu dojo, from other Colorado dojos, Kansas, Indiana, Florida and Missouri who will participate in both the Unity Tournament and our special ELITE

training. We are expecting close to 200 competitors. Our holiday party potluck is at 6:00 PM on the same day.

I hope that you and your family had a very happy, healthy and heartwarming Thanksgiving holiday. As I always say, we have to be thankful for what we have and enjoy every moment.

In karate spirit,

CM



HAPPY HOLIDAYS

19th Annual IMA Unity Tournament and Holiday Party

Once again, it is our tradition to finish the year with our IMA Unity Tournament. The purpose of this tradition is for IMA students and IMA friends from different locations to meet each other and have a nice, friendly gathering.

This is designed for all ages and levels (white to black belt). Registration forms can be found on our website at www.imakarate.com. Register today!

In addition to the tournament, we will have our annual **Holiday Party Potluck, (a free event) with dinner entertainment by our very own karate-ka at 6:00 PM (cocktail attire). This is a "Do Not Miss" event!** The party will be at the Honbu dojo on Saturday the 14th, the same day as the tournament. **Hope to see you there!**

Calendar of Events

- **19th Annual IMA Unity Tournament and Holiday Party**
Dec. 14, Louisville, CO
- **Honbu Dojo Kyu Testing**
Dec. 21, Louisville, CO
- **Dan Testing**
 - **First Part of the Test**
Jan. 18, 2014, Louisville, CO
(Honbu dojo karate-ka only)
 - **Second Part of the Test**
Jan. 25, 2014, Louisville, CO
(Karate-ka from all dojos)
- **IMA Goshin-Ryu Championship**
Mar. 2, 2014, Flushing, NY
- **19th Annual Rocky Mountain Championship**
May 4, 2014, Louisville, CO
- **20th Annual Rocky Mountain Gasshuku**
October 3 -5, 2014, Inn at Silver Creek, Granby, CO

Congratulations to our IMA Honbu Dojo members who competed in the Utah Championship



Ewan Albright:
Silver in kata
Silver in kumite

Alex Quiachon:
Gold in kata
Bronze in kumite

Bryan McCarty:
Bronze in kumite

Keon ZiaShakeri:
Silver in kumite



Welcome Home, Maya and Kamran!

Maya Wasowicz and Kamran Madani competed in the Junior World Karate Championship in Guadalajara, Spain in early November. Although they did not receive any medals, our IMA family is extremely proud of them.



US Team in Guadalajara, Spain

"Thank You," from Gilca Sensei

The 7th Annual IMA Utah Karate Championship was a success this weekend because of you! Judges, referees and volunteers, we want to express our deepest appreciation for the time you took and effort you made to come help at the tournament. Without referees, judges, and volunteers this kind of event is not possible and you are who make it happen. Once again it shows how the IMA family is so supportive and giving. Thank you to all the Senseis, competitors, coaches, parents and their families for supporting these events.

Thank you,

Sensei Marius & Rebecca Gilca
International Martial Arts Association of Utah

Madani Sensei's Travels

Mrs. Madani traveled to Phoenix, Arizona from November 15th to 16th to oversee the Arizona Karate Championship and to give referee and kumite seminars.



Sensei leading kicking and agility drills



Question of the Month

*Which is the fourth closest dojo to the IMA Honbu Dojo?
Las Vegas? Utah? Kansas?
According to Google maps, Sensei Nick Neagu wins!*



Sensei Nick's dojo (4141 Meadows Lane) under the bright lights of Las Vegas is the fourth closest IMA dojo to the Honbu Dojo.

Dan Testing in January

Honbu dojo karate-ka who have been invited to dan testing on January 25, 2014, **must** also reserve January 18, from 12:30 to 3 PM for the first part of the test. Plan to arrive by 12:00 noon.

Goals for the New Year

What goals do you want to achieve in 2014? Write down **three goals** on a 3 X 5 index card and bring it to your karate class. Your Sensei will display it in the dojo to motivate you to stay on track. Every goal achieved will be acknowledged and celebrated!

New Classes Starting Soon!

IMA Honbu Dojo will be starting Tiny Tigers classes in January for 3 year olds and 4 to 5 year olds. Class time for 3 year olds to be determined based on mutual availability. Classes for 4 to 5 year olds will be on Tuesdays and Thursdays from 4:10 to 4:50 PM.

Let Mrs. Nakasato know if you are interested. Call (303) 665-0339 or email tnakasato@imakarate.com.

Looking forward to hearing from you!

Dasha Petropavlovskikh

"I started karate at the Louisville recreation center with a friend when I was seven years old. He quit a year into it, but I continued on to the Honbu dojo. I got my black belt last January, and I have been teaching the Little Dragons class for over a year now. I teach the Youth class now too and I love it! I go to Fairview High School as a sophomore and I am 15 years old. I love to cook, draw and play the piano. It was amazing to learn how to make something new and to make it by hand. It was fun, but very frustrating."

Dasha sewed a wall file for the Honbu Dojo to organize our tape, teaching log and various papers to hand out to students. You can see her handiwork as you walk in the front door. We're so glad that she is helping to make the dojo neat and tidy. Thank you very much, Dasha! We truly appreciate your time and effort. It's good to see that your determination in karate applied and translated into your determination to learn how to sew.



Dasha and her beautiful wall file organizer



Shihan Muhammad and Madani Hanshi at the Honbu Dojo

Shihan Muhammad

Shihan Muhammad, founder and chief instructor of Integrity Martial Arts Academy in Kansas City, Missouri has about a hundred students from many different countries and has one of the most ethnically diverse dojos in the United States. Shihan began his journey in Shotokan karate after witnessing a demonstration as a teenager in St. Louis. He was impressed by the self defense potential and from then on, was hooked. Shihan particularly enjoys the feeling that he gets after a good workout and the satisfaction that students get from training. He came to visit the Honbu Dojo on November 22nd and trained with Hanshi and the Honbu dojo family for three days. When asked about his visit, Shihan replied, "I have learned to appreciate Hanshi's instruction even more. He is helping me to develop a new business philosophy and has inspired and encouraged me to get in better physical shape. In addition, he has introduced me to a new, wonderful family of friends. I come to the 'Mile-High' city for inspiration." We feel the same about you, Shihan. We love having you in our family and can't wait to see you again.

Prud'Homme Sensei

How many of you know a person as multitalented as Mrs. Michelle Prud'Homme? She works full time, trains, teaches Saturday morning classes, emcees at our dojo gatherings, balances on the Labor day float as Head Referee while also keeping everyone else from falling off and smiles just before she takes you out on a take-down in class.

Prud'Homme Sensei holds a fourth degree black belt and is working towards fifth degree. At the US Open, Nationals and our local tournaments, as she is no longer competing, you will see Prud'Homme Sensei serving as referee and judge.

Mrs. Prud'Homme started karate at IMA 20 years ago with her daughter, Renee. When she has time, she visits Renee in England. Mrs. Prud'Homme has attended every Rocky Mountain Gasshuku for the past 19 years. There are rumors that she missed one, but that year, we know we saw her picture on a sign that was sold to the highest bidder to raise money for the competition team. Stop and have a chat with Mrs. Prud'Homme and ask her to tell you about her favorite memory from her years with IMA.



Prud'Homme Sensei's Saturday students showing their complete adoration and love

Testimonials

Dear Hanshi,

Thank you for a very informative and energetic class last night by Skype. The ability for me to attend your classes using computer technology is priceless. I do not always have the time to travel to the Honbu dojo and the chance to train with you through Skype has kept me in touch and 'up to speed' with new information and new ways of thinking about training for both myself and my students.

For me as an instructor it has helped me to not become stale. I always come away with new information and a renewed excitement about karate. When my black belts are able to attend as well, we continue that unbroken path of knowledge in our organization. Few people understand what a rare opportunity it is to be able to train with the head of the organization on a regular basis.

Please accept my humble appreciation for the opportunity and I look forward to continuing to train with you in person and Skype for many years to come.

Respectfully,

Sensei Mcgavin, 5th Dan
IMA North Fork Karate

Thank You!

Special thanks go out to Jean Yamamoto (Daron's mom) and Odile Lynch for acquiring hundreds of tennis balls to cover the feet of our chairs and protect our mats! Thank you to Sue Whiting (Elam's mom) for taking the balls home and cutting them for us. You've saved Hanshi's hands! Thank you also to Kevin Smith (Zach's dad) for helping us organize our volunteers for the Unity Tournament! Our families are awesome!!



**Happy
Holiday
Blessings
To You All**

Woof!

Dear Amadou,

I just wanted to say thank you so much for all the work you do with the children in your dojo. I was so proud of Jack last Saturday, and not just because he did the best kata I've seen him do yet and the most improved kumite he's ever done. I'm proud because he took second place in his kata and even though Aeddán took first, while on the podium Jack reached over and patted Aeddán's arm in congratulations. I think it speaks volumes about you and your particular approach and ethics in karate that he was supportive of a teammate more than worried about not taking first himself. It was especially nice to see that brotherhood and support given the aggressiveness and competitiveness exhibited by some of the coaches in the other dojos at the tournament. You run a quality program and we appreciate all you do.

Thank you,

Ramira

Thank you Ramira and Brad for your feedback. Your support and understanding of our philosophy is what keeps us going. Hanshi Madani, the founder of IMA, has always insisted on all the instructors using the same philosophy. He always repeats "we are a family." That message should not only trickle down to the individual dojos, but also across dojos in our IMA organization. Hopefully the kids will apply it in every aspect of their lives. This is why I reinforce it at my dojo. It is also part of my traditional African values.

It has been a pleasure to be part of your son's growth. Putting him in the competition team has helped him a lot. I am sure he will go far if he sticks to karate and continues to practice the way he does now.

Amadou Niang

Quote of the Month

"A kata is like a book. It has chapters, a plot and characters. It is up to the author to define these and up to us to read, interpret, and absorb the lesson."

Wanda Lestinsky

Newsletter Staff: Wanda Lestinsky, Tammy and Keith Nakasato

Madani Hanshi's Seminars

If you are interested in having Hanshi come to your location to give a seminar, send an email to tnakasato@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
- The technical details and applications of specific katas

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 dojos 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



USA, DOM REP, MEXICO, GUADALUPE, ISRAEL, HUNGARY, JORDAN, OMAHA, CANADA & MORE

**NEW YORK'S INTERNATIONAL
KARATE-DO OPEN CHAMPIONSHIP
MARCH 2, 2014
KATA - KUMITE & TEAM KUMITE
\$ 3,000 IN CASH PRIZES**

LOCATION: QUEENS COLLEGE
65-30 HUSSENA BLVD.
FLUSHING, NY 11367

Contact Luis Rizo @ 347-400-9562, venel@isrma.com / Avi Azoulay @ 916-364-6610, info@americanjka-ny.com

Rocky Mountain Championship

May 4, 2014

Mark your calendars!