



# IMA JOURNAL

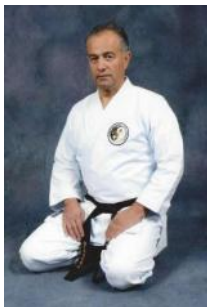
Worldwide News

March 2014

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

## A Note from Mr. M

Please join me in congratulating David Muhammad from IMA Integrity Martial Arts Academy in Missouri, and Maya Wasowicz and Manny Tavares from IMA Goshin-ryu in New York, who made it to the US National team and qualified for the North American Cup in Canada and the Senior Pan American Championship in Venezuela.



These three individuals were training very hard to make the US team for several months. I was very proud to see them competing in team trials in Chicago on February 9th. Double congratulations go out to Maya for qualifying in two divisions (+68 kg and Open).

In addition, Kamran Madani has been invited to compete in the 16-17, -76 kg division at the North American Cup, after qualifying at the US Nationals competition in July. Good luck to David, Maya, Manny and Kamran!

Also, I would like to congratulate and thank Sensei Ruiz for his outstanding training methods, and for coaching our athletes during team trials in Chicago, even after his recent knee surgery.

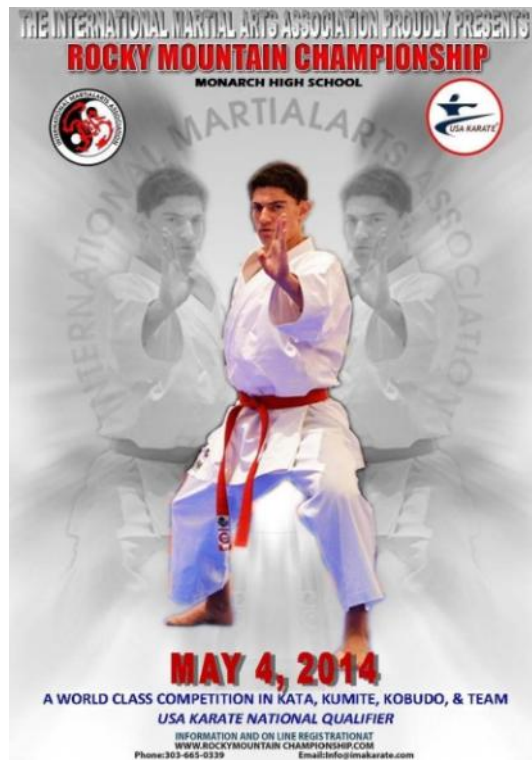
Finally, I would like to remind the IMA family and our colleagues from the USA and around the world, of the IMA Rocky Mountain Championship on May 3rd-4th. As always, we will have five fully matted rings with national and international competitors ranging from beginner to elite levels. In addition, we have licensed referees from the USA and abroad, who are nationally and internationally ranked, to make sure all competitors are safe, and judged fairly.

Success does not happen unless you work hard at it.

In Spirit,  
CM

## 19th Annual Rocky Mountain Championship May 4th

Mark your calendars!!



## Calendar of Events

- **Kyu Testing**  
March 8, Louisville, CO
- **USA Open and Junior International Cup**  
April 16-20, Las Vegas, NV
- **19th Annual Rocky Mountain Championship**  
May 3-4, Louisville, CO
- **Dan Testing and Summer Potluck Picnic**  
June 28, Louisville, CO
- **20th Annual Rocky Mountain Gasshuku**  
October 3-5, Granby, CO

## USA Karate Kumite Referee Seminar May 3rd

9:30 AM to 2:30 PM  
at the IMA Honbu Dojo

Instructed by: **Fariba Madani**  
Member of **USA Karate & WKF**  
Referee Committee

This seminar is open to all levels (including the option to audit) and will review the WKF/USA Karate Rules of Competition, with an emphasis on the **new changes**.

Due to the presence of multiple members of the USA Karate Referee Committee, all licenses up to and including "Kumite Referee C" can be upgraded/renewed through this seminar.

For more information on the tournament and the referee seminar, go to [www.rockymountainchampionship.com](http://www.rockymountainchampionship.com)

## The Journey to Mushin

The aim of each karate student is to practice kumite with the ultimate goal of mushin (no mind). Mushin describes a state of mind where one is not thinking of what techniques to attack with or thinking of how to counter an opponent's attack, but rather attacking and countering reflexively. Take the example of making your way to your classroom in a crowded school hallway. You do not think, "Oh, there is someone in my way, I have to take two steps to the left, then one step forward, and then dodge the person behind him by taking a quick step to the right." Often times, you reach your destination with nary a thought of all the actions and reactions required to get there.

Striving for mushin is a lifelong journey which can be broken down into three stages. Understanding each stage can help the karate-ka know where you are within your journey and what steps are needed to move forward.

### 1<sup>st</sup> Stage

You have learned the techniques. You have practiced on your own and with your fellow karate-ka. Your Sensei has recommended that you participate in a tournament, confident that you are ready to apply your techniques in the ring. Once in the ring however you are nervous and tense. Your mind is distracted by the spectators, you are visualizing the techniques you want to try, and you are worried about the possible pain of getting hit. In this stage, it is important to practice being relaxed in the ring and be confident in applying the techniques you have learned.

### 2<sup>nd</sup> Stage

You have experienced a number of competitions and feel confident in your abilities. You have expanded your knowledge of techniques and have applied them successfully. Your Sensei tells you to relax, to let your training take over while you are in the ring. Yet you are still tense and actively looking for openings in your opponent's guard. You are studying your opponent's movements so that you can plan what attacks would work best. Advancing from this stage requires practice, practice, and more practice. With constant practice, your techniques start to become reflexive. You begin to "see" openings in your opponent's guard without actively thinking and looking for it. As you advance through stage 2, you begin to truly trust in your abilities.

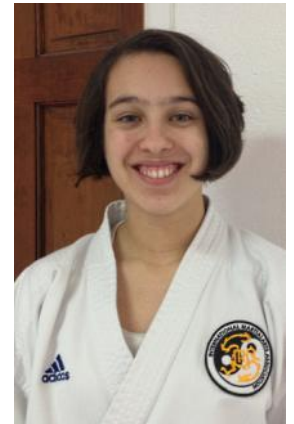
### 3<sup>rd</sup> Stage – Mushin

You have become experienced in the ring. You have developed an internal calmness that allows your mind and body to function together as one in order to apply various techniques and score on the opponent. Your Sensei reminds you that you need to continue to train in your katas and basics in order to grow. At this point you have trained your body to react reflexively. You are able to strike precisely at the right time to score and recover to strike again smoothly. Your body and mind have become so completely attuned with each other, that you sense multiple opportunities and targets as instinctively as one might scratch an itch. Without conscious thought, the body executes the technique demanded in the moment. This is the ultimate goal – mushin.

IMA Staff

## Hooray for Nisha!

Special recognition goes out to Nisha Maheshwari for growing out her hair and donating it to Locks of Love. Locks of Love creates custom hair pieces for financially disadvantaged children who suffer from medical hair loss. We are very proud of our karate-ka who embody the spirit of the dojo kun, particularly the last line, "Love Yourself and Love Others". May we all be compassionate, supportive, contributing members of our community and our world. Here is a picture of Nisha sporting her new bob.



### Quote of the Month

**"The only difference between the possible and impossible is one's will."**

**-Hironori Otsuka**

## Student of the Month Luke Wierl

Congratulations to Luke Wierl from the IMA Honbu dojo for being selected as student of the month. Luke willingly and regularly offers his support as a junior assistant instructor in the Little Dragons class. We are very proud of him and appreciate his self driven dedication. Congratulations, Luke!

## A Special Visit from the Okinawa dojo

On Saturday, February 15th the IMA Honbu Dojo was blessed by a visit from Vitaly and Alex Padalka and their students from the Okinawa Dojo. They all came to train with Hanshi and Shihan Madani and our competition team. The training was intense and fun and new friends were made by all.



### A Note from Sensei Vitaly and Alex Padalka (Okinawa Dojo)

Dear Hanshi Cyrus Madani and Shihan Fariba Madani,

Thank you so much for your hospitality and great training today! Our kids had a great time!!!  
Everybody says thank you!!!!

KarateBros.



# Hanshi's and Shihan's Travels in February

Shihan Madani traveled all the way to Dubai for the 3rd International Dubai Karate Open, to officiate at the tournament.

Both Hanshi and Shihan Madani also went to Chicago to officiate at the US Team Trials.

## CPR Certification

On February 16th, at 8:00 AM, a total of 18 head and assistant instructors came together for a four hour CPR and AED certification course. Mr. Jason Vollmer and fellow firefighters from the Louisville Fire Department came to the dojo equipped with their manikins and AED trainers. Being together with fellow karate-ka made the training fun and enjoyable. Mr. Vollmer has agreed to offer this course to us every year so please feel free to join us at the next session!



Shihan and some of our assistant instructors bonding after CPR training



Practicing on the manikins



Shihan speaking at the teaching seminar



Instructors thinking about what they've learned and evaluating their progress

## Question of the Month

*Why do we continue to practice the Heian katas and basics?*

What has been your favorite part of the newsletter? Do you want more news on a particular subject? Want to submit an article or picture? The newsletter staff would appreciate you sending your constructive feedback and/or newsletter contributions to [tnakasato@imakarate.com](mailto:tnakasato@imakarate.com). Thank you!



June 2 to 5

July 21 to 24

August 4 to 7



## IMA Summer Day Camp

Monday through Thursday, 9AM to 3PM

Ages 6 through 11 years

Maximum of 10 kids per camp

Loads of karate fun!

Activities include self defense, games, Japanese crafts and stories, karate videos, field trips to the park and pool!

Pick up a registration form and join us!



**IMA Competition Team Members and Coaches**

## **Congratulations to all the team members who went to Chicago!**

### **Here are the results of the Jennifer Malloy Memorial Karate Tournament**

Kelara Madani: 2nd in kumite

Ari McCarty: 2nd in kata; 3rd in kumite

Alex Quiachon: 4th in kata

Zachary Smith: 2nd in kata; 3rd in kumite

Keon ZiaShakeri: 4th in kumite

## **IMA Competition Team Booster Club**

January is not only the start of the new year, it is also the start of training for IMA's competition team. Historically the IMA team has been very successful, earning hundreds of medals, winning national and international championships and even going to the world championships.

Over the next few months 15 athletes from the Honbu dojo will be representing IMA in competitions across the United States, including New York, Chicago, Atlanta and South Carolina.

These tournaments help prepare the team for the Junior International Cup and U.S. Karate Open tournaments in Las Vegas, in April. The Vegas tournaments are very large, and draw many of the best athletes from the U.S., Mexico, South America and Europe.

As you might imagine, the cost of attending out of state tournaments is quite high, and each athlete is responsible for covering their own expenses.

This year, IMA has formed a team fundraising committee to raise monies to help defray some of the team's travel costs. The committee will be organizing various fundraising events throughout the season, including the IMA flapjack fundraiser at Applebees in Broomfield on Saturday, April 5.

This promises to be a great event for the whole family! For \$10 per person, you get all the pancakes and sausage you can eat and all the juice and coffee you can drink – served to you by members of the competition team! Team members will also be available for pictures.

Tickets are available now at the dojo – so don't delay – there is limited seating and we expect a sellout! IMA and the team thank you for your support.

Becky Albright - Event Coordinator

## **IMA Competition Team Flapjack Fundraiser**

All-you-can-eat pancakes and sausage

Saturday, April 5, 2014

7:30 – 9:30 AM

at



6405 W 120<sup>th</sup> Ave.

Broomfield, CO 80020

Advance ticket purchase available now!

Tickets: \$10. Please see Tammy Nakasato or an IMA Competition Team member to purchase.

**Thank you for your support!**



## Congratulations and Good Luck to Maya, Manuel and David!

A big, heartfelt congratulations go out to Maya Wasowicz and Manuel Tavares from IMA Goshin Ryu, and David Muhammad from IMA Integrity Martial Arts Academy who qualified to be members of the 2014 USA Senior National Team.

Here are the results of the team trials tournament:



**David, Maya, Sensei Ruiz, and Manuel**

**Maya Wasowicz** (Female Elite Kumite +68) 2nd Place and (Female Elite Open Weight Kumite) 2nd Place

**Manuel Tavares** (Male Elite Kumite -67) 2nd Place

**David Muhammad** (Male Elite Kumite -84) 2nd Place

As members of the 2014 USA Senior National Team, Maya, Manuel and David will be attending two championships. The North American Cup will be held in British Columbia, Canada in mid March, and the Senior Pan American Championship in Margarita Island in Venezuela in late May. Good luck to all of you!

A special and sincere thank you goes out to Sensei Luis Ruiz for coaching at the tournament and supporting all of our IMA competitors. Sensei Ruiz is knowledgeable, experienced and dedicated to IMA and knows how to build our athletes both physically and mentally. He did an excellent job. Thank you, Sensei Ruiz!

Congratulations to the whole IMA family for working together and being there for each other. May we all share in the joyous celebration of the accomplishments of these superb athletes.

### A Note from Sensei Amadou Niang

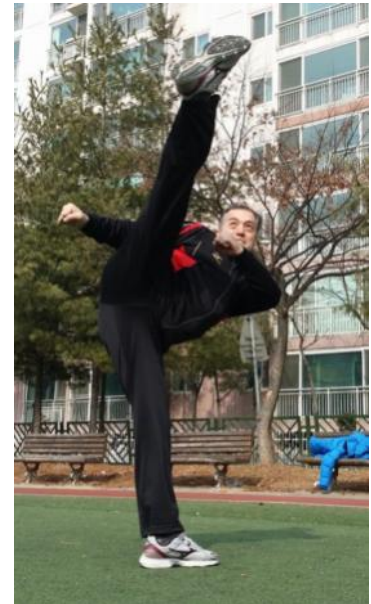
*Congratulations to Sensei Ruiz and all the IMA athletes who participated in the event. To those who made the national team, I say bravo! Your continued efforts paid off. Let this success be an extra incentive for you to commit even more and excel beyond your own expectations. Other IMA athletes are reminded that the dream is alive and kicking, so they should go for it.*

*Amadou Niang*

### Congratulations to Shihan Safi!

IMA sends out a big congratulations to Shihan Ahmad Safi from IMA Iran who was recently offered a contract renewal, even while under a brand new federation, to coach the South Korean Team. This is a great honor and speaks volumes about Shihan Safi's coaching skills.

Congratulations, Shihan Safi! The South Korean National Team is blessed to have you.



**Shihan Safi, coach of the South Korean National Team**



Camilla Grönstedt (top middle) with members of the competition team several years ago.

## A Note from Camilla Grönstedt

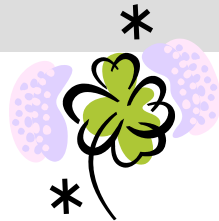
*Hi Hanshi Madani!*

*Wanted to write and tell you how much I miss the dojo here in Sweden, and haven't found any club that even slightly resembles IMA. The clubs I've tried in Sweden have a lot of physical contact, and don't focus on skills. Plus IMA is a family, these are more like gyms.*

*I'm doing Ashahara karate now until I finish college here, and can't wait to get back to Shotokan in Colorado!*

*Hope you and the family are doing well!*

Camilla Grönstedt  
Alumni



## A Note from Jay and Dylan Woods

*Osu,*

*After a long day of work, getting the email that the new newsletter is available....made my day. Dylan and I piled into a chair and read the newsletter. Great work, wonderful news and stories.*

*Thanks a ton for putting it together!*

Jay Woods  
Dylan Woods

## Connected?

Want to stay updated? Would you like to receive IMA Honbu dojo emails with the most recent news? Of course you do! Go to **[www.imakarate.com](http://www.imakarate.com)** and sign up with your email address at the bottom of the home page.

## A Note from Shihan Rick McGavin

*Good Morning Hanshi,*

*We have moved a lot of snow here; the sun is shining today though. We are doing kangeiko this week, 38 people Monday and 35 Tuesday and a potluck on Saturday to include demos from Firor and Collin, so I can present their certificates. We are also going to have Athena sign the Junior Black Belt beam, the low one.*

*I have to tell you, I did not realize how excited everyone here is about me being promoted, it is more important to them than to me. I have had people in the grocery store congratulate me. Thank you. You have energized our dojo in a special way.*

*Thank you again for your help and support.*

Rick McGavin

(Note from the newsletter staff: Since we recently had Olympics on our minds, we wanted to clarify that the "beam" that Shihan McGavin wrote about is a support beam that helps to hold up the roof of the North Fork Karate dojo).

# Hanshi Madani's Seminars

If you are interested in having Hanshi come to your location to give a seminar, send an email to [tnakasato@imakarate.com](mailto: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
- How to develop speed and agility in kata & kumite at any age
- How to develop appropriate training programs for competitors of all ages and abilities
- Ring management and refereeing techniques
- How 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

20th Annual  
Rocky Mountain Gasshuku

October 3-5, 2014

Silver Creek Inn, Granby, Colorado  
USA



**Save the Dates!**

Camp Theme  
"Be Faithful"

[WWW.IMAKARATE.COM](http://WWW.IMAKARATE.COM)

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Open To All Traditional Karate-Ka

## Would you like to advertise your business in the IMA Journal?

If you are interested, please contact Mrs. Nakasato at [tnakasato@imakarate.com](mailto:tnakasato@imakarate.com) for more information.

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

## Private Lessons with Senpai Kamran Madani

Would you or your child appreciate some one-on-one time with a world level competitor? Would you like some guidance on refining your technique? Increasing your speed? Building your confidence?

Then sign up for private lessons with Senpai Madani!

Email [tnakasato@imakarate.com](mailto:tnakasato@imakarate.com) for more information.