



IMA JOURNAL

Worldwide News

April 2014

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

A Note from Mr. M

This has been a very busy month for us. It started off with two tournaments (March 2): IMA Goshin-Ryu's New York International Open Championship, where I served as Chief Referee, and the Arizona Championship in Phoenix, where Shihan Madani served as Chief Referee and presented a referee course with certification.



In closing, I would like to invite all of you to the Rocky Mountain Championship (RMC). This is our IMA world championship and University Team Trials which will be held on May 4th in Louisville, Colorado, U.S.A. Looking forward to seeing you there.

In Spirit,

CM

"The first and most important step toward success is the feeling that we can succeed."

The following weekend (March 8) we had one of the largest Honbu dojo kyu testing since 2005.

On the third weekend (March 15-16), I was in Las Vegas to give my extended seminars at Sensei Nick's new dojo, and Shihan Madani was in South Carolina, to serve as Chief Referee at the SC Open Championship and to give a referee course with certification.

The weekend after that (March 21-23), my family and I traveled to Vancouver, Canada for the North American Cup. Shihan Madani and I both worked as referees. My son, Kamran and three other members of the IMA organization competed: Maya Wasowicz, David Muhammad, and Manny Tavaréz. They all did a great job and brought home two medals.

Finally, on the last weekend (March 28 to 30), I was in Kansas City, Missouri to give technical seminars at Shihan Muhammad's dojo, and Shihan Madani was in Atlanta to serve as Chief Referee at the Champ's Cup tournament and to give a referee course with certification.

My travel schedule in April will not be as busy, as I will only attend the US Open in Las Vegas (April 15 to 19) to work as a referee and support the IMA organization team competitors. Every year we have around 15 referees, 10 coaches and close to 100 competitors participating in this international championship.



Calendar of Events

- **Scorekeeping Seminar**
April 12, Honbu Dojo
Louisville, CO
- **USA Open and Junior International Cup**
April 16-20, Las Vegas, NV
- **19th Annual Rocky Mountain Championship**
May 3-4, Louisville, CO
- **Kyu Testing**
May 17, Honbu Dojo
Louisville, CO
- **Dan Testing and Summer Potluck Picnic**
June 28, Louisville, CO
- **20th Annual Rocky Mountain Gasshuku**
October 3-5, Granby, CO

Tournament FAQ

Do you have burning questions like "How do I prepare myself and my child for the tournament?" "Or, maybe "How in the world do they score kumite (sparring)?"

1) Flip to pages 7 to 9 of this newsletter and read the articles, "Watching Your Kids Compete" and "Tournament 101".

2) Sign up for a Scorekeeping Seminar: the next one is April 12th, from 12:30 to 2:30 PM at the Honbu dojo.

3) Volunteer to help out at the tournament. If you can't make it to a scorekeeping seminar or don't feel up to working a table at the tournament, be a "ring wrangler" – help the right kids gets suited up in red and blue for their next match. You'll be amazed how much insight you'll gain into the tournament process!

Beginner's Mind by Jean Yamamoto

At 53 years old, I felt certain I would blow out of beginning karate. Maybe I'd last a month. I've seen Sensei do all those perfect push-ups and other amazing feats in the kids' class, right?! But after watching my son take lessons for over two years, I'd grown tired of sitting, sitting, and sitting. I yearned to be out there, moving.

I've completed almost two months of class now and love it. My biggest stumbling block was fear, not physical ability. I mean, there are BIG belts in there, and I'm the only white belt. The kids call that a little belt. I told myself that, for the first month, my only expectation was to show up for class. Anything else might overwhelm me.

Hanshi suggested that I take class with the simple goal to get stronger. He knew that I liked sports and played tennis in the past. He also knew that I was scared. His first "rule" for me was to relax. Learning karate is a bit like learning to read, Tammy told me, and I agree. The first several classes felt so foreign and awkward. My feet and legs were a little sore for a while, too. But after the first month, my body started remembering what to do. My mind didn't need to think so much.

In those first classes, I felt scared, geeky, and a rush of questions ran through my mind. What if I can't do more than five military push-ups? What if I hold the class back because I'm so slow? What if I can't remember how to tie my belt? What if I'm just not good at this? So many "what ifs." I stuck to Tammy like glue.

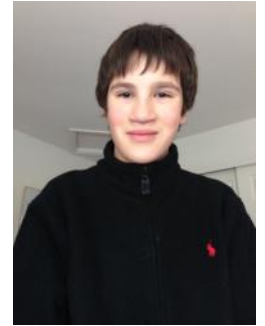
My teachers and fellow students gave me a safe place to work through fear. They welcomed me so warmly. Practicing with them is my favorite part of the karate experience. We do our warm-up and group practice together, and I work at my own level. I can't do 20 military push-ups like some people in the class, but I can now pump out 10 reps of awesomeness, all the way down to the floor.

After group practice, Tammy works with me on kata. At this point, though, I can practice it without much assistance. She once told me that black belts often practice the white belt kata, which surprised me. I'm just now realizing how much the big belts constantly work on basics.

As a beginner, I don't mind being the only white belt. I'm having fun! In today's class, I had an extra special instructor. My third-grader is on Spring Break and was invited to attend class with me. We warmed up together, followed the group routine, and then he helped me privately with my kata! After critiquing and correcting my stance, he gave me a big thumbs up. That was just too sweet! I know we both left the dojo feeling proud of ourselves and of each other.

Hooray for Elam!

Elam Fifer-Whiting is 13 years old and has been training at the Honbu dojo for 8 years. He recently got selected to be published in "Stone Soup Magazine: Creative Writing by Kids" that publishes "stories, poems and art by kids" ages 8-13 from around the world. The story will appear in the July/August 2014 issue of the magazine. To learn more about "Stone Soup Magazine" or to subscribe to the publication go to: <https://www.stonesoup.com>



The name of the story submitted is "Subway Adventure". Congratulations, Elam! We are super proud of you!

Quote of the Month

I never lose. It's either I win or I learn.

Student of the Month Arianna McCarty



Congratulations to Arianna for being selected as student of the month. Arianna has a very pleasant disposition. She is always smiling and generously gives hugs to everyone around her. Arianna consistently comes to help teach in the Little Dragons classes and even helps on Saturdays, right after an intense training session with the competition team. Congratulations, Ari!

Kyu Testing on March 8th

The largest kyu testing since 2005!



First Testing Group

**Congratulations to everyone who tested!
Nice Job!**



Buddies Vince Quiachon and Jonathan Gold at their first kyu test!



Second Testing Group

Register for Summer Camp!



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

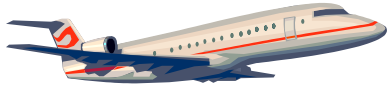
Maximum of 10 kids per camp

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!

Hanshi's and Shihan's Travels in March



Early in March, Hanshi traveled with the team to Ruiz Sensei's tournament in New York to serve as Chief Referee. On that same weekend, Shihan Madani traveled to Arizona to serve as Chief Referee and to give a referee course with certification at the Arizona Championship. Two weekends later, Shihan took some of the team to South Carolina for the SC Open, to serve as Chief Referee and give a referee course with certification, while Hanshi went to Las Vegas to give seminars and visit with Sensei Catalin "Nick" Neagu, who surprised Hanshi with a new dojo. The following weekend, Hanshi and Shihan both attended the North American Cup in Canada to serve as referees and to support IMA and the US Team. Finally, on the last weekend of March, Hanshi traveled to Missouri to give a seminar at Shihan Muhammad's dojo and Shihan went to Georgia with some of the team to serve as Chief Referee at the Champs Cup and give her final referee course for the month. Needless to say, it has been a busy month of traveling for both Hanshi and Shihan!

Kansas City Shotokan

Much thanks to Hanshi Madani for three days of advanced training, and sincere friendship! Hanshi conducted seminars at Integrity Martial Arts Academy in Kansas City, Mo. on March 28 – 30th.

He was warmly received by students ranging from youth through senior Black Belts. Hanshi's workshops highlighted a new lease on life for Integrity Martial Arts Academy. This gives us the opportunity to advance as martial artists and human beings.

We're grateful to be a part of the IMA family, and look forward to making a positive contribution. May Almighty GOD bless all of us for our good efforts!

Sincerely,
Shihan Muhammad



Integrity Martial Arts Academy with Hanshi Madani



Integrity Martial Arts Academy's Black Belts with Hanshi Madani

Question of the Month

We all memorize the meaning of Taikyoku as "First Cause". But what does that really mean?

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. Thank you!

IMA Honbu Dojo Competition Team News

Congratulations to the team members who went to New York

Here are the results of New York's International Karate-do Open Championship:

Ewan Albright: 3rd in kata, 2nd in kumite
Alex Quiachon: 3rd in kata
Kelara Madani: 2nd in kata, 3rd in kumite
Alex Matsumoto: 2nd in kata, 2nd in kumite
Ari McCarty: 2nd in kumite
Kurt Nakasato: 3rd in kata
Brandon Sheridan: 3rd in kata, 3rd in kumite



Team Members in New York

Congratulations to the team members who went to Georgia

Here are the results of the Champs Cup:

Kelara Madani: 1st in kumite

Congratulations to Kamran!

Congratulations go out to Kamran Madani who received a silver medal at the North American Cup in Canada.

Way to go, Kamran!



We are off to Vegas from April 16 to 20 for the US Open and Junior International Cup!

Congratulations to the team members who went to South Carolina

Here are the results of the SC Open:

Ewan Albright: 1st in kata, 1st in kumite
Kamran Madani: 1st in kumite
Kelara Madani: 3rd in kata, 2nd in kumite
Alex Matsumoto: 3rd in kata

Congratulations to Maya, Manny, David and Kamran!

A big congratulations go out to Maya Wasowicz and Manny Tavares from IMA Goshin Ryu, David Muhammad from IMA Integrity Martial Arts Academy, and Kamran Madani from IMA Honbu dojo for a great performance at the 2014 North American Cup. Special shout out goes to Maya who received a bronze medal and Kamran who received a silver medal.



The US Team at the 2014 North American Cup



Kamran Madani at the North American Cup

Congratulations to Sensei Catalin "Nick" Neagu!

Congratulations to Sensei Nick Neagu for recently acquiring a new dojo in Las Vegas! We are very excited for you! News of his grand opening coming soon!

Congratulations, Sensei



Sensei Nick, Owner and Chief Instructor of IMA Las Vegas Karate-Do

The Straaten family is the largest IMA family. They have been training for several years.

Thank you for your dedication and IMA support.

H.



The Straaten Family from IMA Utah

Connected?

Want to stay updated? Would you like to receive IMA Honbu dojo emails with the most recent news? Go to **www.imakarate.com** and sign up with your email address at the bottom of the home page.

Watching Your Kids Compete by Abby Matsumoto

The Rocky Mountain Championship in May reminds me how many years my son Alex has been a karate competitor. The RMC was the first tournament Alex competed in. He was 5. He was so excited for it, and I was so nervous for him. I think that no matter how old your children are or what the event may be, there is always a pang of anxiousness as you watch them out there, trying their best. I hoped Alex would have a good experience regardless of whether he won a trophy, and that he would remember to show his respect to the officials and his fellow competitors. He ended up having a great time, and it was fun to watch him compete for the first time.

When Alex was 7 he joined the IMA competition team, and now at 14 he has a lot of tournament experience under his belt (literally!). As a parent who has watched karate competition in many venues, there are some key things I've learned. For instance:

- Don't tell your kids you're nervous for them on competition day! They probably feel nervous themselves, and the added pressure of *your* nervousness will be more of a distraction. If you feel anxious, find ways to relax such as take deep breaths, or talk to parents who aren't overly caught up in the competition.
- Talk to your kids about what they hope to achieve at the tournament, and help them set realistic expectations. Stress the importance of them showing respect and good sportsmanship in the competition.
- Make sure they have bottled water and nutrition bars in their gear bags. The time they spend in staging and in competition can be lengthy and the extra food and water helps keep their energy level balanced. Oh, and make sure *you* have extra food and water on hand for yourself!
- Iron their Gi the night before the competition. To the IMA competition team kids, an ironed Gi is essential for the big day, but for it's a good preparation for anyone competing in a tournament. Showing up in a clean, freshly-pressed Gi leaves the referees with a good impression of both the competitor and IMA.
- If you aren't sure how kumite scoring works, learn more about it by attending the scorekeeping seminar in April. A better understanding of the scoring system will help you follow the action when you watch your kids compete.
- Videotape your kids kata and kumite matches. If improving their competition skills is a goal they have, then a video of them in action can provide great feedback afterwards.

See you at the Rocky Mountain Championship!



Abby and Alex Matsumoto

Tournament 101 by Tamara McCarty

IMA is a member of the United States National Karate-Do Federation (USA-NKF). The USA-NKF is the National Governing Body for the sport of karate and a member of the United States Olympic Committee. Complete tournament rules may be found at <http://tinyurl.com/wkf-rules> and are summarized below. Some IMA affiliates use modified rules, such as skipping repechage (see Brackets), using shorter match times, or having fewer judges.

Kumite (Sparring)

Kumite rings have 4 judges with flags, and one center ring referee. The referee stops the clock when there are two flags, or he sees a score or penalty occur. In order for the referee to award points or penalties, two or more judges must signal the technique with their flags.

Winner: First person to reach 8 points, or who has the most points at the end of the match time. Ties are settled by a vote of the judges.

Points	Terminology	Arm / Flag Signal	Techniques
3 Points	Ippon	Extend up	Kicks to the head or face. Any technique applied to a fallen opponent
2 Points	Waza Ari	Straight Out	Kicks to the torso
1 Point	Yuko	Extend Down	Strikes (punches) to the head or torso
		Crossed Flags	Category 1 Penalty – Excessive Force
		45 Angle in front	Category 2 Penalty – Technical Violation

Penalty Category 1 – Excessive Force

- Excessive force, particularly if it results in injury
- Any throat contact
- Face contact in divisions under 18 years of age
- Attacks to the face with open hand techniques
- Dangerous throws
- Attacks to the arms, legs, groin, joints or instep (top of the foot)

Penalty Progression in Each Category

Chukoku	First Warning
Keikoku	Second Warning
Hansoku Chui	Final Warning
Hansoku	Disqualification

Penalty Category 2 – Technical Violations

- Jogai - Stepping out of the ring (judge will point flag towards the edge of the mat)
- Avoiding combat (one athlete) or passivity for 30 seconds (both athletes)
- Unsportsmanlike contact toward the officials or opponent
- Exaggerating injury. (Young athletes are given some leeway for crying, but this rule is strictly enforced for upper divisions)
- Mubobi – Self endangerment, such as a reckless charge which results in injury to oneself

Penalties: An athlete is disqualified and loses the match if he accrues 4 penalties in a *single* category. Under some circumstances the referee may escalate the penalty, for example going straight to Hansoku Chui/Final Warning on a single violation. This occurs when excessive force impacts the opponent's ability to fight, or when an athlete avoids combat in the final ten seconds of a match. Many attacks that could be deemed Category 1 penalties are ignored by the judges as long as the opponent is not injured. For example, young kids often kick each other repeatedly in the thigh to no visible effect. The judge will just wait for a good technique and award points for that instead of calling repeated penalties. If one athlete performs a violation at the same time his opponent scores, the referee will usually call the score and ignore the penalty.

Kumite Judging Criteria

In order to score, a technique must meet the following 6 criteria. The division's age and experience are considered when applying the criteria.

1. **Good form:** the technique is performed correctly
2. **Sporting attitude:** be willing to fight, but aim for points, not to injure the opponent
3. **Vigorous application:** shown through controlled strength, strong Kiai (shout) and focus
4. **Awareness:** Keep your eyes on your opponent to keep yourself safe and to ensure your technique lands appropriately.
5. **Good timing:** Attack when your opponent will be vulnerable.
6. **Correct distance:** Lower divisions score with techniques that are within 4" of the opponent. Upper divisions must be within 2". Light contact is allowed for all kicks, for punches to the torso in all divisions, and for punches to the head in adult divisions.

Kata

Kata has 3 or 5 judges. In most divisions, the two athletes each perform a kata of their choosing simultaneously. Advanced divisions are required to perform a different kata in the medal rounds. At the end of each match, the judges vote on the winner. Judging is based on 4 criteria:

1. **Conformance:** Kata is complete and correct.
2. **Technical:** Quality of techniques, stances, timing, breathing, focus
3. **Athletic:** Strength, speed, balance, rhythm
4. **Difficulty:** Technical difficulty of the kata

Tip: If you miss a step in your kata, keep moving confidently and focus on good technique – it's still possible to win!

Tournament Brackets

Both kata and kumite (sparring) are head to head matches. One athlete is assigned Aka (Red) and one Ao (Blue). WKF tournaments use repechage, a limited double elimination format ("repechage" roughly rhymes with "massage"). If an athlete loses a single match, he is usually eliminated. However, those athletes eliminated by someone who makes it to the final match will be put into a new bracket with a chance to compete for 3rd place. The repechage system strives to balance fairness and practicality: it ensures a potential medalist isn't knocked out in the first round, while taking less time than would a round-robin system.

Usually the repechage matches take place just before the gold medal match. The final two repechage athletes are often awarded dual 3rd place medals, although they may compete for 3rd & 4th in some tournaments. In divisions with fewer than 8 athletes, one person may get a participation award while someone who lost the same number of matches gets a medal – based on who eliminated them and the order of the matches (i.e. luck plays a role). It's helpful to explain to your young athletes how the system works before tournament day to prevent surprises. Here's a link to an example bracket, in which everybody who lost to Matt or Alex went to repechage and had a chance at 3rd place: <http://tinyurl.com/repechage>.

Judges

Judges and referees are Black Belts who have taken a certification course, then paid to travel to the tournament and donate their time. They do make mistakes, as we all do, but they are sincere in their efforts. Please treat them with courtesy and respect, and thank them when opportunity allows.

YOUR MARRIOTT AWAITS...

Go to
www.rockymountainchampionship.com
for more information, online
registration and a direct link to reserve
your hotel room.

Welcome
**Rocky Mountain Championship
participants and families!**



1 mile from the tournament site:
Monarch High School, 329 Campus Drive, Louisville, CO 80027
Four miles from IMA Honbu Dojo: 1340 Main Street, Louisville, CO 80027



THE INTERNATIONAL MARTIAL ARTS ASSOCIATION PROUDLY PRESENTS
ROCKY MOUNTAIN CHAMPIONSHIP
MONARCH HIGH SCHOOL



MAY 4, 2014

A WORLD CLASS COMPETITION IN KATA, KUMITE, KOBUDO, & TEAM
USA KARATE NATIONAL QUALIFIER

INFORMATION AND ON LINE REGISTRATION AT
WWW.ROCKYMOUNTAINCHAMPIONSHIP.COM
Phone: 303-665-0339 Email: info@imakarate.com



**Rocky Mountain Championship
Special Rate: \$79**

Includes:

- Double or King Room •**
- Indoor pool/whirlpool •**
- 24-hr. fitness center •**

**Complimentary Wireless Internet
Newly renovated hotel!**

Make your reservations by April 20th!

There is a Super Shuttle available from Denver International Airport to the hotel for about \$30. You can book online at www.supershuttle.com or make arrangements after you land.

Contact us to reserve your rooms!

303-604-0007

948 W Dillon Rd

Louisville, CO 80027

Please mention "Rocky Mountain Championship" to get the group rate

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.

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

Save the Dates!

**20th Annual
Rocky Mountain Gasshuku
October 3-5, 2014
Silver Creek Inn, Granby, Colorado
USA**



**Camp Theme
"Be Faithful"**

WWW.IMAKARATE.COM

**Training & Competition
All in One Great Weekend
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 for more information.

Newsletter Staff: Wanda Lestinsky, Tammy and Keith Nakasato

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 for more information.