



IMA JOURNAL

Worldwide News

June 2014

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

A Note from Mr. M

This month we had a lot of exciting events which started with the IMA 19th Annual outstanding championship on May 4th. Then, we had our first IMA championship in Iran on May 23rd in Tehran, with three countries: Hong Kong, South Korea, and Iran (please see the pictures on pages 4-8). Shihan Madani and I were invited to Iran to give several seminars and open an official IMA office. We also added three dojos as members.

This month also, we had a very large group of kyu testers for the end of the school year. Thank you to our senior instructors, Sensei Meyer, Sensei Prud'Homme, Sensei McCormick, Sensei Lynch, Sensei Debbie Keyek-Franssen and several Senpai who helped with the kyu test examinations since my wife and I were in Iran.

Also, I would like to recognize our three IMA karate-ka who represented the US team in the Senior Pan American championship in Lima, Peru, May 26th through June 1st.

Finally, I would like to congratulate all our students who graduated from middle school, high school and college. I wish them the best of success in their future journey.

Looking forward to seeing you all for good karate work outs in the summer.

CM



It's Our 20th Gasshuku Anniversary!

20th Annual
Rocky Mountain Gasshuku
October 3-5, 2014

The Inn at SilverCreek
Granby, Colorado
USA



Camp Theme
"Be Faithful"

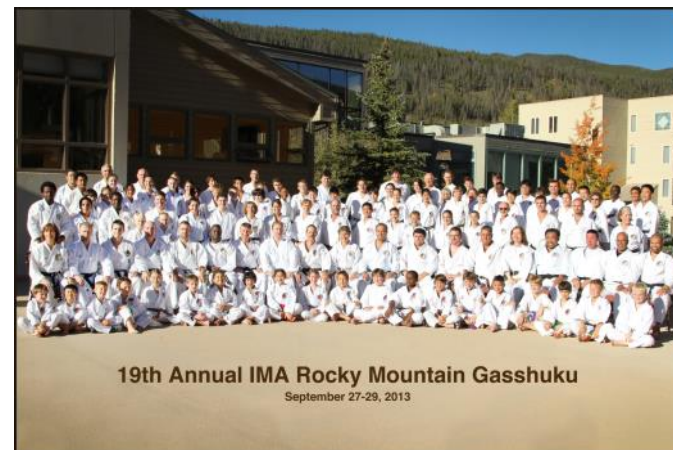
WWW.IMAKARATE.COM

Training & Competition
All In One Great Weekend
Open To All Traditional Karate-Ka

More details can be found on our web-site. Download the brochure today and start making arrangements to attend! (The registration form is on the last page of the brochure)

Calendar of Events

- **Dan Testing and Summer Potluck Picnic**
June 28, Louisville, CO
- **20th Annual Rocky Mountain Gasshuku**
October 3-5, Granby, CO



Group Picture from Gasshuku 2013

Happy Father's Day!

IMA wishes all of our dads a fabulous, fantastic and fun Father's Day.

Thank you for all that you do!



What was the Question of the Month in the April edition of IMA Journal?

Did you think about it?

Taikyoku (太極) shodan is the first kata we learn in the start of our karate journey. Three taikyoku kata were created by Funakoshi to teach basic techniques to beginners: taikyoku shodan, nidan, and sandan.

"...the student who has gained proficiency in the basic techniques and understands the essence of the Taikyoku Kata will appreciate the real meaning of the maxim, 'In karate, there is no advantage in the first attack.' It is for [this] reason that I have given the name Taikyoku." Gichin Fukakoshi, *Karate-do Kyohan*, pg. 35.

"Once one is able to perform the Taikyoku forms with proficiency, he can understand the other kata with relative ease. For this reason, the Taikyoku form should be considered elementary as well as the ultimate form." Gichin Fukakoshi, *Karate-do Kyohan*, pg. 42.

Taikyoku is translated as First Cause. But what does this truly mean, especially to a beginning karate student?

One way of looking at Taikyoku is through the meaning of its Chinese characters, 太 = tai and 極 = kyoku.

Tai 太 roughly translates into English as supreme, grand, or ultimate. Kyoku 極 roughly translates to utmost, the highest point, or furthest. Together, 太極 is also pronounced tai-ji or tai-chi in Chinese and is characterized by the symbol ☯. Both characters together means, *"The supreme ultimate state of undifferentiated absolute and infinite potentiality"*.

What does this mean to you as a karate student? Perhaps it symbolizes that as we embark on our lifelong journey with karate, we should not limit ourselves to any one goal such as getting the next belt or winning a competition, but instead focus on the limitless potential within ourselves as karate students and especially as people to develop a solid foundation in our lives and to grow our physical, mental, and spiritual selves. What are your thoughts?

By Keith Nakasato

Student of the Month

The Honbu Dojo recognizes students who demonstrate sincere dedication to their karate training. These students strive for their personal best, regularly attend classes throughout the year and are very respectful to others.



Ewan Albright

This month we recognize Ewan Albright and John Koppenhafer.

Congratulations, Ewan and John!



John Koppenhafer

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

Lots 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!

School is out! Hooray! Do you have your kids registered for our IMA Summer Day Camp? We have a few spots left in our July and August camps. Pick up a registration form at the dojo today!

Quote of the Month

"If we did all the things we are capable of doing, we would literally astound ourselves." ~ Thomas A. Edison

Congratulations to Manny, Maya and David!

IMA competitors Manny Tavares and Maya Wasowicz from IMA Goshin-ryu in New York and David Muhammad from Integrity Martial Arts Academy in Missouri represented the U.S. Team in Lima, Peru for the Senior Pan American Championships held May 26th through June 1st. Congratulations, Manny, Maya and David! Special shout out to Maya for placing 7th!



IMA competitors Manny Tavares, David Muhammad and Maya Wasowicz represented the U.S. Team in the Senior Pan American Championship in Lima, Peru.

Dojo Closed for 4th of July Weekend

The dojo will be closed during the 4th of July weekend. No classes on Friday, July 4th and Saturday, July 5th. The IMA Staff wishes everyone a safe holiday break!

Summer Potluck Picnic

It's time to Parrrrrrrrty! Our Annual IMA Summer Picnic Potluck will be held on Saturday, June 28th, from 3:00 to 7:00 PM, at the Louisville Community Park at 955 Bella Vista Drive. Bring a side dish or dessert to share and come out and join us! We will gather under the large pavilion next to the playground. Kids (and adults) can bring their swimsuits and splash around in the water "sprayground"! Bring the whole family! In addition to the playground and sprayground, this park features a basketball court, a dirt bike hill, bocce courts, horseshoe pits and even a fenced dog park with a pond for your furry family members. Don't miss the fun! We look forward to seeing you there!



USA Karate Officials at the Senior Pan American Championship in Lima, Peru.

Hanshi's and Shihan's Trip to Iran



Mr. Abdolazeim Azizkhani, being presented by Hanshi Madani with a Diploma of Certification and Appointment as President of I.M.A. Iran.



The cutting of the cake for the grand opening of the I.M.A. office in Iran.

For a couple of weeks in May, Hanshi and Shihan were in Iran. They were there to help establish I.M.A. Iran, give multiple seminars and to hold the first ever I.M.A. Championship in Iran which included competitors from Iran, Hong Kong and South Korea. They set up a new I.M.A. office with a grand opening celebration and three Iranian dojos became members of I.M.A. In addition, Mr. Ahmad Safi, Chief Instructor for I.M.A. Iran was presented with a certificate of promotion to the title of Kyoshi, and Mr. Abdolazeim Azizkhani was presented with a certificate for his appointment as President of I.M.A. Iran. It was a truly special trip full of good friendships, intense training, and a very successful first tournament.



Hanshi Madani, presenting Chief Instructor of I.M.A. Iran, Mr. Ahmad Safi, with a Diploma of Certification and Appointment, to the title of Kyoshi.



From L to R: Mr. Masoud Madani, South Korean Coach, Mr. Lee, Shihan and Hanshi Madani, and the board of directors, Kyoshi Safi, Mr. Azizkhani, and Mr. Kastru.

**Pictures taken at the
grand opening
celebration of the new
I.M.A. office in Iran.**



From L to R: South Korean Coach, Mr. Lee, Hanshi and Shihan Madani, Kyoshi Safi, Mr. Azizkhani and language specialist, Ms. Ganji.



Training Seminars in Iran



Shihan Madani, Mr. Lee, Hanshi Madani, Kyoshi Safi



Athletes from Iran, Hong Kong and South Korea all came to attend the seminars given by Hanshi and Shihan Madani.



The First I.M.A. Championship in Iran



Hong Kong Coach Mr. Kirk Abadi (left end), Kyoshi Safi (4th from the left), Hanshi Madani, Mr. Azizkhani (3rd from the right), Mr. Hassan Zadeh (2nd from the right), and Mr. Reza Safi (right end)





**More pictures from
the first I.M.A.
Championship in
Iran**



Honbu Dojo Kyu Testing on May 17, 2014



First Testing Group

10th kyu -Jackson Anderson, Chloe Aris, Lea Aris, Jacob Hodgson, Lucas Hollender, Liana Hollender, Daniel Hollender, Srikar Kurakula, Kristina McKnight, Aiden McKnight, Connor Swanson, Kaitlin Swanson

9th kyu -James Bruinsma, Cole Carmichael, Kara Duell, Ana'isa Fasick, Stephanie Gathright, Tess Hilden, Greg Hubbard, Marc Hubbard, Annabel Moeller, Blake Truhe, Cassidy Wilcox, Tia Wilcox

8th kyu -Travis Ellis, Tashi Gawa, Alex Kuca, Kieran Schmidt, Blythe Truhe

7th B kyu -Toby Bolton, Owen Ellis, Michael Gerber, Nandhika Kurakula, Ryan Miscio, Shree Vegesna

7th kyu -Tanner Dawson, Henry Ellis, Alex Rini

Question of the Month

Do you know the history behind the kyu (color belt) and dan (black belt) ranking system?

Congratulations!

6th B kyu -Hayden Grotz, Matthew Hawkins

6th kyu -Matthew Chao, Puja Jansun, Ashton Levine

5th B kyu -Andrew Bullard, Elliot Fridman, Morgan Holien

5th kyu -Joseph Buschmann, Sophie Buschmann, Pavan Gudavalli, Giulia Toscano

3rd kyu -Dylan Billinger, Kyle Gordon, Linda Polanowski



Second Testing Group

More Pictures from the Rocky Mountain Championship on May 4, 2014 (see May issue)

Photography credit goes to Mr. Bill Pawlak. Thank you, Mr. Pawlak!



Congratulations from Hanshi Madani

I would like to congratulate Kyoshi Safi and his assistant, Sensei Seyedi for establishing a new IMA dojo in Wuhan, China. They are teaching at an international university, CCNU (China Central Normal University) with karate students from China, America, Canada, Kuwait, Iran, Afghanistan, Iraq and Zimbabwe. Karate-ka will be trained to start IMA dojos when they go back their own countries. With Kyoshi Safi's watchful eyes, I am sure this program is going to be very successful. Congratulations, Kyoshi Safi!



Kyoshi Safi, Sensei Seyedi and their students.

A big congratulations also go out to to Sensei "Nick" Neagu in Las Vegas, Nevada, Kyoshi Patrick Richoux in Houston, Texas, and Sensei Luis Ruiz in Brooklyn, New York for their new commercial dojos. These new dojos are located in ideal locations with more square feet.

Congratulations, Sensei "Nick" Neagu, Kyoshi Patrick Richoux and Sensei Luis Ruiz! I am sure you will all be very successful.
(Photos of Kyoshi Richoux's and Sensei Ruiz's dojos coming soon!)



Pictures of Sensei "Nick" Neagu's new dojo.

A Photograph From Sensei Deb Keyek-Franssen: "Thinking of You..."



A Photograph from Kyoshi Patrick Richoux

Left: "This was done by Talia and Alexandra on the beach with seaweed after a hard training in the ocean."

Kyoshi Patrick Richoux

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.

Hanshi Cyrus Madani's Seminars



If you are interested in having Hanshi Madani 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
- The technical details and applications of specific katas
- How to develop explosive movement and techniques

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.



Learn from a world level competitor. Senpai Kamran Madani is available for private lessons.

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