



IMA JOURNAL

Worldwide News

July 2014

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

A Note from Mr. M

Congratulations to the 21 karate-ka who participated in our dan examination, (Junior Black Belt to 3rd Degree Black Belt) on June 28th.

(Please see the list of names on page 12). These individuals did a great job working very hard during the six hour test. We had students from ages 10 to 50 years old, with 9 males and 12 females testing and 20 black belts who came to show their support. I would like to thank Shihan Rick McGavin, Sensei Marius Gilca and Sensei Amadou Niang for preparing their students for this dan testing and for bringing them to the Honbu dojo. A job well done to all of you.



A special thank you goes out to Sensei Shanta Thokar for an outstanding job with organizing the 1st IMA championship in Kathmandu, Nepal with over 500 competitors and 50 national and Asian licensed referees. Special thanks to the president of Nepal Karate Federation for supporting my referee course and the IMA international championship. Also, special thanks to the IMA organizing committee, including IMA Nepal's President, Mr. Ravi Gautam, Vice President, Mr. Krishna Shivakoti, Chief Instructor, Senpai Prakash Shrestha and General Secretary, Mr. Dhruva Bahadur who made our 1st IMA championship in Nepal extremely successful. Finally, thank you to Sensei Praveen Saini, representing IMA from Dehli, and Sensei Lalit Kumar from Punjab, for bringing more than 50 athletes and referees, traveling over 25 hours to get to Nepal.

I was honored to be part of the 1st IMA international championship in Nepal. I enjoyed my time in Nepal and I was very happy to see our organization growing.

I would like to remind everyone about our 20th Annual Gasshuku (camp) on October 3-5 at The Inn at SilverCreek. This event is always very exciting and memorable. Please take advantage of this opportunity to participate, learn from the best and have a lot of fun.

Finally, I would like to wish good luck to the IMA team from Honbu dojo and from other locations (IMA Utah, IMA Budokan, IMA Houston, IMA North Fork Karate, IMA Integrity Martial Arts Academy and IMA Goshin-Ryu) who are going to the USA National Championship and Team Trials competition in Reno, Nevada.

"Keep up the good karate spirit and training hard."

CM



The Inn at SilverCreek in Granby, Colorado, the location of our 20th Annual Rocky Mountain Gasshuku, October 3 to 5.

Calendar of Events

- **Kyu Testing at the Honbu Dojo**
July 26, Louisville, CO
- **20th Annual Rocky Mountain Gasshuku**
October 3-5, Granby, CO
- **IMA North Fork Championship**
October 11, Grand Junction, CO
- **IMA Utah Championship**
November 8, Salt Lake City, UT

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](http://www.imakarate.com)

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

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(The registration form is on the last page of the brochure)

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

Historically, the state of karate was quite different than what we experience today. Okinawan karate was practiced in kimonos or a person's regular clothes. Teachers rarely had more than a few students and taught in their homes outside of their normal jobs. They typically taught one kata for years before advancing the student to another kata. Students often studied with different teachers, learning different katas and styles. Sometimes a teacher would present a scroll of achievement to their student. There were no belts, ranks, organized classes, or adherents to only one style.

1868 issued the start of the Meiji Restoration period where Japan rushed headlong into modernization. During this time, as the Japanese government worked to eliminate the samurai class system, it recognized the values instilled within the samurai bujutsu 武 (martial, warrior) 術 (fighting skills) training and redirected it to budo 武 (martial) 道 (way of life). To the government, this ultimately meant conformity, dedication, and loyalty to country. Budo would help galvanize the population in modernizing the Imperial Japanese Empire. It was during this time that karate, along with the Japanese martial arts were introduced to the commoners via the public education system. Jigoro Kano, an aristocrat and highly respected educator in Japan developed judo as a means to help people with physical and moral training. Similarly in Okinawa, Gichin Funakoshi introduced karate to the public education system.

In 1883, Kano started the kyu 級 (beginner rank) and dan 着 (senior rank) system for judo as borrowed from the game go. Kano felt that the ranking systems allowed students to work towards a goal, much like a student works toward completing the first grade before moving to the second grade in elementary school. Achieving the first dan rank is analogous to graduating high school or college where you know the basics and can now train for mastery. However, despite the introduction of the kyu/dan system, it wasn't until 1886 that he started the tradition of having his dan students wear a black kimono belt.

As judo gained in popularity within Japan, Kano developed in 1907, a new uniform more durable than the typical kimono worn by students. It was at this time that the kimono belt was dropped in favor of the typical white and black belts we see today.

Gichin Funakoshi, along with many other martial arts in the 1920s, adopted the kyu/dan ranking system and the judo gi as required by the Dai-Nippon Butoku-kai in order to be recognized in Japan as a "real" martial art. Students with various kyu and dan ranks wore white or black belts. Colored belts did not come until much later in 1935 when it is said that Mikonosuke Kawaishi, while teaching Judo in Europe, developed the colored belts for the kyu ranks as a means to keep the western student motivated.

In 1964, the Federation of All-Japan Karate-Do Organizations (FAJKO) was created. It brought all the major karate styles under its umbrella. In 1971 the FAJKO standardized the karate belt colors and ranks that we commonly see today.

What do you think? Do colored belts motivate you or could you practice just one kata for years at a time?

By Keith Nakasato

Students 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.

In addition to these character traits and behaviors, this month we recognize the following students for facing and overcoming their fears during the dan testing on June 28th. Zoe Pawlak, Isabella Straaten and Lilah Straaten all demonstrated their inner strength and karate spirit throughout the examination.

This month we recognize Zoe Pawlak from the Honbu Dojo and Isabella and Lilah Straaten from IMA Utah.



Zoe Pawlak



Isabella Straaten



Lilah Straaten

Quote of the Month

""It does not matter how slowly you go as long as you do not stop.""
— Confucius

The 9th Annual World University Championship

One of the highlights of Sensei Madani's travels this past month, was to Bar, Montenegro from June 19th to the 22nd, for the 9th Annual World University Championship where she served as Chief Referee.



Referees at the 9th Annual World University Championship in Bar, Montenegro, June 19 to 22, 2014.

Sensei Madani, 5th from the left, served as Chief Referee.

Hanshi's Trip to Nepal

Hanshi Madani traveled to Kathmandu, Nepal from June 11th to 18th to present seminars, give dan examinations and to oversee the first IMA Championship in Nepal. A special thank you goes out to Sensei Shanta Thokar of IMA New York for organizing this truly memorable trip.



**A Very Warm
Welcome at the
Airport**





Left: Vice President of IMA Nepal, Mr. Krishna Shivakoti, Center: Hanshi Madani wearing a special scarf given to him as an honored guest and traditional Nepalese clothing, Right: President of the Olympic Committee, Mr. Pradhan



Left: President of IMA Nepal, Mr. Ravi Gautam, Right: President of the National Karate Federation of Nepal, Mr. Purendra Lakhe



L to R: General Secretary of IMA Nepal, Mr. Dhruba Bahadur, Hanshi Madani, President of IMA Nepal, Mr. Ravi Gautam, Vice President of IMA Nepal, Mr. Krishna Shivakoti



Starting second from the left: Chief Referee of Nepal, Mr. Prakash Dhaubhadel, Hanshi Madani, President of IMA Nepal, Mr. Ravi Gautam with his wife and son.

Technical Seminars in Nepal



Starting Fifth from the Left: IMA Nepal Chief Instructor, Senpai Prakash Shrestha, IMA Nepal President, Mr. Ravi Gautam, IMA New York Chief Instructor Sensei Shanta Thokar and Hanshi Madani

**Athletes from
Nepal and India
came to train
with Hanshi
Madani**



Instructors' Group

The First I.M.A. Championship in Nepal



Sensei Praveen Saini (in the dark suit next to Hanshi Madani) and his group, representing IMA from New Dehli. They drove over 25 hours to meet with Hanshi Madani, participate in his seminars and compete in the first IMA Championship in Nepal.



Sensei Lalit Kumar (left of Hanshi Madani) and his group from Punjab.

Lighting the Lamp

Hanshi Madani was given the honor of lighting a special oil lamp to commemorate the first IMA Championship in Nepal. The lamp remained lit for the duration of the tournament.





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





Over 100 referees were in attendance for Hanshi's Referee Seminar. (Hanshi Madani in the center of the bottom row).



Every referee was presented with a special certificate and award of recognition for their service



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.

Competition Team News

Good Luck to the IMA Family Competition Team Members from Honbu Dojo, IMA International Budokan Shotokan Karate, IMA Utah, IMA North Fork Karate, IMA Houston, IMA Goshin-Ryu, and IMA Integrity Martial Arts Academy!!! They are off to the National Championships and Team Trials in Reno, Nevada.

Congratulations to the Honbu Dojo Team at the Utah State Championships in Park City!

Ewan Albright: 2nd in kata, 1st in kumite

Alex Matsumoto: 1st in kata

Ari McCarty: 3rd in kata, 3rd in kumite

Bryan McCarty: 3rd in kata

Kelara Madani: 1st in kata, 1st in kumite

Kate Nakasato: 3rd in kata, 3rd in kumite

Kurt Nakasato: 1st in kata, 3rd in kumite

Keon ZiaShakeri: 3rd in kata, 1st in kumite

Great Job, Team!



The Team in Utah



The IMA family at the Utah State Championships (Referees and Competition Team members from the Honbu Dojo, IMA Budokan, IMA Utah, and IMA North Fork).

Right: Members of the competition team enjoying a nice hike together.



Congratulations to Alex Matsumoto!

Alex traveled to New York and competed in the Thomas LaPuppet Memorial Classic. He came back with a silver medal in kata and a bronze medal in kumite! Way to Go, Alex!

Congratulations to Ewan Albright and Kelara Madani!

Ewan and Kelara traveled to California for the Sacramento Championship. They both came back with silver medals in kata and gold medals in kumite! Great job, Ewan and Kelara!

An extra special congratulations to Kelara Madani!

While at the Sacramento Championship, Kelara received an award for being an Outstanding Competitor for her age division. Congratulations, Kelara!



Kelara Madani (first row, second from the left), was presented with a cash award and a certificate for Outstanding Competitor in her age division.

Dan Testing on June 28, 2014



**Dan Testing
June 28, 2014**

1st Kyu Ichi (Brown with Black Stripe and White Tape):

Dominic Harman (NFK), Zoe Pawlak, Alex Quiachon, Luke Wierl

Junior Black Belt (Black with White Stripe): Matilda Nexhip (Budokan),
Isabella Straaten (Utah), Lilah Straaten (Utah)

Shodan - Ho (Black with Brown Stripe): Tia Clock (NFK), Bryan
McCarty, Kate Nakasato, Patty Soby (NFK), Janelle Taylor, Keon ZiaShakeri

Shodan: Anna Bradford, Sherri Murgallis, Tammy Nakasato

Nidan - Ho: Kelara Madani, Alex Matsumoto, Keith Nakasato,
Collin Scherba (NFK)

Sandan: Scott Straaten (Utah)

(NFK) - IMA North Fork Karate - Chief Instructor, Shihan Rick McGavin

(Budokan) - IMA International Budokan Shotokan Karate - Chief Instructor,
Sensei Amadou Niang

(Utah) - IMA Utah - Chief Instructor, Sensei Marius Gilca

Question of the Month

What are the original 15 Shotokan katas?

Congratulations!



Photos by Bob Soby. Thank you, Mr. Soby!!!

Go to www.tigerphotography.smugmug.com to purchase his beautiful photos!

Board Breaking!!!



Iaiiiii!!!!!!!



Photos by Bob Soby



What is the significance of the three photos at the front of the Honbu Dojo?

The photo on the left, nearest to Japan's flag, is Grand Master Gichin Funakoshi, the founder of Shotokan karate who introduced karate to Japan from Okinawa in 1922. The picture in the center and positioned slightly lower is Master Masatoshi Nakayama, who was the successor of Funakoshi Sensei. Nakayama Sensei's picture is a drawing done by Hanshi Madani's student in the early '70s. Hanshi Madani, again positioned slightly lower, was a student of Nakayama Sensei. His photo is nearest to the American flag as he continues to honor the legacy of his teacher by growing and spreading the art of karate in America and around the world.

Pictures from the IMA Summer Potluck Picnic

★ Photos by Bob Soby



Pictures from the IMA Summer Day Camp



Fun at the park



We learned to write our names in Japanese!



Lots and lots of games



Sushi making day!



New friends



Cooling off at the pool



Time to battle



Congratulations, Senpai Kamran Madani!



A very warm and heartfelt congratulations to Senpai Kamran Madani who graduated on May 24, 2014 from Broomfield High School in Colorado.

Way to go, Senpai Kamran! We are all very proud of your accomplishments and the person you have become.

Congratulations on your well-deserved success!

A Note From Sensei Amadou Niang (IMA Budokan)

Oss Hanshi and Sensei Madani,

I got home exhausted, but safe and very pleased with my stay in Colorado. As usual, I enjoyed your teaching and the whole experience of being part of the IMA dan testing. Again, thank you for opening your heart and home to me.

See you in Utah at your seminar on September 19-20.

Amadou Niang

Chief Instructor IMA Budokan

A Note From Senpai Scott Straaten (IMA Utah)

Dear Hanshi Madani,

I want to thank you for the time you spent with me and allowing me to test on Saturday June 28th. I felt honored for the opportunity to train with so many accomplished teachers and students. I not only got a great workout, but also learned a lot. Your organization has grown so much over these years we've known each other, and to be a part of that growth is a privilege I don't take for granted. Students who have not had the opportunity to test at the Honbu Dojo are missing out on a great experience.

I also want to thank Sensei Marius for training me over the years and being patient with me. He has worked hard to get his students and me prepared and I am blessed to be able to train under his guidance. His techniques and approach to karate are extraordinary and to be able to train with him is an honor.

Thank you also to Sensei Amadou Niang for kick starting my karate training back up and introducing me to the IMA organization. Had I not found him here in SLC, I probably would have given up my search for a karate home and a family.

And last, thank you Hanshi for taking such good care of my family, particularly my two daughters who tested for their Jr. Black Belts. They haven't stopped talking about their experience and smiling. It has helped energize them and I can't wait to see what they do next.

With love from the Straatens,

Senpai Scott Straaten

A Note From Lilah Straaten (IMA Utah)

Dear Hanshi,

Thank you so much for the great experience at the Dan test. In the morning I was so nervous because I didn't know anyone there and I had never tested at your dojo before. Then I realized it was just like Sensei's tests. I think it was one of the best experiences I have had in a long time.

Sincerely,

Lilah Straaten

A Note From Isabella Straaten (IMA Utah)

Dear Hanshi,

I had a wonderful experience and I had so much fun! I will never forget my very first black belt test. I will never give up on karate. I will inspire others and help teach in other classes.

Bella Straaten

It's up for a vote!

Hanshi Madani has recently grown out his beard and he wants to know what you think!

You look distinguished!!! Love it!!! ☐

OR

God made a few perfect chins and yours is one of them! ;) Don't hide it! ☐

It's all in fun! Submit your responses to tnakasato@imakarate.com.



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.

Newsletter Staff: Wanda Lestinsky, Tammy and Keith Nakasato