



# IMA JOURNAL

Worldwide News

August 2014

Honbu Dojo: 1340 Main Street, Louisville Colorado 80027 Tel: 303-665-0339 [www.imakarate.com](http://www.imakarate.com)

## A Note from Mr. M

Congratulations to the US IMA organizations who competed in the 2014 National Championship in Reno, Nevada. We had over 30 competitors with five coaches who participated in this high level championship. Also, I would like to thank IMA's 10 referees and 10 scorekeepers who helped everything run effectively and smoothly over the four days of competition.



I would like to remind everybody to sign up for the IMA Annual Gasshuku (camp) on October 3<sup>rd</sup>-5<sup>th</sup>. This year we mark the 20th anniversary of our exciting camp. I would like to ask everyone to take this unique opportunity to increase your knowledge and make it a memorable event. IMA has two signature events per year: our annual camp and our Rocky Mountain Championship, both of which are not to be missed.

It is difficult to believe that summer has almost come to an end and our kids are getting ready to go back to school. I wish all of our students the best of success and look forward to seeing you all back to your karate training.

"Opportunities do not look for you. You have to look for opportunities."

CM

## It's Our 20<sup>th</sup> Gasshuku Anniversary!

More details can be found on our website at [www.imakarate.com](http://www.imakarate.com).

Download the brochure today and start making arrangements to attend!

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

20<sup>th</sup> 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

## Calendar of Events

- **20th Annual Rocky Mountain Gasshuku**  
October 3-5, Granby, CO
- **IMA North Fork Championship**  
October 11, Grand Junction, CO
- **IMA Championship in Utah**  
November 8, Salt Lake City, UT
- **IMA Unity Tournament**  
December 13, Louisville, CO



The Inn at SilverCreek in Granby, Colorado, the location of our 20th Annual Rocky Mountain Gasshuku, October 3 to 5. Take a virtual tour at [www.innatsilvercreek.com](http://www.innatsilvercreek.com).



## Keith's Corner: Do You Compete To Win?

The USA Karate National Championship was held in July. This was an important event for many as the USA Karate team members are selected for the 2014/2015 season during this event. It is a very big deal to the competitors, coaches, senseis, and karate schools...but perhaps for some, too big a deal.

While sporting events and competitions are great tools in developing one's physical and mental skills, helping to develop a good work ethic, perseverance, and self-confidence, many articles also warn of the negative effects of placing too much emphasis on the outcome of such events. Karate, like many of the martial arts, is not only a sport, but is an activity based upon the founding principles of self-improvement: physical, mental, emotional, spiritual, and social. We as karate-ka must never forget that we do not train to beat others, we train to strengthen our character. We train to overcome the negativity within ourselves.

The dojo-kun is the guide to our success. All karate-ka and especially those who teach others, must always remember that these are the principles that underlie our training and teaching. In teaching our students, we must emphasize the dojo-kun even above physical skill as competition is everywhere.

For example, one can't go a week without being exposed to some sort of competition be it at work, at school, or on the field. In sports, it's not uncommon to see crying and gloating from both the competitors and spectators. You see competitors pushing the limits of the rules, going against the spirit of the rules, breaking rules, and even arguing with the referees when things don't go their way. You also see referees who won't admit they made a mistake. You've seen coaches throw tantrums when things don't go their way. The higher the profile of the competition, the higher the negativity and the less we see of the dojo-kun.

In the 1984 movie, *The Karate Kid*, the bad guys were the Cobra Kai Dojo and their Sensei, Kreese. Kreese taught his students to win at all costs, even telling them to break the rules if it would increase their chance to win. Kreese yelled and screamed to intimidate others to get his way. He demanded his way or else! He blamed his students when they lost. Kreese was a bully and did not follow nor teach the dojo-kun.

I recall watching sumo tournaments back in the 90s. Upon winning the final match and the Emperor's Cup, the sumo-tori did not gloat or pump his hands in the air. Instead, he bowed to his opponent and remained calm. The response the champion gave to the interviewer when asked how they felt upon winning was

simply, "I am happy that I could do my best." His opponent simply stated, "I did my best."

When you compete in a karate tournament, play a game of basketball, or play with your friends and family, do you try to follow the dojo-kun or do you trash-talk, gloat when you win or make excuses when you lose? If you accidentally step out of bounds or commit some other infraction of the rules but are not called on it because others didn't see it, do you stop and call out your penalty or are you happy that you "cheated" the system to help you win? Do you need to win to feel good about yourself or do you feel like a disappointment when you lose, or are you simply happy that you participated and did your best? Do you endeavor to follow the dojo-kun?

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.

**This month we recognize**

**Giulia Toscano and Morgan Holien**

**Congratulations, Giulia and Morgan!**

## Quote of the Month

*"Make no mistake, I always want to win, but I never fight with an opponent. My fight is within me — it is a struggle to be the best I can be at whatever I do."*

*Coach John Wooden*

# Competition Team News

Congratulations to the 11 members of the IMA Honbu Dojo competition team who competed in the USA Nationals and Team Trials competition in Reno, Nevada: Ewan Albright, Alex Quiachon, Vince Quiachon, Kamran Madani, Kelara Madani, Alex Matsumoto, Ari McCarty, Bryan McCarty, Kate Nakasato, Kurt Nakasato and Keon ZiaShakeri. Everyone did a fantastic job. The team brought home 2 Gold, 1 Silver, and 6 Bronze medals. **Kamran Madani and Ewan Albright qualified to be on the USA Team** in kumite and will be competing in the Pan American Championships in Peru in August. Kelara Madani and Keon ZiaShakeri both qualified as alternates for the USA Team in kumite.

Open Kata:

**Kamran Madani: Gold**

**Kate Nakasato: Bronze**

Elite Kumite:

**Ewan Albright: Silver**

**Kamran Madani: Gold**

**Kelara Madani: Bronze**

**Keon ZiaShakeri: Bronze**



**Gold Medalist,  
Kamran Madani**  
(Photo found on The Karate  
Nation Facebook Page)



**The IMA Competition Team from Honbu Dojo,  
IMA North Fork, IMA Houston and Integrity  
Martial Arts Academy**



**Silver Medalist,  
Ewan Albright**

Non-Elite Kumite:

**Ari McCarty: Bronze**

+35 yrs.:

**Vince Quiachon: Bronze in both kata and kumite**



**Gold Medalist,  
Maya Wasowicz.**  
Qualified for three different  
divisions on both the Junior  
and Senior National Teams

In addition, congratulations to our IMA family team members from IMA North Fork Karate, IMA Houston, IMA Budokan, IMA Utah, IMA Goshin-Ryu and IMA Integrity Martial Arts Academy. We are very proud of all of you.

A special congratulations goes out to **Eusebiucz (Kuba) Wasowicz and Maya Wasowicz**, students of **Sensei Luis Ruiz from IMA Goshin-Ryu in New York**. Kuba qualified to be on the USA Junior National Team in kumite and Maya qualified for THREE different divisions on both the Junior and Senior National Teams in kumite. Maya brought home the gold in the Senior +68 division which qualifies her to compete in the world competition in Germany. Congratulations, Kuba and Maya!

A big, heartfelt congratulations to all of our IMA teams!



**Silver Medalist,  
Kuba Wasowicz**

**More pictures from the USA National Championship and Team Trials in Reno, Nevada**

 Photo found on The Karate Nation Facebook page



# A News Article Found in the Delta County Independent

## Carly Horn Wins National Championship

On Friday, July 11, a young girl from Paonia won a national championship in karate in Reno, Nevada.

Carly Horn, steady as a rock and facing enormous pressure, tackled each match, eliminating her rivals in unanimous decisions by the judges every time, and winning a gold medal.

Carly performed Kanku Dai, a kata or form originating in Okinawa and dating back to the 1700s. Kanku dai is a very advanced kata which contains all the elements intrinsic to Shotokan karate, the style of karate taught at North Fork Karate in Paonia under Shihan Rick McGavin.



Carly drove to Reno with her mother. The 14-hour drive seemed long to her, but not as long as the months of training before the tournament. To get to this level, Carly trained five to seven days a week. She also prequalified by winning gold at the regional level in Colorado in May.

After checking into the hotel Carly was able to work out with the International Martial Arts Association team ([www.imakarate.com](http://www.imakarate.com)), led by Cyrus Madani, Shihan McGavin's teacher. She even practiced in the hotel hallway by herself to get ready. Light training in the days right before the competition helped with nerves and put on the last coat of polish. Next year, she would like to have a whole team from Paonia go and compete, too.

And what was Carly's reaction to her win? "I'm still pinching myself, Mom!" she said. But a couple of hours in the hotel pool with all the friends she made at the venue helped turn her back into a girl again, one who is ready for middle school to start.

Three black belts also went to Reno from Paonia to attend as officials. Jennifer McGavin, Dory Funk and Doris Danielsen all tested to their next referee level in front of the national panel. In fact, Jennifer received the highest national referee rating, double AA. In this way, adult black belts can give back to the sport and help develop young athletes to be their best.

North Fork Karate in Paonia was established in 2005 as a dojo which directly follows Hanshi Madani, who was trained in part by Nakayama Sensei, a student of Ginchin Funikoshi, founder of Shotokan karate in Japan. Rick McGavin has been studying for over 20 years and is an excellent teacher of children and adults. Call Shihan McGavin at 527-5477 for information on classes or visit the website, [northforkkarate.com](http://northforkkarate.com), for a class schedule and other news.

## Kyu Testing on July 26, 2014



**10th kyu:** Emmett Ribordy

**9th kyu:** Jacob Hodgson, Daniel Hollender, Liana Hollender, Lucas Hollender, Jesse Mizia, Connor Swanson, Kaitlin Swanson

**8th kyu:** Zia Cain, Ana'isa Fasick, William Homer, Faye Rosenshein, Blake Truhe, Cassidy Wilcox, Tia Wilcox

**7th kyu:** Connor Copeland, Vincent Quiachon, Ryan Miscio, Sarita Narayanswamy, Vincent Nemeth, Miles Cruger

**6thB kyu:** Kyler Grissom

**5thB kyu:** Madison That

**5th kyu:** Derek Anderson, Andrew Bullard, Ryo Cain, Talan Gover, Peter Torrens

**4th kyu:** Elliott Frank, Spencer Frank, Samuel Kapner, Sriyans Pattanaik

**3rd kyu:** Philippe Lepercq

**2nd kyu:** Thai Sheridan, Zachary Smith

**1st kyu:** Luke Aho, Anders Gronstedt

A special, heartfelt "Congratulations!" goes out to **Hunter Nelson!!!** Due to an injury during dan testing in January, he was not able to complete his test for black belt. On July 26th, Hunter received his Shodan!

Congratulations, Hunter!

Hunter will be attending the Colorado School of Mines in the fall. We are very proud of you, Hunter and wish you all the best. Keep in touch!!!

# Congratulations!

## Tiny Tigers



**12th kyu:** (L to R) Zach Quiachon, Lana Choi, Cara Miscio, Noah Choi

## Question of the Month

*What does "Seek Perfection of Character" mean to you?*

# Pictures from the IMA July Summer Day Camp



We learned how to write "Karate" in kanji



Built the coolest fort and even got Hanshi to join us!

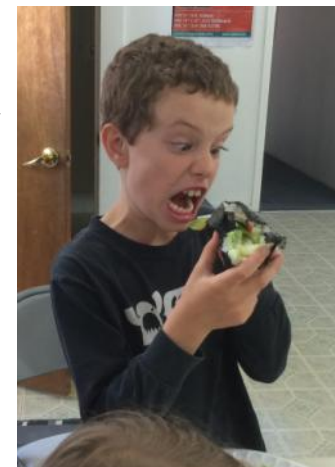


Our parents enjoyed a karate show that we choreographed ourselves!



Origami claws!

Can I get my mouth around this sushi?



Karate friends are the best!



Lots and lots of games!

# Exercise, healthy and happy! A Paper By Ehsani Mehran (1) Seyedi Reza (2) and Safi Ahmad (3)



1. MD. Gilan University of Medical Science, Rasht, Iran
2. Ph.D. student of sport physiology and training , Central China Normal University, Wuhan, Hubei, China
3. Ph.D. student of sport science ,Central China Normal University ,Wuhan, Hubei, China

## Aim:

The purpose of this paper is to study the advantages of exercise and its relation with a healthy lifestyle.

## Introduction:

If one lives long enough, health problems will develop, leading to an inability to function independently and eventually causing death. One aspect of an individual`s quality of life is to prevent or delay the premature development of these health problems, prolonging the health and independent living portions of life. There is evidence proving that physical activities are related to lower risk of many premature health problems including anxiety ,atherosclerosis, backache, cancer, chronic lung disease ,coronary heart disease, depression, diabetes, hypertension, obesity, osteoporosis, stroke etc. An active lifestyle is also related to estimates of prolonged quality of life and independent living in the elderly and individuals with disability. Although fewer studies have been done in some health problem related areas, evidence shows that physical activity may reduce the risks of colon cancer, non–insulin dependent diabetes mellitus, osteoporosis, as well as all-cause mortality. People who exercise, follow a healthy diet, do not smoke, drink alcohol moderately and are able to manage stress, will experience a longer life with a better quality.

Healthy lifestyle plays a key role preventing many diseases, including coronary heart disease, cancers and obesity.

A scientist named Covert Bailey claimed if it would be possible to fit exercise into a pill or capsule, then it will become the most consumed prescribed medicine historically.

Evidence shows that people who exercise regularly tend to have a better quality of life, pass a more healthy aging and suffer fewer functional limitations compared with ordinary people.



# What is a Healthy Lifestyle?

To have a healthy lifestyle we need to:

- eat a variety of healthy food most of the time
- get regular exercise
- take some times to relax
- get adequate sleep to give our bodies time to recover and rest



Among the major changes in cardiovascular function in middle age is reduction of blood flow capacity that occurs due to drop in cardiac output induced by changes in contractile strength of the heart. Elasticity of vascular wall decreases with age and coronary arteries are approximately 30% thinner and for this reason less blood reaches the heart tissue.

# What Are the Benefits of Exercise?

Exercise improves the body in many ways.

- The lungs take in more air, giving us more oxygen.
- The heart works harder to get more blood and oxygen to the parts of the body that are working.
- The heart and muscles become larger, stronger and fitter.
- Weight-bearing exercises like running, skipping and hopping help to develop stronger bones.
- Food is processed more efficiently and waste products are more quickly removed, leaving the body feeling more comfortable.
- The skin, hair and eyes look better because the "inside" is healthy.
- Improved muscle tone gives the body a better shape and posture.
- Chemicals are released into the brain which make us feel happy. These are called endorphins. They make us feel more confident and improve our self-esteem.
- We sleep better.
- Strength, stamina and suppleness are improved.



# **In our next paper we will have a review about “How Much Physical Activity Should We Do?”**

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## **Discussion subjects:**

- Health and lifestyle
- Sport physiology
- Science of training
- Sport medicine
- Sport psychology
- Karate is an art and one way

**Please write your opinions and questions about this article. It’s an honor to do research about your queries and interests in our next paper.**

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**The Votes Are In!**

**Hanshi is keeping his beard!**



**Hanshi Madani in 1974**



**40 Years Later**

**Looking just as young as he did forty years ago!**



## **Honbu Dojo Students**

### **Would you like to be a pen pal for a middle school student in Japan?**

One of our former karate students, Sabrina Zirakzadeh is teaching in Japan and would like for her students to be able to correspond with our Honbu dojo students who are interested in learning more about Japanese culture.

We are looking for mostly middle school to early high school aged pen pals. Most of her students right now are between the ages of 12 to 15, with mostly 13 and 14 year olds.

Please contact Mrs. Nakasato at [tnakasato@imakarate.com](mailto:tnakasato@imakarate.com) by August 20th if you are interested.



# 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](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
- 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](mailto:tnakasato@imakarate.com) for more information.



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

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