



IMA JOURNAL

Worldwide News

September 2014

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

A Note from Mr. M

Summer is over and schools and universities have started for the year 2014-15. I would like to wish all of our students the best of success. I recommend that you keep up your training, because karate helps you to focus on your studying.

Also, I would like to congratulate our three athletes who participated in the Jr. Pan American Championship in Lima Peru: Ewan Albright, Kamran Madani and Kuba Wasowicz. They did an excellent job with many difficult matches. Congratulations to Kamran Madani for medaling in this championship (see page 3).

The month of August was very exciting for me as I traveled to several places, including Trinidad and Tobago. I was invited by Dr. Wesley Shim, Vice Chairman of the IKD (International Karate Daigaku) organization to their annual Caribbean camp. I had a wonderful trip and met many well qualified Shotokan instructors. These instructors have been teaching for several decades, but most importantly they were very humble. I would like to take this opportunity to thank several people who were part of my invitation to IKD Caribbean camp and apologize for forgetting some names: Grandmaster Frank Woon-A-Tai, Chief instructor, 9th Dan, Mrs. Frieda Shim, 7th Dan, Mr. David Clarke, President of IKD, 6th Dan, Mr. and Mrs. Bernstein, 7th Dan, Mr. Ian Benjamin, Mr. Nigel Forde and many more people. I would like to congratulate the IKD board of directors for their leadership, technical expertise, and honesty (see page 2).

I also had a very good trip to Lima, Peru for the Jr. Pan American championship, to fulfill my annual referee responsibility and to support our US competitors, coaches and referees (see page 3).

When I was in Lima, Peru I was invited to give a seminar to my long time friend Sensei Abanto and his head instructors. Sensei Abanto is well known in South America and a very good Shotokan practitioner. He has several dojos in Peru (see page 4).



Congratulations to Sensei Luis Ruiz, who recently celebrated the grand opening of his new dojo. (see page 6).

In closing I would like to remind everyone to attend our 20th Annual Gasshuku camp in the beautiful Rocky Mountains of Colorado, October 3rd to 5th. We are expecting around 150 participants.

Thank you for your friendship and support.

CM

It's Our 20th Gasshuku Anniversary!

Hooray! It's that time of year! Time to get away from the daily grind and focus on karate at our annual Gasshuku (camp). This year, we are very excited to be returning "home" to The Inn at SilverCreek in beautiful Granby, CO from October 3rd to 5th.

Gasshuku is a traditional retreat designed to allow a karate-ka to focus on training without the daily distractions that interrupt the learning process. It is sure to be a worthwhile learning experience, and a time to build life-long, treasured memories with our fellow karate-ka.

Our Saturday night camp dinner is truly one of the highlights of our weekend and sure to be a fun and lively event. Relax and enjoy our student talent show, dance with us, and share in the celebration of our 20th Annual Gasshuku Anniversary!

More details can be found on our website at www.imakarate.com.

Download the brochure today and make arrangements to attend!

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 Intensive Training for Elite Athletes**
December 12, Louisville CO
- **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.

Hanshi Madani's Trip to Port of Spain, Trinidad

Hanshi Madani presented nine seminars at the Cascadia Conference Center in Port of Spain, Trinidad. He was invited as a special guest instructor at the 11th IKD Caribbean Karate Championship Camp from August 18th to 20th, by Shihan Frank Woon-A-Tai, 9th Dan, Founder, Chief Instructor and Chairman of the International Karate Daigaku Association, and Shihan Dr. Wesley Shim, 8th Dan and Vice Chairman of IKD.



Hanshi Madani and Dr. Wesley Shim

DESTINATION: TRINIDAD

**11TH IKD
CARIBBEAN
KARATE CHAMPIONSHIPS**

&

**CKC
CAMP**

15TH - 17TH AUGUST, 2014
18TH - 20TH AUGUST, 2014

**Adults
\$ 60USD**

- Registration, participation in as many events as you wish to enter
- Training and judges' sessions
- Scheduled airport pickup and drop off at the tournament Hotel

This fee does not include the Get Together (After Event Line) or any promotional items.

**Juniors
\$40USD**

- Registration, participation in as many events as you wish to enter
- Training sessions
- The Get Together (After Event Line)
- Scheduled airport pickup and drop off at the tournament Hotel

This fee does not include any promotional items.

**Three days with Special Guest Instructor:
Mr. Hanshi Cyrus Madani
8th Dan**

He has developed new concepts for generating inner power and strength in karate techniques through proper breathing and has pioneered teaching methods for developing speed and agility at any age.

\$100 USD
 for three days
 (\$40 USD for a single day.)
Three training sessions each day.

The Room rates are:

a. Single Occupancy: \$ 90.00 USD per night

b. Double Occupancy: \$100.00 USD per night

c. Triple Occupancy: \$120.00 USD per night

d. Quad Occupancy: \$140.00 USD per night

1. Booking Your Team's Accommodation - Please book by the end of May 2014. There is no cancellation / penalty fee and NO deposit will be required. All payments to be made on arrival at the hotel.

2. Meals - Breakfast is buffet and provided at NO cost. Economy-priced Lunch/Dinner will be provided \$10.00 USD for lunch and \$15 to 20 USD for dinner.

Venue Information

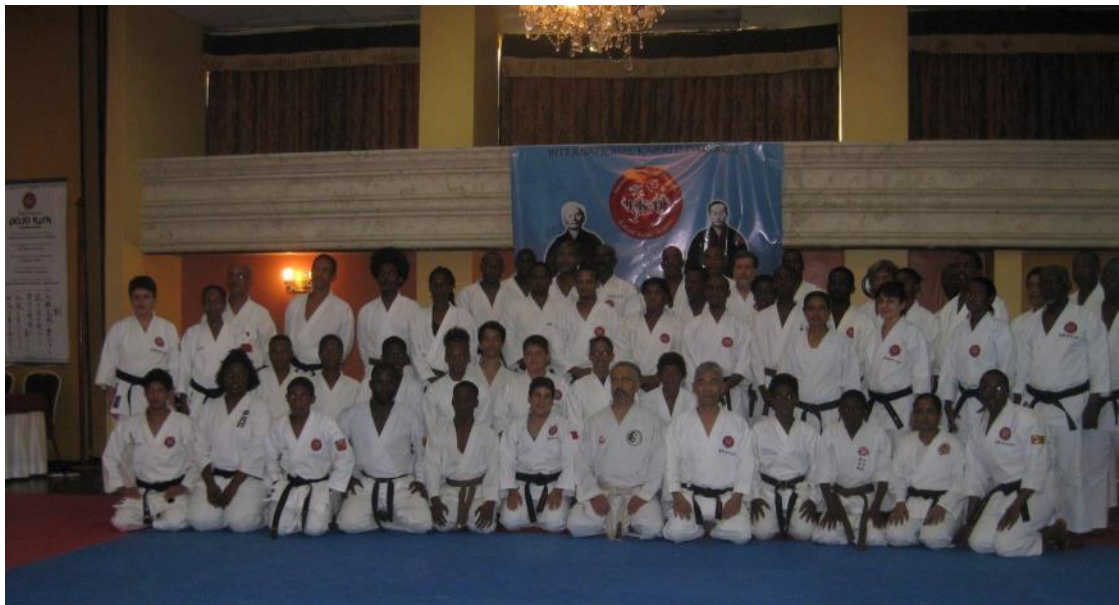
Cascadia Hotel and Conference Centre Arapita Road, St. Ann's, Port of Spain, Trinidad, W.I. | www.cascadiahotel.com | Phone: (868) 623 3511; 3515 Ext 522

Cascadia Hotel Manager - Barry Robinson - marketing@cascadiashotel.com | bbobrow@gmail.com | Mobile: (950) 682 0179

TKA Accommodation Coordinator - Rhonda Thomas - rhondathomas@gmail.com | Mobile: (868) 378-1077



Sitting at the Head of the Table, Shihan Frank Woon-A-Tai, Founder of International Karate Daigaku



Mr. Philip Kalloo, Hanshi Madani and Shihan Dr. Wesley Shim

Competition Team News



Ewan Albright, Hanshi Madani and Kamran Madani in Lima, Peru for the 2014 Pan-American Championship



Sensei Luis Ruiz and Kuba Wasowicz

Congratulations to our IMA family team members from IMA Honbu Dojo and IMA Goshin-Ryu: Ewan Albright, Kamran Madani and Eusebiucz (Kuba) Wasowicz for a job well done at the Pan-American Championship in Lima, Peru. We are very proud of all of you. A special congratulations goes out to Kamran Madani for bringing home the bronze medal!

A Gathering of Friends....American and Canadian Referees in Lima, Peru



Above: Hanshi Madani with Canadian Referee and long time friend, Sensei Marc Ward.

Below: Hanshi Madani with Canadian Referees Sensei Marc Ward (left) and Sensei Dave (right).



Hanshi Madani's Seminar in Peru

While in Peru for the 2014 Pan-American Championship, Hanshi Madani was invited by Sensei Regidimberto Abanto Z., President and Chief Instructor of APCNKS (Asociacion Peruana De Cinturones Negros De Karate Shotokan) to present a seminar at his dojo. All attendees received a certificate with Hanshi's picture and signature. Hanshi received a certificate with Sensei Abanto's signature and both of their pictures, along with a trophy.



PERÚ-Lima 26-08-2014: Martín Murillo-César Languasco-Enrique Inchustegui-Jesús Costa (USA)-Sensei CYRUS MADANI (USA)-Regidimberto Abanto Humberto Cuadros-César Aguilón-Jesús Ríos-Benjamin Hernández-José Alvarado-Joe Cuadros-Kendo Oré-Omar Urdanivia-Fidel Robles

Kyu Testing on September 6th



First Testing Group

10th kyu: Jericho Carr, Alex Chappell, Jimmy Gawa, Ellie Hsu, Hadden Mierzejewski, Ishan Tsay, Om Vegesna, Lev Wolkenbreit

9th kyu: Jackson Anderson, Chase Coyte, Srikar Kurakula, Aiden McKnight, Kristina McKnight, Emmett Ribordy

8th kyu: James Bruinsma, Daniel Hollender, Liana Hollender, Lucas Hollender, Connor Swanson, Kaitlin Swanson, Annie Zander

7thB kyu: Tashi Gawa, Blythe Truhe, John Williams

7th kyu: Toby Bolton, Nandhika Kurakula, Shree Vegesna, Lindsay Pleva

6thB kyu: Tanner Dawson, Alex Rini

6th kyu: Matthew Hawkins

5thB kyu: Matthew Chao, Puja Jansun, Reema Patadia,

5th kyu: Elliott Fridman, Morgan Holien, Lucas Pleva, Daron Yamamoto

Congratulations!



Second Testing Group

4th kyu: Joseph Buschmann, Sophie Buschmann, Benjamin Chen, Simon Harrington, Pavan Gudavalli, Amanda Rampy

3rd kyu: Mia Silver

2nd kyu: Dylan Billinger, Ria Jansun, Arianna McCarty, Dylan Woods

1st kyu: Elam Fifer-Whiting

Congratulations to Carly Horn from Shihan McGavin's dojo in Paonia, IMA North Fork Karate.
Carly completed her first test toward Junior Black Belt! Hooray, Carly!

Announcing the grand opening of the Goshin Ryu Martial Arts and Fitness Center. Congratulations, Sensei Luis Ruiz on your new dojo! We are all very excited and happy for you!!!



GRAND OPENING
GOSHIN-RYU
MARTIAL ARTS & FITNESS STUDIO

SATURDAY SEPTEMBER 6TH
11:00AM - 6:00PM

• KARATE • KICKBOXING • ZUMBA
• SALSA • MMA • BALLET
• YOGA • SPINNING

**PILATES GYMNASTICS
BODY SHAPING CLASSES**

OTHER PROGRAMS
AFTER SCHOOL PROGRAM • SCHOOL BREAK CAMP
SUMMER KARATE CAMP • TUTORING
AND MUCH MUCH MORE

35 LOCUST STREET • BROOKLYN NY 11206
TEL. 718-218-7117



Classes in the new dojo!



Members of Sensei Luis Ruiz's dojo participated in a local parade.

Hanshi Madani and Kyoshi Richoux, Visible and Active in the Community!



Hanshi Madani (second from the left) serving the community as a judge for the Louisville Labor Day Parade



Screen shots of Kyoshi Patrick Richoux and his student, Bryan on T.V. demonstrating self-defense techniques



Copy and paste this link to watch the video:

<https://www.facebook.com/photo.php?v=882567275105625&set=vb.239977856031240&type=2&theater>

Congratulations to the Newlyweds!!!



Renee Prud'Homme and Hanshi Madani



Renee Prud'Homme and her husband

A sincere, heartfelt congratulations goes out to Renee Prud'Homme, daughter of Sensei Michelle Prud'Homme, on her recent celebration of marriage. Renee is in Scotland and is one of our IMA black belts. Congratulations, Renee! We wish you and your husband a lifetime of joy and happiness together.

Pictures from the IMA August Summer Day Camp



HOW MUCH PHYSICAL ACTIVITY IS NEEDED FOR CHILDREN?

A Paper By Ehsani Mehran (1), Seyedi Reza (2), Khodayari Fereshteh (3), and Safi Ahmad (4)

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. Master of Optometry, BVP Medical University, Pune, India
4. Ph.D. student of sport science, Central China Normal University, Wuhan, Hubei, China

Physical activities are important for everyone, but how much you need depends on your age. When it comes to physical activity, some is better than none, and more is better. The 2008 Physical Activity Guidelines for Americans gives general guidelines for children. When reviewing the guidelines, keep two things in mind:

If you don't currently exercise and aren't very active during the day, any increase in exercise or physical activity is good for you. Start slow, and gradually build up the length and intensity of your workouts over time.

You don't need to log all of your daily activity in one session: You can accumulate physical activity in 10-minute bursts, spread throughout the day.

In this part we will study about the amount of exercise for children and adolescents:



Regular physical activity in children and adolescents promotes health and fitness. Activity in children and adolescents promotes a healthy body weight and body composition.

Compared to those who are inactive, physically active youth have higher levels of cardio respiratory fitness and stronger muscles. They also typically have lower body fat. Their bones are stronger, and they may have reduced symptoms of anxiety and depression. Youth who are regularly active also have a better chance of a healthy adulthood.

Children and adolescents don't usually develop chronic diseases, such as heart disease, hypertension, type 2 diabetes, or osteoporosis. However, risk factors for these diseases can begin to develop early in life. Regular physical activity makes it less likely that these risk factors will develop and more likely that children will remain healthy as adults.

Key Guidelines for Children and Adolescents

Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.

Aerobic: Most of the 60 or more minutes a day should be either moderate to vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.

Muscle-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.

Bone-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.

It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

If children are currently doing no physical activity, doing amounts below the recommended levels will bring more benefits than doing none at all. They should start with small amounts of physical activity and gradually increase duration, frequency and intensity over time. The concept of accumulation refers to meeting the goal of 60 minutes per day by performing activities in multiple shorter bouts spread throughout the day (e.g. 2 bouts of 30 minutes), then adding together the time spent during each of these bouts.

WHO (World Health Organization) Recommendation:

For children and young people, physical activity includes play, games, sports, transportation, chores, recreation, physical education, or planned exercise, in the context of family, school, and community activities. The recommendations to improve cardio respiratory and muscular fitness, bone health, and cardiovascular and metabolic health biomarkers are:

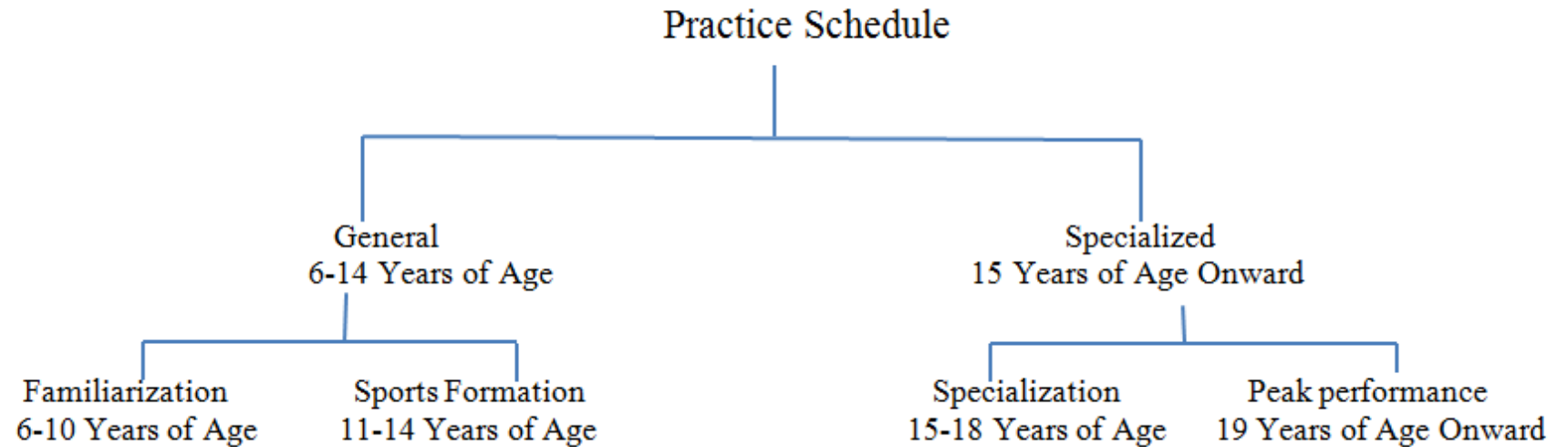
1. Children and youth aged 5-17 should accumulate at least 60 minutes of moderate to vigorous-intensity physical activity daily.
2. Amounts of physical activity greater than 60 minutes provide additional health benefits.
3. Most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least 3 times per week.



Examples of Moderate-and Vigorous-Intensity Aerobic Physical Activities and Muscle-and Bone-Strengthening Activities for Children and Adolescents Age Group		
Type of Physical Activity	Children	Adolescents
Moderate-intensity aerobic	Active recreation, such as <ul style="list-style-type: none"> • Hiking • Skateboarding • Rollerblading • Bicycle riding • Brisk walking 	Active recreation, such as <ul style="list-style-type: none"> • Canoeing • Hiking • Skateboarding • Rollerblading • Brisk walking • Bicycle riding (stationary or road bike) • Housework and yard work, such as sweeping or pushing a lawn mower • Games that require catching and throwing, such as baseball and softball
Vigorous-intensity aerobic	Active games involving running and chasing, such as <ul style="list-style-type: none"> • Tag • Bicycle riding • Jumping rope • Martial arts such as karate • Running • Sports such as soccer, ice or field hockey, basketball, swimming, tennis • Cross-country skiing 	Active games involving running and chasing, such as <ul style="list-style-type: none"> • Flag football • Bicycle riding • Jumping rope • Martial arts such as karate • Running • Sports such as soccer, ice or field hockey, basketball, swimming, tennis • Vigorous dancing • Cross-country skiing
Muscle-strengthening	Games such as <ul style="list-style-type: none"> • Tug-of-war • Modified push-ups (with knees on the floor) • Resistance exercises using body weight or resistance bands • Rope or tree climbing • Sit-ups (curl-ups or crunches) • Swinging on playground equipment/bars 	Games such as <ul style="list-style-type: none"> • Tug-of-war • Push-ups and pull-ups • Resistance exercises with exercise bands, weight machines, hand-held weights • Climbing wall • Sit-ups (curl-ups or crunches)
Bone-strengthening	Games such as <ul style="list-style-type: none"> • Hopscotch • Hopping, Skipping, Jumping • Jumping rope • Running • Sports such as gymnastics, basketball, volleyball, tennis 	Games such as <ul style="list-style-type: none"> • Hopping, Skipping, Jumping • Jumping rope • Running • Sports such as gymnastics, basketball, volleyball, tennis

Some trainers believe that if doing some practice is good and useful, then more practice would be more useful, that this reasoning is incorrect. Children do not have the ability to do heavy exercises like adults. Cardiorespiratory systems of children have slow growth, their ability to withstand the accumulation of lactic acid is very low and their muscle growth capacity is very limited. Small children are better educated and more efficiently trained in a quiet, stress-free and tension-free environment. Excessive and inordinate pressures and often emphasis on winning leave a negative impact on children and create some difficulties in the child's process of learning.

Early Specialization	Multilateral Program
<ul style="list-style-type: none">• Progress occurs rapidly.• The best performance will be between 15-16 years of age.• Contrasts in performances and competitions are sometimes good and sometimes bad.• Reaching the age of 18 , they become old and abandon the exercise.	<ul style="list-style-type: none">• The athlete progresses better.• The best performance will be in 18 years of age.• They will have consistency in their performances.• They will have minimal injuries and long sport lives.



References:

1. American Heart Association.
2. Physical education for life long fitness.
3. Theory and Methodology of Training. Guided by the expertise of Tudor O. Bompaa
4. U.S. Dept. of Health and Human Services.
5. WHO (World Health Organization).

Seminars by Hanshi Cyrus Madani, 8th Dan



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, 2nd Dan

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