



IMA JOURNAL

Worldwide News

November 2014

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

A Note from Mr. M

Once again I would like to thank everybody who participated in our 20th anniversary of Gasshuku (camp). We had great instructors and many participants from 12 different states. I am looking forward to seeing everyone who may be reading this newsletter at the next Gasshuku on October 2-4, 2015. Information will be placed on our website at www.imakarate.com early in 2015. In the meantime, please mark your calendar for this very exciting and unique event. (More 2014 Gasshuku pictures on page 6).



dedication to Martial Arts. (See pictures on page 5).

Finally, I would like to wish Maya Wasowicz of IMA Goshin-ryu the best of success in Germany, representing the US team in the Senior World Championship. Maya is the first IMA athlete to represent the US in this prestigious and high level event.

Keep training.

CM

I would like to congratulate Shihan and Senpai McGavin (IMA North Fork) for their outstanding and well organized 7th annual tournament on October 11th in Grand Junction, Colorado. It was a lot of fun with many competitors and proved very safe because of IMA's outstanding referees.

Also, I would like to wish the best of success to Mr. and Mrs. Niang who are hosting the 8th annual IMA Championship in Utah on November 8th.

Special thanks to Shihan Muhammad (IMA Integrity Martial Arts Academy) for inviting me to an outstanding, well organized dan testing at his dojo on October 17th. Shihan has many committed black belts in Kansas and is running a very successful dojo. I would like to congratulate Mr. Muhammad for his leadership and

Calendar of Events

- **IMA Championship in Utah**
November 8, Salt Lake City, UT
- **IMA Unity Tournament**
December 13, Louisville, CO
- **Dan Testing and BB Extravaganza**
January 24, 2015 Louisville, CO
- **IMA Goshin-Ryu's New York International Open**
March 1, 2015, NY
- **20th Annual Rocky Mountain Championship**
May 2-3, 2015, Louisville, CO
- **21st Annual Rocky Mountain Gasshuku**
October 2-4, 2015, Granby, CO



Happy Thanksgiving to all our IMA Family and Friends!

IMA wishes you a joyful, beautiful and blessed Thanksgiving, surrounded by all those you hold dear to your heart.

We are truly grateful for your friendship and support.

Kyu Testing on October 25, 2014



1st Group (Testing for 10th kyu to 7th kyu)

10th kyu: Jack Soden

9th kyu: Jericho Carr, Jimmy Gawa, David Hsu, Ellie Hsu, Bjorn Martinsson, Zoe McKinley, Ishan Tsay

8th kyu: Chase Coyte, Srikar Kurakula, Jesse Mizia

7th B kyu: James Bruinsma, Cole Carmichael, Travis Ellis, George Grady, Patrick Grady, Daniel Hollender, Liana Hollender, Lucas Hollender, Kieran Schmidt, Connor Swanson, Kaitlin Swanson, Blake Truhe

7th kyu: Tashi Gawa, Blythe Truhe

6th B kyu: Miles Cruger, Ryan Miscio, Sarita Narayanswamy

6th kyu: Tanner Dawson, Vince Quiachon, Alex Rini

5th kyu: Matthew Chao, Puja Jansun, Reema Patadia, Madison Taht

4th kyu: Ryo Cain, Talan Gover

3rd kyu: Elliot Frank, Spencer Frank, Melanie Rosenberg, Caspian Szott

2nd kyu: Linda Polanowski

1st kyu: Becky Albright, Brandon Sheridan, Zach Smith

Congratulations!!!



Second Group (Testing for 6th B kyu to 1st kyu)



Tiny Tigers

11th kyu: Lana Choi, Zach Quiachon, Noah Choi, Cara Miscio

Strength of Character

Recently a parent asked me how long it would take for his child to become a black belt. He described his child as being small and weak for his age whereas he sees the teenage black belts as being quick, strong, and powerful. He wondered if his child could even become a black belt. I feel that there are many opinions on this matter but I told him what I believe. "Sure, everyone would hope that their child would become lightning fast, incredibly strong and powerful by achieving their black belt; however, that is not what makes a black belt. Achieving one's black belt comes from your heart, always trying your best and never giving up, and especially developing your strength of character."

Throughout our karate training, we practice such things as having good hikite, straight punches, using our hips, and having good stances. Without a good stance, it doesn't matter if you punch straight or use your hips as your foundation is weak. You are not grounded. It is the connection to the ground that is the foundation of our strength and power. The stronger our foundation, the stronger our karate. A good stance serves our physical grounding, but what grounds our spiritual, mental, emotional, and moral character? How do we develop and strengthen our character?

Humility. Humbleness. Without it, a karate-ka is but an empty shell. Without humility, rank and status are superficial and perhaps even detrimental. Exploring the etymology of the word humility finds the Latin, humilis "on the ground" and humus "earth". In other words, being humble means being grounded. Humility provides the foundation for our spiritual, mental, emotional, and moral character. Without humility, we will never seek perfection of character. Without humility, one will never be a true black belt.

Do you train for perfection of character to strengthen your moral foundation, the essence of who you are, or do you simply seek superficial glory of status and rank and importance?

By Keith Nakasato

Quote of the Month

Humility is the solid foundation of all virtues.

Confucious



The Dojo Will Be Closed...

ON THANKSGIVING DAY AND BLACK FRIDAY, Thursday and Friday, November 27th and 28th.

Classes will resume on Saturday, the 29th.



Black Friday Fun Day

Black Friday Fun Day will be held on Friday, November 28th from 9:00 AM to 3:00 PM. This is for all IMA students and siblings (6 years old and up). Teenagers are more than welcome to join in on the fun! Drop off your children with a home lunch and go shopping! Organized games and activities, movies, stories, free time, snacks, drinks and tons of fun! Don't miss out and turn in your registration form ASAP. Registration forms are located in the clear plastic file folders next to the computer. Register today!

20th Annual IMA Unity Tournament

Once again, it is our tradition to finish the year with our IMA Unity Tournament. The purpose of this tradition is for IMA students and IMA friends from different locations to meet each other and have a nice, friendly gathering. This is designed for all ages and levels (white to black belt).

In addition to the tournament, we will have our annual Holiday Party Potluck, (a free event) with dinner entertainment by our very own karate-ka at 6:00 PM.

This is a "Do Not Miss" event!

The party will be at the Honbu dojo on Saturday the 13th, the same day as the tournament.

We are looking forward to seeing you at this special and exciting event!

Register today!!!



20th Annual
IMA
Unity Tournament

December 13, 2014
IMA Honbu Dojo, 1340 Main St.
Louisville, CO 80027

Check-in: Everyone should be at the dojo by 8:00 AM

Ceremony & Competition: Starts promptly at 8:30 AM

Registration Fees: One event -\$40.00
Two events -\$45.00

Team Kata or Kumite: \$20 each person

Open to all ages and levels

All competitors who are 11 yrs. of age and under will be presented with an award

Visit www.imakarate.com to download registration forms

For more information
please contact us at (303) 665-0339
or email tnakasato@imakarate.com

Hanshi Madani's Trip to Kansas



More Photos from the 2014 Rocky Mountain Gasshuku by Matt Miscio

Original article in September Issue



Gasshuku photos continued...



**Mark your
calendar
for next
year...**



October 2 to 4, 2015!!!



**Don't
miss the
fun!!!**



Hope you had a Happy Halloween!!!



Tiny Tigers



Little Dragons



The Bobs!!!



Youth Class

Karate and Energy Systems

A Paper By Ehsani Mehran¹, Seyedi Reza², Khodayari Fereshteh³, and Safi Ahmad⁴.

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In order to implement an effective exercise program, you should know the following:

- Energy systems
- Fuel used for each system
- Amount of time that an athlete needs for energy reconstruction in his trainings and competitions.

In the previous paper we briefly described the first two subjects. Now, a good understanding of the restoration of energy systems is considered a basis for calculating the gap between the exercise activities during exercise and after the match.

First, we need to know which energy systems of phosphagen-lactic acid-oxygen produces energy in karate.

Some sports benefit from the same system for production of their required energy. Like the leap and throw in track and field that 100 percent of energy is produced by phosphagen system or marathon that 95% of the energy is produced by the aerobic system.

But in sports like karate, there is a term called overlapping energy systems. Since a karate competition can take 30 seconds to 8 minutes, then we can not say that it only benefits from a single system like the above-mentioned sports. One of the topics that challenge exercises design in karate is the overlap of the two energy systems. That is, two energy systems are widely used. It simply means that anaerobic and aerobic systems are helping each other to produce energy.



Therefore, strengthening all three energy systems (phosphagen-acid Lactic- oxygen) should be placed in Karate Fitness programs. When a Karate competition lasts until 7th and 8th minute, power of limbs will become affected. As mentioned in the previous article, although the phosphagen system is able to provide energy fast, it will be deactivated after 10 seconds due to limited fuel, and muscles go to lactic acid system to supply energy. So by continuation of activities, the rate of accumulation of lactic acid in the muscles increases and is transferred to blood flow. Continuing this trend increases lactic acid in the blood above the lactate threshold and gradually led to a drop in performance.

If conditions of exercise or competition would be such that karate-ka would have to continue to work with the same or more severity, it will lead to reduction in power, muscle pain increase, and loss of consciousness of Karate-ka that will make difficulties in quality of competition.

Here, that the Karate-ka is prepared and do fitness properly and scientifically, has a higher lactate, would be more successful.

Given that most of the energy required in Karate is produced by the anaerobic system (phosphagen and lactic acid), the important role of the aerobic system (oxygen) should not be ignored.

In 1974 McDougall showed that a highly trained aerobic system, even if the activity would be anaerobic, increases the total available energy. High aerobic capacity leads to lower production of lactic acid. Thus, an athlete with good aerobic levels can act with higher severity before experiencing accumulation of lactic acid rather than others. Also, an athlete with an aerobic system more trained, as compared to a person without this feature, has a more rapid return to the initial state after anaerobic exercise.

To better understand the interaction of energy systems in karate we review some moments of a karate match.



A few seconds after the start of the match, suddenly the karate-ka proceeds to execute a Jodan-zuki, a moment in which the muscles in the arms, trunk and legs face an enormous pressure, that turns to phosphagen system to supply the required energy. After that, referee stopped the competition, and both aerobic and anaerobic systems are activated for energy supply. After restarting the match, if the karate-ka would do single-hit attacks several times, the anaerobic system is activated again and after a few seconds the phosphagen system becomes disabled due to its limited fuel, and muscles return to lactic acid systems for energy supply. After that the match is stopped by the referee or even after a few-second break there is not enough time to rebuild phosphagen system, so, the lactic acid system will have a larger role for energy production in this time. Karate is among these sports so that some books mentioned the 80-90 percent share of anaerobic system in production of required energy for this field .

During the recovery period, reconstruction of phosphagen is done by full rest or with very light exercises. Almost 70% of phosphagen reserves reconstruction is completed in 30 seconds, and 100% thereof is completed in 3 to 5 minutes (Fox et al, 1989).



There is accumulation of lactate in the blood during karate practice that results in fatigue of the athlete. Before returning to a balanced state of rest, the body must excrete lactic acid from the system that it needs time to achieve it: 10 minutes for 25% excretion, 25 minutes for 50% excretion, and 1 hour and 15 minutes for 95% excretion of lactic acid (Fox et al, 1989).

Then, training practices and enhancement of energy systems in karate should be considered according to the exact needs of this field.



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: Tammy and Keith Nakasato