



IMA JOURNAL

Worldwide News

January 2015

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

A Note from Mr. M

Happy New Year!

May we all have a happy, healthy and prosperous 2015. We have a very exciting year ahead of us filled with new events and programs.

2014 was an excellent year for the IMA organization with our annual camp and several successful championships in Colorado, New York, Utah, Nepal, India and Iran. Also, for the first time in our organization we have several instructors who were promoted to high level ranks, including 6th and 7th Dan.

I am very proud of our IMA competitors from USA and other countries who competed nationally/internationally and in the Pan American, Asian, and World Championship.

I would like to thank and congratulate the IMA organization's instructors in USA and abroad, for their outstanding hard work and heartfelt dedication to their students and our IMA family.

Also, a special thank you to Senpai Tammy Nakasato for her dedication and hard work at the Honbu dojo for 17 months. Mrs. Nakasato has decided to take a life opportunity to go back to school to work on a degree in psychology. During the time she was working at the Honbu dojo we accomplished a lot, and we wish her the best of success in her endeavor. We are all going to miss her hugs and smiles, but know she will go on to do great things.



Finally, I would like to encourage you to sign up in our web site if you are interested in receiving news about IMA organization at www.imakarate.com. This will be our final newsletter in this kind of format. We are transitioning to "news as it happens" and will keep you up to date with the latest news, in the form of website posts.

"Life truly is blessing and priceless"

CM

Calendar of Events

- **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

A Wish for the New Year

Dear Friends & Families,

Another fresh new year is here . . .

Another year to live!

To banish worry, doubt, and fear,

To love and laugh and give!



HAPPY NEW YEAR

From the Madani Family

Congratulations to Everyone who Participated in the 20th Annual IMA Unity Tournament!



Photos by Okinawa Dojo and Mr. Matt Miscio. Thank you!



Competition Team News

Congratulations to the following team members who participated in the Suzuki Cup in Dallas, Texas on December 6th

Alex Quiachon: 1st in kata

Vince Quiachon: 2nd in kata, 3rd in kumite

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

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

IMA Holiday Party



Kyu Testing on December 20th



First Testing Group

10th kyu: Adam Transue, Julia Transue

9th kyu: Chloe Aris, Lea Aris, Aidan Coohill, Meghan Guiler, Karl Guiler

8th kyu: Jackson Anderson, Alex Chappell, David Hsu, Ellie Hsu, Hadden Mierzejewski, Luke Robinson, Ishan Tsay, Tania Ventura

7thB kyu: Chase Coyte, Ana'isa Fasick, Jacob Hodgson, William Homer

7th kyu: James Bruinsma, Patrick Grady, Daniel Hollender, Liana Hollender, Lucas Hollender, Faye Rosenshein, Connor Swanson, Kaitlin Swanson

Congratulations to everyone who tested!



Second Testing Group

6thB kyu: Toby Bolton, Lindsey Pleva

6th kyu: Ryan Miscio

5thB kyu: Matthew Hawkins

4th kyu: Andrew Bullard, Arul Muralidharan

3rd kyu: Sriyans Pattanaik, Amanda Rampy

2nd kyu: Kyle Gordon

1st kyu: Kyle Sheridan, Thai Sheridan

An Interview with Sensei Amadou Niang of IMA Budokan

December 22, 2014

Question: What is the purpose of your visit from Utah to Colorado?

Sensei: I came to train at the Honbu Dojo and to learn from Hanshi Madani. This is family to me and I have a very strong desire to be here. It's very refreshing to be back and to see everybody.

Question: How often do you come to train with Hanshi?

Sensei: I used to come on a very regular basis. In 2007, I was coming twice a month. Now, due to changes in my life and family, it has become more difficult to come that regularly. I try to come as much as I can, at least every three months.

Question: What training benefits, technical or mental, are you getting from working with Hanshi one to one?

Sensei: First of all, Hanshi has a wealth of knowledge in Shotokan karate. He is definitely a very, very strong, traditional Shotokan karate instructor. Therefore, it becomes important for us head instructors to come and get that knowledge so we can transfer it back to our dojos. If you are part of an organization, the last thing you want is to have your students doing different things that are not in line with what the Honbu Dojo does. So to me it is very crucial as the Chief Instructor of IMA Budokan, to come and get that knowledge and transfer that exact same knowledge that the Honbu Dojo students get, back to my students. There is no other way to do that than to come and learn from Hanshi. Also, since I am a member of the IMA Technical Committee it is very important for me to be able to get that technical knowledge and do my job on the committee properly. I have seen some very strong karate-ka in the IMA organization, but what I've noticed is that the instructors who train with Hanshi teach the Honbu Dojo way. Despite the strength of the instructor, if you don't train with the head of the organization then you may be doing something different from time to time. To me, we should stay away from that. We should try to unify and make it uniform for everybody.

Question: When you come to train with Hanshi, how long do you stay?

Sensei: It depends. Sometimes I come for two days of training. Sometimes, I fly in early in the morning, Hanshi picks me up from the airport to bring me to the dojo and work me to death, and then he puts me back on a flight in the evening.



Interview with Sensei Amadou Niang Continued...

Question: What does your training schedule look like?

Sensei: They are really LONG days of training. I wake up before 6 AM. If the weather is nice we go out to jog. We run and walk about four to six miles. After that we come home, take a shower, eat breakfast and then get to the dojo by 9 AM. We work until around 1 PM then grab a quick lunch and are back at the dojo by 2 PM. We then work until evening. I train with both evening classes. Then I go back to Hanshi's home at night and train in his home dojo until midnight. Hanshi will usually give me a program to work on, however even if he does not ask me to, I do the extra training on my own and train until midnight. We don't get a chance to share in his knowledge often, therefore every opportunity to get some of that knowledge is something that I would not want to miss. It's a great opportunity for me to learn and grow.

Question: Have you seen any changes in your students' technical expertise since you started training with Hanshi?

Sensei: Absolutely! But not only the students! Let's start with myself. I started my karate training in 1976. I've had a couple of other instructors in Mali before coming here and when I came I was lost. I didn't have anybody to guide me. When I met Hanshi it was like finding gold. That's the feeling I had. Finally, I had someone who could guide me. I came thirsty for that knowledge. I wanted just to absorb it. That's why I was coming many, many times. It re-centered me in traditional Shotokan karate-do. Just being with Hanshi re-centered me and gave me the rigor in the understanding of the techniques and the application of the techniques. Then I took that knowledge to my dojo. Of course if I grow then my students grow. We went from a small dojo to a pretty respectable dojo in Utah, and I would say in the Rocky Mountain region. When I first joined IMA I was taking maybe four or five competitors to tournaments. My students had never before competed in Nationals or US Open or Junior International Cup. After I got introduced to IMA, not only did I grow as an instructor, but also as a referee, and that knowledge allowed me to train quality fighters and competitors in general. Now I can pride myself in taking twenty students to the US Open and Junior International Cup and other tournaments. A few years ago there was no way I would have ever dreamed about that. Now it has become routine. It would not have been possible if I didn't learn from one of the best. Hanshi does not just teach you karate. He teaches you how to build and manage your karate program. You join a lot of organizations, but that is something you don't see very often.

Question: What are your future goals?

Sensei: Karate is my life. It's a big chunk of my life so for sure, I will continue teaching karate. I hope to continue to grow. My wife and I have been talking about starting a professional, commercial dojo. And it's something that we have been seriously talking about for the past year. And who knows? That dream may become a reality.

Question: Is there anything else you would like to add?

Sensei: I just want to thank Hanshi Madani and his wife, Shihan Madani and the kids, for accepting me into their family, as a member of their family. We use the term IMA Family, and people may have different meanings attached to that, but when I say IMA Family, to me that family is really my family. Hanshi's family is really my family. How many instructors do you know who would just open their doors of their home to you? Your home is a private space so opening that to somebody says a lot. When I come here, I'm home. I'm really home. So I would like to sincerely thank them for that. I would also like to take this opportunity to wish them a Merry Christmas and a Happy New Year, and also to all of the IMA students, instructors and coaches. Let's make the year 2015 an even more successful one!

Winter Camp Mountain Kids Visit the Honbu Dojo



On December 22nd, 24 Winter Camp kids from Mountain Kids Gymnastics came for a fun introductory karate session at the Honbu Dojo.

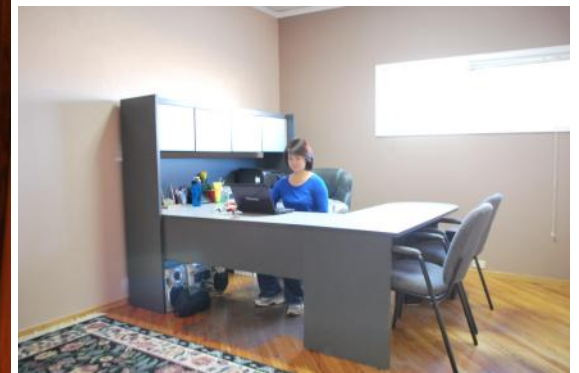
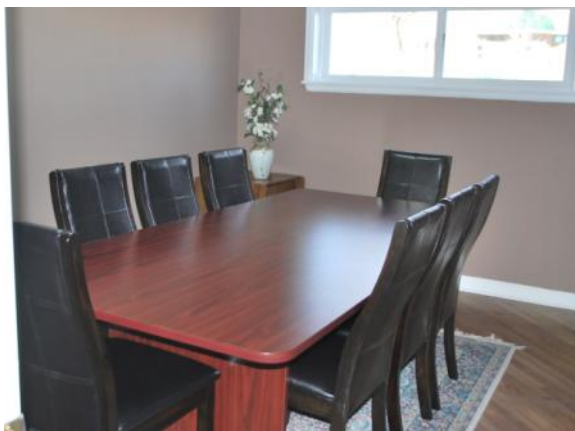


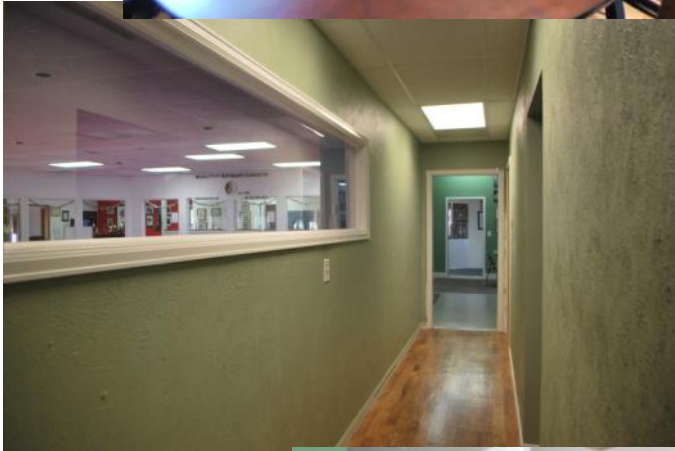
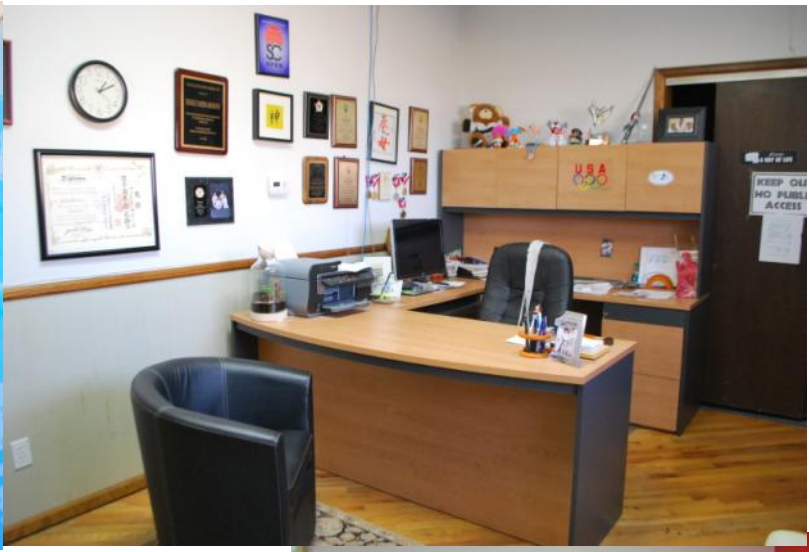
Everyone did a great job and earned their white belt!

IMA Honbu Dojo Facility



Our Honbu Dojo facility consists of 10,000 square feet of training space on 2 levels, an observation area, a kitchen, 10 staff, office, storage, break and conference rooms, and 50 parking spaces.





**More photos of
our Honbu Dojo**



Congratulations to Sensei Praveen Saini who is representing IMA in New Delhi, and holding the 1st IMA Championship in India

RULES & REGULATIONS:

- Rules of W.K.F. will be followed.
- No protest of any kind can change decision of the Tech. Committee and it shall be final and binding.
- The decision of the chief Referee shall be final, protesting against the same or misbehavior with organizers will result into disqualification of individual or team.
- Organizing committee will not be responsible for any injury although all the first-aid facilities will be provided.
- The Championship committee reserves the right to alter or cancel any event/rules during course of Championship.
- Entry fee is not Refundable under any circumstances.
- Participant are requested to reach an hour before the time with clean and proper uniform and their own abdominal guards as only gloves will be provided.
- All participants must bring their Date of Birth Certificated with them.
- Toenails and Finger nails must be trimmed short.
- The announcer will call three times for about, if nobody reports then opponent will be declared winner.
- All officials should wear white shirt, gray pants and officiate.

ALL INDIA I.M.A. KARATE CHAMPIONSHIP 2014

Organized by:
I.M.A. Shotokan Karate Do India
Affiliated to:
International Martial Arts Association (I.M.A., U.S.A.)
Member recognized by: Karate Association of India (K.A.I.)
Member of: World Karate Federation (W.K.F.)
W.K.F. Recognized by: International Olympic Committee (I.O.C.)

VENUE:
ST. PAUL'S DIOCESAN SCHOOL,
JANGPURA, NEW DELHI-110014
DATE: 27th - 28th DECEMBER 2014

Sensei Praveen Saini
India Representative I.M.A. (U.S.A.)
Black belt 4th Dan W.K.F.
Black belt 3rd Dan S.K.A.F. (Japan)
www.imainc.in
Mobile: 981006685, 9885282323

ALL INDIA I.M.A. KARATE CHAMPIONSHIP 2014

INFORMATION
Entry Fees
Fee for Individual Karate- Rs. 700
Fee for Individual Kata- Rs. 700
Fee for Team Kata- Rs. 1000
Fee for Team Karate- Rs. 1000

Fee for Outstation Participants: Rs. 1200/- Per person including accommodation, meals and participation.

Note: Fee once paid will not be refunded or transferred under any circumstances.

Important information for outstation team:

1. Outstation team should register before 20th December 2014. This will help us for making their proper arrangement.
2. Meal will be provided only on 27th - 28th December 2014 (breakfast, lunch and dinner)

WEIGHTS (Boys & Girls)

P.K. Group	Sub Junior (A)	Sub Junior (B)	Junior	Senior
Below 8 years	8 to 10 yrs	11 to 12 yrs	13 to 15 years	Above 17 Years
Below 15 Kg	Below 20 Kg	Below 25 Kg	Below 30 Kg	Below 35 Kg
16-20 Kg	21-25Kg	26-30 Kg	30-35Kg	35-40Kg
31-35 Kg	36-40 Kg	41-45 Kg	45-50 Kg	50-55 Kg
56-60 Kg	61-65 Kg	66-70 Kg	71-75 Kg	
76-80 Kg	81-85 Kg	86-90 Kg	91-95 Kg	
Above 100 Kg	Above 110 Kg	Above 120 Kg	Above 130 Kg	Above 140 Kg

It is our great pleasure to invite you and your team to participate in
"ALL INDIA I.M.A. KARATE CHAMPIONSHIP 2014"
which is to be held on 27th - 28th December 2014 at St. Paul's Diocesan School, Jangpura, New Delhi-110014.

Sensei Praveen Saini
India Representative I.M.A. (U.S.A.) | Black belt 4th Dan W.K.F.
Black belt 3rd Dan S.K.A.F. (Japan)
www.imainc.in | Mobile: 981006685, 9885282323

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.