



IMA JOURNAL

Worldwide News

January 2014

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 new year.



2013 was an excellent year for our IMA organization with several successful events and our competition team bringing home several medals from national, international and Pan American tournaments.

We had a very nice turn out for our Unity Tournament and special elite training in December. Participants came from six different states: Florida, Indiana, Kansas, New York, Utah and Colorado. In addition, we were especially delighted to have Younes Belhouzal, special international elite competitor from France in attendance. I am very proud of these participants and look forward to seeing them return, in addition to many more competitors during the second week of every December.

I would like to thank and congratulate the leaders of our organization for their outstanding work and heartfelt dedication to their students and IMA.

We have a very exciting year ahead of us filled with new events and programs, as well as the comforting return of familiar traditions. This year we will rekindle the fire

and revive our "candle training" tradition on Tuesday, January 7th in the 7:00 PM black belt class. All 2nd and 1st kyu and junior black belts are invited as well. Be a part of this class. You will leave with a deeper understanding of your karate training.

Finally, I would like to thank everyone for the good wishes and gifts for my 60th birthday. I truly appreciate your thoughtfulness.

Life truly is a blessing and is priceless.
CM

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

Calendar of Events



- **Dan Testing and Black Belt Extravaganza**
January 25, 2014, Louisville, CO
- **New York's International Karate-Do Open Championship**
March 2, 2014, Flushing, NY
- **19th Annual Rocky Mountain Championship**
May 4, 2014, Louisville, CO
- **20th Annual Rocky Mountain Gasshuku**
October 3-5, 2014, Granby, CO



New Tiny Tigers!!!

IMA Honbu Dojo Tiny Tigers Classes officially start this month for 3 to 5 year olds.

There is still time to register.


Call (303) 665-0339 ASAP

Looking forward to hearing from you!



Congratulations to Everyone who Participated in the 19th Annual IMA Unity Tournament



Photos by Bill Pawlak. Thank you, Bill! We appreciate you! 



Elite Training Participants

Shihan Richoux's Travels

Shihan Patrick Richoux traveled to El Salvador to oversee the National Championship, to present technical seminars and to visit with IMA clubs in El Salvador to administer dan exams. We are very proud of Shihan for his work abroad and for dedicating his time, energy and knowledge in helping IMA grow around the world. Way to go, Shihan!



"Shihan Patrick" at the El Salvador National Championship

Special Elite Training

A special training for elite competitors was held in conjunction with the Unity Tournament. Participants from six states, as well as Younes Belrhoul from France traveled to Colorado to train with Hanshi and our own elite competitors from IMA Honbu dojo. Old friends were reunited and new friendships were formed. We are looking forward to seeing you all back in December!



Mr. Neto Mendoza, wife Lilliana and son Danny

A Big, Heartfelt Thank You to the Mendoza Family!

IMA is truly grateful to Mr. Neto Mendoza, the creator of our awesome 2013 and 2014 Rocky Mountain Championship promotional videos. He and his wife Lilliana and son Danny have always been extremely supportive of our organization and have attended our Rocky Mountain Championship for the past four years.

Danny is an internationally recognized elite competitor and you can view his karate journey and his many accomplishments on his website, www.followdannymendoza.com.

Thank you, Mendoza family! We are sincerely grateful for all of your support over the years.



A Visit from Thokar Sensei

Thokar Sensei came all the way from New York to train with Hanshi and the Honbu dojo family for three days. We enjoyed training with you and getting to know you better, Thokar Sensei! Hope to see you again, soon.



Hanshi and Thokar Sensei

Goals for the New Year



What goals do you want to achieve in 2014? Write down **three goals** on a 3 X 5 index card and bring it to your karate class. Your Sensei will display it in the dojo to motivate you to stay on track. Every goal achieved will be acknowledged and celebrated!

Slight Change in Dan Testing

Dan testing will be held entirely on Saturday, January 25th, 2014, instead of the previously proposed additional Saturday, as stated in the December newsletter. Plan to arrive by 8:00 AM to warm up and stretch. We start promptly at 8:30 AM.



An Evening of Demonstrations, Skits and the Presentation of Certificates

The Black Belt Extravaganza potluck will be held on January 25th, the same day as dan testing, at 6:00 PM (cocktail attire). Everyone is invited to join us for great food, fun and friendship while supporting our black belts and sharing in the celebration of their achievement. Hope to see you all there!



CPR Certification

Have you been invited to test on January 25th? For many of you, one of the testing requirements is to have your CPR certification (check your manual). Firefighter Jason Vollmer and the Louisville Fire Department (our neighbor!) has agreed to conduct a CPR certification course just for us, on February 16th from 8 AM to 12 noon. If you haven't already gotten your certification, please sign up with Mrs. Nakasato and we can have fun doing it as a group! Register before January 25th and you will fulfill your testing requirement. The cost is \$45 per person, and if more than ten people sign up we will get a 10% group discount. Even if you are not testing, you are welcome to join us. Everyone is welcome to sign up! Email tnakasato@imakarate.com.



Question of the Month

How many Shotokan kata do we have?

Count the number of snowmen on this newsletter to find out.



20th Annual Rocky Mountain Gasshuku

After six years of being away, **we are returning home** for our 20th Anniversary! Gasshuku 2014 will be held from October 3 to 5 at the Silver Creek Inn in Granby, CO, our previous home for 13 years from 1995 to 2007. All of our IMA family and friends can now gather together in ONE facility with affordable lodging, five training rooms (two more than Keystone), an arcade/game room (big hit with the kids) and a pool where we can all hang out and be together.

Save the dates and make plans to join us!

Are you in this picture?

A group of young students at our 13th Annual Rocky Mountain Gasshuku in 2007, at Silver Creek Inn, Granby, CO



Kyu Testing on December 21st



Group One



Congratulations to everyone who tested! Nice job!



Group Two



Want to stay updated? Would you like to receive IMA Honbu dojo emails with the most recent news? Of course you do! 😊 Go to www.imakarate.com and sign up with your email address at the bottom of the home page.



Holiday Training

Work Out!

Are you sitting through your child's karate class, wishing you could use the time to get in a good work out as well?

Well now you can!

For only \$10 a month, you can use our weights and exercise equipment in the Honbu dojo and train in the basement. Feel free to come down and take a look for yourself. We have wall to wall mats and plenty of space to get in your planks, push-ups and plyometric exercises while your child is in class. Jump on the opportunity and sign up today!



The dojo was open for a few days of special holiday training for karate-ka of all ages and levels. It was very nice to come together during the break to keep up our skills and spend some time with our karate family.



Dedicated karate-ka who came to open dojo holiday training on December 24th and 26th. Way to go!



Madani Hanshi's Seminars

If you are interested in having Hanshi 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



Upcoming Tournaments



Save the dates!





Letter from Niang Sensei

On behalf of the IMA Budokan students, instructors, and assistant instructors I would like to wish a joyous Christmas and blessed new year to Hanshi Madani, Sensei Madani, their family, and the entire IMA family. Thank you all for the mutual support in 2013. We, at IMA Budokan, look forward to a renewed and stronger cooperation and mutual support in 2014. May the new year bring all of us health, prosperity, and happiness. Amen.

Amadou Niang



Testimonial

In 2007 we joined the IMA family. Our previous dojo closed suddenly and I remembered the sensei there had recommended IMA to another family because it was karate rather than tae kwon do. My son, Elam and I set up a trial class that evening! He loved the class and wanted to come back. He was six. As time went by he said he liked IMA best because they expected more from him than the previous school. Interestingly, Elam doesn't like sparring at all and would try to leave the mat while in a practice session, going backwards. Hanshi's son, Kamran who was about 14 at the time, chose to devise a plan to help my son get past at least some of his sparring concerns. We discussed it together and all parties agreed. What incredible initiative. What a caring gesture for not just my son but all of the students who get help in one way or another.



Today, Elam is a brown belt and can spar pretty well even though he still doesn't like it much. He says he is a legitimate brown belt and feels better about his sparring. Elam knows that when he gets his black belt at IMA he will truly have earned it because they expect so much from him here.

Thank you IMA for helping me teach him that hard work and that working through problems pays off. Our whole family loves being part of the IMA family.

Julie

Newsletter Staff: Wanda Lestinsky, Tammy and Keith Nakasato



Thank You!

Special thanks go out to Brent and Ryo Cain (father and son dynamic duo) for replacing our flag in front of the IMA Honbu Dojo. It looks beautiful! Thank you!

Thank you also to Kevin Smith (Zach's dad) for taking the lead in organizing our volunteers for the Unity Tournament. You rock, Kevin! Thank you also to everyone who stepped up and volunteered to help us. A big hug and sincere appreciation to all of you! Our IMA families are truly awesome!!!



Brent and Ryo Cain and our beautiful, bold, brand new flag



Our volunteer coordinator, Kevin Smith (Zach's Dad)

Quote of the Month

"Fall Seven Times, Stand Up Eight"
Japanese Proverb

