



IMA JOURNAL

Worldwide News

February 2014

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

A Note from Mr. M.

I am very proud to congratulate the 33 karate-ka from Colorado, Utah, New York and Missouri who tested on January 25th for Jr. black belt to sixth degree black belt. It was an awesome dan testing with a lot of hard work and a huge celebration at night. I would like to wish all of you the best of health and continued success in the future (See the pictures on the following pages).



Also, I would like to remind the IMA family and our colleagues about the IMA World Championship from May 3 to 4. As always we will have five rings with competitors from beginner to elite and nationally and internationally licensed referees. I am looking forward to seeing all of you at this special event.

Finally, I would like to congratulate our karate-kas who were awarded the new titles of Senpai, Sensei and Shihan on January 25th.

"The secret to your success: training, training and more training."

CM

Good Luck!

The IMA family sends our best wishes to Manny Tavares, Victoria Thureau and Maya Wasowicz from IMA Goshin-Ryu in New York, and David Muhammad from IMA Integrity Martial Arts Academy in Missouri as they travel to Chicago for the 2014 North American Cup and Senior Pan American Championships Team Trials to be held on February 9th.

The IMA family currently has US Junior Team competitors however these competitors would be the first IMA students to compete to qualify for the Senior Team. Ruiz Sensei of IMA Goshin-Ryu will be also be attending as an official and IMA coach.



Maya Wasowicz



David Muhammad

Calendar of Events

- **New York's International Karate-Do Open Championship**
March 2, Flushing, NY
- **USA Open and Junior International Cup**
April 16-20, Las Vegas, NV
- **19th Annual Rocky Mountain Championship**
May 4, Louisville, CO
- **20th Annual Rocky Mountain Gasshuku**
October 3-5, Granby, CO



Manny Tavares



Victoria Thureau



Black Belt Testing on January 25, 2014



Sensei Amadou Niang

Besides Hanshi Madani, can you guess who has been to all of the IMA dan exams, camps, and annual IMA tournaments since 2007? It's not a trick question. Look around. Do you see Sensei Amadou out there? Refereeing, judging and...oops, he just took down a black belt at the latest camp! Since Sensei Amadou joined the IMA family he has attended all of these events regardless of snow or distance. He should have been a mailman but he isn't. He is the Head Instructor for IMA International Budokan Shotokan Karate in Salt Lake City, Utah. We would like to thank his family for sharing his time with us.

IMA Family

Question of the Month



What is the final statement in the IMA dojo kun?

"Love Yourself and Love Others"

When IMA was founded, Hanshi Madani added the words above to our IMA dojo kun to remind us to respect and honor ourselves and others.

Congratulations!

The IMA Family offers its sincere congratulations to everyone who successfully earned new black belt designations. Over 30 students and instructors endured eight hours of training and testing as part of their black belt progression. (Pictures on the following page)

In addition to multiple members of the IMA family earning advanced black belts through many years of dedicated training, three members of our family were also awarded the title of Shihan – making this one of the most memorable in IMA's long history.

Kuro Shiro

Keegan Jarred, Athena Peters, Brandon Le, Harvey Nexhip and Ben Gygi

Kuro Midori

Bryan McCarty, Anneka Pawlak, Kurt Nakasato, Kate Nakasato, Keon ZiaShakeri and Andy Nou

Shodan Ho

Vani Topkar, Sherri Murgallis, Brent Cain and Tammy Nakasato

Shodan (1st Degree Black Belt)

Ewan Albright, Nisha Maheshwari and Jacob Peters

Nidan Ho

Dasha Petropavlovskikh, Doris Danielson, Kai Funk, Parkhi Rai and Wendy Fayles

Nidan (2nd Degree Black Belt)

Kamran Madani

Yondan (4th Degree Black Belt)

Deborah Keyek-Franssen and Odile Lynch

Godan (5th Degree Black Belt)

Bob McCormick, Michelle Prud'Homme and Shanta Thokar

Rokudan (6th Degree Black Belt)

Rick McGavin, Rudolph Muhammad and Fariba Madani

Special Achievements

In addition to the numerous black belt awards given, additional awards were presented at our Black Belt Extravaganza Dinner on Saturday night.

Title of Senpai

Dasha Petropavlovskikh and Keith Nakasato

Title of Sensei

Deborah Keyek-Franssen

Title of Shihan

Rudolph Muhammad, Rick McGavin and Fariba Madani

Celebrating 20 Years!

In addition, Shihan Fariba Madani was presented with an award for **20 years of martial arts training!**

Thank you also to all of the black belts and instructors who helped with the dan testing and to all of the family and friends who came to support the students.

Dan Testing on January 25th



A Note from Sensei Odile Lynch



Sensei Lynch, a member of IMA Honbu dojo since 1995 is a fourth degree black belt and the IMA Competition Team Head Coach. She shares a note with us:

Dear Hanshi and Shihan,

I want to thank you very much for your support overall and during my training for this last test, and for your faith in me. In comparison with my last test of 2011 (after my return in 2010), I felt much more prepared this time, more relaxed and ready for anything. Training and testing together with my karate buddies (one in particular) helped out tremendously as well and allowed me to share mixed feelings during that training and get stronger as a result.

In French we have a saying "L'union fait la force" which literally means "Unity makes strength," but we could also translate it as "United we stand" (divided we fall). I felt solid on my feet and healthy in body and mind. I feel part of the family again with a better sense of purpose. I've also had great fun in putting together our skit which again helped in forging new bonds, strengthening our ties and our will to do well.

From its foundation to present, the dojo has soared up to heights I did not always think attainable. We may not always agree on everything but in the end we all stick together and always find a consensus for the greater good of our dojo.

Thank you for this long-lasting friendship, it is greatly appreciated and very touching.

Sensei Lynch



2014 IMA Competition Team

IMA Competition Team Flapjack Fundraiser

All-you-can-eat pancakes and sausage

Saturday, April 5, 2014

7:30 - 9:30 AM

at



6405 W 120th Ave.
Broomfield, CO 80020

Advance ticket purchase available now!

Tickets: \$10. Please see Tammy Nakasato or an IMA
Competition Team member to purchase.

Thank you for your support!

IMA Competition Team Booster Club

January is not only the start of the new year, it is also the start of training for IMA's competition team. Historically the IMA team has been very successful, earning hundreds of medals, winning national and international championships and even going to the world championships.

Over the next few months 15 athletes from the Honbu dojo will be representing IMA in competitions across the United States, including New York, Chicago, Atlanta and South Carolina.

These tournaments help prepare the team for the Junior International Cup and U.S. Karate Open tournaments in Las Vegas, in April. The Vegas tournaments are very large, and draw many of the best athletes from the U.S., Mexico, South America and Europe.

As you might imagine, the cost of attending out of state tournaments is quite high, and each athlete is responsible for covering their own expenses.

This year, IMA has formed a team fundraising committee to raise monies to help defray some of the team's travel costs. The committee will be organizing various fundraising events throughout the season, including the IMA flapjack fundraiser at Applebees in Broomfield on Saturday, April 5.

This promises to be a great event for the whole family! For \$10 per person, you get all the pancakes and sausage you can eat and all the juice and coffee you can drink – served to you by members of the competition team! Team members will also be available for pictures.

Tickets are available now at the dojo – so don't delay – there is limited seating and we expect a sellout! IMA and the team thank you for your support.

Becky Albright - Event Coordinator

Special Training with Hanshi Madani

On Friday, January 24th the IMA Honbu Dojo windows were misted over with the sweat from Sensei David Muhammad from IMA Integrity Martial Arts Academy and Sensei Vitaly Padalka (Okinawa) from Okinawa Karate Dojo. They both came for an intense, vigorous, elite training with Hanshi Madani.

If you want to add your sweat to the windows, contact Hanshi Madani to schedule your training.



Sensei David Muhammad and Sensei Vitaly Padalka



Shihan Madani's Travels

Shihan Fariba Madani traveled to the 2014 Premier League Paris Open in January to oversee and officiate at the tournament.



Under Construction



The IMA Honbu dojo basement is currently under construction. Admission to the basement is restricted to adults only. Kevin MacNeil and his son Brian are remodeling the basement for a new and improved training area. Thank you, Kevin and Brian!

As a result of construction we ask adults who would be training downstairs to hold off until construction is complete. Locker rooms will remain open for use.

Connected?

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.

Tiny Tigers! Hear Them Roar!

Tiny Tigers classes are up and running! Literally! A class for our youngest karate-ka (3 to 5 years old), this high energy, fast paced, developmentally appropriate early childhood karate curriculum is sure to give your little one something to look forward to!

"Zach would be here every day if he could!" -Mindy Quiachon



Zach Quiachon
4 years old

Here are pictures of three of our Tiny Tigers.
No, you can't take them home!



Noah Choi and Keagan Rapp
Both 3 years old

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 for more information.

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

**Mark your calendars for the
2014 Rocky Mountain Championship!**

Upcoming Tournaments



**20th Annual
Rocky Mountain Gasshuku**

October 3-5, 2014

**Silver Creek Inn, Granby, Colorado
USA**



WWW.IMAKARATE.COM

**Training & Competition
All in One Great Weekend**

Save the Dates!

Testimonial by Sensei Wanda Lestinsky

Ever been hugged from behind while watching Black Belts completing their required demonstration? You turn around and there before you is a student you taught over five years ago as a white belt. Before you flashes the super wide grin of the student when they tested the first time and now...they are testing for Black.

Remember their frustration learning to kick properly? Remember...so many memories. I am proud to remain an alumni of IMA. Myself, my husband and my children tested for Black years ago, and I am a Yondan-Ho. I remind this particular student that I am four times their age and ten times less able to kick above my head anymore! Why do I no longer train? Well, gee. I still practice kata but at home and with my family. I join the dojo family for events to keep in touch and to keep the dojo kun in my heart.

This student before me worries about leaving for college eventually and what then? Indeed. What then? This summer we will let you know of some of the "what then", "what happened to?", and "where is?" If you have contact with a former student, stop us and give us their e-mail or address. If you are reading this and you are a former student then let us know what you are doing and perhaps what your karate training taught you that helped you get there.

*We would love to hear from alumni.
Alumni can contact us through our website at www.imakarate.com*

Wanda Lestinsky, Alumni



A Note from Senpai David Claflin, Alumni:

To All,

Congratulations to everybody that took part in the long (black belt) test.
Wish I could be there for you.

David Claflin

We hope you are recovering well, Senpai Claflin. We miss you, and know you were with us in spirit. Take care.

IMA Family

Quote of the Month

"All people who have achieved great things have been dreamers."

Orison Swett Marden

Newsletter Staff: Wanda Lestinsky, Tammy and Keith Nakasato