



# IMA JOURNAL

Worldwide News

October 2014

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## A Note from Mr. M

The 20th Annual Rocky Mountain Gasshuku was a huge success for our karate family, with more participants as compared to last year. I am glad to be back to our original location, remembering all the good memories.



We had a lot of fun with excellent instruction. Adding an extra group to our program was very helpful for our black belts 40+ years young. Each of our five groups had the privilege of learning from all five instructors.

I would like to thank our students and instructors for making this 20th Annual Rocky Mountain Gasshuku extremely successful.

Thank you to Sensei Amadou and Sensei Marius for inviting me to Utah to give my annual seminars. The seminars were full, and it was obvious everyone improved in their technical skills from the year before (pictures on page 7).

I would like to congratulate Sensei Luis Ruiz (IMA Goshin Ryu in New York) for his new dojo, with 9 programs and a space of close to 10,000 square feet. Please visit [www.goshin-ryu.com](http://www.goshin-ryu.com).

Also, I would like to personally congratulate Kyoshi Safi for his outstanding work and dedication as head karate coach for South Korea. His team brought home four bronze medals in the Asian Games (pictures on page 11). The "games" are one of the most prestigious events, which happens every four years for all sports from every continent.

Finally, I would like to congratulate Shihan McGavin and Senpai Jennifer for their outstanding annual tournament (pictures on page 10) with three rings and many competitors in all levels.

I am honored to be part of the IMA family organization and look forward to many more years of success.

"Understanding yourself is more important than understanding each other."

CM



# HAPPY HALLOWEEN



Come to your regular class time dressed in your Halloween costume for a fun karate class on Thursday, October 30th. If you don't have a costume, come dressed in your karate gi.

The dojo will be closed on Halloween, Friday, October 31st. The IMA staff wishes everyone an enjoyable and safe Halloween!!!

## Calendar of Events

- **Honbu Dojo Picture Taking**  
October 23, Louisville, CO
- **Kyu Testing**  
October 25, Louisville, CO
- **Honbu Dojo Halloween Class**  
October 30, Louisville, 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
- **Dan Testing and BB Extravaganza**  
January 24, Louisville, CO
- **20th Annual Rocky Mountain Championship**  
May 2-3, Louisville, CO

# 20th Annual Rocky Mountain Gasshuku

## The Inn at SilverCreek, Granby, CO, October 3rd—5th, 2014

For our 20th Annual Rocky Mountain Gasshuku, we returned to the Inn at Silvercreek in Granby, Colorado; home of our first gasshuku and the many years that followed. Mother Nature smiled upon our return providing participants from several dojos in Colorado, Utah, Nevada, California, Missouri, Texas, New York, Pennsylvania, Minnesota, South Carolina and Florida with beautiful weather for training. On Friday and Saturday, students worked hard learning new kata, sparring and self-defense drills. Saturday evening was a warm gathering of close to 160 students and their families and instructors for dinner, a talent show, and dancing. Our family-friendly kumite tournament on Sunday gave the students an opportunity to try out the new techniques they learned.

IMA would like to extend a sincere, heartfelt thank you to all the students, parents, out-of-state senseis and participants, USA National Karate team coaches Dustin Baldis, Tommy Hood and Akira Fukuda, and IMA's very own Hanshi Madani, Shihan Madani and Kyoshi Richoux for their efforts in making this the best camp ever.

If you missed this year's camp, be sure to mark your calendars for next year: **October 2 to 4, 2015**



**Training,  
Training  
and More  
Training**



**IMA Head Instructors**





**We Can Do This!!! Go! Go! Go!**





**Self Defense Training  
with Kyoshi Patrick Richoux,  
Shihan Rudolph Muhammad  
and Sensei "Nick" Neagu**



**It's Party Time!!!**



## Hanshi Madani's Seminar in Utah



### A Note From Sensei Niang

Oss Hanshi,

I was honored to host your seminars in Utah this year. As usual, the sessions were informative and students enjoyed them a lot. Thank you for taking the time to come share some of your knowledge with us. We all benefited from your teaching. I would like to take this opportunity to thank Sensei Marius Gilca for cosponsoring the event and supporting me in many ways. My thanks also go to our two senior assistants, Senpai Scott Straaten and Senpai Wendy Fayles for their support at both our dojos and at the seminars.

Students and parents, you certainly know how much we appreciate you. Your dedication to karate allows the IMA dojos in Utah to continue to provide quality instruction and seminars. Thank you for your efforts.

Amadou Niang  
Chief Instructor, IMA Budokan

# Interview with Senpai Parkhi Rai

## October 2, 2014

Question: What was the purpose of your trip here?

Senpai: To train, get more experience, and improve upon my weak points with Hanshi.

Question: What was your training schedule like?

Senpai: Train in the morning from 9:15—11:15, attend the 11:15—12:30 lunch class, train for another hour until 1:30, then a break until training again from 4:30—7:00, followed by the evening class from 7:00-8:30. It was a total of nearly 9 hours per day.

Question: Describe the intensity of your training.

Senpai: It was not easy, but not difficult. The training consisted of kata and kumite but mostly kata.

Question: By traveling to the Honbu Dojo and training with Hanshi, did you learn a lot?

Senpai: I learned a lot because in New York, as an assistant instructor I taught students but not with a lot of confidence. I wondered if I taught the right or wrong way. Now that I have learned from Hanshi, I know what is the right and wrong way. I felt confused before, but now I feel confident. I cleaned up my kata.

Question: Would you like to return?

Senpai: Of course. As soon as possible as I would like to learn more and more.

Question: Would you recommend that others come to train with Hanshi?

Senpai: Definitely. During these trainings, Hanshi corrected everything. It is very important to train with the founder.

Question: Is there anything else that you would like to share?

Senpai: I want to say thank you to Hanshi and his family as they have helped me with everything from Shihan cooking for me, a place to sleep, driving me around, their help, and of course Hanshi's training.





## A Visit From Senpai David Claflin

Once you are part of the IMA Family, you are ALWAYS part of the IMA Family. Recently we were blessed by a visit from Senpai David Claflin. Senpai Claflin now lives in Kansas. A couple of years ago, we were all saddened by the news that Senpai had suffered a stroke. Imagine how truly delighted we were when he surprised us and walked through our dojo doors once again. He looks amazing and is now able to walk on his own and engage in full speed conversation with very little struggle. He has even been able to fit in some training once a week, in between his OT and PT sessions. Of course, Senpai's big, beautiful, genuine smile still warms our hearts. We love you so much, Senpai and look forward to seeing you again soon!



### Quote of the Month

*"We'll be Friends Forever, won't we Pooh?" asked Piglet.  
"Even longer," Pooh answered.  
A.A.Milne,  
Winnie-the-Pooh*

# North Fork Championship Grand Junction, CO, October 11, 2014



**Congratulations to Shihan Rick McGavin,  
Senpai Jennifer McGavin and all the  
officials, volunteers and participants for an  
outstanding tournament!**



## 17th Asian Games Incheon, South Korea

Congratulations to Kyoshi Safi, Head Coach for the South Korean Karate Team. Kyoshi Safi and his team brought home 4 bronze medals from the prestigious Asian Games.



# SCIENCE OF TRAINING IN KARATE

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

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## INTRODUCTION:

Exercise is not considered a new discovery. In ancient times, individuals used to exercise for Olympic and military activities regularly. Today, athletes will prepare themselves with training for a specific purpose.

The physiological purpose of exercise is to improve body performance and optimize athletic performance. The main area of exercise activities is to increase work capabilities and skills as well as develop strong psychological characteristics. The coach plans, organizes and leads the exercise. Hoping to achieve great results in competitions can be connected directly to the physically superior. Individuals for integration to improve mental health, moral health and physical development must attempt coordinately. Athletes have to acquire diverse and correct skills, enjoy good mental characteristics and maintain their health greatly. Also, the athlete learns how to persevere through extremely stressful stimuli from training and racing.

Training programs are not magic versions that are already prepared. These programs should be designed and drawn up while benefiting from the knowledge of experienced trainers. In this regard, the shortest path to reach the goals of the championship is the scientific way.



# ENERGY RESOURCES:

Energy is the capacity of the athlete to run. Energy is a prerequisite for the implementation of physical activity during practice and the race. We get energy from conversion of food at the cellular level of the muscles into energy compound called adenosine triphosphate ( ATP ) that is stored in muscle cells.

ATP as it is named, contains one molecule of adenosine and three phosphate molecules. Required muscular energy is released from conversion of high-energy ATP into ADP+P. Limited amount of ATP is stored in muscle cells. So, with the ongoing restructuring of available ATP, we can provide exercising physical activity. According to the type of physical activity, body can rebuild ATP with the help of all three energy systems.

## Phosphagen system ATP-CP

## Lactic acid system

## Aerobic system (oxygen)

Energy System	Duration (sec.)	Classification	Energy Source
ATP + CP	1-4	Anaerobic	Muscle ATP Stores
	4-20		Muscle ATP & CP Stores
Anaerobic Lactic Acid	20-40	Anaerobic	Muscle ATP, CP, & Glycogen Stores
	40-120		Muscle Glycogen & Lactic Acid
Aerobic	120-2400	Aerobic	Muscle Glycogen & Fatty Acids
	2400-6000		Muscle Glycogen & Fatty Acids

# PHOSPHAGEN SYSTEM:

This system in anaerobic form may act for rapid production of energy. Phosphocreatine is a compound that can produce energy and rebuild the ATP. But, the total amount of phosphocreatine and ATP that is collectively called phosphagen is very low. In such a way that there is 0.6 mol of phosphagen in the muscle of men and 0.3 mol of phosphagen in women’s muscles that ends during running 100 meters at maximum power.

To return back to the first state, the restoration of phosphagen is done with full rest or exercise or through very light exercises. 70% of phosphagen restores within 30 seconds and 100 percent restoration of phosphagen is completed in 3 to 5 minutes.

Phosphagen system for conducting quick and explosive activities such as quick implementation of karate techniques, quick reactions, weight training in explosive form, and plyometric exercises are applicable.

## **LACTIC ACID SYSTEM:**

This system produces ATP in an anaerobic method means without a coworker named oxygen or the incomplete burning of carbohydrates (glucose or glycogen). Result of incomplete combustion of carbohydrates to lactic acid is formation of an acid called lactic acid that over accumulation there of causes temporary muscle fatigue. The amount of ATP output by this system is less than the aerobic system, but the rate of energy production is faster in this system. It is important for sports that are done with a maximum power between 20 and 180 seconds. Accumulation of lactic acid, which is caused by heavy exercises, can decline to the normal level after 30 minutes of active recovery (by jogging, walking, stretching).

## **AEROBIC SYSTEMS (OXYGEN):**

This system generates energy only with its friend and without its coworker or friend that i.e. oxygen, is not able to produce energy. When its friend is not enough it is not able to produce energy. In this system, every food source, particularly sugars and fats are fully decomposed and produce energy. Production of lactic acid in this system is zero or very small.

To design exercise in the sport of karate, first we must recognize the situation of this field in these 3 systems.

Now, which one of the above energy systems Karate is located in?

## **REFERENCE:**

Theory and Methodology of Training, Tudor O. Bompa  
Physiology of sport and exercise. Wilmore, J.H., and Costill, D.L.

Please write your opinions and questions about this article. It's an honor to research about your queries and interests in our next paper.

## 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](mailto: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](mailto:tnakasato@imakarate.com) for more information.



**Learn from a world level competitor. Senpai Kamran Madani is available for private lessons.**

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