



# IMA JOURNAL

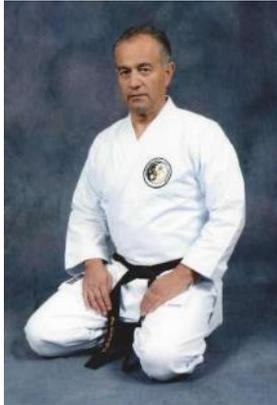
Worldwide News

December 2014

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

## A Note from Mr. M

I would like to thank all of my friends and students who sent good wishes for my family and me for the Thanksgiving holidays. I am blessed to have such a great karate family, and hope all of you had a great and safe Thanksgiving holiday.



The month of November was very busy for us. My wife and I had our annual trip to the World Championship for two weeks (see pictures on page 3). This year the world championship was in Bremen, Germany. Normally, in the world championship there is more than 100 countries with very high caliber competitors participating.

I would like to congratulate Sensei Luis Ruiz (IMA Goshin-Ryu) and his student Maya Wasowicz for her achievement competing for the first time in the Senior World Championships. She competed in +68 kg and earned 7th in the world. Also, she was the only person from the US team to make it to five kumite matches (see pictures on page 4).

On the way to the World Championships I stopped by in the country of Czech Republic (CR) to give technical and referee seminars, and to finish the trip with a nice tournament. I was invited by Sensei Marek Hullman whom I have known for many years. Thank you, Sensei Hullman. (see pictures on page 5).

I would like to give special thanks to two individuals who spent two dedicated years for our IMA organization to be recognized by the sport ministry of Iran. Mr. Azizkhani IMA President, and Kyoshi Safi, IMA chief Instructor in Iran (picture on page 6).

Finally, I would like to congratulate Sensei Amadou for a successful 8th annual IMA championship in Utah. Under his management and with his dedication to the IMA family, he has united many students, coaches and parents together. Thank you Sensei for your contribution to the growth of IMA. (see pictures on page 7)

I would like to wish everyone a happy and safe holiday, and remember to be thankful for what we have and enjoy every moment.

In Spirit,

CM

## Calendar of Events

- **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 HOLIDAYS**

## 20th Annual IMA Unity Tournament and Holiday Party

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). Registration forms can be found on our website at [www.imakarate.com](http://www.imakarate.com). Register today!

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 (cocktail attire). This is a "Do Not Miss" event!** The party will be at the Honbu dojo on Saturday the 13<sup>th</sup>, the same day as the tournament. **Hope to see you there!**

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**This is a "Do Not Miss" event!**

The party will be at the Honbu dojo on Saturday the 13<sup>th</sup>, 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

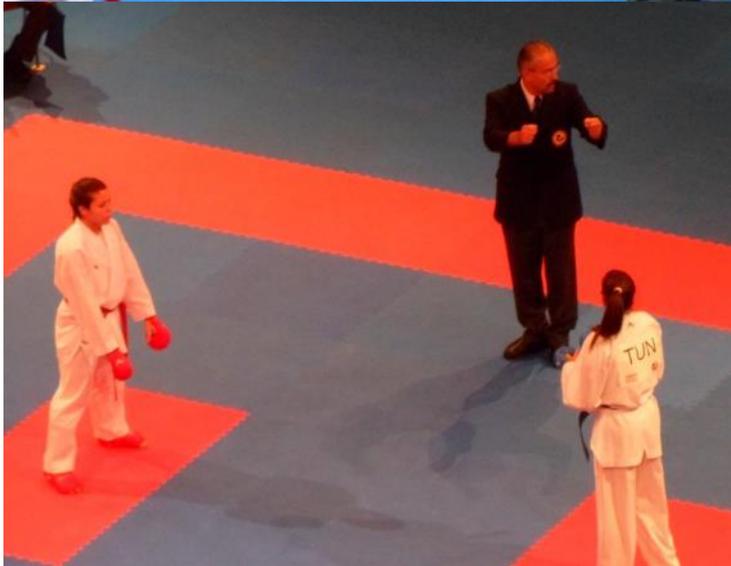
Open to all ages and levels

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

Visit [www.imakarate.com](http://www.imakarate.com) to download registration forms

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

# Photos from the World Championship in Bremen, Germany



Sensei Madani with the World Referee Council and Friends

# Congratulations to Sensei Luis Ruiz and his student, Maya Wasowicz from IMA Goshin-Ryu

Maya was the only member of the US team to fight five rounds in the World Championship in Bremen, Germany.



## Photos from Hanshi's Trip to the Czech Republic



## **A Special Thank You to IMA Iran President, Mr. Azizkhani and Chief Instructor, Kyoshi Safi!!!**

After two years of relentless dedication and hard work, Mr. Azizkhani (pictured on the right of Hanshi Madani) and Kyoshi Safi (pictured on the left) were able to help IMA become recognized as a legitimate organization by the sport ministry in Iran.



## A Note From Sensei Amadou Niang

Dear karate family:

Jennifer and I would like to thank you for helping us make the 8th annual IMA Championship in Utah a success story. Your unconditional support and the great teamwork we saw before and during the tournament made a huge difference in many respects.

I would like to address special thanks to Shihan Rick McGavin for providing me guidance and for stepping in whenever necessary to make me look good. I was the tournament director, but he pulled most of the strings to produce the result I am proud to own as mine.

Special thanks to Senpai Jennifer McGavin for her leadership as chief of a team of referees and judges whose selflessness and diligence significantly contributed to the success of our tournament. All you referees, judges, and particularly those who traveled to Salt Lake to help us, please know that my wife and I greatly appreciated your efforts.

Special thanks to Sensei(s) Marius Gilca, Doug Jepperson, Pam Jepperson, Rob Nielson, Noji Ratzlaff, David and Seleny Crosby, and Senpai Scott Straaten for sending competitors, contributing as referees and judges, helping me with tournament logistics, and working tirelessly to create a safe environment for athletes.

We recognize and pay tribute to all the competitors, their families, and particularly those who traveled to Salt Lake City to be part of our event.

Thank you Hanshi Madani for encouraging the IMA family and friends to attend. The standard and expectations you and Shihan Madani set through the impeccable organization of the Rocky Mountain Championship has been a powerful source of inspiration for me.

Finally, I would like to thank my wife, our family, my students and their families for supporting this year's tournament and doing their best to make it a professional, welcoming, and fun space for everybody.

See you all at the 9th annual IMA Championship in Utah which will be hosted by Sensei Marius Gilca next year.

Amadou Niang, Chief Instructor

IMA Budokan

## 8th Annual IMA Championship in Utah



Photos by Bob Soby



**RAM TOUGH:**  
See how the football team stakes up against region foes and learn about the family affair that is Highland girls soccer.

-- Pgs. 4-5

**THE ALPHA RAM**

SBO President Mark Orlandi brings fresh ideas to the job.

-- Pg. 6



**BAD TO THE CORE?**

Is the common core taking away our educational freedom?

-- Pg. 7



# HIGHLAND RAMBLER

Volume 58 Issue 1

Highland High School

September 2014

## WARRIOR MENTALITY



### Niang A Force On The Field And The Mat

By TYLER STEPHENSON  
Associate Editor

In a room full of fierce yells and cries of determination, Alassane Niang remains quiet. As he sizes up his opponent, he shuffles around on the sweaty mat before swiftly lunging forward with aggression.

Blink, and you will miss one of his quick jabs that stun the opponent. His kicks are so high, Niang can knock down ceiling panels. Although quiet, Niang has the focus of an assassin.

After another 10 minutes of relentless fighting, Niang's coach calls the match, with Niang victorious. All of this happens less than 24 hours after a Highland football game on a Friday night. He played the entire game as receiver and corner, and he had two receptions for a total of 69 yards and a touchdown. Besides playing on both offense and defense, he also returns kicks and is the punter, meaning Niang rarely leaves the field.

But he is not a star at the dojo. And on this morning, Niang is late, drawing the ire of his coach...a man who happens to also be Niang's father. Shotokan -- the style of karate Niang trains in -- demands discipline and complete focus. And, although Niang has trained in karate since he was old enough to kick, football has taken some attention away from his training.

Niang woke up and went to film study, barely able to move his aching body, yet he pushed through the pain in order to attend his father's Saturday morning karate class. His father had his eyes on Niang throughout the entire class. He grew frustrated when observing Niang's kicks weren't high enough, and didn't care to hear about the strain it put on his sore hamstring.



Alassane Niang executes a challenging karate move during his father's class.

Jenna Rasmussen/Highland Rambler

The fact that the teacher is his dad gives Niang more incentive to show up and put forth his best effort.

"I just know I have to get through it because it's a family thing and it's another way I can support my family," Niang said.

Niang's karate has helped him learn to focus enough so that he is able to put the pain away and concentrate on the task at hand. He has been trained to push through whatever might be bothering him as soon as he enters the dojo, and this has transferred over to the football field.

He is quiet, precise, but incredibly lethal in both sports. As a captain of the football team, Niang plays an important role in getting everyone

pumped up before games. Players describe one of the chants he leads as a war cry.

Niang put on a football jersey for the first time four years ago, and now he is capturing the attention of college scouts as he goes into his senior year at Highland. After attending football camps at Harvard, Dartmouth, UCLA, and Utah this summer, Niang has already received offers from Weber State and Hawaii.

Growing up in Mali, Africa, Niang was involved in soccer and fairly unfamiliar with the game of football. When he moved to Utah at the age of 7 he continued to play soccer as he adjusted to life in America. Many boys grow up dreaming about getting the

chance to play football in college, but for Niang football was not even in the picture until his freshman year of high school.

"I came into high school kind of wanting to play football. Coach Benson sort of forced me into it at the parent meeting, and I told him if my parents let me play I would play for him," Niang said.

It took a while for Niang's father to be convinced to let him play football in high school, but when he did Niang immediately stood out as a player with potential. Now he is a versatile corner and receiver, making a name for himself as more scouts take interest.

See NIANG on pg. 6

## Niang A Force On The Field And The Mat

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### Upcoming Events at Highland...

**Football vs. Kearns**



September 12

Homecoming football game vs. East  
September 19

Girl's Tennis vs. Cyprus

September 16

**Homecoming Dance**

September 20  
8-10 pm

ACT

September 13

**Girl's Soccer vs. Bountiful**



September 16

About 10 years of intense karate has certainly helped him become the stand out athlete he is today. Niang's father has always played the role of his karate instructor, and the sport has been a big part of his life for as long as he can remember. As a kid, his father was always pushing him to work harder, which Niang realizes is a huge part of his success.

"I would go home from karate and get the same dad that was my karate instructor. He was harder on me and always had me do more push-ups than the other kids, but this helped me become a better person and athlete," Niang said.

He used to attend karate every day except for Sunday, and in the beginning of his football career karate was still the priority.

However, as football is opening up many opportunities for Niang, he only attends karate on Mondays and Saturdays. Yet karate is still a very important part of his life because it is a family tradition and keeps him close to his dad. His favorite aspect of the sport is the physical nature of it, mainly the fighting.

"I'm a very competitive person, and if you say go to karate to fight today... I'll be there," Niang said.

A black belt, incredible hand-eye coordination, strength, and agility are only a few of the things Niang has gotten out of the sport. Karate is often seen as an extensive approach to life, as it places a lot of



*Alassane Niang executes a challenging karate move during his father's class.*



*Alassane Niang tackles a wide receiver at the Highland vs. Syracuse football game.*

emphasis on physical, mental, and spiritual development. Therefore, karate has been a major contributor to Niang's self-discipline, work ethic, and respect; and these traits have carried over to the football field. Besides having the most valuable and desirable traits of an athlete, Niang has an even greater love for his teammates and coaches.

"I just really enjoy being around the guys. I love having a big family, a good brotherhood, and always having my teammates and coaches to lean on, knowing they have my back in any situation," Niang said.

He plays with immense passion and dedication, and never fails to encourage and inspire his teammates. Despite his typically quiet and calm demeanor, he is a fierce competitor and key motivator. Quarterback John Hunter feels Niang is a major role model and nothing but a positive influence on the team.

"Alassane is seriously the most unselfish person and teammate. He could just choose to focus on the scholarships he is being offered but instead he focuses on the team and trying to make the team better. He is definitely a

brother to me," Hunter said. Not only does Niang excel on the field, but also in the classroom. On top of football and karate, he is in the rigorous IB program, which has taught him how to manage his time efficiently.

"I would say IB is pretty tough, but you can do anything you put your mind to so it's possible," Niang said.

As he enters his last year of playing high school football and continues to catch the eye of more college scouts, Niang is simply focused on making this football season the best for his teammates and coaches.

"I look forward to playing well this season but most importantly I want to give back to the coaches by making it into the playoffs and having success there," Niang said.

Whether it is football, karate, or school, Niang puts his best self forward and lives with immense passion and heart. His drive to be successful in everything he does has only opened endless windows of opportunity, and Niang certainly has a promising future awaiting him.

# Karate and Energy Systems

A Paper By Ehsani Mehran<sup>1</sup>, Seyedi Reza<sup>2</sup>, Khodayari Fereshteh<sup>3</sup>, and Safi Ahmad<sup>4</sup>.

1. MD. Gilan University of Medical Science, Rasht, Iran

2. Ph.D. student of sport physiology and training, Central China Normal University, Wuhan, Hubei, China

3. Master of Optometry, BVP Medical University, Pune, India

4. Ph.D. student of sport science, Central China Normal University, Wuhan, Hubei, China

Athletic functions have noticeably been developing during last years. The function level that has previously been inconceivable nowadays is considered as a regular and common procedure. And number of the athletes who are able to gain outstanding results, have increased. Response to this question is not easy, "What is reason of this development?" One of the related reasons can be that the topic of Sport is interesting and exciting, high motivation that may help to fulfill hard and long exercise. Also, coaching has been promoted in the view of cooperation between athletic specialist and scientists. Athletes need multilateral bodily development as the base for exercise and general bodily readiness. The main objective is that strength and power will increase, speed will enhance, flexibility will improve, and coordination will be strengthened that body will be harmonically developed.

In this section, we discuss on the topic of strength training. In struggle of a coach for training of an professional athlete, strength training is one of the essential factors. Resistance trainings as an essential part of physical fitness program are planned for the athlete of different fields with the objective of developing the strength, resistance and muscle tone.



## Why should I strength train?

Resistance or strength training (ST) causes the body's muscles to work or hold against an applied force or weight. In addition, ST can:

- Improve your ability to perform everyday tasks
- Increase bone density
- Help prevent low-back pain
- Increase your metabolism
- Increase your stamina and energy level
- Improve joint stability



## Different types of strength training.



**Adaptation or basic strength :** Objective of this step is gradual fitness of muscles and readiness for the next steps of strength training.

**Note:** Total increased times in this step must not cause any disturbance for the athlete.

**Hypertrophy:** Objective of this step to grow the muscle size but not through bodybuilding methods, but the karate coaches must know and concentrate on the main mover muscles in karate.

**Maximum strength:** The maximum force that muscle neural-system produces during maximum intentional flexing. The heaviest weight that a athlete is able to lift during one step, indicates his maximum strength.

**Explosive power:** Power of muscle neural-system for producing maximum possible force in the shortest time is called Power.

**Adaptation phase:** The simplest method for providing a adaptation is circuit training, because it can well be organized and muscle groups are alternatively used therein.



Training Standards Suggested for Circuit Trainings		
Training Standard	Beginners	Professionals
Duration of Adaptation	8-10 Weeks	3-5 Weeks
Load	30-40%	40-60%
Number of Stations in Circle	9-12 Stations	6-9 Stations
Number of Circle per Session	2-3 Circles	3-5
Duration of Relaxation between Stations	Duration of relaxation between Stations, 90 Sec.	60 Sec.
Duration of Relaxation between Circles	2-3 Minutes	1-2 Minutes
Number of Sessions in a Week	2-3	3-4

**Note:** What does 40% mean?

A karate-ka is able to lift a 100 kg weight in a Movement of bench press, only once, then his maximum strength is 100 kg, consequently 40% of his strength in Movement of bench press is 40 kg.

**Reference:**

Bompa To. Periodization training for sports.(2002)  
British association of Sport and Exercise Medicine.

## Seminars by Hanshi Cyrus Madani, 8<sup>th</sup> 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, 2<sup>nd</sup> 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.**