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# THE IMA SIDEKICK

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## Why Attend Tournaments?

By: *Master Martin Carson*

There are many different reasons to attend tournaments for students. In this short article the more prevalent reasons will be covered to help students understand the importance of tournaments and competition. First let's list reasons for students to compete in a tournament.

- ...Builds self-confidence
- ...Enhances a student's skills
- ...Builds networking between other students from different schools

*continued on page 2*

### INSIDE THIS ISSUE

- 1 Why Attend Tournaments?
- 1 35<sup>th</sup> Garden State Championships
- 1 European Instructor Achieve Master Designations
- 2 Tang Soo Do Test - Matching
- 3 Calendar of Events
- 4 1<sup>st</sup> IMA U.S. Championships

## 35<sup>th</sup> Garden State Championships



*Grand Champions with the Masters*

Thank you and congratulations to all competitors for making this year's tournament a great success.

## 5 IMA Europe Instructors Achieve Master Designations

By: *Master S. Nar*

On Thursday 24<sup>th</sup> March 2011, Monaghan based, Master Suresh Nar led a team of 9 instructors, including Master Paul McManus from Dublin, to New Jersey, USA. The purpose of the trip was two fold. Firstly there were five students from the UK that were ready for their Master belt testing namely Nick Richards, Albert Omenesa, Rob Elphick, Natasha Foster and Deane Konstantinious all based in or around London. The rest of the group was made up of master instructors who went along to support their colleagues. The second reason for the trip was to support Grandmaster Ki Yun Yi's 35<sup>th</sup> Anniversary Garden State Invitational Championships.

The group arrived at Philadelphia International airport on Thursday afternoon and as they made their way through the arrivals hall they were greeted by a thunderous 'Tang Soo' by their Kwan Jang Nim [grandmaster Ki Yun Yi]. The group was then transported to their hotel to get some rest

*continued on page 3*

- ...Exposes a student to different styles of Martial Arts
- ...Builds a students desire to work hard in their regular training

In the above list are just a few of the reasons for a student to compete in tournaments and there are many more to consider as you grow in training. It should also be understood that not all students may want to compete in every tournament that comes along for a lot of reasons first being the cost and time factors. Yet the benefits also make it almost a must for every student to at least attend two tournaments a year. So many times the training becomes either monotonous or difficult and causes the student to choose to not train or feel they are not gaining anything. Though going and competing with their peers and watching others perform boosts the desire to work hard and make their performance in the next tournament even better.

It also improves students self confidence with the fact they went out and competed with other individuals of their similar level. There is a building of friendships between competitors as well which travels through meeting at different tournaments. The student also brings back to their own gym experiences and knowledge to be shared with their friends and juniors.

This short article truly only touched on some reasons and with a bit of thought the reader could come up with many more reasons for tournaments and so with that in mind take the plunge and attend the next up-coming tournament and see which reasons you gained.

## Tang Soo Do Test Matching

Write the letter corresponding to the correct match in the space provided.

- |                                     |   |
|-------------------------------------|---|
| ___ 1. Sam                          | A. Virtue   |
| ___ 2. Hu Gul Sang<br>Dan Mahk Kee  | B. Return   |
| ___ 3. Tuel Oh                      | C. Third  |
| ___ 4. Pal Mok                      | D. Thirty   |
| ___ 5. Neh Gung                     | E. Inner or outer side<br>of wrist (also teul<br>oh |
| ___ 6. Dae Ryun                     | F. Front pushing kick<br>(also "E Dan"              |
| ___ 7. Chung Kwon                   | G. Chin   |
| ___ 8. Ha Dan                       | H. Inside outside kick<br>(also "E Dan"             |
| ___ 9. Ku Ryung Up<br>Shi           | I. Second   |
| ___ 10. Ba Ro                       | J. Forefist   |
| ___ 11. Choong Dan                  | K. Front stance                                     |
| ___ 12. Jhoon Bee                   | L. Without count                                    |
| ___ 13. Sam Ship                    | M. star   |
| ___ 14. Sung                        | N. Middle part                                      |
| ___ 15. Tuck                        | O. Ready  |
| ___ 16. Ahneso<br>Pahkuro Cha<br>Gi | P. Low part   |
| ___ 17. Duk                         | Q. High block                                       |
| ___ 18. Ee                          | R. Sparring   |
| ___ 19. Ahp Mee Ro<br>Cha Gi        | S. Twisting   |
| ___ 20. Chun Gul<br>Jaseh           | T. Internal power or<br>control in exercise         |

## CALENDAR OF EVENTS

### **BLACK BELT TEST**

SATURDAY, MAY 7, 2011

#### **IMA HEADQUARTERS**

560 S. EVERGREEN AVE.  
WOODBURY, NJ 08096

### **2011 KEYSTONE STATE INVITATIONAL**

GRAND MASTER JON CHUNG KIM

SATURDAY, APRIL 16, 2011

SOUTHERN LEHIGH HIGH SCHOOL  
5800 MAIN STREET  
CENTER VALLEY, PENNSYLVANIA

### **37<sup>TH</sup> ALL NATIONAL MARTIAL ARTS CHAMPIONSHIP**

GRAND MASTER CHUN SIK KIM

SATURDAY, MAY 14, 2011

Monroeville, Pennsylvania

### **1<sup>ST</sup> IMA UNITED STATES CHAMPIONSHIPS**

**JUNE 11, 2011**

Hosted by Yi's Karate of Vineland, the first bi-annual IMA U.S. Championships will be held at the Forum, St. Augustine Prep in Richland, NJ on June 11, 2011.

This is a great opportunity to meet and compete with IMA students from throughout the USA, and to represent your school at this inaugural event.

before the testing the following day. Friday morning came around all too quickly and the group found themselves at Grandmaster Yi's do jang. This facility is also the head quarters of the International Tang Soo Do Martial arts Association of which grandmaster Ki Yun Yi is president.

There was a quick 'warm up' session before Grandmaster Yi conducted a special hyungs [forms] clinic for the visiting group. The finer points of the more advanced Tang Soo Do hyungs were detailed and perfectly demonstrated by the grandmaster who can still perform techniques with the precision and grace of a person half his age. Following the hyungs clinic there was a short interval before the master belt testing began. All master belt testings ie 4<sup>th</sup> dan and above in the IMA are personally conducted by Grandmaster Yi, However in his organisation not everyone receives a master belt at 4<sup>th</sup> dan. Candidates after testing for 4<sup>th</sup> dan black belt and after a period of six months to a year may then test for their master belt. This process is put into place to add value to the master belt whilst ensuring standards and proper conduct are maintained; it is therefore still possible to have a 4<sup>th</sup> or 5<sup>th</sup> dan black belt who has not yet attained the title of master from Grandmaster Yi as the set requirements have not been met. All candidates had begun their preparation for this testing six months ago. Apart from attending regular black belt classes they also had to go through a six month special training regime and a gruelling weekend training camp.

Master rank testings are never easy and this was no exception, particularly as Master Nar had been nominated by the Grandmaster to lead the testing. All candidates had to start of their endurance test with the customary five hundred jumping jacks, followed by countless push ups, star jumps and squats. Although extremely demanding candidates did really well and the extra endurance training definitely assisted their determination to complete what ever was asked of them. Next up was the technical aspect of the test which comprised of hand and foot combinations, jumping kicks, self defence, weapons and forms followed by free fighting. The final part of the testing was breaking. Candidates had to choose and demonstrate their own special breaking technique. As the testing was coming to a close Grandmaster Yi and Master Nar both congratulated all candidates on their performance with the announcement that all had passed.



*Kwan Jang Nim Ki Yun Yi proudly presents*

# 1<sup>st</sup> IMA U.S. Tang Soo Do Championships



**Saturday, June 11, 2011**  
**At the Forum, St. Augustine Prep.**  
**611 Cedar St.**  
**Richland, NJ 08350**

Hosted by Master C. Vertolli  
**Yi's Karate of Vineland**  
3722 E. Landis Ave.  
Vineland, NJ 08361  
856-405-0008  
[www.vinelandmartialarts.com](http://www.vinelandmartialarts.com)

**Weapons**

—

**Breaking**

—

**Forms**

—

**Sparring**

**Selection of the U.S. Teams**  
**to compete in the**  
**2012 IMA World Championships:**

**U.S. Forms Team**  
**U.S. Sparring Team**  
**U.S. Demonstration Team**

**ALL U.S. IMA Members are invited to**  
**participate.**

**Don't miss the inaugural United States**  
**Championship Tournament.**

