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# THE IMA SIDEKICK

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Volume 3, Issue 1

February 2011

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## A New Years Greeting

From

### Kwan Jang Nim

First I would like to wish all the members and their families a Happy New Year and that this year of 2011 brings us all health, happiness and good fortune. In this note from me to you I would like to reflect a bit on last year (2010) and then highlight some upcoming events for this year (2011).

### 2010

This last year was exciting and had some new additions to the I.M.A. which has

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## Tournament Basics

*Provided by Ms. Bonnie Griffiths*

**Note: All students are required compete in at least 6 tournaments since white belt to be eligible to test for Black Belt.**

There is no better way to learn about tournaments than to actually go to one and check it out for yourself. Experience is always the best teacher, especially in the martial arts. Below are just a few of the basics you should know before going to your first competition. Be proud of yourself and have fun.

**Protocol** – whenever you have your uniform on you are expected to know and use proper protocol... Whether it is in class, at a tournament, a demonstration, or even a parade. Be sure to follow all directions you are given and answer with a loud “Yes, sir” or “Yes, ma’am” when you are spoken to. Don’t play around when you are in a ring waiting to compete, and be courteous to others when they are competing. Never, ever, argue with a judge or show anger over a judge’s decision. Be good martial artists and good sports!

**Practice** – a little bit goes a long way... practice forms and sparring at least 10 (ten) minutes each day because feeling like you’re well prepared will help eliminate competition jitters. Practice your judge’s presentation (listed below) and forms in front of your family and friends to get used to having people watch you. In the ring, make sure you have your tiger face

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me truly excited for the up coming 2011 year. Let me start with our Garden State tournament at River Winds in March of 2010 and again thank you to all who worked so hard to once again make it a great success. As always the turnout was wonderful and the competition showed a strong Martial Art spirit by all.

May had our summer Black Belt testing here in the states for all who could not make the testing in Ireland. I would like to congratulate all of the new Black Belts and those who moved up through to the rank of Master with the International Martial Arts Association.

In June we traveled to Europe for the Semi-Annual World I.M.A. Tournament. This last year it was held in Dublin, Ireland hosted by Master Nar. Also held the Friday before the tournament was Black Belt testing for those who traveled there from the states and for all those students from Europe who tested. Then on Saturday our tournament was held right in the hotel where most members stayed. I would again just wish to congratulate Master Nar and his group for making the tournament such a great time for all who attended. The opening ceremonies were as always spectacular and the Irish dancers and music brought a wonderful addition to a great tournament for all the members that attended.

With all that said, the year ended with an exciting announcement for the I.M.A. Three new schools from Brazil with hopes of more to come join us. This has started the I.M.A. building in South America. So as you can see the year of 2010 was a growing and exciting one for me and the International Martial Arts Association.

## **2011**

Looking towards this New Year and the events within the I.M.A. for 2011 I would like to just let you glimpse some of the exciting happenings for this year.

Starting with this year's Garden State tournament, and that it is my 35<sup>th</sup> year holding this tournament, is a new mile stone for me. I ask that all once again support the tournament and help make this year a great success.

We will again have Black Belt testing in May and October and we wish all success in their endeavor to gain their new Black Belt rankings.

Something new for us here in the states will be the U.S.A. I.M.A. tournament on June 11<sup>th</sup> in Richland, New Jersey. At this tournament we will be choosing the U.S. fighting team, the forms team and the demo team that will be the U.S.A. Team for the world I.M.A. tournament held in 2012 here in the states. I hope each and every member will attend this tournament and wish all good luck in possibly making the U.S. team for 2012.

In closing let me again thank all the students from the I.M.A. that have made our association strong and well respected here in the states and the world and once again wish all a fantastic 2011.

Tang Soo!  
Kwan Jang Nim

## CALENDAR OF EVENTS

### **BLACK BELT PRE-TEST**

SATURDAY, MARCH 22, 2011

#### **IMA HEADQUARTERS**

560 S. EVERGREEN AVE.  
WOODBURY, NJ 08096

### **BLACK BELT REGISTRATION**

ALL BLACK BELTS ARE REQUIRED TO REGISTER ANNUALLY WITH THE IMA. ALL REGISTRATIONS ARE DUE IN FEBRUARY. SEE YOUR INSTRUCTOR

### **KWAN JANG NIM YI'S 35<sup>TH</sup> GARDEN STATE CHAMPIONSHIPS**

SATURDAY, MARCH 26, 2011

#### **RIVER WINDS COMMUNITY CENTER**

1000 RIVER WINDS DR.  
THOROFARE, NJ 08086

### **2011 KEYSTONE STATE INVITATIONAL**

GRAND MASTER JON CHUNG KIM

SATURDAY, MARCH 22, 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 7, 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.

on, ki hap loudly, have good stances and snap, and don't rush.

**Judges Presentation** – when competing in forms, breaking, or weapons, you will usually be required to step in front of the judges to tell them who you are and what you are about to do. Use the following format, and practice speaking loudly and clearly.

*\*Step to the back, center of the ring when your name is called. Bow and walk quickly up to the judge, bow again and go to choon bee. Stand very still and say (or similar):*

**Judges my name is** (your name).

**I represent** (your school).

**My instructor is** (your Master or Instructor).

**My form is** (name of form) (or weapon or breaks).

**May I please begin?**

*\*Come back to attention, bow, and quickly walk backwards to the back of the ring (make sure you have enough room for your form/weapon form). Go to choon bee again, loudly announce your form, and begin. When your form is complete, go back to choon be, then charyut and turn your back to the judges so that they can give your scores. They will let you know when to turn back around, then bow and sit down.*

**Uniforms** – be sure your uniform is clean, pressed, and has all the required patches sewn on. Have the sleeves and pants hemmed to the proper length. Don't forget to bring your belt and tie it properly and tight. If the tournament requires some travel time, it's usually best to wear comfortable clothes on the road and change when you get there.

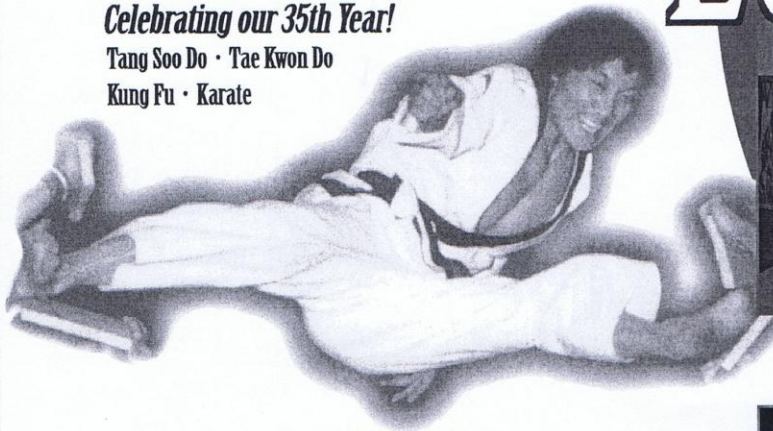
**Food** – eat a good breakfast and pack light healthy snacks such as granola, fruit cups, yogurt, peanut butter crackers, juice, water, etc. Most (not all) tournaments will have a snack bar where you can buy a hot lunch, but it's not a good idea to compete on a full stomach... excitement and jitters don't mix well with large meals.

*Grandmaster Ki Yun Yi and Yi's Martial Arts Institutes Present*

# GARDEN STATE INVITATIONAL CHAMPIONSHIPS 2011

*Celebrating our 35th Year!*

Tang Soo Do • Tae Kwon Do  
Kung Fu • Karate



*More Kids  
Trophies!*

*Over 400 Trophies!  
8 Huge Grand Champion Trophies!  
NEW - Master's Grand Champion!  
NEW - Challenged Students Division - FREE  
Women's Grand Champion!  
2 Seniors Division Grand Champions!  
Over 100 Divisions!*



*New  
Female Divisions*

## Saturday, March 26th, 2011

River Winds Community Center  
1000 River Winds Drive • Thorofare, NJ 08086

Registration: 9:00 am • Eliminations: 11:00am  
Tickets: \$10.00 Adults/Children (all day)

Visit our website at [www.imahq.net](http://www.imahq.net) for registration forms, directions and photos from last year's tournament

Presented By:

## Yi's Martial Arts Institutes

Woodbury, NJ location: 560 S. Evergreen Ave. • (856) 848-2333  
Swedesboro, NJ location: 401 Helms Ave. • (856) 241-1212



*More Sparring  
Divisions*