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# THE IMA SIDEKICK

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Volume 2, Issue 6

June 2010

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## 8<sup>th</sup> IMA World Championships

On June 26, 2010 Master S. Nar will host the 8<sup>th</sup> IMA World Championships, in Dublin, Ireland. The bi-annual IMA World Championships offers an opportunity for IMA members of all countries to get together for training, competition, and camaraderie. Look for coverage and pictures in the next edition of The IMA Sidekick.

## SPECIAL SUMMER SESSIONS

Many IMA Schools are offering introductory summer session training programs. Most summer session programs will be 8 weeks, in which most students will be qualified to test for an 8<sup>th</sup> Gup Yellow Belt. If you or someone you know would be interested please see your instructor.

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## HELPFUL HINTS FOR IRELAND

*Following is some basic and practical information on Ireland for the 2010 IMA World Championships;*

### Travel (Luggage, Weather, Passport)

Pack smartly and make sure you follow TSA guidelines for carry-on baggage. Most airlines limit luggage to one (1) suitcase per ticket up to 50 lbs., expect to pay more if you have additional bags or any bag exceeds 50 lbs. It is a good idea to pack a days worth of clothing in your carry-on, just in case your luggage is delayed or lost – competitors should have a do bahk in their carry-on.

You can expect temperatures in Ireland to be in the 60-70F range. The weather changes by the minute, so it is good to dress in layers and to have a rain coat or umbrella handy.

You will need your passport at check-in and arrival. It is also helpful if you have a pen or pencil as there will be a form or two to fill out on the plane near arrival in Ireland.

### Money

Dublin and the Republic of Ireland (South) uses the Euro as its only currency. Before departing for Ireland, it is recommended that you purchase a small amount of Euro, just to cover any incidentals on arrival. In Ireland using a credit/debit card is the easiest way to manage your money. There are plenty of ATM's for

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*This year have some fun and challenge yourself – compete at the Garden State Championships.*

## 3 Common Modern Martial Arts Injuries and How to Treat and Avoid Them

By: Jim E Knotts

Modern martial arts training should be conducted in a safe manner however there are still risks that cannot be avoided which can lead to injury.

These accidents could put you out of training for weeks, months or even years. Let's take a look at the most common injuries and how to treat and avoid them.

**Muscle strain** - This is especially common in striking forms using high kicks and usually occurs in the groin area. Symptoms are pain in the muscles with swelling and bruising although this could also indicate a tear so treat with care. Rest is the best way to treat this injury along with applying an ice pack to prevent swelling and bruising. Applying heat to the area after a couple of days instead of ice should help speed up the healing process (apply ice straight after a training session). If the pain does not subside after 24 hours you should seek medical advice. Instructors in modern martial arts should be able to identify when you are ready to return to training, if in doubt consult a doctor. To avoid muscle strain you should perform exercises to strengthen all the muscles in the body. Be sure to warm up properly using dynamic stretches to gradually bring the range of motion up to your current limit.

**Finger and knuckle injuries** - This is common in grappling arts such as Judo and Wrestling. If you feel pain in the fingers try to move them, if you can't without feeling a lot of pain then it is

likely you have broken or dislocated the finger. You should seek medical advice if this is the case. If you can move the fingers but there is a dull pain you have probably bruised knuckles. This is easier to treat, use an ice pack on the fingers to slow the swelling and avoid moving the fingers until the pain has subsided. To avoid this kind of injury be sure to wear adequate protection. In grappling arts a common practice is to tape the fingers together to help strengthen them, in striking arts wear adequate gloves and revise your technique to make sure you are punching correctly.

**Sprains** - Most common in the wrist and ankle. Symptoms are usually pain in the joint while moving, swelling and bruising. Again rest is an important part of the healing process along with elevating the joint and applying a cold pack for up to 20 minutes several times a day. Once the swelling has gone down work on gentle exercises that will improve the range of motion and later move on to exercises that will strengthen the muscles around the joint. To avoid this type of injury be sure to warm up adequately before your workout, wear appropriate supports (for example wearing wrist straps when using a heavy bag) and build the muscles surrounding these joints. Sprains are most common in beginning students as they very often do not have their technique correct. Talk to your instructor and make sure you are performing all the techniques correctly.

The general advice for any modern martial arts injury is to rest, use an ice pack and warm up adequately before the main effort in a workout. If pain persists you should seek qualified medical advice. I hope this bit of advice will ensure you have a safer training session.

## CALENDAR OF EVENTS

### **MASTERS EVALUATION**

FRIDAY, JUNE 25, 2010  
THE SPORTS LINK, SPORTS COMPLEX  
FURRY PARK, SANTRY  
DUBLIN, IRELAND  
10:30

### **MASTERS TESTING**

FRIDAY, JUNE 25, 2010  
THE SPORTS LINK, SPORTS COMPLEX  
FURRY PARK, SANTRY  
DUBLIN, IRELAND  
11:30 – 13:30

### **INT'L BLACK BELT TESTING**

FRIDAY, JUNE 25, 2010  
THE SPORTS LINK, SPORTS COMPLEX  
FURRY PARK, SANTRY  
DUBLIN, IRELAND  
14:00 – 16:00

### **8<sup>TH</sup> IMA WORLD CHAMPIONSHIPS**

JUNE 26, 2010  
DUBLIN, IRELAND

getting cash – just look getting cash – just look for the Master card or Visa symbols. Almost all businesses (stores, restaurants, etc.) accept Master Card and Visa, but American Express is not widely accepted. It's a good idea to notify your bank that you will be using your card in Ireland as it is common for bank to 'freeze' your account when charges out of the ordinary occur.

### **Purchases (Tax & Tips)**

Ireland charges a sales tax or 'Value Added Tax' (VAT) on all goods and services which can be as high as 21.5%. Fortunately, the VAT is already included in the prices shown in stores and restaurants. The price listed is the price you pay. Non-European visitors to Ireland are entitled to a VAT refund on goods bought in stores displaying the 'Tax Free Shopping' sign in the window, but you must request a tax free shopping voucher and follow the proper procedures to secure your refund.

At restaurants, the recommended tip is 10 to 15% depending on the level of service received. Some restaurants will include a 'service charge' in your bill – be sure to check this before leaving a tip. You don't tip taxi drivers unless you feel that they have gone above and beyond the call of duty. You do not tip bartenders when ordering a drink, and you don't tip at hotels unless you feel that additional service or assistance warrants special recognition.

### **Electricity**

The voltage in Ireland is twice that in the U.S. at 220v. Also, the plugs on electric cords are different (the plugs in Ireland are larger with 3 large rectangular-shaped pins). For appliances that only work on 110v, you will need a converter/transformer to 'step-down' the voltage and also an 'Ireland/U.K.' plug adapter so you can plug into the outlets. This is cumbersome and expensive and therefore not practical. The most commonly asked about appliance are hair (blow) dryers, and these will be provided at your reserved accommodations.

## Capital Cities of Europe

Find and circle all of the European capital cities that are hidden in the grid.  
The remaining letters spell a secret message.

T H T S E R A H C U B Z A G R E B E M Y  
 I O S T L P V A O L J U B L J A N A A T  
 W S P U L E R A I S O C I N O U S V E I  
 O S I T W D S M L S K O P J E C A U I C  
 C A O L I A C S A L N O B S I L G K T N  
 S R Y F I R S O U D E I N E S A S I H A  
 O A F M I B A R P R R T D I R I E E U C  
 M J L R L A T N A E B I T P R O L V B I  
 V E Z L E O P E E W N A D A I S S E M T  
 I V U S E M H M O B R H P U I S R A B A  
 E O D A C V O K U B S O A N A L D A N V  
 N K A N V W A R C N W N K G I R K H A E  
 N I V M I M G L E O I I I N E U I L V D  
 A V A A L H I H A S T R T T C N H O E A  
 M A R R N H T N I R A S S A S O V N R R  
 O J A I I A E H S R R M N I L B U D E G  
 N K K N U E C I G K A O H O S L O O Y L  
 A Y N O S T M T S E P A D U B I I N L E  
 C E A L U X E M B O U R G N R E B N L B  
 O R I O N B E L F A S T P E A O P L N E

AMSTERDAM (Netherlands)	EDINBURGH (Scotland)	ROME (Italy)
ANDORRA LA VELLA (Andorra)	HELSINKI (Finland)	SAN MARINO (San Marino)
ANKARA (Turkey)	KIEV (Ukraine)	SARAJEVO (Bosnia-Herzegovina)
ATHENS (Greece)	LISBON (Portugal)	SKOPJE (Macedonia)
BAKU (Azerbaijan)	LJUBLJANA (Slovenia)	SOFIA (Bulgaria)
BELFAST (Northern Ireland)	LONDON (England)	STOCKHOLM (Sweden)
BELGRADE (Serbia/Montenegro)	LUXEMBOURG (Luxembourg)	TALLINN (Estonia)
BERLIN (Germany)	MADRID (Spain)	TBILISI (Georgia)
BERN (Switzerland)	MINSK (Belarus)	TIRANE (Albania)
BRATISLAVA (Slovakia)	MONACO (Monaco)	VADUZ (Liechtenstein)
BRUSSELS (Belgium)	MOSCOW (Russian Federation)	VALLETTA (Malta)
BUCHAREST (Romania)	NICOSIA (Cyprus)	VATICAN CITY (Vatican City)
BUDAPEST (Hungary)	OSLO (Norway)	VIENNA (Austria)
CARDIFF (Wales)	PARIS (France)	VILNIUS (Lithuania)
CHISINAU (Moldova)	PRAGUE (Czech Republic)	WARSAW (Poland)
COPENHAGEN (Denmark)	REYKJAVIK (Iceland)	YEREVAN (Armenia)
DUBLIN (Ireland)	RIGA (Latvia)	ZAGREB (Croatia)

# LET'S GO FLYERS