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# THE IMA SIDEKICK

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## 2010 Garden State Invitational Championships

On March 27, 2010, Grandmaster Ki Yun Yi will host the 2010 Garden State Invitational Championships, the 34<sup>th</sup> year for this annual tournament. The Garden State Championships draws martial artists of various styles from throughout the mid-Atlantic region for a day of spirited competition and camaraderie.

Whether you've been to a hundred tournaments or none, the GSIC is a great event to attend. This is an opportunity to expand your knowledge of the martial arts and open your mind and spirit to reach your full potential. Not only will you learn more about the martial arts, if you compete you will also learn a lot about yourself.

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

### INSIDE THIS ISSUE

- 1 2010 Garden State Invitational Championships
- 1 IMA Michigan Kicks for Haiti
- 2 IMA Student/Instructor Needs Our Help
- 2 What You Should Know About Protecting Your Child
- 3 Calendar of Events

## IMA Michigan Kicks For Haiti

Michigan's IMA affiliate, the Moo Duk Martial Arts Institute, staged a special "Kick-Athon for the People of Haiti" in February to benefit those who were victims of earthquakes that devastated the small Caribbean nation. Students recruited sponsors to pledge donations of specified amounts of money for each of the 100 to 1,000 kicks that each student promised to perform during the event.

Before the kicking marathon began, sponsors were treated to a demonstration of Tang Soo Do and Hapkido. Master Mark Fancher opened the demonstration with an expression of gratitude to the sponsors for standing with the suffering people of Haiti. He explained that this type of assistance is consistent with IMA/Tang Soo Do principles. He then gave a breaking demonstration and explained that such techniques are helpful in the ongoing effort to unify mind, body and spirit, and should not lead prospective students to believe that they must have superhuman strength to practice martial arts.

To prove his point, Master Fancher invited white and yellow belts to demonstrate basic hand techniques. They were followed by orange belts who demonstrated basic kicks. Intermediate rank students were then asked to demonstrate drills that combine the basic hand and kick techniques. Spectators were then treated to the performance of synchronized flying kicks to demonstrate Korea's unique

*continued on page 3*

## IMA Student / Instructor Could use Our Help.

By: Master Romeo Medina

David Tune joined Tang Soo Do Martial Arts in Albuquerque in January 2000 and has been a devoted student and then instructor ever since. He is currently a second degree black belt who teaches and coaches at many tournaments, always encouraging the students to achieve their best.

Mr. Tune is a self-employed Native American jeweler and silver smith. Recently he has experienced numerous joint problems, undergoing surgery on both knees. At the end of February he will undergo surgery on his shoulder which will put him out of work for 6 months. The combination of the cost of surgery and loss of income for 6 months will put a severe financial burden on Mr. Tune. Any contributions to help a devoted member of the Tang Soo Do community would be greatly appreciated.

Contributions can be sent to David Tune, c/o Tang Soo Do Martial Arts, 640 Coors Ave NW, Albuquerque, NM 87121. We will create a gratis page thanking supporters on our web site at [www.tangsoodomartialarts.com](http://www.tangsoodomartialarts.com).



## What You Should Know About Protecting Your Child

- *Don't let your child wear clothing with his or her name on it. A child will tend to pay attention to anyone calling him or her by name.*
- *Videotape and **take photos of your child two or three times per year, including profile shots.***
- *Do not leave a child unattended while shopping, visiting with neighbors or friends, or running errands. Under no circumstances should you leave a child alone in a car or truck.*
- *Make sure your child always checks with you before going anywhere with anyone.*
- *Make sure your child learns his or her address and phone number at an early age. A second phone number of a friend or relative is also helpful.*
- *Teach your child how to make a collect phone call, and to begin with "Operator...I'm in trouble; I need your help."*
- *If your child is a latch-key kid, make sure that he or she knows to keep all doors and windows locked, never let anyone know that he or she is alone, and never let anyone in the house, not even someone claiming to be a police officer or from the fire department. Those kinds of professionals know to forcibly enter in case of an emergency.*
- ***Have your child fingerprinted***
- *Know whether your child is left or right handed.*
- ***Keep a written record of all birthmarks, scars and identifying features, like moles or freckles.***
- ***Keep a growth chart of your child; know his or her height.***
- *Make sure your child knows to scream and run if approached in an alarming way by anyone. Your child should be taught to ALWAYS tell you immediately if he or she is approached by a stranger who asks for help, offers candy/gifts, or frightens him/her in anyway. Your child should know to make you aware of anytime he or she feels uncomfortable with ANYONE.*

## CALENDAR OF EVENTS

### **BLACK BELT REGISTRATIONS DUE**

ALL IMA BLACK BELTS PLEASE COMPLETE YOUR 2010 REGISTRATION A.S.A.P.

**DUE BY FEB. 28, 2010**

SEE YOUR INSTRUCTOR FOR DETAILS

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

SATURDAY, MARCH 13, 2010

IMA HEADQUARTERS

560 S. EVERGREEN AVE.

WOODBURY, NJ 08096

*SEE YOUR INSTRUCTOR FOR TIME*

### **BLACK BELT TESTING**

SATURDAY, MAY 1, 2010

IMA HEADQUARTERS

560 S. EVERGREEN AVE.

WOODBURY, NJ 08096

*SEE YOUR INSTRUCTOR FOR TIME*

(ALTERNATE: **DUBLIN, IRELAND 6/27/10**)

### **GRANDMASTER KI YUN YI'S 34<sup>TH</sup> GARDEN STATE CHAMPIONSHIPS**

SATURDAY, MARCH 27, 2010

RIVERWINDS COMMUNITY CENTER

**ALL IMA STUDENTS PLEASE PLAN TO  
COMPETE – YOUR SUPPORT IS APPRECIATED!**

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

JUNE 26, 2010

DUBLIN, IRELAND

*Time is running out – if you want to attend you  
must act now!*

contribution to martial arts. After the background and history of forms were explained, students performed a series of hyungs, with Master Fancher concluding with a performance of Kang Sang Koon.

Second Dan Instructor Philip Ray then demonstrated Hapkido with the assistance of eight-year-old First Gup student Savannah Manley. Mr. Ray simulated an attack and Savannah used joint-locking techniques to throw him to the floor. She finished the job with kicks to her subdued assailant's ribs.

After a round of sparring and a brief intermission, the house lights went down, a spotlight came on and rhythmic dance music was cranked up as students began their marathon kicks. Sponsors cheered their favorite students on, and as kickers finished, their accomplishments were announced and they were applauded for their efforts. The event concluded with smiles and high hopes for better days for Haiti.



# Martial Arts Word Search- Find the Words!

All words will be found either left to right, or up to down. No words will be backwards or diagonal.

Good luck!



## Word List:

capoeira, sanshou, mantis, taichichuan, kata, karate,  
tibet, wingchun, aikido, sash, punching, stance,  
monkey, belt, technique, shaolin, china, uniform,  
judo, drunken, tiger, dragon, qigong

*By Bella Online*