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# THE IMA SIDEKICK

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## Preserving Tang Soo Do

By: *Master C. Vertoli*

Tang Soo Do has given us many things; healthy(ier) body, mind, and spirit, the ability to defend ourselves and the knowledge to use that ability wisely, confidence, toughness, opportunities, and through our training and our effort to follow the Five Code Spirit and Seven Tenets, a life of quality and integrity. Most of us will probably never realize the breadth and depth of benefits we have received, either as an individual or a community, from our and others training in Tang Soo Do, but I believe that if we did, it would be astounding and well beyond what we could have imagined. Therefore, as practitioners of Tang Soo Do, we are all responsible for preserving this incredible martial art.

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## Championship Greeting

From: *Kwan Jang Nim Yi*

It is with great anticipation that I look forward to taking part in the 2014 IMA World Championships in Dublin and welcome all the competitors, participants, and families as we celebrate the 30<sup>th</sup> Anniversary of the IMA. This event embodies the true essence of the IMA. It is an opportunity for practitioners and their families from all over the world to come together to meet or reunite, train and compete, and to develop friendships and camaraderie that make our Tang Soo Do family strong and vibrant.

I know the competition will be fierce but friendly and I admire the spirit and effort put forth from our students and wish you all good luck. I would also like to thank Master Nar and the European IMA in advance for the hard work in putting together such a great event. I am excited to see everyone at the Championship.

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*Kwan Jang Nim and 2014 World Championship host Master S. Nar*

So why are we, as practitioners responsible for preserving it? First, let's ask, what is Tang Soo Do? The most basic definition is "It is an ancient Korean Art of empty hand and foot fighting for conditioning and self-defense". We could all add multitudes of additional attributes to this but I think that the broadest, yet most personal characteristic of Tang Soo Do is that it is ***a way of life***. We read about Tang Soo Do and study and practice and try to be proficient in all of its aspects, Tang So Do is what we do, it how we choose and aspire to live our lives, it is who we are. ***We are Tang Soo Do***.

We are the only ones that can preserve Tang Soo Do. We know the value of Tang Soo Do; in our lives, in our communities, and in our world, and with that knowledge, we are charged to preserve our way of life, for ourselves and the generations that follow us.

How can you and I preserve Tang Soo Do? It sound like an immense responsibility but it is not difficult.

First, be the best practitioner of Tang Soo Do that you can be. Be devoted to your training and work hard when you train. Study and think about your training so you can develop an understanding Tang Soo Do. Make a strong effort to follow the Five Codes and Seven Tenets. Live the Tang Soo "way".

Second, be loyal to your school. Train regularly and with strong effort. Be a friend and/or mentor to other students and help them when you are able. Participate in your schools activities, demonstrations, tournaments, clinics, daily activities, etc. Be a positive proponent of your school and the art of Tang Soo Do through your actions and

your words. Be as involved in your school as possible, it is like a family.

Third, support the IMA. We are extremely fortunate to be members of such a dynamic, worldwide organization whose goal is the proliferation of Tang Soo Do throughout the world. IMA events give us the opportunity to meet and train with other practitioners from around the world. We are able to establish bonds and friendships that enhance our lives and our training and to give us a much broader perspective on the world we live in.

If you are attending the 2014 IMA World Championships, I look forward to seeing you in Dublin. If you are not able to attend this year, then now is a good time to start planning for the 2016 IMA World Championships.

## Five Code Spirit

1. Be Loyal to Your Leader
2. Obedience to Parents
3. Honor Friendship
4. Always Finish What You Start
5. In Fighting, Choose with Sense and Honor

## CALENDAR OF EVENTS

### **2014 IMA WORLD CHAMPIONSHIPS**

SATURDAY, JUNE 28, 2014

9:30 AM

**REGENCY HOTEL & CONFERENCE CENTRE**

SWORDS RD.

DUBLIN, IRELAND

### **2014 IMA 30<sup>TH</sup> ANNIVERSARY GALA**

SATURDAY, JUNE 28, 2014

7:30 PM

**REGENCY HOTEL & CONFERENCE CENTRE**

SWORDS RD.

DUBLIN, IRELAND

### **BLACK BELT EVALUATIONS**

JULY 2014

# **2014 World Championships Update**

By: *Master s. Nar*

The World Championships are fast approaching and Master Nar and the Tournament Committee are looking forward to welcoming all IMA members to Ireland's capital city Dublin.

Schedule for Friday 27<sup>th</sup> June is as follows:  
2:00-3:00pm, 30 Year Celebration Class with Kwan Jang Nim for all Dan members and Ko Dan Ja,  
3:00-4:30pm, Masters testing,  
4:30-6:00pm European Dan testing,  
Venue for all events is the Regency Hotel Conference Centre.

Saturday 28<sup>th</sup> June the tournament will commence at 9:30am in the Hotel Conference Centre.

Please note that participants for forms competition will only be allowed to do forms as per belt or testing requirements or as per students manual. Also note that proper do balk and belts as per students manual will be permitted. The tournament will feature exciting competition in forms, free fighting, weapons and international team events and a special senior masters' demo.

The evening dinner will be held in the banquet suit at the Regency Hotel please arrive for 7:30pm as dinner will be served at 8:00pm. This will be followed by Dan presentations and a disco party. Please note dress attire is black tie highly recommended. There will be nearly 200 people at the dinner so be prepared to celebrate our 30<sup>th</sup> IMA Anniversary in style Tang Soo!

Our special 30<sup>th</sup> Anniversary patches are now available to all participants please wear this patch below the Korean patch on the left sleeve of your do balks. Tang Soo!