



# Messenger

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## 25th Anniversary Garden State Championships A Memorable Event!

There were thrilling demonstrations to amaze the crowds; there was tense and fast-paced edge-of-your-seat competition; there were touching and poignant presentations of gifts and plaques to Grandmaster Yi from esteemed masters throughout the country.

It was the 25th Anniversary Garden State Championships, held on April 7th, 2001 at its new and larger location at the Gloucester County Community College in Gloucester County, NJ. Known as one of the largest and most distinguished tournaments on the East Coast, this years championship certainly lived up to its reputation, and then some!

Attendance was at record levels as competitors poured in by bus loads and van loads to vie for over 400 trophies and 5 towering grand champion trophies. This year also saw 100 new divisions added.

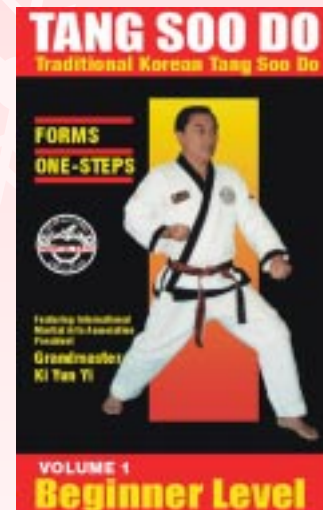
The days festivities began with the traditional address by Grandmaster Yi followed by presentations of awards and gifts to Grandmaster Yi celebrating the 25th anniversary of the tournament. Master Martin Carson began the presentations with a brief speech and gifts of a bow and a dagger acknowledging GM Yi's contributions to the development of our bow forms and dagger form. This was followed by speeches and the presentation of plaques by several esteemed masters from across the world, including Master Chun Sik Kim, President of the International Tang Soo Do Federation, and Master Suresh Nar, European IMA Director. From closer to home, Master Waldemar Bonilla and students of East Coast Karate in Eastampton, NJ, presented GM Yi with a commemorative plaque.

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# Congratulations To Our New Black Belts !



The results are in from the Fall 2001 Black Belt Test, held on October 27, 2001 at the IMA Headquarters. Congratulations to the members below on their promotions. I would also like to acknowledge the black belts promoted in the Spring 2001 cycle. Since this is our first newsletter since their promotion, we are publishing their names also. I offer them my sincerest congratulations as well! Tang Soo! - **Grandmaster Ki Yun Yi**

## 3rd Dan-

021244 Gustave Lambert Newfield, NJ

## 2nd Dan-

022079 Austin Kase Voorhees, NJ  
 022111 John Sohn Cherry Hill, NJ  
 022122 Ivan Chen Cherry Hill, NJ  
 022123 Rocco D'Anella Voorhees, NJ  
 022156 Alex Lukens Woodbury, NJ  
 022157 Melody Townley Wenonah, NJ  
 022163 Zachary Wright Sewell, NJ  
 022164 Yurik Simpson Voorhees, NJ  
 022410 Ryan Boyles Cherry Hill, NJ  
 022411 Jimson Cuenta Mt. Holly, NJ

## 1st Dan-

022360 Frank Santoro Gloucester, NJ  
 022361 Nancy Dinger Swedesboro, NJ  
 022362 Ashely Michels Deptford, NJ  
 022363 Robert Cobb Paulsboro, NJ  
 022364 Joseph Kuzmunich Deptford, NJ  
 022365 Alyssa Kuzmunich Deptford, NJ  
 022366 Ryan Mondelli Swedesboro, NJ  
 022367 Cory Rim Mantua, NJ  
 022368 Lee Morrow Mullica Hill, NJ  
 022369 Pete Sporacio Mantua, NJ  
 022370 Rosie Sporacio Mantua, NJ  
 022371 Tyler Clark Mullica Hill, NJ  
 022372 Leo Nendza Landenberg, PA  
 022373 Kyle Rivers Laurel Springs, NJ  
 022374 Christina Choi Cherry Hill, NJ

## 1st Dan (Cont'd.)-

022375 Sam Ku Cherry Hill, NJ  
 022376 Andrew Goldstein Voorhees, NJ  
 022377 Robert Brown EHT, NJ  
 022378 Austin Dix EHT, NJ  
 022379 Joshua Vertolli Vineland, NJ  
 022380 Brian Polun EHT, NJ  
 022381 Christopher Heacock EHT, NJ  
 022382 Kate Palumbo EHT, NJ  
 022383 Robert Bowling Atco, NJ  
 022384 Donald Shedaker Pennsauken, NJ  
 022385 Giselle Morales Pennsauken, NJ  
 022386 Harry Bettencourt Collingswood, NJ  
 022387 Joseph Terranova Cherry Hill, NJ  
 022388 Lindsay Quinones Wenonah, NJ  
 022389 Gusina Phillips Woolwich Twp, NJ  
 022390 Hillery Barnes Swedesboro, NJ  
 022391 Danielle DeAngelo Woolwich, NJ  
 022392 Michael Nocentino Woolwich, NJ  
 022393 Zafeiris Akranis Swedesboro, NJ  
 022399 Michael Fiedler Northfield, NJ  
 022400 Julia Archinal Burlington, NJ  
 022401 Nicole Garrison Mt. Holly, NJ  
 022402 Neil DeMarco Westhampton, NJ  
 022403 Audrey Fitzgerold Easthampton, NJ  
 022404 Habib Coulibaly Southampton, NJ  
 022405 Zachary Weisel Easthampton, NJ  
 022406 Nolan Williams Mt. Laurel, NJ  
 022407 Michael Newman Mt. Laurel, NJ  
 022408 Stephanie Haughey Mt. Laurel, NJ  
 022409 Jill Gress Easthampton, NJ

## Spring 2001

### 4th Dan-

020571 Alfred Hair EH Twp., NJ  
 021482 Walter Jones W. Deptford, NJ  
 021606 Bruce J. Clark Mullica Hill, NJ

### 3rd Dan-

021754 Joseph Baker Woodbury, NJ  
 021758 J. Calderwood Deptford, NJ  
 021582 Angela Lacy Vineland, NJ

### 2nd Dan-

021934 Christopher Ciampoli Voorhees, NJ  
 022059 William S. Fuentes Pennsauken, NJ  
 022064 Robert Flem Wenonah, NJ  
 022119 Kanit Dararutana Sewell, NJ  
 022125 Roger Wan EH Twp., NJ  
 022134 Samuel Mavilla Hammonton, NJ  
 022135 Michelle Sheppard Swedesboro, NJ  
 022140 Etana S. Coppens EH Twp., NJ  
 022177 Matthew Wohlgenuth Sewell, NJ

### 1st Dan-

022320 Michael Atkinson Woodbury Hts, NJ  
 022321 Madison Nilson Blenheim, NJ  
 022322 Jeff M. Sanders Deptford, NJ  
 022323 Barbara Pulaczewski Thorofare, NJ  
 022324 Jaime Rivas Haddonfield, NJ  
 022325 Luis Rivas Haddonfield, NJ  
 022326 Samuel T. Strader Berlin, NJ  
 022327 Robert A. Lauser Swedesboro, NJ  
 022328 Raymond Zane III Mickleton, NJ  
 022329 Jason Heresniak Swedesboro, NJ  
 022330 Nick Matteo Swedesboro, NJ  
 022331 Ashley Quinones Wenonah, NJ  
 022332 Alyssa Quinones Wenonah, NJ  
 022333 Aria Zane Swedesboro, NJ  
 022334 Sebastian Carpenter Swedesboro, NJ  
 022335 Amanda Clark W. Deptford, NJ  
 022336 Lisa Clark W. Deptford, NJ  
 022337 Elissa J. Everton Swedesboro, NJ  
 022338 Lauren Jablonowski Woolwich Twp, NJ  
 022339 Gabriel C. Longo EH Twp, NJ  
 022340 Ty Palumbo EH Twp, NJ  
 022341 Jay D. Palumbo EH Twp, NJ  
 022342 Lauren C. McCoy EH Twp, NJ  
 022343 Rhett Williamson EH Twp, NJ  
 022344 Sharif Mobley Buena, NJ  
 022345 Christopher Cooper Turnersville, NJ  
 022346 Malcolm Ahart Voorhees, NJ  
 022347 Christopher Chin Voorhees, NJ  
 022348 Jonathan Chin Voorhees, NJ  
 022349 Mark Hoffman England  
 022350 Albert Omenesa England



## Spring / Fall 2001 Master Promotions



### **Master Regina Glover, Cherry Hill, NJ**

A student of GM Yi since 1977, Regina started martial arts training during high school because of bullying by classmates. Years later Regina encouraged her own children to pursue TSD training. Adult son Craig achieved a 1st Degree BB, and daughter Lauren, 11, achieved cho dan bo. She attributes her tremendous success as an Herbalife distributor to the ability to set goals and achieve them, an ability she learned through TSD training!



### **Master Walter Jones, Washington Township, NJ**

Master Jones has been a devoted student under Master C.S. Kim since 1986 and regularly teaches at the Washington Twp. school. Through the years martial arts have helped him gain patience and understanding that helps moderate his Type A personality. An Air Force veteran, and currently a Regional Manager for Modell's Sporting Goods, Master Jones' hobbies include parasailing, snorkeling and chess.



### **Master Bruce Clark, Washington Township, NJ**

Training is a family affair for Master Clark and sons Christopher, age 18 (2nd Dan), and Tyler, age 12 (1st Dan). An entrepreneur who runs a national marketing and consulting firm, New Clients, Inc., Master Clark started training when he was in his 20's. He left at the red belt level, but vowed to come back, which he did at age 39 in 1989. This Mullica Hill resident has been a dedicated student of Master C.S. Kim ever since!



### **Master Alfred Hair, Egg Harbor Township, NJ**

Currently an Assistant Principle at Galloway Twp. Middle School in Atlantic County, NJ, this single father started training in 1980 under Master Carson in EHT, NJ. He took time off while earning his Masters Degree in School Administration, but diligently returned after achieving his goal. Daughters Erica, 10 (a green belt!), and Kirstin, 7, are the joys of his life! A classical pianist who has sung and performed in bands, his hobbies also include softball and gourmet Italian cooking! Quite well rounded!

## 26th Annual Garden State Championships Scheduled for April 6, 2002

It's one of the largest and most prestigious tournaments on the East Coast, and this year it will be even bigger and better than ever! It's our 26th Garden State Invitational Championships scheduled for Saturday, April 6, 2002 at the Gloucester County Community College.

There are nearly 500 trophies to be awarded in addition to 5 towering Grand Champion trophies. The Masters Demonstrations and Team Demonstrations promise to be real crowd pleasers. Come out to compete or just as a spectator. This is one tournament you won't want to miss!

## NEW WEBSITE- imahq.net



The IMA has a new official website! The new URL is <http://www.imahq.net> and it's awesome. Updated weekly, the new website has a current calendar of events which lists not only important association events, but also lists tournaments in the surrounding areas.

Find out *Who's Who* in the IMA and what's going on! Start a lively discussion on the new Message Board! Learn more about other member schools and their instructors, link to IMA Great Britain and IMA Europe, or read **color** versions of the IMA newsletter. You can even order videos & manuals online!

## Awards Presentation And Holiday Party



The buffet dinner was divine, the dancing was lively, and the atmosphere was festive at Yi's Karate's Annual Holiday party held on December 8, 2001 in Oak Valley, NJ.

During the evening, Grandmaster Yi presented the much coveted annual awards for dedication. Congratulations to the recipients below who do so much to enrich the quality of our association and our branches!

**2001 International Instructor of the Year-**  
Master Suresh Nar

**2001 U.S. Instructor of the Year-**  
Master Florence Solomon

- 2001 Most Dedicated Student of the Year-**
- Woodbury - Master Brian Dinger
  - Washington Twp. - Master Bruce Clark
  - Egg Harbor Twp. - Ms. Barbara Polun
  - Swedesboro - Ms. Michelle Sheppard
  - Cherry Hill - Mr. Ramon Morales
  - Berlin - Mrs. Bonita Webster
  - East Coast Karate - Mr. Seth Smith
  - Voorhees - Ms. Ann DeFrancesco
  - Medford - Mr. Brian Yi

## Mark Your Calendars!



**Saturday, January 26, 2002**

### Seminar

#### Black Belt Evaluation

(Woodbury, NJ Headquarters)

- Masters Seminar and Evaluation  
6:30 AM
- Junior Black Belts and Cho Dan Bo  
Clinic: 10:00 AM - 11:00 AM  
Evaluation: 11:00 AM - 12:15 PM
- Adult Black Belts and Cho Dan Bo  
Clinic: 1:00 PM - 2:00 PM  
Evaluation: 2:00 PM - 3:15 PM

**Saturday, April 6, 2002**

#### 26th Garden State Invitational Championships

Gloucester County Community College

**Saturday, April 20, 2002**

#### 1st IMA European Championships

Croyden, England

**Saturday, October 26, 2002**

#### 4th Biannual IMA World Championships

Egg Harbor Township, NJ

## 25th Garden State Championships (Continued)

Flowers and congratulations were presented to GM Yi by Kwang Bum Kim, Chairman of the Korean Association of America, which represents 2,000,000 Koreans.

A thrilling series of demonstrations followed the speeches and presentations.

Grandmaster Yi led off the entertainment with superb execution of the complex and challenging Master's form So Ho Yon, followed by a demonstration of lightning fast self defense techniques against an attacker with a knife. The "man of the day" performed with flawless agility and remarkable power, which was acknowledged by the audience with a standing ovation!

Next Grandmaster C.S. Kim performed another artful master's form and also demonstrated selected self defense techniques.

The demonstrations that followed started off with Egg Harbor Township's Russell Green demonstrating a spectacular flying kick break routine.

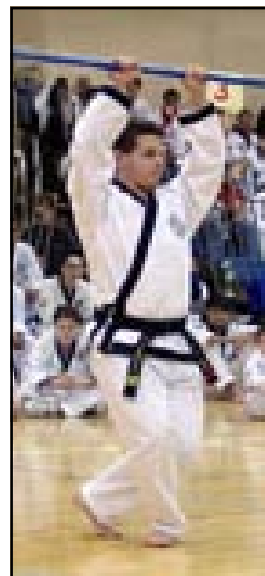
Master Regina Glover then performed Dan Gum Hyung Il Bu (dagger form) with a wonderful mix of grace and power. This form was created by Grandmaster Yi.

Next, Woodbury's A. J. Woodburn performed a dazzling demonstration of an advanced bow form, Young Moon Young, which Master Yi also contributed to the creation of.

The spectacular grand finale was performed by the award winning Demonstration Team of East Coast Karate, led by Master Waldemar Bonilla. There were beautifully orchestrated musical forms, gymnastic routines, group breaking, and self defense routines that had the room roaring with applause by its conclusion!

At the completion of the demonstrations, tournament action began. Competition was fast paced and thrilling!

When the final results were in, the coveted 6 foot tall grand champion trophies were awarded as follows: Paul Smith of Rockville, MD (Grand Champion Forms), Jeanette Wing (Senior Grand Champion Forms), Rick Fiezbach of Rockville, MD (Men's Black Belt Sparring), Joseph Falanga of NY (Teen Sparring) and Brian Policarpio (Children's Sparring).





IMA Great Britain



IMA Ireland



IMA Malta



IMA Poland

## News from IMA Europe

### 1st All European Championships & Seminar To Be Held In April 2002

Mark your calendars! The 1st All European Championships and Clinic is scheduled for Saturday, April 20, 2002 in Croyden, England. Competitors and participants are expected from the United Kingdom, Ireland, Poland, Malta, South Africa, and the United States! For more information, contact the IMA Headquarters at 856-848-2333 (USA) or Master Nar of IMA Great Britain at 0123 476 6468. Make a mini-vacation out of it! There's lots of great sight-seeing in England!

### Congratulations to Our New Black Belts!

Gregers Young	Sam Dan	England	Ian Wallace	E Dan	Malta
Nick Richards	Sam Dan	England	Marek Lagoda	E Dan	Poland
Colin Habgood	E Dan	England	Robert Hardwick	Cho Dan	England
Carl Morphew	E Dan	England	Natasha Foster	Cho Dan	England
Lois Exell	E Dan	England	Hans Wolf	Cho Dan	Malta

### Welcome to Our Newest IMA Members From Ireland!

The all Ireland IMA Tang Soo Do Association is now up and running. Mr Paul McManus, Chief Instructor reports that numbers are increasing weekly and students are already preparing for the 1st European Championships. Mr. McManus is looking forward to meeting Kwan Chang Nim again and is making plans to attend the upcoming IMA World Championships. Mr. McManus was a former top student of Master S. Nar and won the British Championships on four occasions, so look out folks!

### European IMA End of Year Awards. Congratulations!

Student of the Year:	Mr. Gregers Young
Instructor of the Year:	Mr. Nick Richards
Dedication Award:	Ms. Faith Honey (Treasurer)
Dedication Award:	Mr. Andy Young (Gen Sec)
Support and Dedication Award:	Master John Heslop
Family of the Year:	Piazza Family

### New Websites!

IMA Europe-	<a href="http://www.europeantangsoodo.co.uk">http://www.europeantangsoodo.co.uk</a>
IMA Great Britain-	<a href="http://gbtsda.tripod.com">http://gbtsda.tripod.com</a>

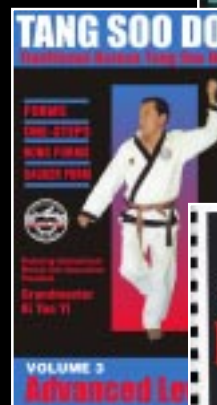
### 16th British Championships Were A Great Success!

The 16th British Championships, held in Croydon, South London on Saturday 17th November 01 had an excellent turnout! Highlights of the tournament included a demonstration by Masters Nar and Heslop which involved a display of two advanced hyungs followed by Master John Heslop's soo do break, smashing through six concrete blocks and an axe kick on two concrete blocks. Master Nar concluded with a finger tip speed break and four board spinning back kick.

Black Belt Grand Champions were Mr. Matt Elphick and Miss Natasha Foster, who are already preparing for the IMA World Championships! Special thanks to Mr. Gregers Young for his service as tournament coordinator and to his wife Caroline, who at 9 mos. pregnant, helped with the administration! What TSD spirit! The European IMA looks forward to hosting the 1st IMA European Championships in April of 2002, under the guidance of Chief Instructor Master S. Nar and IMA President, Grandmaster Ki Yun Yi.

# GREAT HOLIDAY GIFT IDEA!

## Training Videos One Step Manual

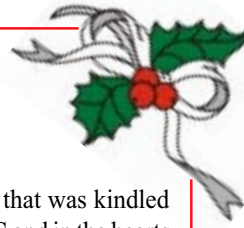


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GREETINGS FROM KWAN CHANG NIM

# A New Flame Burns Bright



The holiday season is traditionally a time for close friends and family to come together and share the wonders of this special time of year.

But this year there will be over 5000 empty chairs at holiday tables throughout the world, for the people who left for work on September 11, never to return again. And many thousand more empty chairs, for the people serving their countries in nations near and far. In years past it was easy to take for granted the freedom and security that we, as members of mighty nations, enjoy. Not so this year.

Our sense of security and the world around us forever changed on September 11, 2001. As the Twin Towers collapsed into ash, taking with them the lives and dreams of innocent people, we felt that these were truly the darkest hours.

But the darkest hours precede the dawn. Far brighter than the flames in lower

Manhattan was the flame that was kindled in hearts throughout the US and in the hearts of people from freedom loving countries throughout the world.

Over the last few months, great nations have united in a common cause. And people have come together also. We have united in prayer, we have united in charity, we have united in support of those serving the cause of freedom throughout the world, and we have united in our resolve to stand strong in the face of fear and uncertainty.

I dedicate this column to the members, family and friends of the International Martial Arts Assn. who are away from their homes this holiday season, serving to protect and defend freedom. You are the living spirit of Tang Soo Do in action. God bless you.



## Health & Fitness Through Martial Arts

If you're like most people, one of your top three New Year's resolutions will be to LOSE WEIGHT! For most people, that means going on a **diet**. But diets are notoriously unsuccessful except in achieving short-term weight loss that you put back on as quickly as you took it off. A much more successful strategy is to aim for a **modest** reduction in calories (by more sensible food choices) while **increasing your level of physical activity!**\*

**What activities burn the most calories?** Below is a list of activities and calories they burn in one hour for people of different weight levels\*\*. Not surprisingly, *martial arts burns more calories* than any of the other activities listed except running at 9 mph! Since a reduction of 3500 calories is needed to lose one pound (*actual weight*, not *water weight*), a 155 lb. person could lose 1 pound for every 5 martial arts classes they participate in (as long as they don't reward themselves by eating more). Whether you choose martial arts, walking, bicycling, or anything else, you're taking the first step to a thinner, healthier YOU!

Calories Burned in 1 hr ***	100 lbs	120 lbs	140 lbs	160 lbs	180 lbs	200 lbs	220 lbs
Running (9mph)	681	818	954	1090	1227	1363	1500
Martial Arts	454	545	636	727	818	909	1000
Aerobic Rider	409	490	572	654	736	818	900
Circuit Training (General)	363	436	509	581	654	727	800
Swimming (Moderate)	363	436	509	581	654	727	800
Jogging (General)	318	381	445	509	572	636	700
Weight Lifting (Vigorous)	272	327	381	436	490	545	600
Bicycling (Stationary)	227	272	318	363	409	454	500
Golf (General)	204	245	286	327	368	409	450
Walking (Moderate)	159	190	222	254	286	318	350

\*Check with a physician before starting an exercise program. \*\* Your level of intensity in each activity affects actual calories burned. \*\*\* Raw data from thriveonline.com



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