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# THE IMA SIDEKICK

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## Greetings from Kwan Jang Nim

Happy New Year! I would like to wish you all a great 2015. I hope this year finds you happy and healthy and brings you all the prosperity you desire. I hope that you commit yourself to your training in Tang Soo Do and strive to be the best martial artist possible. Through your commitment, not only yourself but, your school, the IMA, and Tang Soo Do are improved.

Tang Soo!

Kwan Jang Nim

## News from Europe

### **Congratulations to Malta Tang Soo Do!**

Celebrating 15 years of Tang Soo Do in Malta. Master Wallace wish's to thank all his long serving students for their loyalty and commitment through the years.

### **5th European IMA Championships**

Schedule;

**Friday 29th May** - Masters testing followed by European Dan testing.

**Saturday 30th May** - 5th European IMA Championships 9-5pm. Followed by evening presentations and disco party  
Jury's Inn Conference Centre  
Milton Keynes, UK

Please visit [www.europeantsd.com](http://www.europeantsd.com) for online registration and hotel bookings.

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## THE DO BOHK IS HERE TO STAY

**By: Master Mark Fancher, 6th Dan - Michigan**

In an era when "mixed martial arts" and cage fighting have captured the public's imagination, some martial arts schools attempt to appeal to the public by boasting that their students do not wear uniforms. This may be acceptable in a program that is focused solely on sports and competition, but for traditional martial artists - particularly those who study Tang Soo Do, the do bohk (uniform) is indispensable.

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# 7 Reasons Why Your Child Should Practice Martial Arts

[Eric C. Stevens](#)

Contributor - Martial Arts, Sports Psychology

***(Continued from the November 2014 issue)***

## **Reason #4: They'll Gain Self Confidence and Self Respect**

As noted in talking about my friend's son Ethan, I was able to witness firsthand the confidence he gained by participating in the martial arts. Being able to advance and play with the big kids gave Ethan a tremendous amount of confidence. Of course, playing with the big kids also gives all of us a little reminder of humility - someone is always bigger and stronger. I remember Sifu gently threatening the two young boys in our kung fu class that if they ever used their kung fu training in the wrong way or to show off he would have their hide. The right martial arts school will teach your child that there are no tough guys. Every martial artist ultimately learns this sense of respect and true confidence. Your child will learn that confidence and respect for others comes from a deep sense of self-knowledge.

## **Reason #5: They'll Connect Their Mind and Body**

What they don't teach you at your local health club is how to really listen to your body. To listen to your body is to also see your thoughts and have heightened awareness of your emotional construct. A martial artist is taught to see, feel, and listen - both internally and externally. Tapping into intuition, fear, and courage are examples of being able to put the physical together with the mental. How often have we heard the phrase "being paralyzed with fear"? Being able to combat such a thing is what you learn in the martial arts.

## **Reason #6: They'll Learn Conflict Resolution**

People often ask me whether I have ever used my martial arts and boxing training in a fight. thankfully, never in a physical altercation (outside the ring, of course). One of the first lessons Sifu taught us in kung fu was that words were never grounds for a fight. That advice right there has saved me many times. In the martial arts, you learn that there is no such thing as "fighting" words. Instead, you learn to respond without reacting in the martial arts.

## **Reason #7: They'll Learn to Breathe**

Of the many things I have learned in the martial arts and boxing, breathing is near the top. Back in my kung fu days, Sifu told me that he could tell how someone fights just by observing how he or she breathes. Indeed, nothing is more essential to the success of how we move our body then tapping into the life force of our essence - our breath. Ask a professional athlete, or an actor, dancer, or signer, and they will tell you that to succeed in any physical craft is to access your breath correctly. I am shocked at times working with adults who never learned to breathe properly when under physical exertion. This skill can literally save your life. In the martial arts your kid will learn the essence of how to breathe and even relax under pressure.

The bottom line is that almost any child can and will benefit from participation in the martial arts. As to what martial art, it's honestly not very important. For a typical six or eight year old the point is to just get them moving and focused. The key in choosing a teacher or school is to do your due diligence when it comes to evaluating the integrity of the program. As a starting place, I would choose a prospective instructor or coach who talks more about the needs of your child than his or her program.

## CALENDAR OF EVENTS

### **BLACK BELT / CDB EVALUATIONS**

SATURDAY JANUARY 17, 2015

IMA HEADQUARTERS  
560 S. EVERGREEN AVE.  
WOODBURY, NJ 08096

### **39<sup>TH</sup> ANNUAL GARDEN STATE INVITATIONAL CHAMPIONSHIPS**

SATURDAY MARCH 28, 2015

RIVERWINDS COMMUNITY CENTER  
THOROFARE, NJ

### **5<sup>TH</sup> IMA EUROPEAN CHAMPIONSHIPS**

MAY 30, 2015

JURYS INN HOTEL  
CENTRAL MILTON KEYNES, UK

If for no other reason, the uniform is essential because Tang Soo Do practitioners must respect their art. Generations of masters have worked very hard to preserve and nurture a martial art that is to be practiced in a very particular way. Students must observe a very particular protocol. This includes wearing a very particular type of clothing. The uniform links today's Tang Soo Do students with a long line of practitioners around the world who have left to all of us a legacy that has enriched each of our lives. It would be disrespectful to discard any part of that art, including the uniform.

More particularly, the do bohk facilitates an overriding objective of all traditional martial artists - the development and harmonization of the mind, body and spirit. To develop and discipline the mind, a student must remain focused. This means full attention must be given to learning or refining basic techniques, movements of the forms, the rhythm of sparring, etc. The presence of distractions hinders the development of mental discipline. Thus, if instead of remaining focused on Tang Soo Do instruction, a student becomes more interested in a fellow student's colorful new workout clothing, the student's training suffers. Because all Tang Soo Do students wear the same uniform, there is no risk that students will become distracted by what other students are wearing. The uniform is also a visual reminder that students in the dojang (training hall) are there for one purpose and one purpose only.

The do bohk also facilitates the development of the body. It is designed to allow the body to stretch to its limits. It is reinforced and made to withstand the pulling and tugging that occurs during vigorous self-defense training. Unlike any other type of clothing, the sound of the fabric's snap when a practitioner performs a well-executed side kick or center chop is music to the ears of the practitioner. The objective of making the uniform pop is an incentive for many martial artists to train harder.

Finally, the do bohk aids the development of spirit. Whether in the dojang or at an IMA tournament or seminar, lines of dedicated martial artists dressed in white is a sight that never fails to inspire. It brings home the fact that the practitioner is not alone in his or her quest for personal excellence. The uniform is a reminder that every student is part of a global family with members who understand the commitment to Tang Soo Do. This knowledge boosts morale and on a spiritual level urges the student toward greater achievement.

For those who seriously pursue Tang So Do training, the do bohk is here to stay.

Tang Soo!