

THE IMA SIDEKICK

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Congratulations Master Martin Carson !!

Yi's Boum Dee Dojangs

Celebrating 35 Years of Teaching
Tang Soo Do!

Egg Harbor Twp. And Hamilton Twp. NJ

Yis Boum Dee Dojang was started in October 1979 in Egg Harbor Twp. under Master Martin Carson then 3rd Dan and now 7th Dan Black Belt #19484. Both schools are affiliated with International Martial Arts Assoc. headed by Grand Master Ki Yun Yi. Master Carson's instructors where Grand Master Jae Chul Shin at Shin Karate Burlington, Grand Master Chung Sick Kim and since 1974 with Grand Master Ki Yun Yi in Woodbury, NJ

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Essay: Mission Statement

My son Corey was getting bullied at school. He is a quiet kid, small for his age, so I guess he's an easy target. He's not a fighter, doesn't know how to defend himself. His mom and I decided to enroll him in martial arts. Corey had a two week trial period at Yi's Martial Arts, and also went to another place in Woodbury for a lesson to see what was the best place for him. I watched him in both places. It wasn't a hard decision as to where to go. Master Yi and his instructors were far superior in our minds, so this was the place for Corey.

Soon after Corey joined I talked with Master Yi and decided to join also. My goals in martial arts are different than most. I'll be fifty years old soon, I'm not selling myself short, but I know that I'm limited in what I can do. I'm not as flexible as others, but I'll always give one hundred percent when I'm in the Do Jang. I'll strive to be the best I can be.

That being said this is more about Corey than me, from day one he fell in love with martial arts. Corey respects and desires to be like Master Yi and all of his instructors. I love Corey more than anything in this world and I want to see him be the very best he can be, and that's what we as parents are supposed to want for our kids, for them to be better than us.

Joe Cappolino

7 Reasons Why Your Child Should Practice Martial Arts

Eric C. Stevens

Contributor - Martial Arts, Sports Psychology

"The martial arts are ultimately self-knowledge. A punch or a kick is not to knock the hell out of the guy in front, but to knock the hell out of your ego, your fear, or your hang-ups."

- Bruce Lee

Recently on a visit back home, I met my one of my close friends at his son's martial arts studio so I could drop in and see what young Ethan was up to. Ethan was one step away from getting his white sash in [Poekolan](#), an Indonesian martial art. He beamed with pride as we watched him do various forms and drills. Shortly after I left town, Ethan [earned his white sash](#), upon which he got to join the big kids in the adjacent room. There the big kids practice more advanced forms, techniques, and even some sparring. He was thrilled. Ethan's always been a good kid, but from what I observed the martial arts gave him quite a healthy dose of self esteem and self respect - two of the many benefits one gains with participation in them. Whether your kid is too bossy, too shy, or perhaps just a little hyper, the martial arts can help your child learn many important life lessons. (And, of course, those same lessons apply for all of us, not just kids.)

Why Your Child Should Practice Martial Arts

Reason #1: They (and You) Will Get More Active

This is the obvious reason kids should do martial arts in this day and age - to get active and moving. In case you haven't noticed, we have an epidemic when it comes to [our nation's obesity problem](#). We're also increasingly unfit in addition to being overweight. The problem is particularly alarming as it [relates to our kids](#). Youth sports and physical education programs are great, but not every kid is an athlete and many schools no longer offer PE. The martial

arts offer many benefits, but when it comes to fitness, becoming a true martial artist means becoming a supremely fit person. When I was practicing boxing or muay Thai kickboxing on a daily basis, I was in the best shape of my life by a long shot. Martial arts can help your child get fit and healthy.

Reason #2: They'll Learn to Find Focus and Stillness

Of the many challenges that parents face today, one is that we are constantly plugged in. While there are a great many benefits to the Internet, there are many more benefits in [stillness and silence](#). Unfortunately stillness and silence seem to be rare to find. At some juncture in life, every one of us comes to learn that the greatest obstacle we face in this lifetime is ourselves. That battle is fought in the stillness of our hearts and the willingness to confront ourselves. As Bruce Lee pointed out, behind the punches, kicks, and knees, a true martial artist learns to sit with himself and see where his weaknesses are. In years of martial arts classes, I remember many challenges, breakthroughs, and setbacks. What I do not remember are distractions or gimmicks like you often see at your local health club. At the martial arts studios and boxing gyms where I trained, there was no loud music or flat screen TVs, just hard work and sweat equity. As a martial artist, your child will learn what it is to be still, challenged, and focused.

Reason #3: They'll Learn to Take Hits

In the martial arts, your child will learn what it is to take a hit, whether that hit is a literal blow or a disappointment like failing a test. Part of life is learning that [we all take hits](#). The key is in learning how best to take that hit and get back up. Unfortunately, this lesson seems to be lost on many in our every-kid-gets-a-trophy culture. In the martial arts, your kid will learn to fail - a lot. Half of martial arts is hitting, but half is also getting hit.

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CALENDAR OF EVENTS

2014 IMA EUROPEAN MASTERS TRAINING CAMP

NOVEMBER 21ST – 23RD

MONNAGHAN, IRELAND

IMA HOLIDAY PARTY

FRIDAY DECEMBER 5, 2014

AULETTO'S CATERERS

ALMONESEN, NJ

5TH IMA EUROPEAN CHAMPIONSHIPS

MAY 30, 2015

MILTON KEYNES, UK

When people hire me to teach them boxing, they can't wait to lace up the gloves and start hitting things. Seldom does someone mention how enjoyable it is when I tap him or her upside the head with a focus mitt for dropping their hands. The first time I got struck in the head sparring in kung fu, I immediately rushed to the mirror to see if there was a mark on my face. The students in class laughed about it for months. While I didn't find it too funny at the time, I came to learn that accepting I would get hit enabled me to relax and better protect myself. That acceptance led me to be able to better respond, maneuver, and anticipate. Ironically, learning how to take a hit is perhaps the best way for your kid to [learn how to avoid it](#).

(The rest of this article will be in the next issue)

5th European IMA Championships

5th European IMA Championships to be held in Milton Keynes, UK on 30th may 2015. Tournament will be held in Jurys Inn Hotel, Central Milton Keynes, close to bars, restaurants and one of Europe's largest shopping centres with over 400 outlets. Online registration will be available soon. Visit www.eurpeantsd.com for registration details.

Special guest will be Kwan Jang Nim who will oversee European Dan testing and presentations.

