International Institute of Martial Arts, Inc.

456 E Mission Rd., San Marcos, CA 92069

Tel (760) 591-0456 Fax (760) 744-7084

January/February 2009

Tradition of Champions

www.iimakarate.com

Tradition of Champions

Happy New Year!

Welcome back to IIMA Karate! We hope you all enjoyed your holidays and are ready to get serious about training! We have a few changes with our schedule that will be taking place effective January 20th, 2009. Please take note of upcoming testings, tournaments, events and holiday closures. IIMA has become the new entrance and management of Internatioanl Fitness Center. We encourage you to take advantage of the many features the gym has to offer! It's a great opportunity to stick to that New Year's Resolution! Advanced Belt and Black Belt Testing is approaching quickly, so be sure to attend classes regularly (including sparring!). Tournament training is taking place on Saturdays. To participate in this extra class, please register at the front desk. We look forward to an exciting 2009!



IIMA SPECIAL!

Add a family member for just $29.99/month!

This offer expires February 28, 2009









IIMA KidFit USA, Inc.



IIMA KidFit USA, Inc. is a non-profit organization providing school enrichment programs. We are entering sessionIII and can be found in schools such as Richland Elementary, La Costa Meadows Elementary, Paloma Elementary, Knob Hill Elementary, Twin Oaks Elementary, Flora Vista Elementary, Aviara Oaks Elementary,Vista High School, Major General Murray High School, Discovery Isle Learning Center, Corky Smith Community Center and International Fitness Center. Courses options this session include: Karate/Self-Defense, Agility Training, Hip Hop, Sign Language, Arts and Crafts, Pom Pom Cheer and Dance, Spanish. KidFit is also introducing its new adventure courses: Rock Climbing, BMX Riding, Skateboarding, wakeboarding, snowboarding and Smart Karts. To add KidFit classes at your school, please contact Michelle Brown at (760)644-2674/kidfitusa@iimakarate.com

INTERNATIONAL
By Clark Bartram
FITNESS

Did You Know?....

Fitness Classes for kids are being offered at International Fitness? The classes are held Monday/Wednesday 4:45-5:30pm. Do the class back-to-back with a karate class! Only $20/month! ENROLL TODAY!

IIMA Desert Trip to Ocotillo Wells!



Grab your riding gear, tents, trailers and dersert toys for a weekend of fun! Come for the night or stay for a day! Save the date: March 21st-22nd, 2009.

February 27-28-March 1
Compete 2009 in Ontario, CA
www.compete-karate.com

May 15-16-17
San Diego Grand Nationals
www.prokenpo.com

IMAC World Championship
www.usainternationals.com



EXTREME MARTIAL ARTS CLASS WITH MR. STEVEN NGUYEN!
SATURDAYS

IIMA CALENDAR 2009

January
3 IIMA Reopens
12 Demonstration at Major General Murray H.S.
17 Testing Y/O/P/B 12-2pm
19 CLOSED (Martin Luther King Day)
23-24-25 IMAC Winter Olympics in Las Vegas

February
6 Black Belt Club 5-6pm, Weapons Seminar 6-8pm
7 Sensei Brown's Birthday
16 CLOSED President's day
20 Demo Team 6-7pm
21 Staff Meeting 7am, NO CLASSES
Advanced Belt Testing 8am-1pm,
Promotions Luncheon 2:30pm
(tickets available at the front desk)
27-28-March 1 COMPETE Tournament, Ontario, CA

March
1 COMPETE Tournament, Ontario, CA
6 Black Belt Club 5-6pm, Demo Team 6-7pm
7 Black Belt Testing (No Classes) 9am-11pm
8 Black Belt Promotions Dinner 5pm
14 Testing Y/O/P/B 12-2pm KidFit after school program promotions 2:30-3:30pm
15 Sensei Judy's Birthday
21-22 IIMA Desert Trip
27 Demo Team 6-7pm
28 Staff Meeting 8am

April
3 Black Belt Club 5-6pm, Demo Team 6-7pm
4 Kidfit Testing and Open House 12-1:30pm
24 Demo Team 6-7pm





Schedule your birthday party at IIMA!
$199
Includes: Invitations, Jumpy, Karate lesson, Board Breaking, Games, Cake, Pizza, Drinks, Paper goods... you supply the Birthday Child and friends!

IIMA Class Schedule 2009

Monday/Wednesday

Time ROOM 1	Class	Instructor
9:15-10:15am Wednesday Only	Krav Maga	Sensei Brown
4-4:45pm	W/Y/O	Senpai Moorman
4:45-5:30pm	P/B	Senpai Moorman
5:30-6:15pm	G/R/Brn/Bk	Sensei Brown Senpai Moorman
6:15-7pm	WEAPONS	Senpai Moorman
7-8:30pm	Krav Maga	Sensei Brown
8:30-9:30pm	Brazilian JiuJitsu	Troy Baker
ROOM 2		
4:45-5:30pm	W/Y/O kids (ages 5-11)	Sensei Lindsey
5:30-6:15pm	W/Y/O kids (ages 5-11)	Sensei Lindsey
6:15-7pm	P/B	Sensei Lindsey
ROOM4		
4:45-5:15pm	Tots Beginners	Mrs. Brown
5:15-5:45pm	Tots Intermediate	Mrs. Brown
5:45-6:15pm	Tots Advanced	Mrs. Brown

Tuesday/Thursday

Time ROOM 1	Class	Instructor
4-4:45pm	W/Y/O	Senpai Moorman
4:45-5:30pm	G/R/Brn	Senpai Moorman
5:30-6:15pm	G/R/Brn/Bk	Sensei Brown Senpai Moorman
6:15-7pm	Black Belts	Sensei Brown
7-7:45pm	All Belts (Family Class)	Sensei Judy
ROOM 2		
4:45-5:30pm	W/Y/O kids (ages 5-11)	Senpai Nguyen
5:30-6:15pm	P/B	Senpai Nguyen
6:15-7pm	W/Y/O kids	Senpai Nguyen

Saturday A.M.

Time	Class	Room	Instructor
8:45-9:30am	KidFit after school prgram	1	Sensei Brown
9-9:45am	W/Y/O 5-12 yr olds SPARRING	2	Sensei Lindsey, Senpai Moorman
9-9:45am	Tots Sparring	2	Senpai Annie
9:30-10:30am	Krav Maga	1	Sensei Brown
9:45-10:30am	P/B/G (8-12 yr olds) SPARRING	2	Sensei Lindsey Senpai Moorman
10:30-11:30am	G/R/Brn/Bk SPARRING ages 12+	1	Sensei Brown Senpai Moorman
10:30-11:30am	Elite Extreme Class	2	Senpai Nguyen
12-2pm	Tournament Training		

Fridays

5-6pm	Private Lessons
5-6pm	Black Belt Club (1st Friday of
6-7	See calendar

W - White
Y - Yellow
O-Orange
P -Purple
B- Blue
G - Green
R- Red
Brn- Brown
B- Black

INTERNATIONAL FITNESS

www.ift-fitness.com (760) 744-4562

Group Exercise Schedule





Monday
9:30am: Step'n Sculpt
10am: Senior Strength
4:45pm: Kidfit Fitness
6:00pm: Yoga

Tuesday
8:45am: Silver Sneakers I/II (Combo)
11am: Silver neakers I (MSROM)
12pm: Yoga
6pm: Body Sculpt
7pm: Cardio Hp Hop and Abs (added fee)





Wednesday
8:30am: 3D abs
9am: Step'n Sculpt
10am: Senior Strength
4:45pm: KidFit Fitness
6pm: Mat Pilates



Thursday
8:45am: Silver Sneakers I/I (Combo)
11am: Silver Sneakers I (MSROM)
12pm: Yoga
6pm: Bodysculpt
7pm: Cardio Hip Hop and Abs (added fee)



Friday
10am: Fitness Boot Camp
10am: Senior Strength
11am: Senior Flexibility/Stretch
5:30pm: Yoga

Saturday
10am: Cardio Kickboxing

What is Academic Achievemnt Night?: Academic Achievemnt Night is a night for recognizing students with exceptional academic performance. Students are invited to receive a patch and certificate to honor their hard work. This is accompanied by a pizza party for students and their families. This event takes place every 4-6 months. Report card must be submitted prior to the event. Sponsored by the IIMA Parent Club.

What is Black Belt Club?: Black Belt Club is for students who are looking for a more serious commitment to training Benefits include lower monthly rates, pro shop and tournament discounts, parties, additional classes/lessons, and distinctive uniforms and patches. Students must have outstanding academic status, write an essay and show determination in training.

How do I know when I can test?: Once you have receieved all five stripes on your belt, you are ready to test. Typically the duration in between belts is 4-6 months. Advanced Belt testing and Black Belt testing take place once every six months. Both are followed by promotions dinners. Please be sure to obtain tickets for the dinner. Test registration forms including parent and teacher signatures are required for testing. Arrive for testing 15 minutes prior to the test. Wear a complete uniform with your belt ties properly. Running shoes are required for Advanced Belt and Black Belt Testing participants.



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