



Kyoku**SHIN** Karate

Shihan Taylor's Branch - Australian Newsletter

February 2004

From Shihan's desk



AKKA – John Taylor Branch: Sempai Jim McDonald - 2003 Instructor of the year:

Avid readers of the "Shin will no doubt have followed the meteoric rise of Sempai Jim McDonald and the Cooma dojo. Jim and his wife Fiona started the dojo in the small town of Cooma situated in the Southern Highlands of New South Wales (near the snowy Mountains) and went from strength to strength, and are now to over a 100 students mark in the first year of operation. We think that Sempai Jim is worthy of the 2003 Instructor of the Year... Congratulations Jim.

AKKA – John Taylor Branch: Sensei Steve Hardy - 2003 Dojo of the year:

The Ballarat dojo has no doubt been the most innovative dojo in the group, with such things as Sunday morning breakfast training sessions (provided after the class) and some very creative publicity ideas, has taken the dojo from inside a squash court room to having a full time dojo in the centre of town. Well done Sensei's Steve and Sempai's Monica, Ernie and Willy, truly a creative group, deserving of the recognition.

AKKA – John Taylor Branch: Sensei Glen Gibbons - 2003 Best Dojo Management

Sensei Gibbons has displayed some great management skills during 2003, and has been very happy to share his new found skill with all of the dojo instructors by giving short seminars at the various instructors meetings and sharing his new management skill freely in a very productive way.

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This month's quote:

One of life's great mysteries is: - How a 1kg box of chocolates can make me gain 2kg in weight – John Taylor

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The best treatment for swimmer's ear: By Norman Swan

Now is the season of Swimmer's Ear – Otitis externa. It is caused by irritation and drying from chlorine, and infection by bacteria or fungi producing inflammation, itching, pain and swelling. Regular swimmers with intact eardrums are encouraged to use acetic acid drops to prevent swimmer's ear. This makes sense since it has been shown that the ear canals of young people prone to otitis externa become alkaline, perhaps making them more vulnerable. But if you actually develop swimmer's ear, what then? Well a trial in adults has compared acetic acid drops to drops with a cortisone-like steroid plus acetic acid, versus drops with a

steroid plus various antibiotics. People on the acetic acid alone had a longer illness and were more likely to relapse. The steroids plus acetic acid and steroids plus antibiotics did much better and were equivalent to each other, speeding up the healing process by about two days. It didn't seem to matter whether a gauze wick was used or just the drops. So given that steroid and acetic acid combinations don't seem to be available off the shelf in Australia, the steroid antibiotic combo appears to be the way to go. But you do need to visit your GP to make sure the diagnosis is right. Source: ABC online, 9 December 2003

New members to the Bondi Dojo:

I would like to welcome the following new members to the Bondi dojo:
Jun Yi Lau – Karman Xu – Conrad Xu – Veronica James – Jo Jo Ginges

5th – 7th March: Summer camp, Green Belt & Over grading and John Taylor Branch dojo operators meeting.

Monday 8th March: Bondi Junction adults and children's under Green belt grading.

Tuesday 9th March: Bondi Beach children's under green belt grading.

14th March: Sydney Junior Games. A Kempo Karate Championships and the only non Kyokushin Championships we recommend. Contact me for applications: Shihan Taylor

Beware of Energy Vampires:

They lurk in our businesses, our families and our social organizations. They are real. They are everywhere. And they will suck the life out of you if you let them. If you're like most people, it has happened to you. You were talking to someone and before you knew it, they drained the life right out of you. You looked for fang marks on your neck but they were nowhere to be found. Then you realized Energy Vampires don't have fangs. They have other means to suck your energy. Here are a few: Negative comments – "Did I tell you how much I hate my life and work? Did I tell you what so and so did to me? Did I tell you how my life stinks? Did I tell you why nothing goes right?"

Can physical exercise make your brain stronger too?

Researchers at Wake Forest University and the University of Pittsburgh (USA) are completing research which suggests that regular exercise is 'a key in prevention' for neurological diseases such as stroke, Alzheimer's and Parkinson's. Currently, figures show that one out of four people will develop a neurological disease such as stroke, Alzheimer's disease or Parkinson's disease. Findings from the research will be released and discussed at a public meeting named 'Exercise and the Brain' this week. As part of the week-long conference on Brain research, 800 to 1,000 prominent scientists from all areas of the world are anticipated to share their latest research findings. Michael Zigmond, professor of neurology and psychiatry at the University of Pittsburgh School of Medicine, discussed his preliminary findings that exercise can reduce risks of developing such neurological diseases as Parkinson's and also may slow progression once

A black belt is a white belt that never gave up.

a patients develops it. 'Since 20-25 percent of the population will have a neurological disease, it's important research from an economic and social point of view,' says Zigmond. 'It's going to be a health problem on the horizon.' Zigmond's research is the first to study how different parts of the brain work together, in conjunction with Parkinson's disease and exercise. 'We hope to create a natural protection in the brain (through exercise),' says Anstrom. 'Our hypothesis is, if we heal the brain through use, we can't reverse the conditions, but we're hoping to slow down the progress ion of the symptoms.' Zigmond also comments that so far, 'rats who exercise and are exposed to a toxin that causes Parkinson's show a dramatic reduction in neurological symptoms.' 'The whole goal of the conference is to enable the scientists to learn about the status of other people's research,' says Carlezon. 'We learn about state-of-the-art research and techniques in fields that relate to our own but we're not exposed to every day. It's very important to this group - and very unique to this group to disseminate the research to the (public) in an understandable way that conveys their excitement.' Source: IHRSA

"Alligator shoes"

A novice karate-ka is travelling through Louisiana and is desperately hoping to acquire a pair of alligator shoes. After a day of shopping in vain for an affordable pair she goes into yet another shop to ask the price of their shoes. As at all her previous stops the shopkeeper quotes a ridiculously exorbitant price. Quite frustrated by her wasted day she tells the shopkeeper that she's "just gonna hafta go out and hunt a gator down for those shoes." The shopkeeper tells her "that's fine by me you may run into a couple of Kyokushin karate black belts who were in here earlier and headed out to do the same thing". So there she is wading through the bayou with her rifle loaded and ready when she spots a couple of guys in gi's up to their black belts in swamp. Neither of them is armed and under the water swimming toward them she spots a massive gator. Just as she's about to yell a warning to them one of the sensei's performs a flawless shuto strike to the gator's throat, killing it instantly. She continues to watch admiringly as he drags the carcass out of the swamp onto the shore and lays it down next to ten similarly dispatched victims. The victorious sensei then turns and shouts back to the other sensei, "well, dammit, this one don't got any shoes on either!" Courtesy of Brad Waugh and Christer Söderlund

Dojo Kun (Kyokushin dojo oath)

1. We will train our hearts and bodies for a firm un-shaking spirit.
2. We will pursue the true meaning of the Martial Way, so that in time our senses may be alert.
3. With true vigour, we will seek to cultivate a spirit of self-denial.
4. We will observe the rules of courtesy, respect our superiors and refrain from violence.
5. We will follow our Gods and buddas and never forget the true virtue of humility.
6. We will look upwards to wisdom and strength, not seeking other desires.
7. All our lives, through the discipline of karate, we will seek to fulfil the true meaning of the Kyokushin Way.

The meaning of Osu!

Osu means patience, respect and appreciation. In order to develop a strong body and strong spirit it is necessary to undergo rigorous training. This is very demanding, because you must push yourself to what you believe to be your limit, and you want to stop; to give up. When you reach this point you must fight yourself and your weakness and you must win. To do this you must learn to persevere, but above all you must learn to be patient. This is OSU!

Australian statistics:

31% of males and 49% of females do not train adequately.

Discipline.

It takes discipline to look a man in the eyes rather than at his feet, his chest or the space above his shoulders.

It takes discipline to train when it is wet and cold, when all others are at home behind the glass.

It takes discipline to tell the truth; remember it is just as easy to tell the truth, as it is to tell a lie.

It takes discipline to keep your eye on the ball, the ball is symbolising your vision and dreams.

It takes discipline to constantly work on the basics even when the basics get a little boring.

It takes discipline to practice under pressure so that nothing surprises you in competition.

It takes discipline to get out of bed early; there is nothing like a warm bed in the morning.

It takes discipline to keep running when your feet and lungs feel like they could burst.

It takes discipline to do the little things even if they don't seem important at the time.

It takes discipline to watch your manners, hold your tongue and respect your elders.

It takes discipline to do an extra lap when everyone else is in the shower or bar.

It takes discipline to stick with the recipe you know works for YOU.

It takes discipline to guard against complacency, arrogance and laziness.

It takes discipline to look for the real reasons without looking for excuses.

It takes discipline to be the first on the training track and the last one off it.

It takes discipline to make the right choice rather than the wrong one.

It takes discipline to be punctual, rather than just a few minutes late.

It takes discipline to fight back rather than quit.

It takes discipline to trust your game plan.

It takes discipline to switch off and relax.

It takes discipline to lead by example.

It takes discipline to listen and learn.

It takes discipline to say NO.

IT IS DISCIPLINE THAT TAKES YOU TO THE TOP.

Courtesy of Shihan Vicars "Kiai" publication

This month's bad joke:

A polar bear goes into a bar and says "give me a rum and cola". The barman ask the bear, why the big pause. Its not my fault, says the bear, I was born with them.... boom boom

Any contributions to the "SHIN"

A black belt is a white belt that never gave up.

Would you like to sell your car, looking for a flat mate, or you just have so something to say. All contributions welcome and should be given writing or emailed to: shihan@ozemail.com.au

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