



# Kyoku**SHIN** Karate

Shihan Taylor's Branch - Australian Newsletter

March 2004

From Shihan's desk



## Ring Karate Fight Night:

We have a big night coming up with a Ring Karate fight night on the 3<sup>rd</sup> April at the Castellorizian Club situated in 440 Anzac Parade Kingsford. It is under Kyokushin rules; each bout lasts for three rounds and is in a ring. If any one is interested in a match up just let me know. Each fighter is a matched by weight, training time and experience and each fighter has only has one fight per night.

## The world's most popular diets: compared and tested

Researchers for the American Heart Association (AHA) recently studied and reported on the results found in comparing four of the world's most popular diet programs: Atkins, Ornish, Weight Watchers and Zone diets. All four were found to be beneficial to losing weight and lowering risk of heart disease with one important requirement: You have to stick with the diets, not just start. 'It turns out that as long as the pounds are shed, heart health improves,' says Michael Dansinger, assistant professor of medicine at Tufts University. 'Losing 20 pounds corresponded to about a 30% reduction in heart risk score,' he says.

## The contenders included:

**The Atkins diet:** A low-carb diet consisting primarily of protein and fat. In the first two weeks, carbohydrates are severely restricted but then are introduced back into the diet in the form of fibre-rich carbohydrates.

**The Ornish diet:** A high-carb, low-fat vegetarian diet of mostly beans, fruit, grains, and vegetables. Dairy products in moderation and meats are discouraged.

**Weight Watchers:** A low-fat, high-carb diet where food is assigned a point value and participants are allowed a certain number of points per day.

**The Zone:** A diet based on a 40-30-30 system where participants eat 40% of their calories from 'favourable' carbohydrates such as vegetables and beans; 30% from low-fat proteins; and 30% from unsaturated fats, such as canola oils, nuts, and avocados. At the end of one year, the drop out rates for Atkins and Ornish was 50%, as compared with Weight Watchers and The Zone at 35%. Adherents to Weight Watchers, Atkins and the Zone achieved greater reductions in heart risk scores whilst Ornish produced the best results in lowering LDL and insulin levels. Weight Watchers produced the best results in raising HDL. 'The good news about this study is that we have demonstrated that all these diets work. That means that physicians can work with patients to select the diet that is best suited to the patient. For example, if you have a patient who likes meat, it is unlikely that he or she will comply with the Ornish diet,' says Dansinger. 'In the short run, I think weight loss trumps everything. If you lose weight, it doesn't matter how you lost it. But in the long run we don't know the effect of the macronutrients [carbohydrates, fats and proteins] that you are eating,' says Robert Eckel, chair of the American Heart Associations Nutrition, Physical Activity and Metabolism Council. Source: American Hearth Association Scientific

**Sydney metropolitan's leading security service, providing "Shin" sponsored by: CDM Securities service in the guarding and patrolling of private premises. For an obligation free quotes, call Colin Dubb Ph: 0413-186524 Fax: 93375418**

**This month's quote:** "To avoid criticism, do nothing, say nothing, be nothing" - Albert Hubbard

**These are excerpted from a list of English subtitles used in martial arts films made in Hong Kong:**

1. I am damn unsatisfied to be killed in this way.
2. Fatty, you with your thick face have hurt my instep.
3. Gun wounds again?
4. Same old rules: no eyes, no groin.
5. A normal person wouldn't steal pituitaries.
6. Damn, I'll burn you into a BBQ chicken!
7. Take my advice, or I'll spank you without pants.
8. Who gave you the nerve to get killed here?
9. Quiet or I'll blow your throat up.
10. You always use violence. I should've ordered glutinous rice chicken.
11. I'll fire aimlessly if you don't come out!
12. You daring lousy guy.
13. Beat him out of recognizable shape!
14. I have been scared sh\*tless too much lately.
15. I got knife scars more than the number of your leg's hair!
16. Beware! Your bones are going to be disconnected.
17. How can you use my intestines as a gift?

Courtesy of: Timothy Watkins and Christer Söderlund

## New members to the Bondi Dojo:

I would like to welcome the new members to the Bondi dojo: Timothy Klapanov – Jonny Barel – Veronica James – Todd Madgwick – Elizabeth Ramsay – Vicky Teichman – Greg Reid – Nicholas Gye – Mokota Kojime – Helen Morahan Terry Morahan – Ilan Kessler – Alan Conolly– Claude Benkemoun - Adelaide Hargreaves

## This month's bad joke:

I went to the butchers the other day and I bet him \$50 that he couldn't reach the meat on the top shelf. He said, "No, the steaks are too high."

## SENIOR MOMENTS:

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards. One day they were playing cards when one looked at the other and said, "Now don't get mad at me..... I know we've been friends for a long time....but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is." Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"

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

### Any contributions to the "SHIN"

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

[shihan@ozemail.com.au](mailto:shihan@ozemail.com.au)

### GRADINGS & CAMP:

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

The Camp is a great weekend and the program allows all grades to come along and learn heaps of karate stuff and escape whatever you feel you need to escape from. .

**8<sup>th</sup> March:** Bondi Junction adults and children's under Green belt grading.

**9<sup>th</sup> March:** Bondi Beach children's under green belt grading.

**"Shin" sponsored by: "MATHS COACHING"**

**K-9**

**Gain Confidence - Gain skills - Gain results**

**Call Gabby on 0419-00-0001**

*Now let me see have I got this right?*



### GRADING SYLLABUS:

With the March grading getting close, students should think about buying a grading syllabus. You will be sure exactly of what is required to get your next grade. At only \$15.00 and packed full of karate terminology as well as the grading syllabus up to third Dan, it is well worth the price.

### Sydney Junior games:

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

### Tips on Staying Safe

Here's an interesting one that is aimed at ladies that was sent by a former police chief. Please take the time to read this. I know you are smart enough to know these pointers, but there will be some, where you will go "Hmm. I must remember that!" After reading, forward it to someone you care about... never hurts to be careful in this crazy world we live in.

**From a tourist guide in New Orleans:** If a robber asks for your wallet or purse, DO NOT HAND IT TO HIM. Toss it away from you..... Chances are that he is more interested in your wallet or purse than you, and he will go for the wallet or purse... THEN RUN LIKE MAD!

**If you are ever thrown into the trunk of a car:** Kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you but everybody else will. **This has saved lives.**

**Women have a tendency** to get into their cars after shopping, eating, working, etc., and just sit doing their

cheque book, or making a list. **DON'T DO THIS!** A predator may be watching you, and this is the perfect opportunity for him to get in on the passenger side and put a gun to your head. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOOR AND LEAVE.**

### A few notes about getting into your car in a parking lot or parking garage:

**A.** be aware: look around you; look into your car, at the passenger-side floor, and in the back seat.

**B.** If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.

**C.** Look at the car parked on the driver's side of your vehicle and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall or work, and get a guard/ policeman to walk you back out. **IT IS ALWAYS BETTER TO BE SAFE THAN SORRY.** (Better paranoid than dead) ALWAYS take the lift instead of the stairs. (Stairwells are a perfect crime spot). If the predator has a gun and you are not under his control, ALWAYS RUN! The predator will only hit you, (a running target), 4 in 100 times; and even then, it most likely WILL NOT be a vital organ. RUN!

### As women, we are always trying to be sympathetic:

STOP IT! It may get you raped or killed. Ted Bundy, the serial killer, was a good-looking, well-educated man, who ALWAYS played on the sympathies of unsuspecting women. He walked with a cane or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim.

### German brewery develops 'anti-ageing' beer:

A German brewery claims to have developed a beer packed with vitamins and minerals which are designed to slow the ageing process. Planned to hit German grocery stores and pharmacies this year, Neuzeller Kloster Brewery say the 'Anti-Ageing Bier' contains a host of added ingredients that promote good health. 'It tastes like beer more than it tastes like anything else,' says a spokesman. However, Reuters Health reports that 'the German government may object to the brewery calling the drink "beer" since a law dating back to 1516 says beer brewed in Germany can only be made from barley, hops, wheat and water.' Source: Reuters Health

**Donovan Pather**

**"PROPER PLUMBING"**

**Proudly supporting the "SHIN" publication  
Providing Quality Service in Sydney's Eastern Suburbs  
Special discounts for Kyokushin members  
Phone Don on 0425 313 825**

*Grading time.... PRACTICE –PRACTICE – PRACTISE*

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



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