



# KyokuSHIN Karate

Shihan Taylor's Branch - Australian Newsletter

April 2004

From Shihan's desk



## Spring camp:

The New South Wales Spring camp was once again a great success with almost 80 members attending from as far as Victoria. The weather not kind as it rained from start to finish. The rain however, did not stop every one having a great camp and as it just meant that we all trained inside, whilst it took away the experience of training outside it did make the kata practice and many of the more difficult techniques a little easier, being on the boards instead of outside on the grass. The Saturday night entertainment was a trivia night and it was a great success.

## From the competitors' point of view:

This was done for school recently by Sally Buchanan about an everlasting experience she had. The event happened 2 years ago. (She was then 14 years old). Before I went to Melbourne for my first karate tournament we trained and practiced for the tournament for a month or so learning the rules and getting our sparring techniques up to scratch. I hurt my tail bone just two weeks before the tournament but I was determined to get there and give it a go. I went with some others from Mount Gambier karate; it was their first time also. When we got to the hotel in Coburg it was an old stone building next to a giant playground, which we explored. Then people from Millicent that also do karate turned up and everyone got in the pool for about an hour and then we watched TV and ran around chasing poor little Mini Phil. The next morning we got up really early and headed off to the town hall where the tournament was being held. We waited outside for Sensei Owen and Sensei Keryn getting more nervous as time went by. When we got inside we helped set up and then got changed. it was really funny because we overheard people saying they were scared of us because we train with the Povey's, it was a real confidence builder. The tournament soon began. We had to wait for the kata competitions to finish and then it was little Justine's turn in the under 10's. The rules were that it was only semi contact and two head kicks was a knockout, well little Justine knocked out everyone she fought and won her division. Next up were Sharni, Jamie and Michael, Michael was disqualified for being too rough but Sharni and Jamie ended up fighting for 1st place with Sharni getting 1st and Jamie 2nd. Now it was finally time for Shaun, Brigid and myself to fight in the under 16's, the people we had to fight were GIANTS. I had to fight a brown belt that meant she was 3 belts above me and I was really annoyed because brown belts weren't meant to be allowed to compete but I went up and fought my best and got a draw, so I fought her again and they told me I was hitting too hard so I laid off. All through both fights all I could think was 'she hits hard why can't I' and she can't do that'. That second fight seemed to drag on forever probably because I knew I wasn't going to win without being able to have a bit more contact, that girl kept giving me the daggers the whole fight but I just kept smiling because I wasn't going to be a bitch like her.

Eventually the fight was over and as we waited for the results I realised that she had hurt me more than it had seemed just a few seconds ago. But I stood proud as I heard people from other Dojos I didn't even know comment on how well I went and how brave I was to get in close and keep fighting. The judges put up their flags and the other girl had won. But I was fine with that but upset that the people from Melbourne were favoured, soon everyone crowded around me and I was in pain but I soon got over that and took it all as a learning experience..

## Why no jewelry or the like:

Students often come into class rings on their fingers, in their ears and no doubt many other places that we can not see. Some are even offended when ask to remove them. First and foremost, they present a danger to any one that you come into contact with, but just as importantly when you come into karate class "you should leave your world behind you when you train" Even a male wearing a T-shirt is considered bad etiquette, you are making the statement "I will not be training hard and I will need the T-shirt to stay warm" The instructor will always think that you should "train harder and stay warm without the T-shirt"

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**This month's quote:** "A teacher affects eternity; he can never tell where his influence stops." (Henry B. Adams)

**Back to training:** - it is good to see Matthew Horan back at training after a break from training.

## New members to the Bondi Dojo:

I would like to welcome the new members to the Bondi dojo: Raphael Burkett-Radtke - William Lenehan - Joseph Hall - Dena Hayman - Mark Ryan

## This month's bad joke:

A dentist and a manicurist got married but the marriage did not work as "they fought tooth and nail"

## Senior moments:

One evening a family brings their frail, elderly mother to a nursing home and leaves her, hoping she will be well cared for. The next morning, the nurses bathe her, feed her a tasty breakfast, and set her in a chair at a window overlooking a lovely flower garden. She seems OK, but after a while she slowly starts to lean over sideways in her chair. Two attentive nurses immediately rush up to catch her and straighten her up. Again she seems OK, but again starts to tilt to the side. The nurses rush back and once more bring her back upright. This goes on all morning. Later the family arrives to see how the old woman is adjusting to her new home. "So Ma how is it here? Are they treating you all right?" they ask. "It's pretty nice," she replies. "Except they

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

won't let you fart."

### KIDS IN CHURCH:

A little boy was overheard praying: "Lord, if you can't make me a better boy, don't worry about it, I'm having a real good time like I am."

### Top 10 Drawbacks to Working in a Cubicle:

10. Being told to "think outside the box" when you're in a freakin' box all day long.
  9. Not being able to check e-mail attachments without turning around to see who's behind you.
  8. Cubicle walls do not offer much protection from any kind of gun fire.
  7. That nagging feeling that if you press the right button, you'll get a piece of cheese.
  6. Lack of roof rafters for the noose.
  5. The walls are too close together for the hammock to work.
  4. 23 power cords - 1 outlet.
  3. Prison cells are not only bigger, they also have beds.
  2. The carpet has been there since 1976 and shows more signs of life than your co-workers.
- And the number 1 drawback to working in a cubicle...
1. You can't walk out and slam the door when you quit.

### Being overweight or obese: the little known cancer risk:

A 16-year study of 900,000 adults found that being overweight or obese increases cancer risk by approximately 20%. Following a success of its Great American Smoke-Out Campaigns, the American Cancer Society plans to launch, in combination with Weight Watchers, an Annual Great American Weigh-In, scheduled for March 2004. The New England Journal of Medicine found that being overweight or obese appears to be responsible for 14 percent of all cancer deaths of men and 20 percent of all deaths in women. Researchers found an association between BMI and death from many forms of cancers including cancer of the colon, oesophagus, gall bladder, kidney, liver, pancreas and rectum. 'Still, most Americans don't associate excess weight with cancer risks,' says Colleen Doyle, a dietician and the director of nutrition and physical activity for the American Cancer Society. 'We found that out from a benchmark survey we did in early 2002 only 1 percent of people who responded said that weight loss was a way to reduce cancer risk. That said to us, we've got a big awareness problem'. The cancer society hopes to persuade people that weight gain is not only an appearance or heart-disease problem, but also increases their risk of cancer. Researchers say that the reason excess weight may raise your cancer risk is that fat cells produce a kind of oestrogen called estradiol which accelerates rapid cell division, in turn increasing cancer risk. 'Close to 65 percent of all cancer deaths could be prevented by lifestyle changes,' Doyle says. 'I think that's the really good news, that people can have some control over cancer.' Source: IHRSA

### GRADINGS & SPRING CAMP:

**7<sup>th</sup> June:** Bondi Junction under Green belt grading.

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

**10<sup>th</sup> - 12<sup>th</sup> September - Spring 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.

**13<sup>th</sup> September:** Bondi Junction under Green belt grading.

**14<sup>th</sup> September:** Bondi Beach under green belt grading.

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**K-9**

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



### GRADING SYLLABUS:

With the June 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 San Dan, it is well worth the price.

**Donovan Pather**

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### Eiko's Column: By Eiko, Bondi Junction Dojo.

OHASHI ni tsuite. (A thought on Chopsticks)

Few months ago, I was watching Nigella Lawson's cooking show and caught her using this quasi-chopstick, in shape of a huge plastic tweezers. I was laughing at this sexy British TV chef (famous for licking gooey stuff off her hands, spatulas or what have you) with a large tweezers to handle a bundle of fried noodles, suggesting just about the same un-co-ness to my lovely partner Derek's (he was not as amused as I was). Surprisingly, what I found later was that, that (silly, huge tweezers look-a-like) is in fact, the original chopstick design which was used by Japanese more than 1200 years ago (according to a top Japanese Chopstick scholar!). I bet pretty Nigella would not know this.

### Great Quotes by Great Ladies!

"In politics, if you want anything said, ask a man - if you want anything done, ask a woman" Margaret Thatcher-  
"When women are depressed they either eat or go shopping. Men invade another country" Elayne Boosler-  
"I am a marvellous housekeeper. Every time I leave a man I keep his house" Zsa Zsa Gabor-

### Any contributions to the "SHIN"

Would you like to sell your car, looking for a flat mate, or you just have so something to say. All contributions

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welcome and should be emailed to: [shihan@ozemail.com.au](mailto:shihan@ozemail.com.au)

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