



# Kyoku**SHIN** Karate

Shihan Taylor's Branch - Australian Newsletter

May 2004

From Shihan's desk



**The Ring Karate Fight Night:** It was once again a huge night with 10 fights on the card and every one promising to be a no holds barred bout. The night started with a junior event when Bondi Kyokushin fighter Thomas Derricott took on Daniel Cramer from Zen Chi Ryu. With Thomas competing in the Russian Junior Championships in May, Thomas was using this bout as warm up. That certainly did not faze Daniel who took to Thomas from the first bell and never let up for the whole three rounds. Not to be put off by Daniel's determined attack; Thomas gave as good as he got, with the result being a very narrow win to Daniel. Kyokushin's Jason Walker travelled all the way from Ballarat Victoria for the fight with Unanderra Kyokushin fighter Erol Ibriam, from the Steve Hardy dojo, again a huge fight ensued. It was another three rounds of non stop action and once again it was a head scratcher for the judges, and again only one point split the two fighters with the win going to the Unanderra fighter.

It was a return bout for Bondi Kyokushin fighter Tomoko Shinazako when she took on Parkes Stephanie Dunford. They had both met in the final of the 2003 Australian Full Contact Championships with the win going to Tomoko, so Stephanie was on a mission to square things up. Square it up she did, but it took a long hard three rounds to over come the very tough Tomoko, who was determined to go down fighting and no doubt it was a very relieved Stephanie that was given to nod.

Scott Turnbull fights out of the Michelle Harmer's Parkes dojo and was making his debut into full contact fighting and judging from his fight with the Unanderra fighter Brett Grenfel was not only one of the best fights of the night, but marked Scott as a future knock down champion. Scott gave a great account of himself, but in the end it was the greater experience of Brett that won the day.

Sean Gorman was having his first run in the senior event after several bouts in the junior divisions but had his work cut out with the very strong fighter in Hide Higawara. Both of these fighters are known for very fast and sharp technique and certainly lived up to their reputations, with both fighters giving a non stop, fast action packed three rounds with the win going to Sean by one point.

Simon Noble, from the Kyokushin Bondi Headquarters and Daniel Langworthy from the Hunter Valley karate club had both been matched with other fighters, who due to injury pulled out and were matched together at the last minute. It turned out to be blessing in disguise, as this was no doubt one of the best fights of the night. The first round had Simon using some very good footwork to outsmart Daniel and clearly won the round, but Daniel came out firing in the second round and did not give Simon a chance to use his footwork again, he closed the distance, keeping Simon on the back foot, giving the round to Daniel. It was a brave man who would predict the outcome when they came out for the last round, and both fighters slugged it out, but the win went to Simon in what must have been a very difficult

decision for the judges.

Jason Cirmmin from the Queensland Kyokushin was determined not to go back a winner when he fought the very experienced Masayuki Sakamoto. Sakamoto gave it all he had but Jason came home the stronger of the two in the third round gaining very close win.

Parkes Kyokushin Instructor Michelle Harmer and her opponent Shoran Boyle are both in the Australian team to fight in then Kyokushin World Champions in Japan in November, so both were keen to have a warm up match, but there was nothing warm about this match, it was by any standard a red hot bout. Michelle came out in the first round firing on all cylinders and seemed to have the better of the fight, but Shoran came back second round drove into Michele with some very strong hits to take the second round making it all even at the start of the last round, but now with a roll on Sharon kept up the pressure and a points win. Jason Baltovska is another Kyokushin fighter who trains out of the Unanderra dojo and also a member of the 2004 Australian team, and no doubt his opponent Dean Hinch from the Victorian Kyokushin wanted to make his mark and was looking for a win to give him a chance of also being selected. So it was an all or nothing attitude fight from Dean, however on the night Jason proved to be the stronger of the two and gained a close point's win. This was the first time a female match was the main draw card in an IRKA fight Night, but with two of the best middleweight female fighters in the country in Naomi Wood the current World Kyokushin Full Contact Champion and Nicole Brolan an Australian Kyokushin full Contact Champions from the George Kolovos dojo in Melbourne were about to go toe to toe. It turned out to be a very great decision to put them at the top of the card when the bout turned out to have everything that could a fight could have. These two dynamic fighters were not only as tough as they come but gave a great display fantastic fighting and technique that had the audience on their feet and voiceless. But the greater experience of Naomi came through in last round to give her the edge over Nichole.

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**This month's quote** "Train hard or stay home" Steve Hardy  
**New members to the Bondi Dojo:**

I would like to welcome the new members to the Bondi dojo:  
Harry Doran – Mokoto Kojime - Michael Wong- Alison Myers – Cameron Murray – Robert Klein

**This month's bad joke:**

My friend drowned in a bowl of muesli. A strong currant pulled him in.

**Snappy Answer:**

A truck driver was driving along on the freeway. A sign

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

comes up that reads 'Low Bridge ahead' before he knows it the bridge is right ahead of him and he gets stuck under the bridge. Cars are backed up for miles. Finally, a police car comes up. The cop gets out of his car and walks around to the truck driver, puts his hands on his hips and says, "Got stuck, huh?" The truck driver says, "No, I was delivering this bridge and ran out of gas."

#### **Risks of sauna-induced weight loss:**

For many people, there is nothing better than sweating it out in a sauna to relax after an intense aqua session or as a means to shedding some extra weight. However, latest research has confirmed that a trip to the sauna may not be a healthy weight-loss alternative. Sauna-induced dehydration is an effective way for athletes competing in weight class events to lose weight rapidly before competition, according to a new study from Spain. However, female athletes may find the weight loss benefits cancelled out by a decrease in explosive power. Athletes competing in such events as weight lifting, judo, karate, boxing, rowing and canoeing are sometimes faced with the need to lose weight in order to compete in their desired category. In theory, this should be accomplished gradually over a few months, but in practice body weight is sometimes just above the specified limit of a weight category, and drastic last-ditch measures are called for. Methods commonly used (but not recommended) for dehydration-induced rapid weight loss include vomiting, laxatives, diuretics and sauna, all of which may have negative effects on mood, health and performance, mostly due to inadequate fluid replacement in the period between weigh-in and competition. The Spanish study was set up to investigate whether sauna-induced dehydration is an effective way to shed body weight rapidly and whether the practice has any detrimental effect on strength and explosive power. Six male and six female athletes, who were not familiar with 'making the weight' procedures, were tested on three occasions:

1. Before Sauna;
2. After three consecutive 20-minute sauna sessions at 70 degrees Celsius, separated by five-minute rest intervals;
3. After a one-hour rehydration period, during which the athletes ingested a carbohydrate drink at 2.5ml per kg of body weight every 15 minutes.

Testing focused on body composition, strength (row strength and handgrip strength) and jump capacity (squat jump, counter-movement jump and elastic capacity). Sauna-induced dehydration was effective in inducing significant weight loss in men and women (1.8% and 1.4% respectively), but rehydration reversed the reduction only partially. And, although male performance was unaffected by the weight loss, squat jump performance in women was shown to be impaired after rehydration by an amount which was linearly and directly related to the percentage loss of body weight. The researchers speculate that this observed difference between men and women may be attributable to the influence of sex hormones on water metabolism and handling. In light of this they advise that alternative dehydration schemes should be researched and devised for women. Source: Peak Performance, Issue 190

#### **The history and meaning of "Osu"**

Osu is a blending of two words:

**Oshi** – meaning to "Push"

**Shinobu** – meaning to "Endure"

Therefore the meaning of "OSU is perseverance and determination

#### **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, the program allows all grades to come 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.**

**Ichi, Ni, San!!**

If you looked up the word "ICHI" (pronounced eech) in Japanese dictionary, you'd usually find at least three different meanings. First, yes, certainly, the first number it is, 'One'. Then you may find 'market'. Flea market is in Japanese, "Nomi-no-Ichi" (now you know what 'nomi' is, don't you?). Also, we say in Japanese, "on the mark", "ready/set" and "go", 'Ichi-ni-tsuite', 'yooi' and 'don'!! In this phrase, "ichi" means 'site' or 'position'. You'd already know 'yooi' from training instruction, where 'don' is actually an equivalent of a "bang"!!

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