



Kyoku**SHIN** Karate

Shihan Taylor's Branch - Australian Newsletter

June 2004

From Shihan's desk



100 man Kumite test:

On the 4th July Sensei Naomi Wood will become the first female to ever attempt the famous Kyokushin 100 man Kumite test. To date only six males in the world have successfully accomplished this challenge, which without doubt is the hardest and toughest karate test ever created. You are welcome to come along and watch her attempt this great feat, see history being made and by part of the greatest test ever devised. All proceeds will go towards Sensei Wood's trip to the Kyokushin World Championships being held in Japan on 27th & 28th November. This year Sensei Wood will also attempt to not be the first female to win three Kyokushin Full Contact World titles, but if she succeeds will have done it in consecutive World tournaments. Without doubt Sensei Naomi is the greatest female full contact fighter Australia has produced and this is your chance not only to see her in action, hopefully see her create history, so let's get every one there and to give her the best support we can in her unbelievable quest.

The quest will commence at 1pm at the:
Castellorizian Club - 440 Anzac Parade Kingsford. For information: call John Taylor - 0418 284100

Shihan's travels:

I took Ai Ikeda and Thomas Derricott, two 16-year-olds student from the Bondi Junction dojo to the Russian Junior (16-17 years) Championships. Both were making their first sortie into a Kyokushin Knock down tournament, so to do it in Russia was certainly a great way to start. The tournament was held in the City of Salakhard which is in the Yamal region in side the arctic circle, we expected the temperature to be at least 15 degree below freezing, but we were pleasantly surprised when it only got to minus 8. The event was great success, which started with a fantastic opening ceremony by a Cossack entertainment troop. The tournament was a huge success with some great fights, sadly both Ai and Thomas were eliminated in the first round. However the disappointment of losing was outweighed by the fact that every one went out of their way to ensure that we all had a great time. Amazingly there was no charge for spectators as the whole event was sponsored by the regional Yamal government. Tournament promoters eat your heart, the Yamal outlayed US\$150,000.00 to run the tournament. I am sure every tournament organizer is now thinking the same thing, "it is a pity our government is not as supportive. The Russian Kyokushin organisation and the Yamal government should be congratulated on a great tournament.

**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 bad joke:

A man walks into a doctor's surgery limping, dishevelled and bleeding. "Have an accident," said the receptionist. "No thanks" said the man "I just had one"

Upcoming tournaments:

**20th June 2004 New South Wales Non Contact
Kyokushin Individual Karate Championships
PCYC Bunnerong Road Daceyville (Sydney)
All styles and Martial arts welcome**

**June 12, San Jose Civic Auditorium
Downtown San Jose**

SHARK CITY SUPER FIGHTS



- * Cash Awards
- * Custom Grand Champion Trophies
- * Special First Time Competitors Divisions
- * Open to All Styles of Martial Arts

For further details contact: kajukenbo@earthlink.net

**1st UNITED STATES KYOKUSHIN BATTLE
Open Weight Karate Tournament
(Saturday) June 26, 2004**

**Radisson Mart Plaza Hotel (Convention Center)
Miami, FL U.S.A.
For details contact**

Daniel Blezio Sensei - Kyokushinus@aol.com

2004 Australian Non Contact Kyokushin Championships:
The Non Contact Open Championships will be held on the 31st August, commencing at 1am. Grade division for adults and age division for children

2004 Australian Full Contact Kyokushin Championships:
The Kyokushin Open Full Contact event will be hold on the 1st August, commencing at 1pm
Both event s are open to all styles and all martial arts. For information and or applications, contact Shihan Taylor on 0418-284100 or by email at Shihan@ozemail.com.au

Tournament Venue:

South Sydney junior Leagues Club Anzac Parade Kingsford

This month's quote:

Worry is like a rocking chair. It gives you something to do, but doesn't get you anywhere. - Anonymous

New members to the Bondi Dojo:

I would like to welcome the new members to the Bondi dojo:
David Lukasak-Oliver Stewart-Peter Focas-Robert Klein
Aleksander Vujovic-Michaela Vujovic -Ziggy Van Koe
Verdon-Christian Bustelo-Christian Bustelo-Kezim Ali Shah

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

Snappy Answer:

Why don't you try practicing random acts of intelligence and senseless acts of self-control?

KIDS IN CHURCH:

A Sunday school teacher asked her children, as they were on the way to church service, "And why is it necessary to be quiet in church?" One bright little girl replied, "Because people are sleeping."

GRADINGS & SPRING CAMP:

7th June: Bondi Junction under Green belt grading.

8th June: Bondi Beach children's under green belt grading.

10th – 12th 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.

13th September: Bondi Junction under Green belt grading.

14th September: Bondi Beach under green belt grading.

<p>“Shin” sponsored by: “MATHS COACHING”</p> <p>K-9 Gain</p> <p>Confidence - Gain skills - Gain results</p> <p>Call Gabby on 0419-00-0001</p>

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.

<p><u>Donovan Pather</u></p> <p>“PROPER PLUMBING”</p> <p>Proudly supporting the “SHIN” publication</p> <p>Providing Quality Service in Sydney’s Eastern Suburbs</p> <p>Special discounts for Kyokushin members</p> <p>Phone Don on 0425 313 825</p>

HIV AIDS:

It's about new diseases. The HIV AIDS pandemic may have started with monkey and ape hunters who butchered the meat, got infected with simian immunodeficiency virus – SIV – and then social and other circumstances like greater access through logging, caused SIV to transform into HIV. But this hasn't been proven. Now a disturbing survey of eighteen hundred people in rural Cameroon has found 60 per cent had direct contact with old world monkeys and apes and that another retrovirus – the simian foamy virus – had infected at least one per cent of them. Hunters and those who'd butchered fresh meat were particularly at risk. While the foamy virus hasn't caused disease yet, the

messages were that cross species infection occurs and that if circumstances were to alter, encouraging rapid human to human exchange then bad things could happen and spread. So even for selfish reasons we need to care about environments and poverty in far away places. They're only a flight away.

For reference: -

Peeters M. Lancet 2004;363:911

Wolfe ND et al Lancet 2004;363:932-937

Strong heart key to good health in old age:

As published in the Archives of Internal Medicine (USA), an eight-year study of 3,000 participants who were 65 years and over found that regular exercise was a key factor in 'ageing successfully'. At the start of the study, all participants had good mental and physical functioning and did not have cardiovascular disease, cancer or chronic lung disease; all evidence of having 'aged successfully'. The participants' physical progress was followed over eight years. By the end of the study, 48 per cent of the participants were still ageing successfully. It was confirmed that the participant's age at the start of the study had a strong influence on the final results. However, within each age group, chances of ageing successfully depended on other factors, including the presence of 'sub-clinical' cardiovascular disease. Those without any signs of heart disease continued to enjoy good health for an average five to six years longer. Moreover, several risk factors for heart disease, including diabetes, smoking, high blood pressure and lack of exercise, were also related to the odds of ageing successfully. Researchers stress the importance of this connection as these risk factors can be modified, and emphasise that the 'prevention of cardiovascular disease should be a major priority for the achievement of successful ageing.' 'Our study is a picture of what the future of older people could be like- the ideal golden years- if they keep heart disease risk factors in check,' says the study's lead author Dr Anne Newman of the University of Pittsburgh (USA). 'Older healthy people can maintain better-than-average quality of life with lower rates of physical and cognitive decline when they refrain from smoking, lower their blood lipids, watch blood pressure and avoid obesity through diet and exercise,' says Newman.

Source: Archives of Internal Medicine, October 27, 2003

Brain Cramps, or quotable quotes

"Whenever I watch TV and see those poor starving kids all over the world, I can't help but cry. I mean I'd love to be skinny like that, but not with all those flies and death and stuff."

Mariah Carey

UN survey:

The UN conducted a worldwide survey last month. The only question asked was:

" Would you please give your honest opinion about solutions to the food shortage in the rest of the world?"

The survey was a HUGE failure.

In Africa they didn't know what "food" meant.
In Eastern Europe they didn't know what "honest" meant.
In Western Europe they didn't know what "shortage" meant.
In China they didn't know what "opinion" meant.
In the Middle East they didn't know what "solution" meant.
In South America they didn't know what "please" meant.
And in the U.S.A. they didn't know what "the rest of the world"

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

meant.

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