



KyokuSHIN Karate

Shihan Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au

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From Shihan's desk



2004 Australian Full Contact Championships (part 2)

The first bout of the Female Middleweight Open Division Quarterfinals saw Raylene Welsh taking on top seed Sharon Boyle. In this fight, it was more of a question of who would fold first rather than who would beat the other. In true Kyokushin spirit these two fighters fought to the very end and it took the judges to decide the winner, they went for Sharon. She then moved on to face another talented fighter in Nicole Brolan. Before that fight took place, Joanne Adams had to take on Michelle Harmer. The fight just got underway when Michelle landed a roundhouse kick to Joanne's head, which did not put her down but stopped her long enough for Michelle to win the fight. Caroline Cox had to get past Sandra Smith, which was a bigger job than she had envisaged. Sandra had a very determined attack, which she kept up until the sound of the bell and the judges had an easy task to award the bout to Sandra. The fight between Sharon Boyle and Nicole Brolan again proved just how far females have come in the last few years with both fighters pounding into each other with very strong and great techniques. Sharon managed to get in a roundhouse kick to the Nicole's head twice but she was unable to knock Nicole down for a point. It was enough however to get her a flag decision. Michelle Harmer then took on Sandra Smith, where it was case of "if your going to win half a fight, win the last half" and that is what Sandra did. Michelle looked great in the first half but Sandra came back strongly in the second half to get the judges decision. Sharon Boyle had to then come up with another great effort to beat the hard hitting Sandra Smith, but produce the goods she did, to win the 2004 Female Middleweight title. The first fight in the Male Middleweight Open Division Quarterfinal had Daniel Longworthy taking on Robert Avery. The fight had just got underway when Robert hit Daniel in the face breaking his nose. The hit cost Robert the fight, but it also put Daniel, a very talented fighter, out of the tournament. Luke Trotz had moved up a division and had to take on Dean Treloar. A close fight ensued, during which Luke received a penalty for grabbing which was unfortunate as both fighters were guilty of the same offence. The foul gave the fight to Dean who was no doubt happy to see the back of Luke. Luke Argentino had the luxury of a bye due to Daniel Longworthy's broken nose that took him into the final against the winner of the Dean Treloar and Dean Hinch bout. This was another good fight in the day's proceedings, with spectacular hits non-stop action and both fighters refusing to take a step back. The judges came up with draw in the first round. The second had just got under way when Dean Hinch landed a winning kick to the leg that put Dean Treloar down for the count. The Male Middleweight Open was another fight with everything. Both fighters were from the same dojo so they knew each others style well, but that did not stop them going non stop in an all out attack. In the end, it was split decision with the win being awarded to Dean.

This month's quote:

It is not enough to be busy, so are the ants. The question is,

'what are we busy about?' - Henry David Thoreau

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This month's bad joke:

A lawyer and an engineer were fishing in the Caribbean. The lawyer said, "I'm here because my house burned down, and everything I owned was destroyed by the fire. The insurance company paid for everything." "That's quite a coincidence," said the engineer. "I'm here because my house and all my belongings were destroyed by a flood, and my insurance company also paid for everything." The solicitors thought for moment and then ask "How do you start a flood"

KIDS IN CHURCH:

I had been teaching my three-year old daughter, Caitlin, the Lord's Prayer. For several evenings at bedtime she would repeat after me the lines from the prayer. Finally, she decided to go solo. I listened with pride as she carefully enunciated each word right up to the end of the prayer: "Lead us not into temptation," she prayed, "but deliver us some E-mail."

Upcoming events:

One match Challenge:

Each fight is for three rounds with all fights being matched fights. 21st November Magpies Football Club Hardwick Crescent Holt ACT. Contact Sensei Gibbons @ 02- 62551084

Eastern Suburbs gradings:

Bondi Junction Children: 13th December 4.30pm

Bondi Junction adults (graded): 13th December 6.30pm

Bondi Junction adults (ungraded) 14th December 6pm

Bondi Beach Children: 14th December 4pm

Summer camp and grading: 18th – 20th February 2005

USA Sabaki Challenge:

Saturday Jan 29 2005 7pm

Open to all styles

Single elimination

Call: (703) 731-3663

New members to the Bondi Dojo:

I would like to welcome the new members to the Bondi dojo: Scott Hamilton – Ricky Pachon – Dar Davis - Benedict Connors Peter Griffin-Alex Goldberg–Marcus Goldberg–Rossa Chironna
Return to training: It is great to see Sempai Sue Albert back in action after a long break. Welcome back Sue. Also Joanne Lindsay made a return to training after a break, nice to se you back as well Joanne.

Your greatest weakness:

Sometimes your biggest weakness can become your greatest strength. I read recently the story of a 10-year-old boy who decided to study judo despite the fact that he had lost his left arm in a devastating car accident. The boy began lessons with an old Japanese judo master. The boy was doing well, so he

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

couldn't understand why, after three months of training, the master had taught him only one move. "Sensei," the boy finally said, "Shouldn't I be learning more moves?" "This is the only move you know, but this is the only move you'll ever need to know," the sensei replied. Not quite understanding, but believing in his teacher, the boy kept training. Several months later, the sensei took the boy to his first tournament. Surprising himself, the boy easily won his first two matches. The third match proved to be more difficult, but after some time, his opponent became impatient and charged; the boy deftly used his one move to win the match. Still amazed by his success, the boy was now in the finals. This time, his opponent was bigger, stronger, and more experienced. For a while, the boy appeared to be overmatched. Concerned that the boy might get hurt, the referee called a time-out. He was about to stop the match when the sensei intervened. "No," the sensei insisted, "Let him continue." Soon after the match resumed, his opponent made a critical mistake: he dropped his guard. Instantly, the boy used his move to pin him. The boy had won the match and the tournament. He was the champion. On the way home, the boy and the sensei reviewed every move in each and every match. Then the boy summoned the courage to ask what was really on his mind: "Sensei, how did I win the tournament with only one move?" "You won for two reasons," the sensei answered. "First, you've almost mastered one of the most difficult throws in all of judo. And second, the only known defence for that move is for your opponent to grab your left arm." The boy's biggest weakness had become his biggest strength.

Nutritional quickies:

Don't believe claims that milk and other dairy products increase the risk of breast cancer - or that they reduce the risk. In the July issue of the American Journal of Clinical Nutrition, researchers reviewed 46 studies on the role of dairy consumption and found no clear link - negative or positive - to breast cancer.

Source: *Wellness Letter*, Vol. 21, Issue www.wellnessletter.com

Health quickies:

Goat meat:

Goat is one of the most widely consumed red meats in the world, and over the past decade goat-meat consumption has increased in the US, thanks to the rising number of immigrants from the Indian subcontinent, the Caribbean, Africa, Eastern Europe and Latin America. Goat is quite lean, with 3 grams of fat in 100 grams - about the same amount as in skinless chicken breast, and less than half the amount found in the leanest cuts of beef or pork.

Great Quotes by Great Ladies!

Thirty-five is when you finally get your head together and your body starts falling apart. Caryn Leschen-

Greg Rogers Swim School

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Forty years of training:

As many would be aware, this is my fortieth year of training, I would like to thank Sensei Steve Hardy for the special and great plaque he created which he presented at the 2004 AKKA

Nationals, to mark the occasion.

Now let me see have I got this right?



GRADING SYLLABUS:

With the December 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.

Shihan's Travels:

I recently went to Perth to train with Sensei David Poulton. It was a worthwhile trip as I finally got to meet the AKKA members from Western Australia and had a couple of great training sessions. Included in the session were members of other Kyokushin organisations, it was pleasant to see the different groups training together, I hope they all now feel welcome to train at the Bondi Junction dojo, if and whenever they visit Sydney. Sensei Poulton comes to Sydney on occasion, so let's hope he drops in to the Bondi Junction dojo if he gets the chance in his busy schedule.

Victorian Camp:

I attended the Victoria camp, along with Sensei Naomi Wood and Sensei Robert Lauretti. With a 115 members attending the camp, it was certainly an outstanding success. The huge numbers aside, the whole camp was great success, with the black belt class consisting of over 30 it was a great pleasure to teach. Congratulations to the Victorian Kyokushin members, on great effort. Sensei Naomi had a female only class with over fifty females training, it was not only a great class she ran, but it was certainly a great buzz for the females to have twice World Champion and the only female in the World to have ever successfully completed the Kyokushin 100 man kumite.

How to negotiate a seemingly impossible outcome

Jack, a smart businessman, has a talk with his son....

Jack: 'Son, I want you to marry a girl of my choice...'

Son: 'But Dad, I want to choose my own bride.'

Jack: 'But the girl is Bill Gates' daughter.'

Son: 'Well, in that case...'

Next Jack approaches Bill Gates...

Jack: 'Bill, I have a husband for your daughter.'

Bill Gates: 'But my daughter is too young to get married'

Jack: 'But this young man is a Vice-President of the World Bank.'

Bill Gates: 'Ah, in that case...'

Finally Jack goes to see the President of the World Bank.

Jack: 'I have a young man who would like to recommend as a Vice-President.'

World Bank President: 'But I already have more Vice-Presidents than I need.'

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

Jack: 'But this young man is Bill Gates' son-in-law.'
World Bank president: 'Ah, in that case...'

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