



# Kyoku**SHIN** Karate

Shihan Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au  
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## 2004 Australian Full Contact Championships (part 3)

In the Female Heavyweight Division, first timer in the Open Division, Natalie Rolfe had to beat a previous champion Antoinette Gibilisco, which was not going to be an easy task. Antoinette used her non-stop driving style to great effect against Natalie and the judges sent her through to the next round. Nicole McDerby only 18 years old and in her first full contact event, moved through to the final four where she took on Melanie Agapiou the 2003 Champion, this adding to the pressure on Nicole. She put up a great fight however and did not back off, however experience made the difference between the two. Nicole managed to stay in the fight, only to lose on the flags. The final between Melanie and Antoinette was a re-run of the 2003 final but this time Antoinette was determined to revenge her loss in 2003, and that she did in a close match that went to the flags. John Ellis from the George Adams dojo was making his first attempt at Kyokushin knockdown and had to face Andre Nakad. It was a grueling affair with John lacking experience in the knockdown system and he could not hold out the very experience Andre. Canberra's Parnos Munyard had his work cut out when he took on Clint Cavanagh. Clint concentrated on low kicks while Parnos had more of a kick punch combination going. With both fighters vying for a place in the final eight, Clint held nothing back but it was Parnos' strong combinations that went down better with the judges sending him through to the next round. Ali Souved certainly looked the goods when he took on Michael Maizey in the next bout. It was hit for hit, kick for kick, in a fight that had Michael using his customary move and hit pattern, while Ali stuck to the more driving forward tactics. It must have been a difficult decision but Michael got the nod from the judges. The Andre Nakad and Eddy Sorrensen bout was not only exciting but certainly the most controversial. Both fighters are very talented and experienced. They both went in hard and the fight was well underway when Eddie slipped and went down to the mat. Andre unfortunately put the knee in while Eddie was down and received a minus point for doing so. The fight restarted and Andre immediately grabbed Eddie. The referee jumped in the middle to separate them and disqualified Andre? Judd Reid came out firing when he took on Steven Crack. Judd proved too strong for Steve and had an easy passage into the semi finals. A great fight ensued between Parnos Munyard and Rasim Sulaj, with Parnos using his long reach and great knee kicks, however it was not enough to beat the very powerful Rasim who won on a points decision. It was like Groundhog Day when Timothy Ellis came onto the mat to fight Michael Maizey. Everyone looked twice thinking that John Ellis was fighting again. John's brother Tim had the same go hard and tough tactics as his brother, but once again inexperience was the big factor in losing to Michael. Judd Reid once again demonstrated his power, when he overcame Eddie Sorrensen in the semi finals. It was just a question of who would take second place in this division. Rasim proved too powerful for Michael Maizey in the other semi final. Good footwork and great

technique was not enough to overcome Rasim's weight advantage and he was unable to match the power and big hits that Rasim dished out, and the judges sent Rasim to meet Judd Reid in the final. Both Judd and Rasim hail from Shihan George Kolovos' dojo and demonstrated how strong this dojo is at the moment. However, when the fight started it looked like a non-contact bout. After the referee pulled both fighters in and told them they had to fight, they did lift a little, but it never went to the great heights that these two fighters had demonstrated in the early rounds. In the end the flags went up for Judd, who was certainly the best fighter on the day.

### **This month's quote:**

'You are what you repeatedly do. Excellence is not an event - it is a habit'

### **This month's bad joke:**

Waiter, do you have frogs legs?

No sir, I've always walked like this.

### **Kids in Church:**

One particular four-year-old prayed, "And forgives us our trash baskets as we forgive those who put trash in our baskets."

### **Upcoming events:**

#### **Eastern Suburbs gradings:**

Bondi Junction Children:	13 <sup>th</sup> December 4.30pm
Bondi Junction adults (graded):	13 <sup>th</sup> December 6.30pm
Bondi Junction adults (ungraded)	14 <sup>th</sup> December 6pm
Bondi Beach Children:	14 <sup>th</sup> December 4pm

#### **Summer camp and grading:**

**18<sup>th</sup> – 20<sup>th</sup> 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 – Daniela Edwards – Martha O'Toole  
Lee Bourke

**Return to training:** It is great to see Steven Silcock back in action after a long break. Welcome back Steve.

#### **Christmas break:**

##### **Bondi Junction dojo Christmas break:**

The last training session at the Bondi Junction dojo will be on the 23<sup>rd</sup> December and re-open on the 3<sup>rd</sup> January 2005

##### **Bondi Beach dojo Christmas break:**

The last training session at the Bondi Beach dojo will be on the 23<sup>rd</sup> December and re-open on the 4<sup>th</sup> January 2005

#### **Nutritional quickies:**

- **It's safe to eat the 'vein' running down the back of shrimp.** It is actually a tiny intestinal tube. In large shrimp, it can be a little gritty, and most cooks prefer to remove it. But if the shrimp have been cooked, eating the vein won't harm you. In fact, some Southern shrimp eaters believe it enhances the flavor.
- **To cut down on sodium in cottage cheese, buy the low-salt variety.** Cottage cheese is very salty (about 450 milligrams of sodium in half a cup), but the low-salt varieties don't taste very good, so you might want to add a little salt or you can mix together equal amounts of regular and low-salt cottage cheese.

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

By the way, you have to eat two cups of cottage cheese to get the calcium in a cup of yogurt or milk. Cottage cheese retains only 30 to 50 per cent of the calcium of the milk it is made from.

• **Know how to do the self-administered Heimlich maneuver,** In case you start choking on food when no one is around to help. Make a fist and place the thumb side against your abdomen, slightly above the navel. With the other hand, grasp the fist and press it in and upward with quick, sharp thrusts. Another method: press your abdomen (just below the ribs) forcefully against the back of a chair, table, sink or railing. Repeat until air is forced through the airway and the food is expelled.

Source: *Wellness Letter* [www.wellnessletter.com](http://www.wellnessletter.com)

#### **Great Quotes by Great Ladies!**

Inside every older person is a younger person wondering what the hell happened? Cora Harvey Armstrong

#### **Forty years of training:**

I would like to thank my wife Annette and the many friends and student who attended the surprise '40 Years of Training' party. It was certainly a great surprise and a great pleasure to see all the familiar faces (old and new) that came from all around Australia to be there as well as Sensei Ritchie Saunders, who returned from Japan especially for the party. I am sure Shihan Vickers will cover the party in detail for the "Shin" but here I would like to thank you all and I am most grateful for the honour.

#### **NSW Team & Kata Championships results:**

##### **Male & Female 7 years and Under:**

1<sup>st</sup> Place: Kempo Ryu  
2<sup>nd</sup> Place: Kyokushin Fierce Snakes  
3<sup>rd</sup> Places: Kyokushin Bondi Leopards  
Kyokushin Kiama Krushers

##### **Female 8 & 9 Years:**

1<sup>st</sup> Place: Kyokushin Bondi Golden Arrows

##### **Male 8 & 9 Years:**

1<sup>st</sup> Place : Kyokushin Illawarra Chargers  
2<sup>nd</sup> Place: Kyokushin Bondi Boomers

##### **Female 10-12 Years**

1<sup>st</sup> Place: Kyokushin Wild Girls  
2<sup>nd</sup> Place: Kyokushin Charlies Angels

##### **Male 10-12 Years:**

1<sup>st</sup> Place: Kyokushin Bondi Ninjas  
2<sup>nd</sup> Place: Kempo Ryu "3"  
3<sup>rd</sup> Place: Kempo Ryu "1"  
Kempo Ryu "2"

##### **Female 13-15 Years:**

1<sup>st</sup> Place: Kempo Ryu  
2<sup>nd</sup> Place: Kyokushin Bondi Rachel's

##### **Male 13-15 Years:**

1<sup>st</sup> Place: Kempo "1"  
2<sup>nd</sup> Place: Kempo "2"

##### **Male 16-17 Years: (individual event)**

1<sup>st</sup> Place: Ryan Bell

##### **Male 5<sup>th</sup> Kyu & Under:**

1<sup>st</sup> Place: Kyokushin Bondi Bulls

##### **Female Open:**

1<sup>st</sup> Place: Kyokushin Canberra Sharks

##### **Male Open:**

1<sup>st</sup> Place: Kyokushin Illawarra Steelers  
2<sup>nd</sup> Place: Kyokushin Team Ultimate

##### **Kata Divisions:**

##### **Female 12 years & Under:**

1<sup>st</sup> Place: Indyana Scheider  
2<sup>nd</sup> Place: Daniella Zak  
3<sup>rd</sup> Place: Divya Gordon

##### **Male 12 Years & Under:**

1<sup>st</sup> Place: Daichi Abe  
2<sup>nd</sup> Place: Takuma Abe  
3<sup>rd</sup> Place: Andrew McGrath  
Christopher Masters

##### **Female 13-15 Years:**

1<sup>st</sup> Place: Sacha Morrissey  
2<sup>nd</sup> Place: Sophie Silva  
3<sup>rd</sup> Place: Rachel Ginges

##### **Male 13-16 Years:**

1<sup>st</sup> Place: Ronnie Chand  
2<sup>nd</sup> Place: Brice Duggan  
5<sup>th</sup> Kyu & n Under

1<sup>st</sup> Place: Shannon Walker

##### **Open Division:**

1<sup>st</sup> Place: Jackie Wicks

The 2004 Teams and Kata Championships was a great success with 51 teams participating, making it the biggest team event held in Australia. With so many teams participating, it was difficult organising all the fighters to get started, but once that was done, it went off like clockwork. No doubt the successful teams of the day were from Shihan Mylonas's Kempo dojos. Not only did they clean up many divisions but they had the best organized supporters, with some very well rehearsed cheering squads. The fighting was of the highest calibre, even down to the 7 Years & Under Division. I think the highlight of the day was the mixed teams. Shihan Peter Mylonas, Shihan Howard Lipman and I, agreed to put in combined teams, as some fighters did not have a place in a team. It was great to see those combined teams pull together like they trained in the same dojo. The most spirited fighter of the tournament must go to Aaron Isaac, in the Male 10-12 Years Division; this boy overcame quite a few hurdles just getting there. He broke his finger a week before the tournament but rather than miss competing, his mother bought him a special glove so that he could fight. The day before the tournament he had to go to the dentist which resulted in him getting stitches in his gum. On the day he had to fight the Kempo Junior who weighed 105 kilograms, accidentally hit Aaron in the head, knocking him to the floor, but rather than see the other boy get disqualified, Aaron told the referee that he was not hurt and fought on. It is impossible to pick a final that was not riveting and had the audience screaming their heads off. I would like to say that the finals were a great end to a day of great fighting. The kata divisions should not be overlooked with many of the students displaying some great kata, obviously the result of lots of practise. It was a pleasure to see such great kata from such young and enthusiastic Kyokushin fighters, who showed that they can only fight well but display great technique in kata. Congratulation to them all

##### **Trivia Night:**

The fund raising trivia night was a huge success, with over 80 people supporting the night. As always Neil Mitchell, our resident trivia night expert did a great job of running things, supported by his boss, oopps I mean his wife Karmi (long time readers will remember her car parking expertise). Karmi, Annette and Connie Volkerts, all did a great job of putting the night together. Some great prizes were donated. It would be remiss of me not to thank all of those who not only contributed a prize but who came on the night. Without their support, the night would not have been such a success. The event raised \$1,517.00. On behalf of the Bondi Junction team many thanks for helping them get to the 7<sup>th</sup> World Championships.

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