



# Kyoku**SHIN** Karate

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

January 2005

From Shihan's desk



## 7<sup>th</sup> World Kyokushin Championships (part one)

The 7<sup>th</sup> World Kyokushin Championships of the Matsushima Organisation was held in the picturesque Prefecture of Gunma in Isesaki City, Japan. With 144 fighters in the draw, we were prepared for a very grueling two days.

The male divisions were open weight divisions whilst the female were split into Heavy and Light Weight Divisions. In the female event, all eyes were on the current and twice World Champion, Australian Naomi Wood. In the male divisions, Iran was participating for the first time and along with the Russians, was rumored to have a very strong team. As it turned out, both countries came up to expectations. The first day was full of great bouts with a number of great knockouts. Iran's Sajad Heydali KO'd Canadian Eric Gilbert with a roundhouse kick to the head. Another fast exit came about when New Zealander, Iain Gilford, took out the Indian fighter, Ganeth Muthukishna, with two very hard body punches. Another Iranian, Hadi Azizkhani, was making his presence felt when he took out the very talented Spanish fighter Emilio Redondo with a huge roundhouse kick to the leg which stopped the Spanish fighter in his tracks. The female division had some great fights with one of the best being between two lightweight fighters, Russian Natalie Yurkyan and Japan's Koori Akutsu. The fight went the distance but Natalie was too strong for the very determined Koori. In the Female Heavyweight Division Australian fighter Natalie Rolfe, made short work of the USA's, Tomoko Tanikawa, with two very strong low kicks to the leg. The fight between Russian Anastacia Zryumova and Australian Sharon Boyle had to be the female fight of the day, with both fighters refusing to take a step backwards and exchanging kick for kick and punch for punch. It was left to the judges to pick a winner and they went for Anastacia.

Day two saw the last sixteen male fighters and sixteen female fighters consisting of eight female Lightweights and eight Heavyweights. The first fight of Female Lightweight Division had Russia Guzel Valakhmetova up against another Russian, Eleana Devaev. For Guzel to get into the last sixteen she had to take on the current world and Australian Champion, Naomi Wood. The fight with Naomi never reached any great heights as Guzel stood nose to nose and simply let loose with a flurry of poor quality hooks with both arms. In saying that, Naomi was unable to get enough room to use her own technique to any effect, resulting in a very boring fight that went to the judges, who thought that Guzel had done enough to beat the Champion. Guzel used the same tactics against Eleana, standing very close and not giving her opponent room to move. Again it was left to the judges to decide and once again they went for Guzel.

Another Russian female fighter Natalia Yukyan, had to take on Bulgarian, Lima Tomrazova. This fight was certainly close and it took an extension and a judges decision to separate the two, with the win going to Natalia Yukyan. This division was becoming an all-Russian event when Anna Kukaina defeated Japan's Soori Nemoto in another close fight. Another Japanese fighter, Yuuri Tsuji then took on Australian Nichole Phair,

Nichole put up a great fight but the judges thought that Yuuri had done enough to take the bout and she moved into the semi final to face one of the three Russians in the semi finals, Anna Kukaina. Guzel Valakhmetova's nose to nose tactic finally came to an end at the hands of Natalia Yukyan. Natalia Yukyan was the first fighter to give herself enough room to move and it proved a very effective strategy and gave her the World Lightweight Title. The Female Heavyweight Division had one American, one Canadian, one New Zealander and one Russian competing for the title. Canadian Monelle Richard had to take on USA fighter, Sarah Woolley. Some very heavy punches ensued, backed up with very strong kicks, but with neither fighter able to score a winning point, it went to the judges and they sent Monelle Richards into the final. New Zealander, Penina Davies took on Russian Anastacia Zryumova. Penina was certainly the best fighter of the two, but could not control her technique and was eventually disqualified for head punches. It was then a Canadian and Russian Female Heavyweight final when Monelle Richards took on Anastacia Zryumova. The fight produced great technique and action, but with two good fighters, expecting a knockout was asking too much and it was left to the judges to pick a winner and they awarded the Canadian, Monelle Richards, the win. **(Part two in February issue)**

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

"Cowards dies many times before their death; the valiant never taste of death but once." William Shakespeare

### **This month's bad joke: - The Shiny-Walled Box Thingie**

An Amish boy and his father were visiting a nearby mall. They were amazed by almost everything they saw, but especially by two shiny silver walls that moved apart and back together again by themselves. The boy asked, "What is this, father?" The father (having never seen an elevator) responded, "I have no idea what it is." While the boy and his father were watching wide-eyed, an old lady in a wheelchair rolled up to the moving walls and pressed a button. The walls opened and the lady rolled between them into a small room. The walls closed and the boy and his father watched as a meter moved from one side to the other above the shiny walls. The walls opened up again and a beautiful twenty-four-year-old woman stepped out. The father looked at his son anxiously and said, "Go get your mother!"

### **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."

### **Upcoming events:**

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

18<sup>th</sup> – 20<sup>th</sup> February 2005

#### **Kempo Ryu Karate 11<sup>th</sup> Junior Games:**

Sunday 20<sup>th</sup> March

Sydney Arena Sports Centre – Sydney Olympic Park

This event is endorsed by the Australia Kyokushin karate Assoc.

Application: [mylonas@kemporyu.com](mailto:mylonas@kemporyu.com)

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

### Welcome back to training:

It is good to see Mohammed Ali back into training after a very long break. Welcome back Mo.

### Great Quotes by Great Ladies!

Laugh and the world laughs with you. Cry and you cry with your girlfriends. Laurie Kuslansky-

### Australian Kyokushin Karate Association 2005 Calendar: 18<sup>th</sup> – 20<sup>th</sup> February

Summer training camp & Green belt & over grading

#### 7<sup>th</sup> March

Bondi Junction Adults & Children Under Green belt grading

#### 8<sup>th</sup> March

Bondi Beach Children Under Green belt grading

#### 30<sup>th</sup> April

NSW Open Full Contact Championships (Wollongong)

#### 22<sup>nd</sup> May

NSW Open Non Contact Individual Championships

#### 6<sup>th</sup> June

Bondi Junction Adults & Children Under Green belt grading

#### 7<sup>th</sup> June

Bondi Beach Children Under Green belt grading

#### 6<sup>th</sup> August

Australian Kyokushin Non Contact Open Championships

#### 7<sup>th</sup> August

Australian Kyokushin Full Contact Open Championships

#### 9<sup>th</sup> 11<sup>th</sup> September

Summer training camp & Green belt & over grading

#### 12<sup>th</sup> September

Bondi Junction Adults & Children Under Green belt grading

#### 13<sup>th</sup> September

Bondi Beach Children Under Green belt grading

#### 23<sup>rd</sup> October

NSW Open Non Contact Team Kumite and Individual Kata Championships

#### 27<sup>th</sup> – 29<sup>th</sup> May

National Camp Queensland

#### November

Ring Karate (date to be advised)

11<sup>th</sup> December

Bondi Junction Adults & Children Under Green belt grading

#### 12<sup>th</sup> December

Bondi Beach Children Under Green belt grading

#### 23<sup>rd</sup> December

Last training session for 2005

### Health quickies:

Though heart disease is definitely an equal opportunity ailment, researchers are finding that it's not the same for women as for men. For example:

\* Women most often develop heart disease in their seventies - on average, 10 years later than men. They are also more likely to have had diabetes before heart disease.

\* Though crushing chest pain is usually the first symptom of a heart attack for a man, women may have no chest pain at all (almost half do not, according to one study). Instead, for many women, the first sign is unusual fatigue, shortness of breath, nausea, and/or pain in the jaw, neck, shoulder, back or ear. A feeling of intense anxiety is also common in women having a heart attack. Of course, some women do have chest pain, just like men do.

\* Perhaps because the symptoms are unlike a man's, a woman is less likely to identify them and more likely to postpone seeking help. A study a few years ago found that only one-fourth of women having symptoms of a heart attack called 911 or went to

the hospital. Doctors may not recognize a woman's symptoms either.

\* Possibly as a result of this delay, and possibly because they tend to be older, women are more likely to die from a first heart attack.

\* Women are less likely to recover successfully from bypass surgery, if they have it, and less likely to be directed to a cardiac rehab program or be given counseling about nutrition, exercise and weight loss. They are also less likely to be given appropriate medication after a heart attack.

### Brain Cramps, or quotable quotes:

"Smoking kills. If you're killed, you've lost a very important part of your life," Brooke Shields, during an interview to become Spokesperson for federal anti-smoking campaign.

### “BEGINNER TO BLACK BELT” KYOKUSHIN KATA.

*A KYOKUSHIN KARATE MANUAL WITH OVER A 100 PAGES OF KATA WITH COMPLETE AND DETAILED EXPLANATIONS, INCLUDING THE CORRECT COUNT FOR KYOKUSHIN KATA*

*A COMPREHENSIVE BOOK THAT TAKES A STUDENT FROM*

*“BEGINNER TO BLACK BELT”*

*BY SHIHAN JOHN TAYLOR*

### KATA INCLUDED:

TAIKYOKU ICHI (NI) & SAN

TAIKYOKU SOKUGI ICHI, NI, SAN & YON

PINAN ICHI, NI, SAN, YON & GO

TSUKI NO KATA - GEKISAI DAI & GEKISAI SHO

YANTSU – TENSHO – SAIHA -

SANCHIN - SANCHINTENSHO – SEIPAI

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### Time out for reflection:

Here's another business lesson we can learn from history.

In ancient times, a king had a boulder placed on a roadway.

Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the king for not keeping the roads clear, but none did anything about getting the big stone out of the way.

Then a peasant came along carrying a load of vegetables. On approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded.

As the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many others never understand. Every obstacle presents an opportunity to improve one's present situation.

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