



# Kyoku**SHIN** Karate

Shihan Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au  
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## 7<sup>th</sup> World Kyokushin Championships (part two)

The first bout in the final 16 Male Division had Australian Jason Baltovska up against the Russian, Anatoly Boronnikov. Both Jason and Anatoly gave it all they had and a very tough fight ensued. Neither fighter gave ground and both let go with a variety of great techniques, but neither fighter could get the upper hand and it was the judges who finally sent Anatoly through to the final eight. Japanese fighter, Tomohiko Niwana, had to match it with Iran's, Haidar Mohammed. The Iranian again proved too strong for his opponent and although Tomohiko put up a valiant effort, it was the Iranian who went through to the next round. The most controversial fight of the tournament came next, when Iran's Sajad Heydali took on Alexander Ibraguimov. This fight was worthy of the final and it was impossible at the end of the first round to separate the two fighters. The controversy took place when the referee declared a draw and Sajad turned to his supporters on the sideline and took a drink. This was definitely against the rules and the Russians lodged an objection. Feelings were running high and it was eventually decided that Sajad should receive a "chui" (warning). With the fight being so close, it could have been the deciding factor in the extension, Alexander however picked up a gear in the extension and the judges all thought he had done enough to go through to the final eight. It was once again a Russian and Iranian who faced each other for a place in the final. Andrey Donovan had to eliminate Iranian Hassan Nazemi. Again the Iranian fighter proved too strong and in a very hard fight defeated his Russian opponent. South African Eddy Thage had been a very popular fighter in the 2000 World Cup and once again proved to be the audience's choice when he took on Iranian Eissa Oghani. Popularity however is not enough to win fights and Eddy had to withdraw due to injuries received in a previous bout. Another South African, Paul Mokoena, then took on the tournament favorite, Arash Sharifi. Paul soon ran into trouble when Arash hit him with a huge roundhouse kick to the leg and stopped him long enough to get a half point. The fight had just recommenced when Arash let go with the same roundhouse kick and exit Paul. Jimmy Galanopoulos was the only Canadian male fighter left in the tournament and put up great effort against a very talented Russian in Andrey Noskov. Andrey had too much technique for Jimmy and progressed to the final eight. At 120 kilos, Iran's Hadi Azizkhani, was too big and too strong for Japan's remaining fighter, Michinaga Okawa. Hadi won the bout and went through in to the next round. The final eight was made up of five Iranians and three Russians with everyone having the goods to win. The first of the semi finals saw Andrey Boronnikov facing Iranian Haidar Mohammed. Andrey certainly looked promising but Haidar put paid to Andrey's hopes when, within 30 seconds of the bout starting, he was out for the count with a knee kick to the head. It was starting to look as if only Russia had the fighters to match the Iranians and it was left to Alexander Ibraguimov to face Hassan Nazemi. Alexander had lots of talent, but he paid the price after a very tough draw and had to withdraw from the bout

due to injury. The next bout had Iran vs. Iran when Eissa Oghani took on Arash Sharifi. There was no country loyalty here as both fighters stood toe to toe exchanging punch for punch and kick for kick. Neither fighter wilted and it must have been a very hard decision for the judges, but they went for Arash. The last place in the final four was to be decided between Russian Andrey Naskov and the very heavy Iranian, Hadi Azizkhani. Again Hadi proved too big, too good and too strong and was the last fighter into the final four. Haidar Mohammed faced his teammate, Hassan Nazemi for a place in the final. It was Haidar who had enough left to beat Hassan in a close bout. The other final place was to be decided between Arash Sharifi and Hadi Azizkhani. It is not hard to imagine just how hard these two fighters went for each other and it took an extension before the judges decided that Hadi was the better of the two on the day becoming the one of the fighters in an all Iranian final. At only 83kg, Haidar Mohammed had certainly done it the hard way and the fact that Hadi was 120 kg should not detract from the effort that both fighters put up. Haidar did not let his lack of weight stop him and he gave as good as he got. Haidar won the bout and it would be easy to put down the win to his weight advantage, but he used great technique and ability to be awarded the well-deserved win and becoming the new World Champion.

**APOLOGIES:** Part 1 of the 7<sup>th</sup> World Championships report had Monelle Richards winning the final by a decision, in fact she won the with half points. Sorry Monelle

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

"Repetition is the mother of learning" author unknown

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

Doctor, Doctor I think I'm a butterfly  
Will you say what you mean and stop flitting about!

### **Kids in Church:**

A Sunday school teacher asked her class, "What was Jesus' mother's name?" One child answered, "Mary." The teacher then asked, "Who knows what Jesus' father's name was?" A little kid said, "Verge." Confused, the teacher asked, "Where did you get that?" The kid said, "Well, you know they are always talking about Verge n' Mary.

**New members to the Bondi Dojo:** I would like to welcome the new members the the dojo: Blake Alexander - Boddhi Farmer - Joshua Stevens - Jake Stevens - Nissim Toledceno Ari Galper - Danielle Hinwood - Chris Hinwood

### **Upcoming events:**

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

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

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

Bondi Junction Adults & Children Under Green belt grading

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

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

Bondi Beach Children Under Green belt grading

### **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.

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

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

Old age ain't no place for sissies. Bette Davis-

**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

### **"BEGINNER TO BLACK BELT" KYOKUSHIN KATA.**

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### **Power Hitting: By Shihan Taylor (PART ONE -compiled)**

When it come to hard hitting we use the **Kinetic Link**

**Principle.** The ideal kinetic link produces high arm or leg velocity by sequential transfer of energy from the stronger and heavier body segments (legs and trunk) to the arms and finally to the fist, hand or foot. This energy generation begins at the feet, the base of support. This energy is sequentially transferred through the legs, hips, trunk, shoulders, arms, hands, and lastly out into the arm or leg as velocity. Energy increases through the "linked" body segments, so that maximum velocity is transferred. In a nutshell, this means the attack starts at the feet and works its way out to the arm or leg by correctly transferring energy through the body parts in specific sequential order. The order is very important or the energy stored is partially wasted. "The dynamic kinetic link sequence supports the importance the emphasis on hip rotation in the movement. The hands are secondary." The correct sequential order of body parts is essential in achieving maximum velocity and impact. Hence the instructors constant emphasis on having a strong and stable stance! A well-balanced athlete has good coordination and control when performing sporting actions. When a karate-ka is in action it is clear that maintaining balance is difficult; muscular strength and gravity affect how well the karate-ka can maintain balance. The way in which a karate-ka resists and handles these outside forces is called stability. The better and more sport specifically they train their bodies, the more

balanced and stable they will be during the training or competition. Specifically areas of balance and stability fall into the following categories:

(1) Muscular balance.

(2) Core stability.

(3) Dynamic balance.

Although listed as separate areas of balance, they are closely related.

The muscular balance provides a strength basis for athletes in most sports. Multijoint exercises are beneficial for general core strength and stability, which for the most part, is a normal part of Kyokushin training. Exercises that help the athlete control the body's center of gravity while training and competing are essential. Fortunately in Kyokushin training, this happens normally during the course of a traditional Kyokushin class! One of the many successful exercises to increase core strength is by standing on one foot, which is of course what happens when we kick. Core stability and core strength exercises, are necessary for sports requiring not just flexion and extension but also rotational movements.

**Dynamic balance:** What do the following all athletes have in common: a Karate-ka striking, kicking or blocking, a basketball player playing man-to-man defense, a soccer player dribbling through several defenders, and a hockey player changing directions at full speed? All these athletes must have tremendous footwork and good balance. Keeping the body under control while moving is called dynamic balance.

### **Can exercise prevent stroke?**

Yes, it really can! Why not use this study to encourage some of your male participants to exercise.

As reported in *Medicine & Science in Sports & Exercise*, an American study conducted at the Cooper Institute in Dallas has found that the incidence of stroke among 'high-fit' men was 72 per cent lower than it was among 'low-fit' males. The incidence of stroke among 'medium-fit' men was 65 per cent lower than it was among 'low-fit' males. In this newest study on stroke, researchers followed nearly 17,000 men over 10 years. They studied the men's cardio respiratory exercise habits and studied their health records. Over the course of 10 years, there were 32 stroke-related deaths. The men who did low, moderate or high cardio respiratory exercise had lower blood pressure levels and lower total cholesterol. The prevalence of diabetes, obesity and cigarette smoking was lower in those who exercised. 'High-fit men had 72 percent and moderate-fit men had 65 per cent lower risk of stroke when compared with low-fit men,' report researchers. Similar studies have been conducted previously with varied findings. This group of researchers believes physical activity may help reduce the risk of a stroke by improving blood pressure, cholesterol levels and sensitivity to insulin. The bottom line, say researchers, is there are health benefits to getting cardiovascular exercise and those benefits may lead to lower risk of stroke. SOURCE: *Medicine & Science in Sports & Exercise*, 2002; 34 p.596-601

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