



# KyokuSHIN Karate



Shihan Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au  
March 2005

Results 2004 IKO-Matsushima World Full Contact Open Championships:

### Male Open Weight Division:

Hadi Azizkhani	Iran
Hassan Nazemi	Iran
Arash Sharifi	Iran
Haidar Mohammed	Iraq
Andrey Noskov	Russia
Anatoly Boronnikov	Russia
Eissa Parvari Oghani	Iran
Alexander Ibraguimov	Russia

### Female Heavyweight Division:

Monelle Richard	Canada
Anastacia Zryumova	Russia
Penita Davies	New Zealand
Sarah Woolley	USA

### Female Lightweight Division

Anna Kukarina	Russia
Natalia Yurkyan	Russia
Guzel Valiakhmetova	Russia
Yuumi Tsuji	Japan

### South Australian Championships:

Towards the end of last year Mount Gambier Martial Arts Academy, South Australia held their first Light Contact Tournament for many years in our dojo which was a great success. We ran 2 area and had 73 competitors. Competitors came from Ballarat, Werribee, Millicent, Naracoorte and Mount Gambier. The results being -

Starting with the under 10 division to the Open Division

#### Under 10 Division:

Winner	Bryce Turner	Naracoorte
Runner-up	J Smith	Ballarat

#### Under 12 Division:

Winner:	Ethan Humphries	Mount Gambier
Runner up	Ben Wilke	Mount Gambier

#### Under 14 Male Division:

Winner	Adam Wylie	Mount Gambier
Runner up	Callum Lawrence	Mount Gambier

#### Under 16 Male Division:

Winner	Michael Hardy	Ballarat
Runner up	Wylie Terry	Ballarat

#### Under 18 Male Division:

Winner	Michael Smith	Millicent
Runner up	Maurice Di Rosso	Mount Gambier

#### Under 18 Female Division:

Winner	Jessica Lang	Ballarat
Runner up	Sally Buchanan	Mount Gambier

#### Male Green & Under Division:

Winner	Greg Stupple	Millicent
Runner up	Jason Walker	Ballarat

#### Under 14 Female Division:

Winner	Stepahnie Pahl	Mount Gambier
Runner up	S. Johnstone-Ward	Ballarat

### Female Open Division:

Winner	Meg Hardy	Ballarat
Runner up	Wendy Walsh	Werribee

### Male Open Division:

Winner	Daniel Smith	Ballarat
Runner up	Chris Povey	Mount Gambier

**The Kata Challenge** was held between Jamie Gifford, Mount Gambier and Phil Quinn, Ballarat, who were selected by their Dojos on the day to compete in this event. Due to the high standard of kata from the challengers the result was a draw.



### GRADING SYLLABUS:

With the March 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.

### This month's quote:

"If politicians went to war, the world would forever be in peace."  
John Taylor

### This month's bad joke: -

A tour bus driver drives with a bus full of seniors down a highway, when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up. After approx.15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts. She repeats this gesture about eight times. At the ninth time he asks the little old lady why they do not eat the peanuts themselves, whereupon she replies that it is not possible because of their old teeth, they are not able to chew them. "Why do you buy them then?" he asks puzzled. Whereupon the old lady answers, "We just love the chocolate around them....."

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**Power Hitting:** Shihan Taylor (PART TWO - compiled) Kinetic Link Principle is used in karate to "generate power", basically the principles that relate to the use of body segments in generating velocity on the open end of the open kinetic chain. There are several statements that can be made regarding the generation of velocity in an open kinetic link system. These statements relate two or more factors to a velocity increase. Several examples are as follows:

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

1. Body segments are used in a sequential fashion from the more massive to the less massive segments.
  2. Body segments are used in a sequential fashion from the more proximal to the more distal segments.
  3. Body segments are used in a sequential fashion from the most stable to the most free segment.
  4. Distal body segments lag back as proximal segments accelerate forward.
  5. A more distal segment accelerates forward as its more proximal segment decelerates forward.
- Having the feet apart will give an athlete the most stable base of support. The key is to control the body's center of gravity, the point around which the body balances most perfectly. The center of gravity is usually a little lower in females than it is in males. By keeping the center of gravity between the base of support (the feet), the athlete can more easily change directions. In addition, lowering the center of gravity adds stability. Great athletes in almost every sport have excellent control over their center of gravity and therefore superior dynamic balance.

#### **CORE STABILITY:**

Most throwing and striking sports require an efficient transfer of force from the ground up to achieve maximum acceleration of the upper limb or implement. This transfer of force is often a function of how well the upper body and lower body are connected. By strengthening the trunk, the athlete creates a solid unit capable of developing and transferring forces from the legs through the trunk to the arms and possibly the implement. The sum of these integrated forces results in optimal acceleration of the arm, leg or implement. This is known as the kinetic-link principle, or kinetic-chain principle.

#### **Newton's First Law:**

Every body will remain at rest or moving with a constant velocity in a straight line unless acted on by an external force. To change the velocity of a body a force must be applied to it.

#### **Newton's Second Law**

The acceleration of a body is proportional to and takes place in direction in which the force acts and is inversely proportional to the body's mass.

Note: Acceleration is always in the direction of the net force. The acceleration of a system depends on the net force acting on it.

**Newton third Law:** The Law of Reaction "For every action there is an equal and opposite reaction." For every force that is exerted by one body at another, there is an equal and opposite force exerted by the second body on the first.



**Principle: Maximum Force:** The production of maximum force requires the use of all the joints that can be used. "The more joints the athlete uses in a movement the more muscles they contract and the more force they can exert.

**Principle – Maximum Velocity:** The production of maximum velocity requires the use of all the joints in order from largest to smallest Speed is achieved by adding the speeds of the preceding segments and transferring this speed to the final' segment or to the implement" This concept is based on the kinetic link principle.

#### **Kids in Church:**

A mother was preparing pancakes for her sons, Kevin, 5 and Ryan 3. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson.

"If Jesus were sitting here, He would say, "Let my brother have the first pancake, I can wait." Kevin turned to his younger brother and said, "Ryan, you be Jesus!"

**New members to the Bondi Dojo:** I would like to welcome the new members the dojo: Mark Von Stein – Mika Morooka – Tiryon Williams – Yasmin Davis – Carfian Ganawan – Aidan Owens – Jamie Latham – Dylan Latham – Jay Altit

**Return to training:** It is great to see Biana Mogilevsky back into training after a 5 year break. Welcome back Biana.

#### **Upcoming events:**

##### **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

#### **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!**

Every time I close the door on reality it comes in through the windows. Jennifer Unlimited-

#### **Brain Cramps, or quotable quotes:**

"Outside of the killings, Washington has one of the lowest crime rates in the country" Mayor Marion Barry, Washington, DC.

#### **"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*

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#### **Motor cycle accident:**

Anyone who ever had the opportunity to train with Adrian Hollis or confront him in a tournament would recall his power, determination and never give up attitude.

After achieving his Shodan in 1991 and Nidan in 1995 Adrian became a vital member of the Mount Gambier Martial Arts Academy and a good instructor dedicated to teaching good karate and passing on his knowledge to others whether it is in the Dojo or as a Personal Trainer.

Unfortunately as a result of a motor cycle accident Adrian has suffered severe spinal damage, which will confine him to a wheelchair changing his way of life forever.

We all extend our best wishes and support to Adrian, confident the mental tenacity and strength of character forged through his life through karate, will assist him in his rehabilitation.

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