



Kyoku**SHIN** Karate

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



New South Wales Full Contact

Championships: (part one)

With 60 fighters in the draw, the 2005 New South Wales Open Kyokushin Full Contact Championships was the biggest NSW event ever held in the history of the Australia Kyokushin Karate Association (AKKA). The fighters travelled to Sydney from South Australia, Victorian and the far reaches of New South Wales. The tournament began with the Male Yellow Belt Lightweight Division and Kengo Takahashi from the AKKA Headquarters in Bondi Junction taking on the AKKA Unanderra fighter, Travis Paenga. Kengo gave it his best but could not match the hard hits from Travis, the judges giving Travis the win. Nakia Benny another AKKA fighter, who trains at the Batemens Bay Kyokushin dojo, took on Daniel Dowler from John Hallford's AKKA Dubbo dojo. Daniel took the fight to Nakia, but Nakia was the clear winner. Fei Hew, a kick boxer from the Macquarie University Kickboxing club was trying the Kyokushin style of fighting and had the job of getting past Makoto Kojima from the Bondi Junction dojo. Makoto put up a great fight but could not match the talent of Fei. Tomasz Tracewski from the Bondi Junction dojo had to match up with Adam Rorke, a Taekwondo fighter from the Orange Kamao club. A great bout followed, both fighters producing great kicks, strong punches and good technique and it was non stop action all the way to the bell. The judges would have been hard pressed to split the two fighters, but they went for Adam. The hard hitting Nakia Benny was back in action, this time against Travis Paenga. Both fighters exchanged kick for kick, punch for punch and another difficult decision for the judges, but once again Nakia got the nod. The fight between the AKKA Ballarat fighter, Derek Grim and Shihan Mizutani's Seido fighter, Keiji Midorikawa was hard fought right from the bell. These two fighters once again traded punch for punch and kick for kick and it looked like it would end in a draw, until Derek scored with a roundhouse kick to the head for a KO win. The semi final of the Male Yellow Belt Lightweight Division had all the excitement of the previous rounds, when kick boxer Fei Hew stepped up the mark to take on the Taekwondo fighter Adam Rorke. Another great fight ensued with Adam coming up the winner. Once again Nakia Benny came to the mat, this time to take on Derek Grima Nakia. Nakia in his usual style went for the big hits and powerhouse kicks, but Derek was well equal to the task and took the fight back to Nakia, the result was a win to Derek. The Male Yellow Belt Middleweight started with a bout between Seido fighter, Samuel Chowdhuri and Dylan Jusufi, another strong fighter from the Unanderra dojo. Samuel put up a great fight, but could not match the firepower of Dylan, resulting in a win to Dylan. Kostya Bantanin from the Macquarie University Kickboxing club who trains under Masin Kheradi was also trying his hand at the Kyokushin style of knock down fighting. Kostya certainly has a dab hand at knock down fighting, taking on Werner Collard, who trains at the AKKA Queanbeyan dojo under George Pudja. Unfortunately Werner could not match it with Kostya, the latter winning on points. Corey O'Neil from

the Ballarat dojo had to mix it with Jeff Borman, who looks very promising for future knockdown events. However, on the day, he could not match it with Corey. Dylan Jusufi once again proved just how talented a fighter he is when he took on John Towney from the AKKA Parkes dojo run by the very experienced knock down fighter Michelle Harmer. Dylan's kicks proved to be too good on the day with the judges awarding Dylan the win in a close match. Kostya Bananin stepped up to the mat for his semi final bout with the inform Corey O'Neil. Kostya put his great technique to good use in an effort to beat Corey, but Corey had been well coached and stayed in close, scoring with some hard body hits that gave Corey the win. The Male Heavyweight Yellow Belt Division was full of very talented fighters. The division started with James O'Neil from the AKKA Charnwood dojo facing Damien Thele from Shihan Lipman's Kyokushin dojo. James used his extra weight to keep Damien on the back foot, resulting in a win to James. Charbel Youssef, another talented fighter from the Unanderra dojo proved just too good when he took on Patrick O'Neil from the Charnwood dojo. Charbell went straight for the KO from the bell and let loose with a huge roundhouse kick to the head, Patrick was quick enough to get out of the way and came straight back with his own attack. In the end, however, Charbel did enough to get the win. Mark Varnan from the Shihan Lipman's dojo then took on Brandon Maggs from the AKKA Peter Moran dojo. Mark is very tall and put his long reach to good advantage to get a win over Brandon in a close match. Two fighters from the Sensei Gibbons Charnwood dojo had to face each other. A great fight ensued with the win going to Daniel. Charbel Youssef then came to the mat to take on a very strong fighter in Mark Varnan. Mark again used his extra reach to good effect, but Charbel countered with a style that kept Mark moving back looking for room. Mark got some big hits in on Charbel but they were not enough to slow down the bulldozing tactics of Charbel. Mark accidentally punched Charbel in the face, resulting in a point deduction that no doubt made the difference, giving a win to Charbel. The Male Middleweight Green Belt Semi had lots action when Dimitri Gregorov from the Bondi Junction dojo takes on the Ronald Knighton from the Mt. Druitt AKKA dojo. Both fighters went hard from the very start but neither could score, so it was up to the judges to decide and they went for Ronald. The other semi was even more exciting when Charnwood fighter, George Tanevski took on the Unanderra fighter Joseph Youssef. This fight had it all, strong punches, powerhouse kicks and non-stop action, but, in the end it was left to the judges to separate the two and they went for Joseph. A great fight in the semi final of the Male Heavyweight Green Belt Division was between Bondi Junction fighter Artur Buzzynski and James Scott from the Mt Gambier dojo in South Australia. Artur's punch kick combination proved too strong for James who lost on the flags. The semi final of the Male Lightweight Open Division had Ballarat fighter Phillip Quinn taking on Joe Wolvey from the Kempsey Zen Chi Kai dojo. This was another great fight which had the crowd on their feet. They

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took to each other with a never-say-die attitude. It ended with a difficult decision for the judges who went for Phillip. In the Semi-final Phillip had to face fighter Michael Fisher from the Frank Russo Kyokushin dojo. Phillip had his work cut out to get past the hit and move tactics of Michael and it took an extension to get a winner with the judges going for Michael.

GRADING SYLLABUS:

With the student working toward the June grading, they 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.

Health spot:

Best and Worst Fast-Food States: - Exercise Eases Anxiety

Another good reason to work out

Two 2003 studies provided additional evidence that exercise can reduce anxiety. When Columbia University researchers checked the activity levels and mental health of 8,000 adults, they found that those who were active had lower rates of anxiety, panic attacks, and certain phobias. And a University of Missouri-Columbia study of 24 women found that moderate- to high-intensity exercise works best. Although all the women reported less anxiety over the 1 1/2 hours following exercise, those who worked out more intensely got the greatest relief. (If you can carry on a conversation while exercising, that's moderate intensity; if all you can manage is a yes or no, that's high.) Source Prevention Magazine.

A paradox:

The paradox of our time is history is that we have taller buildings but shorter tempers, wider freeways but narrower viewpoints. We spend more, but have less, we buy more but enjoy less. We have bigger houses and small families, more conveniences but less time. We have more degrees but less sense, more knowledge but less judgement, more expert yet more problems, more medicine but less wellness.

This month's quote:

Make Peace with Your Past:

Great Quotes by Great Ladies!

If you can't be a good example, then you'll just have to be a horrible warning. Catherine

This month's bad joke: - A blonde lady motorist was two hours from San Diego when she was flagged down by a man whose truck had broken down. The man walked up to the car and asked, "Are you going to San Diego?" "Sure," answered the blonde, "do you need a lift?" "Not for me. I'll be spending the next three hours fixing my truck. My problem is I've got two chimpanzees in the back that have to be taken to the San Diego Zoo. They're a bit stressed already so I don't want to keep them on the road all day. Could you possibly take them to the zoo for me? I'll give you fifty dollars for your trouble." "I'd be happy to," said the blonde. So the two chimpanzees were ushered into the back seat of the blonde's car and carefully strapped into their seat belts. Off they went. Several hours later, the truck driver was driving through the heart of San Diego when suddenly he was horrified!! There was the blonde, walking down the street, holding hands with the two chimps, much to the amusement of the crowd. With a screech of brakes, he pulled off the road and ran over to the blonde. "What the heck are you doing here?" he demanded, "I gave you fifty dollars to take these chimpanzees to the zoo." "Yes, I know, and I did take them," said the blonde, "but we had money left over - so we went to the movies as well!!!"

New members: I would like to welcome the new members the dojo: Melissa Huggins - Eleasha Farmer - Tomoe Shimazu - Sean Fogarty - Yuko Kawasaki and Allan Taylor after a seven year break!

Upcoming events:

22nd May PCYC Bunnerong Road Daceyville: -

The event is open to all styles and martial arts. For applications or rules contact Shihan Taylor at: shihantaylor@ozemail.com.au

Israeli defence and martial Arts seminar

Major Avi Nardia

Saturday & Sunday 21st & 22nd May Commencing at 10am
World Gym fitness Centre

1717 east Avenue Rochester New York

(Near Winton Road) 582-271-0440

2005 Australian pen Kyokushin Championships:

Upcoming events:

IKF 3rd World championships - Saturday 8th October 2005

Crystal Palace National Sports Centre, Ledrington Road,
London, SE19 2BB,

Australia Junior Games:

The Shihan Mylonas, Kempo Junior Games was once again the great success, congratulations to Shihan Mylonas. The AKKA results of the event are as follows: -

Tom Dimovitch:

1ST Place Veterans

Continues Sparring Division

Simon Noble

1ST Place Male Brown Belt

Continues Sparring Division

Jordan Mecham

3rd Place Points Sparring

Sacha Morrissey

1st Place Kata Division

2nd Place Continuous Sparring

3rd Place Point Sparring

Sarah Morrissey

1st Place Continuous Sparring

3rd Place Points Sparring.

David Pevzner

3rd Place Boys

Continuous Sparring Division

Things Kids say:

Author and lecturer Leo Buscaglia once talked about a contest he had been asked to judge. The purpose of the contest was to find the most caring child. The winner was a four-year-old child whose next-door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his mother asked him what he had said to the neighbor, the little boy said, "Nothing, I just helped him cry."

Shodan essay: What Kyokushin and my Shodan means to me: By: Jessie Del Din

Since commencing my training at the dojo in 1999 it has been my dream to be presented with my black belt. It has been a great challenge for me trying to run a business and looking after my three children, however I feel that Kyokushin has taught me patients and discipline, to be able to cope with direction and focus in my life. Setting this goal for my self has enabled me to use Kyokushin in many different ways at home and at work. If I could sum up Kyokushin in one word it would be perseverance. Perseverance and determination has enabled me to reach where I am at this moment. I'm hoping that by achieving this ultimate goal my children will learn that they can accomplish anything with determination and hard work. I have found that I enjoy working with the younger members of our club, it has made me more confident and it pleases me to see their progression and I feel I have contributed to this. I know that I could not have reached this goal without the support and dedication of my

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family, sensei's and the club.

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