



# Kyoku**SHIN** Karate



Shihan Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au  
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## Shigeru Oyama:

It would be sad to let the retirement of Shihan Shigeru Oyama, due to ill health to pass without comment. I never had the privilege to train with Shihan Oyama; of course I did have the pleasure of knowing for many years. There is no doubt that he is one of the finest karate-ka that Kyokushin has produced. Shihan Oyama Shihan separated from Kyokushin many years ago and started the World Oyama Karate Organization, his departure from Kyokushin was a great loss to Kyokushin, but his early retirement is a sad loss to the karate world. Shigeru Oyama was born in Tokyo on July 7th, 1935. After beginning the study of karate at an early age and attending Japan University, he became a professional karate master, having trained with and under Sosai Oyama during the early days of the development of Kyokushin. There is also no doubt that he had a profound effect on Kyokushin in the early days of its development, and something that all Kyokushin practitioners should appreciate. In 1967, he came to White Plains, New York. Recognized as the top Japanese karate instructor and an international authority on Kyokushin karate, he was selected to introduce traditional Japanese karate adapted to a modern system to American students. In addition to his teaching and mentoring duties, Shigeru Oyama has written three volumes on karate, including the prize-winning novel *U.S. Karate Adventure*. In October 1985, he received a citation for professional excellence presented by President Ronald Reagan at the Whitehouse. One of Shihan Oyama's demonstration favourites is the sword catch, where someone swings a samurai sword down at his head and he "claps" to catch it between his palms. It is said that he once missed catching it, whereupon he rose (with a gash to his head) and said something to the effect that he needed to go to the hospital for this one!

## New dojo:

Congratulations to Sempai Bilal El Hayek on the opening of the new dojo in Punchbowl (Sydney). The opening ceremony was a demonstration by members of the Bondi Junction and Daceyville dojo. A very large audience turned out for the demonstration, and we were all surprised by the large number from the audience that joined the new dojo on the same night. The new dojo is situated in the Sports Hall Parra Park on Punchbowl Road Punchbowl. The dojo train Monday and Wednesday nights at 6pm. For further information about training with Sempai Bilal, he can contact him on 0432-205315.

### Greg Rogers Swim School

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Specialising in - Baby awareness classes

Child and Adult "Learn to swim" Classes

Squad Training – Pool open 7 Days

## This month's quote:

'Great things are not done by impulse, but by a series of small things brought together.' (Vincent van Gogh).

## Now let me see have I got this right?



## GRADING SYLLABUS:

With the student working toward the September 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:

### A new study links an unhappy childhood to the most common causes of death in the US

Diana\* knew she was a walking time bomb. On any checklist of risk factors for heart disease and other killers, she ranked alarmingly high. Thirty pounds overweight, she had high blood pressure and soaring cholesterol. Her only exercise was walking to her car. She was also prone to depression, had chronic stress-related gastritis, and was a two-pack-a-day smoker. She knew she had to change her health habits. "But I just couldn't do it," she says. "Every time I made some progress, I'd lose control and end up back where I started in no time." What turned things around was an insightful physician who linked Diana's physical condition to her traumatic childhood. When Diana was 4 years old, her father died before her eyes. Two years later, her mother married a violent alcoholic. Diana was forced to watch him beat her mother and brother on a regular basis. She also witnessed her mother's suicide attempt. "I couldn't really work on improving my health until I came to terms with all the pain and anger I'd suppressed as a child," Diana explains. "It was eating away at me." What do early traumas have to do with health decades later? "Adverse childhood experiences underlie the most common causes of death in the US," says Vincent J. Felitti, MD, an internist at the Southern California Permanente Medical Group in San Diego. In a survey of more than 20,000 adults, Dr. Felitti and his colleagues from the Centers for Disease Control and Prevention found that those who suffered physical, psychological, or emotional abuse as children, or were raised in households marked by violence, substance abuse, mental illness, or criminal behavior, were far more likely to develop serious illnesses as adults--everything from diabetes and bronchitis to cancer and heart disease. \*not her real name Source) Prevention Magazine

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

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

Question: If you could live forever, would you and why?

Answer: "I would not live forever, because we should not live forever, because if we were supposed to live forever, then we would live forever, but we cannot live forever, which is why I would not live forever," Miss Alabama-1994 Miss USA contest.

**New members:** I would like to welcome the new members the dojo: George Nohokau - Royce Witrisona

### **Upcoming events:**

#### **2005 Australian Open Kyokushin Championships:**

**Australian Non Contact Kyokushin Championships:**  
Saturday 6<sup>th</sup> August South Sydney Junior Leagues Club  
Anzac Parade Kingsford (Sydney), commencing 11am

**Australian Full Contact Kyokushin Championships:**  
Sunday 7<sup>th</sup> August. South Sydney Junior Leagues Club  
Anzac Parade Kingsford (Sydney), commencing 12Noon

#### **2005 Applications due on the 4<sup>th</sup> July**

#### **IKF 3<sup>rd</sup> World championships:**

Saturday 8<sup>th</sup> October 2005 Crystal Palace National Sports Centre, Ledrington Road, London, SE19 2BB,

#### **Things Kids say:**

A mother was preparing pancakes for her sons, Kevin, 5, 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!"

#### **This months bad joke: Worst Day of His Life"**

A little guy is sitting at the bar for half an hour staring at his drink when a big trouble-making truck driver walks in and sits next to him, grabs his drink, and gulps it down in one swig. The poor little guy starts crying. "Come on man, I was just giving you a hard time," says the truck driver, "I'll buy you another drink. I just can't stand to see a man crying." "This is the worst day of my life," says the little guy between sobs. "I can't do anything right. I overslept. I was late to an important meeting, so my boss fired me. When I went to the parking lot, I found my car was stolen and I have no insurance. I grabbed a cab home but, after the cab left, I discovered my wallet was still in the cab. At home I found my wife in bed with the gardener. So I came to this bar trying to work up the courage to put an end to my miserable life, and then you show up and drink the damn poison!!!"

#### **Shodan essay: Kyokushin Karate:**

##### **My Shodan essay by Damien Cameron,**

I originally came to Kyokushin Karate for fitness, as I had seen the benefits brought through the training of a friend, however I now enjoy many different aspects of Karate. As time goes on, and more is revealed through Kyokushin Karate, I see other reasons for continuing to train in the Martial Arts. At this point in my training, therefore, the definitive reasons for attempting Shodan are many and difficult to pin down. I enjoy helping with classes and assisting other people's progress in their own journey through the Martial Arts, and this is also my main source of enjoyment at home and work. I personally enjoy Kata, as I believe it shows us our own level of intrinsic motivation, it can be a solitary or team training tool, and can also show us how we are progressing, both physically and mentally, at that point in time. I desire that my

own children have discipline, and therefore by training in Kyokushin, I can lead by example. I consider party drugs, club scenes, a general lack of respect, and the insular nature of society today a sad and disheartening aspect of modern western culture. Learning, and teaching, through Kyokushin Karate is one way, I believe, of imparting good values and behavior to my own family and others who come under my influence, either as mentor, father or friend. My journey within Kyokushin up to this point has encouraged me to push myself through physical and mental barriers and to embrace these challenges more fully. Far from being the end of one journey, I consider the accomplishment of Shodan to be the beginning of a new journey through which I will come to learn more of the spiritual and psychological aspects of Martial Arts training. Damien Cameron AKKA Ballarat.

#### **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

#### **A TRUE STUDENT:**

1. Never tire of learning. A good student can learn anywhere, anytime. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and instructor. Many students feel that their training is a commodity bought with monthly dues, and unwilling to take part in demonstrations, teaching, and working around the club. An instructor can afford to lose this type of student.
3. Always set a good example for lower ranked students. It is only natural they will attempt to emulate senior students.
4. Always be loyal and never criticize the instructor, Karate-Do, or the teaching methods.
5. If an instructor teaches a technique, practice it and attempt to utilize it.
6. Remember that a student's conduct outside the club reflects on the dojo and the instructor.
7. Never be disrespectful to the instructor. Though a student is allowed to disagree with the instructor, the student must first follow the instruction and then discuss the matter later.
8. A student must always be eager to learn and ask questions.
9. Never break a trust.

#### **A MAN'S LIFE:**

A man's life is not judged by the amount of money he accumulates, or the goods that he gathers, but rather the love and affection he generates for his family and friends, and in turn they to him.

#### **Contributions to the "SHIN"**

Would you like to sell your car, or you just have something to say. All contributions welcome and should be emailed to: [shihantaylor@ozemail.com.au](mailto:shihantaylor@ozemail.com.au)

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