



Kyoku**SHIN** Karate



Shihan Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au
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South Australia Winter Camp:

I was reminded why we have the Australian winter camp in tropical Queensland when we got up at 5.30am in the freezing cold. However the temperature may have been cool but the welcome was very warm. The camp was held in Mt Gambier a coastal town situated halfway between Adelaide and Melbourne, with Kyokushin members coming from as far as Ballarat to take part. With over sixty students in the class it did not take long to get every one warmed up and into the action. The South Australian organisation run under the leadership of Sensei Povey had scheduled six training sessions for the weekend. The early morning session, as always concentrating on the basic techniques. With so many classes scheduled, it seemed that the early session had hardly finished before there we were again, into the training. The rest of the Saturday session consisted of kata training and basic drills. With so much to cover the day just slipped by and it was a very tired lot that headed for dinner and an early night. Sensei Steve Hardy from the Ballarat dojo, who incidentally has their own 21 seat bus, brought a full bus load consisting for Kyokushin members from Ballarat and Melbourne. Needless to say that next morning it was a very weary lot that headed for the dojo and the final day of training. There were a number of kids in the training and surprisingly they managed to stay with the hard slog all the way through to the very end, which says a lot not only for their condition but the determination. As expected as the final training session drew near and with the end in sight we upped the pace and even though by this time they were all obviously very tired every one stayed with the training until the very last. All in all a great weekend and one to be remembered.

Greg Rogers Swim School

39 Willarong Road Caringbah (next to supercenta)
Telephone: (02) 95267073
Heated Indoor Swimming Pool
Specialising in - Baby awareness classes
Child and Adult "Learn to swim" Classes
Squad Training – Pool open 7 Days

This month's quote:

The moment you think you are beaten, you are. The moment you decide that you will not be beaten, you are on the path to victory. Author unknown

Now let me see have I got this right?



GRADING SYLLABUS:

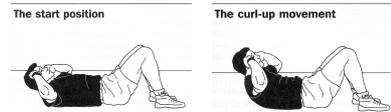
With the student working toward the September grading, they should think about buying a grading syllabus. You will be sure

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.

Shihan Ashouri: Middle East Chairman IKO-Matsushima

I am sure you will join me in wishing Shihan Ashoury (Iran) a speedy recovery from his recent bypass surgery. At this time he is doing very well.

Health spot:



The ab curl-up

Just because this is one of the most commonly performed trunk exercises don't be fooled into thinking it's easy. Poor technique compromises the effectiveness of the exercise, so it is worth checking that you are able to do it perfectly. Muscles involved: Rectus abdominis, obliques. Benefits: An effective exercise for recruiting the rectus abdominis muscle and increasing its general strength. Functional anatomy: The curl-up involves flexion of the thoracic portion of the spine to lift the weight of the shoulders and head off the floor, using the rectus abdominis assisted by the obliques. The lumbar spine remains fixed during the movement. For optimum benefit it is important to ensure that the shoulders and neck do not assist the abdominals. Do not place any undue strain on the neck or low back structures. Who should do it: Everybody, but particularly those needing to strengthen their stomach muscles? It can be used as part of a workout for whole body, or core, strength.

Start position (see diagram)

- Lie on your back, with knees bent and feet comfortably flat on the floor.
- Adjust your pelvis so that your lumbar spine is in the neutral position. You should feel a slight gap between your back and the floor.
- Curl up your head and bring your chin towards your chest, fixing your neck position as if you were holding an apple between your chin and neck.
- Place your hands to your ears and fix your arms open with your elbows pointing out to the side. Curl-up movement
- Slowly, focusing on your abdominals, curl your upper back off the floor. Do not move any other body part and keep your arms, shoulders, neck and legs relaxed as the abs pull you up. If the movement is performed correctly, your head and arms will curl up as one unit with your shoulders.
- Stop once your upper back is off the floor. Do not tilt your pelvis or pull with your thighs to lift yourself any higher.
- Pause for one count at the top. Return movement.
- Slowly, again focusing on the abdominals, lower your upper back down to the floor.
- Do not move your head or arms as you return to the start position.

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

Training tips: - By eliminating any arm and head movements, you make this exercise significantly more difficult. Once you have perfected this strict technique, you may need to add weight for progression. Try holding a dumbbell behind your head (again ensuring you do not lift with your arms) to add weight to the curl-up.

Warning: - The editor takes no responsibility for injuries caused by attempting this exercise. John Taylor recommends that you always learn new exercises under the guidance of a professional.

Brain Cramps, or quotable quotes:

"I'm not going to have some reporters pawing through our papers. We are the president." Hillary Clinton commenting on the release of subpoenaed documents.

Great Quotes by Great Ladies!

If high heels were so wonderful, men would still be wearing them. Sue Grafton-

USA Grading:

I would like to congratulate Shihan John Adams students for their success at the recent black belt grading and International judges course, the results are as follows:

Shodan: Dan Machleid - Mark Storey - Leslie Schweiger - Zach Anderson - Jacob Burgi - Ryo Tsutsui - Nathan Cools Benjamin Cools - Byron Cools - Delayna Shikashio

Nidan: Lindsay Warness

Sandan: Keith Hill - Collin Smith - William Kruger - Jonathan Campbell

International Judges: Ian Quitadamo - Jim Kelly - Keith Hill

New members: I would like to welcome the new members the dojo: Cahid Lim – Shannon Kappes – Hoshito Nishida

Upcoming events:

2005 NSW Kyokushin Spring camp 16th -18th September

Bondi Junction Under Green belt Spring grading

Adults: Monday 5th September 6.30pm

Kids: Monday 5th September 4.30pm

Bondi Beach Under Green belt Spring grading

Kids: Tuesday 6th September 4pm

Things Kids say:

KETCHUP: - A woman was trying hard to get the ketchup to come out of the bottle. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. "It's the minister, Mommy," the child said to her mother. Then she added, "Mommy can't come to the phone to talk to you right now. She's hitting the bottle."

This months bad joke:

Two guys were discussing popular family trends on sex, marriage, and values. Stu said, "I didn't sleep with my wife before we got married, did you?" Leroy replied, "I'm not sure, what was her maiden name?"

Shodan essay: Kyokushin Karate:

Black Belt Essay.

My Sensei Steve Hardy has requested that I write an essay on what obtaining a Black Belt would mean to me.

The following lines are my thought:

This will be a very hard and emotional day that I will never forget, that goal that I set for myself so many years earlier will finally be reached. To me a Black Belt would show the many Hours, Days and Years that I have committed my body and my mind to better myself physically and mentally. The Physical change is obvious it is seen in your appearance, technique,

strength and speed but the mental change is much deeper and transcends to all parts of your life. You tend to handle problems and issues much more readily whether they are injuries health problems or just the day to day gremlins that pop up. A Black belt is a Symbol and deserves the respect as it shows the Commitment, Perseverance, Confidence, Discipline and Loyalty to yourself and your organization, it shows that you can set a goal and achieve it even though others give a thousand reasons why you should quit and even if you only have a handful of reasons why you shouldn't this just makes the achievement so much better. Black Belts also have to assume a different role from that day. They must put their knowledge back into the Dojo to assist in the growth and evolution of the Organization. They must feed the eager and push the tired, tame the aggressive and strengthen the timid molding them so that they too can achieve their goal just as my instructors have done and still do for me. They have led by example and so shall I When I line up on Feb 20th to be graded I won't be alone, I will be supported by my Instructors my family and friends and I will be 100% ready to give my all for my Organization, my Sensei 's, and most of all for myself. What then after this goal is achieved? I set another. Russell Walker 1st Kyu A.K.K.A Ballarat Branch.

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

THE POWER OF ATTENTION!

The things to which you give your attention will grow stronger.

Think about something, focus on something, give your energy to something, and that energy gives it life, whatever it may be.

What you work toward will grow stronger. What you fight against will also grow stronger.

If you focus on your frustrations, you end up becoming even more frustrated. And if you then continue to dwell on those frustrations, eventually you reach the point where it's nearly impossible to focus on anything else.

Yet when you direct your thoughts toward your blessings, your possibilities, and the opportunities that life presents, those good and valuable things become even more so. The power of your attention can quickly transform modest value into ever-increasing richness and meaning.

In every moment you have the choice of where to direct your attention. Life may throw all sorts of things your way, and yet you can always decide where the power of your attention is focused.

As you go through this day, make yourself aware of how you use the enormous power of attention. Keep your attention locked solidly on the positive possibilities and you will give them life. **Jonathan Edwards**

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

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