



# Kyoku**SHIN** Karate



Shihan Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au  
February 2007 IKO-Matsushima Organisation From Shihan's desk

## 25 MAN JUNIOR KUMITE

### THE SPIRIT OF ONE YOUNG BOY:

What does any young boy at the age of 13 years do on a Sunday morning at 10am? Go to the beach or just simply hang out with his mates usually. Raymond Letby from Kyokushin Fighting Systems who trains at the Smeatons Grange dojo chose to begin his Sunday quite differently. On Sunday 4th February 2007, Raymond had only one thing on his mind, and that was to successfully complete his 25 Man Kumite against some of the biggest names in Australian Kyokushin. Anyone who has the slightest understanding of what it takes to complete such a task would have complete understanding at what lay ahead for this young man a task that no one had heard of ever being completed by a such a young boy World Wide. Raymond's 25 Man kumite consisted of 3 months of constant rounds on his punching bag at home with the guidance from his parents, training with his instructors at the dojo, doing rounds after rounds of Kumite with his fellow training mates and last but not least believing in himself that he was capable of completing such a task. The opening of Raymond's 25 Man kumite was a demonstration fight between Dylan Letby (Raymond's brother) & Jake Nasko (8 & 9's 2006 National Champion), made Raymond very proud. The 25 fights were no ordinary bouts, Raymond had to shape up to more than once to the likes of Shihan John Taylor-8th Dan / IKO Matsushima's Vice President / AKKA Chairman, Naomi Wood - 3rd Dan / 3 times World champion, Rob Louretti - 3rd Dan / Australian World Cup Squad Trainer. Also among these spirited technicians were Sempai Alicia Smith - 2nd Dan / Raymond's trainer, Mark Hanratty / Harrington Park's Ausfight Trainer and training buddies Alex Sheehan, Jonathan Pacchiarotta & Jake Nasko. Each fight went for 1-1/2 minutes consecutively, and Raymond's comment when completed and drenched in his own sweat and feeling very sore & emotional was, "It was much harder than what he thought it was going to be". Raymond is one of very few with true Kyokushin Spirit, this is not something you can buy, nor is it something you can force upon yourself or forced upon by others, you either have it or you don't. Raymond has heart, to imagine a dream is one thing but to successfully achieve it, is a real credit to himself and his training career. Raymond will continue to train and encourage his fellow mates to live their dreams as he is and Sempai Robert, Sempai Alicia Smeatonsents all the opportunities in the world to succeed in all they do. Training enquiries contact Alicia Smith: 0413 090 009 Unit 22, 151 Anzac Parade Smeatons Grange Mark Hanratty: 4647 - 6281 / Ausfight Harrington Park Public School Osu Sempai Alicia

### Shihan Taylor's comment:

I would like to congratulate Ray on a very great effort completed in the true spirit of Kyokushin karate. Congratulations should also be extended to Sempai Rob and Sempai Alicia who trained Raymond for this task, but also no doubt inspired and encouraged Ray in this Endeavour.

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### This month's bad joke:

A cowboy moseys into a saloon and orders a whiskey. When the bartender delivers the drink, the cowboy asks, "Where is everybody?" The bartender replies, "They've all gone to the hanging." The cowboy asked, "Who are they hanging?" The bartender answered, "Brown Paper Pete." "What kind of name is Brown Paper Pete," the cowboy asked. The bartender explained, "Well, he wears a brown paper hat, brown paper shirt, brown paper pants and brown paper shoes." The cowboy said, "That's weird. What are they hanging him for?" The bartender replies, "Rustling!"

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### This month's quote:

Some people see things that are and ask, Why? Some people dream of things that never were and ask, Why not? Some people have to go to work and don't have time for all that ...  
Author: George Carlin

### Sportsnet Holidays

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### Health spot: Keep Moving--And Stay Happy

Activity may be better than an antidepressant  
Less than 1 hour a week of brisk activity can relieve major depression as well as the need for antidepressants--and the effect is long lasting. Researchers at Duke University Medical Centre in Durham, NC, took a second look at 156 depressed people who had participated in a 16-week exercise study. At the end of the study, those in the exercise group showed the same reductions in depressive symptoms as those who received the medication. Can exercise help you overcome depression?

### AKKA 2007 Calendar:

23<sup>rd</sup> Feb: Friday Fight Night, Geelong  
2<sup>nd</sup> March: One Match, Geelong  
8<sup>th</sup> March: Sempai Bilal's  
(Granville & Lakemba dojo) birthday  
9<sup>th</sup> -11<sup>th</sup> March: Shihan Taylor Branch Summer camp and Green belt & Over Grading  
12<sup>th</sup> March: Bondi Junction Under Green Belt Grading  
13<sup>th</sup> March: Bondi Beach Under Green Belt Grading  
17<sup>th</sup> March: Lakemba dojo Under Green belt grading

**A black belt is a white belt that never gave up – Just enjoy the journey**

17<sup>th</sup> March: Mt Druitt Under Green belt grading  
 24<sup>th</sup> March: Seminar Mt. Gambier – South Australia  
 24<sup>th</sup> March: Judge & Referee Clinic, Geelong  
 30<sup>th</sup> March: Macarthur Dojo under Green belt Grading  
 1<sup>st</sup> April: ACT Kyokushin Championships  
 15<sup>th</sup> April: Victorian Combined Knockdown & Junior Non Contact Championships  
 18<sup>th</sup> April: Tamworth dojo Under Green belt grading  
 21<sup>st</sup> April: Under Green belt grading, Geelong  
 26<sup>th</sup> April: Memorial training session, Geelong  
 28<sup>th</sup> & 29<sup>th</sup> April: Tasmania Camp  
 13<sup>th</sup> May: NSW Individual Non Contact Championships (Daceyville)  
 18<sup>th</sup> & 19<sup>th</sup> May: Junior Development Camp, Geelong  
 25<sup>th</sup> – 27<sup>th</sup> May: AKKA National Camp – Gold Coast Qld.  
 1<sup>st</sup> June: Friday Fight Night  
 4<sup>th</sup> June: Bondi Junction Under Green belt grading  
 5<sup>th</sup> June: Bondi Beach Under Green belt grading  
 10<sup>th</sup> March: Granville Dojo Under Green belt grading  
 3<sup>rd</sup> June: NSW Open Kyokushin Full Contact Championships West's Illawarra Leagues Club **“The Wollongong Challenge”**  
 9<sup>th</sup> June: Granville dojo Under Green belt grading  
 16<sup>th</sup> June: Lakemba dojo Under Green belt grading  
 16<sup>th</sup> June: Mt. Druitt Under Green belt grading  
 16<sup>th</sup> June: Senior grading, Geelong  
 17<sup>th</sup> June: Sempai Alicia Smith Birthday (Smeatons Grange dojo)  
 23<sup>rd</sup> & 24<sup>th</sup> June: Knockdown training camp, Geelong  
 29<sup>th</sup> June: Friday Fight Night, Geelong  
 21<sup>st</sup> July: Day camp, Geelong  
 22<sup>nd</sup> July: NSW AKKA Non Contact Team Kumite and Individual Kata Championships  
 3<sup>rd</sup> August: Friday fight Night  
 11<sup>th</sup> August: Under Green Belt grading  
 22<sup>nd</sup> August: Tamworth dojo Under Green belt grading  
 25<sup>th</sup> August: AKKA Australian Open Non Contact Championships  
 26<sup>th</sup> August: AKKA Australian Open Full Contact Championships  
 2<sup>nd</sup> September: Sensei Mark Tyson's birthday (Tamworth Instructor)  
 7<sup>th</sup> – 9<sup>th</sup> Sept: Shihan Taylor Branch Summer camp and Green belt & Over Grading  
 8<sup>th</sup> September: Burnie (Tasmania) training  
 10<sup>th</sup> September: Bondi Junction Under Green Belt Grading  
 11<sup>th</sup> September: Bondi Beach Under Green Belt Grading  
 15<sup>th</sup> September: Lakemba dojo Under Green belt grading  
 16<sup>th</sup> September: Victorian No contact & Kata Championships, Geelong  
 22<sup>nd</sup> September: Mt. Druitt Under Green belt grading  
 28<sup>th</sup> September: Friday Fight Night  
 28<sup>th</sup> September: Macarthur Dojo Under Green Belt Grading  
 12<sup>th</sup> October: One Match, Geelong  
 26<sup>th</sup> – 28<sup>th</sup> Oct: Shihan Viccars Branch Camp  
 17<sup>th</sup> November: Senior grading, Geelong  
 23<sup>rd</sup> & 24<sup>th</sup> Nov: Tasmania weekend  
 1<sup>st</sup> December: Under Green Belt grading, Geelong  
 5<sup>th</sup> December: Tamworth dojo Under Green belt grading  
 7<sup>th</sup> December: Presentation Night, Geelong  
 15<sup>th</sup> December: Mt. Druitt Under Green belt grading  
 8<sup>th</sup> December: Black belt grading - South Australia  
 16<sup>th</sup> December: Last training, Geelong  
 21<sup>st</sup> December: Bondi Beach last training session for 2007  
 22<sup>nd</sup> December: Bondi Junction last training session for 2007  
 31<sup>st</sup> December: Shihan Viccars birthday

## Tournament Year:

The NSW Kyokushin tournament calendar got off to a flying start with the Lakemba Vs Granville dojo challenge. With over 40- kids taking part it was a busy day for Sempai Bilal. The tournament was held at the Granville Sports Club in Wellington Road, where Sempai Bilal trains the results are as follows:

## 7 & Under:

- 1) Amani El-Hayek (Lakemba Sports Club)
- 2) Aliyah Quadani ((Lakemba Sports Club)
- 3) Riyan Gemrawi (Granville Fitness Health In ONE)

## 8 - 11 Years Female:

- 1) Dania Ibrahim (Lakemba Sports Club)
- 2) Ahlam Hussein (Granville Fitness Health In ONE)
- 3) Amina Halawani (Lakemba Sports Club)

## 8 & 9 Male:

- 1) Alaa Naboulsi (Granville Fitness Health In ONE)
- 2) Amjad El-Qut (Lakemba Sports Club)
- 3) Emmit Jarjoura (Bondi)

## 10 - 12 Male:

- 1) Abdullah Al-Jamal (Lakemba Sports Club)
- 2) Ahmad Al-Kiki (Lakemba Sports Club)
- 3) Bilal Hussein (Lakemba Sports Club)

## 13 - 15 Male:

- 1) Mahmoud El-Samman (Lakemba Sports Club)
- 2) Jamal Al-Kiki (Lakemba Sports Club)
- 3) Omar Al-Bayati (Granville Fitness Health In ONE)

## “BEGINNER TO BLACK BELT” - KYOKUSHIN KATA.

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Australia: \$32.00 (plus postage \$2.00 )  
 International: US\$32.00 (includes postage )

**Kata book from Ebay:** Due to the cost of International bank transfers, some may prefer to purchase the book from Ebay. You will need these details: The Ebay user name is dougo177  
 The link is <http://stores.ebay.com.au/strongestkarate>

## New Members: I would like to welcome the following new members to the Bondi dojo:

Boris Burgess – Daniel Bicioc – Nicky Breen - Kristian  
 Boidarou – Gabe Clews – Tobias & Jonatha Dokas - Storm  
 Ellingford – Fergus Frost - Seamus Frost - Finneas Frost  
 Rufus Frost – Koh Horoyama – Jordan Lovegrove Martin  
 Lengauer – Ed Lyons – Michele Marchand – Craig Miladovic  
 – Bill McManus – Khan Nguyene – Immanuel Nazerene –  
 Cormac O'Connor – Lucja Pustelnik - Peter Stevens – Koshin  
 Thomas – Arkady Vidyweav Maxwell Wright – Angus  
 Watson.

## “Shin” contributions:

Contributions can be made to the “Shin” via  
[shihantaylor@ozemail.com.au](mailto:shihantaylor@ozemail.com.au)  
 But, please no politics!

**A black belt is a white belt that never gave up – Just enjoy the journey**