



Kyoku**SHIN** Karate



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

2007 Shihan Taylor's New South Wales Summer Camp:

As always it was a great and very successful Summer Camp with all 120 places filled with a number of members unfortunately had to be refused. It was the normal start on Saturday morning with a 5.30am wake up call with the first session at 6am. The old hands at the camp were smart enough to get up early and have a hot drink and get ready for the inevitable early morning session. Once again after the 6am session we had the benefit (I am not sure if that is the right description – “torture” may be better description) of Sempai Langsam ending the class with a Yoga warm down. Relieved to get the first one over every one headed for the showers and the “worlds best breakfast”. One thing every one agrees on is that the kitchen staff does a great job. By the time the 10am session came around every one was wide awake and ready to go. It was a mixed session with same basics followed by Edogeiko and kata. With a grading being held at the end of the camp it was important to sort out what individuals needed to work on and by the time the session ended all of those that intended to grade had a very good knowledge of what was needed. The 2pm class soon came around, this time the students were split into three groups, one with Shihan Gibbons, one with Sensei Sklavos and Shihan Taylor took the black belts, this allowed each group the opportunity to practice the techniques in their grade range and it was an already tired looking group that headed for to the showers at 4pm when the afternoon session ended. Saturday night camp entertainment is famous for bad jokes bad acts with the occasional talented person putting most other to shame. This night was no different and a very funny night ensued with Shihan Taylor being the target for a number of acts. All in all, a great night of entertainment. At 5.30am and reality hit home with the sound of Shihan Taylor's whistle and it was back to the early morning session which once again ended with Sempai Langsam's torture session and a shower followed by a well cooked breakfast. All of the meals at the camp were great and the cooks Annette, Carmi, Anneliesa and Meg should all be congratulated on a job “well done”. The 10am session came around in what seemed record time. The weather was again hot and dry, so once again it was an outside training session on a beautiful sunny day which was once again split into three groups. The last session is always a combined session giving everyone the last chance to be together before the grading in the afternoon and or before that those that were not taking part in the grading headed home. As with tradition the last training session ends with some games, at this camp it was Sumo, no doubt the Japanese sumo wrestlers have nothing to fear from this lot except perhaps laughing themselves to death. In any case every one enjoyed with fun and it was very soon over and it was lunch and getting ready for the grading. The grading as always was a long hard grueling three and a half event with four student attempting Nidan and three attempting Shodan and another 43 three trying for various grades. The results of the attending the camp grading is:

Stanley Wong	Bondi	Nidan
Shane Cunliffe	Unaderra	Nidan
Jason Baltov	Unandera	Nidan
Chis Keyzer	Unandera	Nidan
Gabriel Helmy	Bondi	Shodan

Dean Treloar	Ballarat	Shodan
Gedalia Rubinstein	Charnwood	Shodan
Daniel Rogers	Tamworth	1st Kyu
Chris McGrath	Bondi	1st Kyu
Sarah Morrissey	Charnwood	1st Kyu
Sacha Morrissey	Charnwood	1st Kyu
Andrew Oxenham	Adelaide	1st Kyu
Rebecca Pinter-Swann	Charnwood	1st Kyu
Stephanie Dunford	Charnwood	1st Kyu
Ronald Chand	Mt Druitt	1st Kyu
Jake Szlagowski	Mt Druitt	1st Kyu
Raymond Letby	Young Tigers	1st Kyu
Jonathan Pacchiarotta	Young Tigers	2nd Kyu
Alistair Campbell	Charnwood	2nd Kyu
Dylan Yusefi	Unandera	2nd Kyu
Alexander Sheehan	Narellan	2nd Kyu
Ebony Grech	Charnwood	2nd Kyu
Chantelle Gibson	Unandera	2nd Kyu
Peter Kohnke	Mt Druitt	2nd Kyu
Alan Taylor	Bondi	3rd Kyu
Bill Botsikas	Bondi	3rd Kyu
Joseph Yousef	Unandera	3rd Kyu
Angela McCullach	Unandera	3rd Kyu
Bronwyn Russoniello	Unandera	3rd Kyu
Patrick O'Neill	Charnwood	3rd Kyu
James O'Neill	Charnwood	3rd Kyu
Melissa Huggins	Bondi	4th Kyu
Rachel Morrissey	Charnwood	4th Kyu
Jessica Joss	Charnwood	4th Kyu
Kristos Kavrakoudis	Bondi	4th Kyu
Mary McDougal	Unandera	4th Kyu
Kelly McDougal	Unandera	4th Kyu
Jacob Barnes	Unandera	4th Kyu
Douglas Wenzel	Unandera	4th Kyu
Erol Ibriam	Unandera	4th Kyu
Kay-Lea Hamilton	Unandera	4th Kyu
Nathan Hamilton	Unandera	4th Kyu
Ayden Janssen	Unandera	4th Kyu
Alysha Janssen	Unandera	4th Kyu
Geoffrey Jones	Unandera	4th Kyu
Dana Sibir	Mt Druitt	4th Kyu
David Opie	Charnwood	4th Kyu
Johan Nilsson	Bondi	7th Kyu
Bradley Wagner	Naracoorte	7th Kyu

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Early Morning Class:

We now have a 6am class at the Bondi Junction dojo on Tuesday and Thursday for those that **LIKE AN EARLY START**. The class is run by Sempai Volkerts

This month's quote:

People who point at their wrist while asking for the time....I know where my watch is pal, where is yours? Do I point at my crotch when I ask where the toilet is? **Billy Connolly**

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

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Or see the web site at www.sportsnet.com.au

New Members: I would like to welcome the following new members to the dojo. Ethan Grinberg – Jacob Grinberg – Ella Grinberg – Yossi Samuell – Alexandra Dzera – Donna Wells Max Kasyan

THIS IS WHY PARENTS DRINK.....

A boss wondered why one of his most valued employees had not phoned in sick one day. Having an urgent problem with one of the main computers, He dialed the employers home phone number and was greeted with a Child's' whisper. "Hello" "Is your daddy home?" he asked "Yes" whispered the small voice "May I talk with him?" "No" Surprised and wanting to talk with an adult, the boss asked, "Is your Mummy there?" "Yes" "May I talk with her?" Again the small voice whispered, "No" Hoping there was somebody with whom he could leave a message, the boss Asked, "Is anybody else there?" "Yes, whispered the boy, "a policeman" Wondering what a cop would be doing at his employee's home, the boss asked, "May I speak with the policeman?" "No, he's busy", whispered the child "Busy doing what?" Talking to daddy and mommy and the fireman", came the answer. Growing more worried as he heard what sounded like a helicopter, through the earpiece on the phone, the boss asked, "What's that noise?" "A helicopter" answered the whispering voice. "What is going on there?!" demanded the boss, now truly apprehensive. Again whispering, the child answered, "The search team just landed the helicopter." Alarmed, concerned and a little frustrated the boss asked "What are they searching For?" Still whispering, the young voice replied with a muffled giggle..... "ME"

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Getting fat?

Did you know that by skipping meals you could be starving yourself to fatness? Do you miss breakfast and your morning snack, then have a small lunch but eat the house out of food at night?

Can this really make you FAT?

Sound ridiculous! Well it's not!

Here's why....

Your body is designed to store food in case of times of starvation. In fact, the average person has enough stored fat to provide energy for basic body processes for around 60 -70 days! So by skipping meals and causing your body to think it is being deprived from food it will begin to store more fat, rather than burn it off.

What's the solution?

Eat 5-6 nutritionally balanced, low fat, smaller serving meals throughout the day. This makes it easier for your body to burn off your food as fuel for energy.

Not only that but.....

Eating smaller regular meals will fire up your metabolism so you can burn more stored fat. Eat enough per meal to stop you from feeling hungry. By doing this your body will readily burn off the calories you consume for each of the 5-6 meals.

AKKA 2007 Calendar: (Shihan Taylor Branch)

17th March: Lakemba dojo Under Green belt grading
17th March: Mt Druitt Under Green belt grading
24th March: Seminar Mt. Gambier – South Australia
30th March: Macarthur Dojo under Green belt Grading
1st April: ACT Kyokushin Championships
18th April: Tamworth dojo Under Green belt grading
13th May: NSW Individual Non Contact Championships (Daceyville)
25th – 27th May: AKKA National Camp – Gold Coast Qld.
4th June: Bondi Junction Under Green belt grading
5th June: Bondi Beach Under Green belt grading
10th March: Granville Dojo Under Green belt grading
3rd June: NSW Open Kyokushin Full Contact Championships West's Illawarra Leagues Club **"The Wollongong Challenge"**
9th June: Granville dojo Under Green belt grading
16th June: Lakemba dojo Under Green belt grading
16th June: Mt. Druitt Under Green belt grading
17th June: Sempai Alicia Smith Birthday (Smeatons Grange dojo)
22nd July: NSW AKKA Non Contact Team Kumite and Individual Kata Championships
22nd August: Tamworth dojo Under Green belt grading
25th August: AKKA Australian Open Non Contact Championships
26th August: AKKA Australian Open Full Contact Championships
2nd September: Sensei Mark Tyson's birthday (Tamworth Instructor)
7th – 9th Sept: Shihan Taylor Branch Summer camp and Green belt & Over Grading
10th September: Bondi Junction Under Green Belt Grading
11th September: Bondi Beach Under Green Belt Grading
15th September: Lakemba dojo Under Green belt grading
22nd September: Mt. Druitt Under Green belt grading
28th September: Friday Fight Night
28th September: Macarthur Dojo Under Green Belt Grading
7th October: Riverina Championships
5th December: Tamworth dojo Under Green belt grading
7th December: Presentation Night, Geelong
15th December: Mt. Druitt Under Green belt grading
8th December: Black belt grading - South Australia
21st December: Bondi Beach last training session for 2007
22nd December: Bondi Junction last training session for 2007

NEW AKKA web site:

Thanks to Sempai Wong, we have a new AKKA web site. You can check it at <http://www.akka.com.au>

That's Life: Making a will:

While watching football today, my wife and I got into a conversation about life and death, and the need for living wills.

During the course of the conversation, I told her that I never wanted to exist in a vegetative state, dependent on some machine and taking fluids from a bottle.

She got up, unplugged the TV and threw out all my beer.

Sometimes, it's tough being married to a smart ass.

Contributions to the "SHIN"

All contributions welcome and should be emailed to: shihantaylor@ozemail.com.au

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