



Kyoku**SHIN** Karate



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

Mt. Druitt dojo Children's Non Contact Championships:

The Mt. Druitt tournament was a great thanks to Sempai Hagen's and his dojo the members of the Mt Druitt dojo. Sempai Hagen's is one of the few who have a ready made venue in his dojo with tiered seats and with what was no doubt a lot of hard work turned it into a great venue for the event. I am sure I speak for every one in saying that a great day was had by all and all-in-all a very enjoyable and friendly event. Congratulations to all the Sydney dojo for taking part and to the kids for putting on some great fights with even greater spirit. It was nice also to see the kids from each dojo having such a good time together, it was often hard to work out which kid was from which dojo as so many stayed together and enjoyed each others company and the day. I guess we should all be learning from our children. Many thanks to the match officials taking time out of the weekend to support the kids and a special thanks to Sempai Hagen's, Sempai Robert and Alicia Smith and Sempai El Hayek for supporting the event so well. The next Inter-dojos Children's event will be on the 23rd September at the Young Tigers Dojo, set the date aside as it should be another fun day.

Female 7 Years & Under Division

- 1st Breana Palmer – Yoiung Tigers Dojo
- 2nd Cathy Pasco – Bondi

Male 7 Years & Under Division

- 1st Zackary Vasallo – Young Tigers Dojo
- 2nd Cameron Letby - Young Tigers Dojo
- 3rd Ali Halawani- Lakemba Sports Club

Female 8 - 9 Years Division

- 1st Zoe Collins – Bondi
- 2nd Despina Botsekas – Bondi
- 3rd Amina Halawani - Lakemba Sports Club

Male 8 - 9 Years Division

- 1st Jeremy Price – Young Tigers Dojo
- 2nd Bradly Dagg Young Tigers Dojo
- 3rd Benjamin Wright – Bondi

Female 10 - 12 Years Division

- 1st Jodan Price Young Tigers Dojo
- 2nd Bianca Barangan – Mt. Druitt
- 3rd Tiani Smith - Young Tigers Dojo

Male 10 - 12 Years Division

- 1st Jonathan Pacchiarotta
- 2nd Jake Nasko - Young Tigers Dojo
- 3rd Zack Salarda – Mt. Druitt

Female 13 – 16 Years Division

- 1st Karina Narayan – Bondi
- 2nd Nicole Langridge – Young Tigers dojo

Male 13 -16 Years Division

- 1st Raymond Letby - Young Tigers Dojo
- 2nd Christopher Chalita – Mt. Druitt

KIDS CLASS & NEW DOJO:

I would like to send a huge congratulations to my Pre-school squad students (2 - 4 year of age), for their performance at our training camp. As a demo team they showed just how far they had come. My older students were very surprised at how well disciplined they were and amazed by the fact that they knew the stances in Japanese, could perform basic edogeiko and pad work and could count to 10 in Japanese.

The dojo is going so well that will we move into the bigger premises (within the next month or 2) I will be asking for my pre-school to do another demonstration and I would like to invite members of the AKKA to come and support the kids and see our premises once move, Please keep an eye for the time and date, and join Rob, Alicia, Tiani and Zac celebrate the opening of their new Dojo in Smeaton Grange.

Osu Sempai Smith

Greg Rogers Swim School

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New Members: I would like to welcome the following new members to the Bondi dojo: Donna Wells – Nicholas Pollock

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This month's bad joke:

A blonde calls her boyfriend and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started." Her boyfriend asks, "What is it supposed to be when it's finished?" The blonde says, "According to the picture on the box, it's a rooster." Her boyfriend decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table. He studies the pieces for a moment, then looks at the box, then turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster." He takes her hand and says, "Second, I want you to relax. Let's have a nice cup of tea, and then ... He said with a deep sigh ... "Let's put all the Corn Flakes back in the box."

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AKKA 2007 Calendar: (Shihan Taylor Branch)

- 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

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

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
 1st December: Black belt grading - South Australia
 5th December: Tamworth dojo Under Green belt grading
 15th December: Mt. Druitt Under Green belt grading
 21st December: Bondi Beach last training session for 2007
 22nd December: Bondi Junction last training session for 2007

This month's quote:

"Inside of the ring or out, ain't nothing wrong with going down. It's staying down that's wrong." Muhammad Ali

Weight machines:

The Bondi Junction Honbu dojo is revamping and as two weight machines available for any one who is interested, one is a very good squat machine and the other is a multi usage machine. Any one interested in making an offer, please contact me..... Shihan Taylor

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>

"Beginner to black belt" Kyokushin Kata. NOW INCLUDES A KATA DVD:

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 & 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.

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

Instructor's discounts available

Ebay:

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 thought on the stitch: The athletic stitch is very common but a consensus on its cause still fails to exist. Two alternative causes have been put forward for stitch - recently given the more technical label of 'exercise related transient abdominal pain' (ETAP): Diaphragmatic ischaemia (impaired blood flow to the diaphragm); Stress (from jolting of the torso) on the subdiaphragmatic ligaments supporting the abdominal organs. However, according to an article published in the *British Journal of Sports Medicine*, the former suggestion is dismissed due to the frequency of complaints from devoted horse riders who do not tend to require high respiratory demands. The latter suggestion is 'inconsistent with the variability in the site of the pain and the fact that it occurs during swimming,' reports *Peak Performance*. The article, by Australian Dr D Morton, posits a third possible explanation of the problem: 'irritation (by friction) of the parietal peritoneum, which lines the walls of the abdomen.' Morton argues that 'this is sensitive to any torso movement when irritated and, as it extends throughout the abdomen, can give rise to pain in various sites. Furthermore, the subdiaphragmatic portion of the parietal peritoneum is supplied by branches of the phrenic nerve, which arises in the neck, and this would explain the

common association of stitch with shoulder tip pain.' As far as prevention/treatment are concerned, Morton makes two suggestions: · Since energy-dense hypertonic fluids appear to be more provocative of ETAP than isotonic and hypotonic drinks, the former should be avoided as a prevention strategy; · Since spiral problems may be involved in triggering ETAP, efforts to optimise spinal integrity may be important in its management. Source: *British Journal of Sports Medicine* 2003; 37:287-288 *Peak Performance*, Number 204

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

Now let me see have I got this right?



GRADING SYLLABUS:

With the students working toward gradings, they should think about buying a grading syllabus. This way you will be sure exactly of what is required to get your next grade. At only \$20.00 the newly printed syllabus is in two parts (booklets), the first part is packed full of karate techniques and diagrams and the second part is the requirements and terminology San Dan and well worth the price.

New South Wales Non Contact Championships:

The up coming team event will be on the 22nd July at the "Five Dock Leisure Centre" Cnr Queen & William, starting at 11am. Competitors get your teams in early; it should be a great day.

TRAINING GOALS:

The following can be adapted to suite your particular needs and circumstances:

At training to day I will focus on:.....

Because:.....

My training session today fist into my overall picture of what I am trying to achieve this year, which is:

I will work to improve my performance by:

My current ability in this area on a score out of 1-10 is:

1	2	3	4	5	6	7	8	9	10
Low									High

To maintain or improve on this level in the future I will:

.....

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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