



Kyoku**SHIN** Karate



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

New South Wales Non Contact Team Championships & individual Kata championships:

With 53 teams entered it was fortunate that the tournament committee decided to look for a larger venue this year, there is no doubt that the old venue would not have been able to handle the large volume of teams that took part. The event was run one two mat areas, but no doubt next year it will be even larger and the we will need to look purchase a third mat. Nevertheless it went very well and the officials and staff did a great job to keep the whole event running, ensuring that every one not only had a great day but went away looking forward to next years team championships. The kata championships were just as successful with one division being so large it had to be split into two. Overall the kata was of very high standard and instructors should be proud of the efforts put in by their students. A special mention should be made of the Googee dojo who have only been open for a month and yet came second in the Male 5th Kyu & Under and first in the Male 5th Kyu & Under Kata division, we should, we should all, learn from their dedication. The results are as follows:

KUMITE:

Male Open Divisions:

- 1st Place Bondi Bulls
- 2nd Place Mt. Druitt Panthers

Female Open Divisions:

- 1st Place Bondi Babes

Male 5th Kyu & Under Divisions:

- 1st Place Canberra Great Whites
- 2nd Place Coogee Cougars

Female 15 – 17 Years Divisions:

- 1st Place Combined Devils

Male 12 -14 Years Divisions:

- 1st Place Teenage Mutant Ninja Tigers
- 2nd Place Bondi Killers

Female 12 -14 Years Divisions:

- 1st Place Illawarra Snipers

Male 10 & 11 Years Divisions:

- 1st Place Bondi Sea Eagles
- 2nd Place Bangor Tigers
- Equal 3rd Place Canberra Maters & Mt. Druitt Bad Boys

Female 10 & 11 Years Divisions:

- 1st Place Mt. Druitt Maulers
- 2nd Place Leaders

Male 8 & 9 Years Divisions:

- 1st Place Canberra Bronze Whalers
- 2nd Place Warrila Warriors
- Equal 3rd Place Bondi Dragons & White Tigers

Female 8 & 9 Years Divisions:

- 1st Place Bondi Assassins

Male & Female 7 Years & Under Divisions:

- 1st Place Combined Gunners
- 2nd Place Bondi Bullets
- Equal 3rd Place Big Boys & Warrila Lions

KATA:

Open Division

- 1st Place Ronnie Chand (Mt. Druitt)
- 2nd Place Ai Ikeda (Bondi)
- 3rd Place Paul Wyner (Bondi)

Male 5th Kyu & Under Division:

- 1st Place Shannon Cason (Coogee)

Male & Female 13 – 16 Years Division:

- 1st Place Raymond Lethby (Young Tigers dojo)
- 2nd Place Sacha Morrissey (Charnwood)
- 3rd Place Karl Davie (Bondi)

Male 12 Years & Under Division:

- 1st Place Andrew McGrath (Bondi)
- 2nd Place Kristos Kavrakoudis (Bondi)
- 3rd Place Dane Sober (Mt. Druitt)

Female 12 Years & Under Division:

- 1st Place Elizabeth Thai (Bondi)
- 2nd Place Rachel Morrissey (Charnwood)
- 3rd Place Bianca Barananga (Mt. Druitt)

The Victorian division of the John Taylor Branch recently had a "National preparation tournament" a total of 75 fighters turned up for the practice event and what was supposed to be a friendly practise event turned into a real win at all costs event, which on goes to show that the Kyokushin fighting spirit comes out no matter what. All in all a great day was had and the results are as follows:

Male Open:

- Lochlan Jackson, Sydenham, 1st
- Darren Stuart, Buninyong, 2nd
- Brent Parker, Buninyong, 3rd

Female Open:

- Peta Hawkes, Ballarat, 1st
- Jodie Lees, Ballarat, 2nd
- Rowena Fuller, Buninyong, 3rd

Male 10-14:

- Marco Orlovic, Sydenham, 1st
- Kyuss Brooker, Ballarat, 2nd
- Ryan Norman, Ballarat, 3rd

Female 10-14:

- Tamasin Walsh, Sydenham, 1st
- Racheal Jackson, Sydenham, 2nd
- Lauren Geretschlager, Sydenham 3rd

Female Under 10:

- Caitlin Norman, Ballarat, 1st
- Angel Rae, Ballarat, 2nd
- Rachelle Brooks, Sydenham, 3rd

Male 8-9:

- Shofyan Haruwarta, Sydenham, 1st
- Lachlan Fuller, Buninyong, 2nd
- Bayley Foy, Ballarat, 3rd

Male 7 and under:

- Liam Pearson, Ballarat, 1st
- Andrew Stoisin, Sydenham, 2nd
- Jacob Coleiro, Sydenham, 3rd.

Congratulations to Werribee representatives Lisana Shidqina and Micheala Mummery who won the Kata Demonstration Competition for the Werribee dojo.

Thank you to the 75 fighters who competed, and everyone who supported the tournament either in attending, helping out, or both. Osu, Willy, Ballarat and Melton AKKA dojos.

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

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

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This month's quote: "Whether you think you can, or think you cannot, you are right." Henry Ford

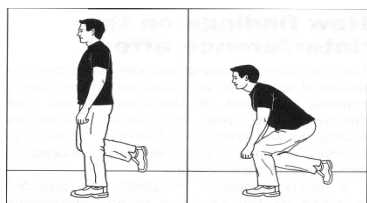
Sportsnet Holidays
For sports travel to major sporting events
Such as the 2006 Kyokushin Karate World Cup
Contact Daniel de Poi
At products@sportsnet.com.au
Or see the web site at www.sportsnet.com.au

This month's bad joke:

Man: Is there any way for long life?
 Dr: Get married.
 Man: Will it help?
 Dr: No, but the thought of long life will never come to.

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The Bondi Junction dojo is lucky to have a full time dojo with the benefit of weights. We do not have a huge amount but just enough to do some basic weight training. Most karate schools unfortunately train in some kind of community hall. So when it comes to weight training the normal dojo does not have any facilities available. Here, however is a very good exercise that can be used to replace squat training with weights.



Single-leg squat:

Muscles involved: gluteus, hamstrings, quadriceps and core (back and stomach muscles).

Joint motion: hip extension, knee extension.

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
 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
 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

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>

Things kids say:

How do you decide who to marry? (Written by kids)

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. -- Alan, age 10

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 up to San Dan and well worth the price.

Jargon buster: Concentric muscular action

A concentric muscular action occurs when a muscle shortens as it contracts, as is the case during the lifting phase of a biceps curl

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Kata tips:

It is the spaces between the techniques that make all the difference:

Is exercise the elixir of youth?

The findings from a recent study should be very good news for older participants. Not only can exercise reverse some of the physiological effects of ageing but is never too late to begin a sensible exercise program and get the benefits of exercise.

Contributions to the "SHIN"

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

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