



KyokuSHIN Karate

Shihan Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au
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THE YEAR TO DATE:

The 2007 year to date has been very successful for the Australia Kyokushin Karate Association. With the help and support of Shihan-Cho Viccars and Shihan Bowden the National Championships was a huge success. It was a very special event as it was also a selection event for the IKO-Matsushima 2008 World Open Championships being held in Japan. It was held in one of Sydney's premier venues, the NIDA Theatre. Truly a great venue and we hope to secure this event for the 2008 Championships. A full report will be in the next issue of "Shin" meanwhile here are the results.

2007 AKKA FULL CONTACT RESULTS

Male Heavyweight Open Division:

- 1st Place Artur Burzynski
- 2nd Place Robert Vack

Female Heavyweight Open Division:

- 1st Place Chantelle Gibson

Male Middleweight Open Division:

- 1st Place Luke Trotz
- 2nd Place Jason Walker
- 3rd Place Ronnie Chand & Michael Baldwin

Female Middleweight Open Division:

- 1st Place Jessica Delaney
- 2nd Place Shannon Johnstone-Ward

Male Lightweight Open Division:

- 1st Place Masuyaki Sakamoto
- 2nd Place Daniel Larkins

Female Lightweight Open

- 1st Place Monica Baltovska
- 2nd Place Lucja Pustelnik

Male Heavyweight 4th & 3rd Kyu Division:

- 1st Place Artur Grigolia
- 2nd Place Chris Gale

Female Heavyweight 4th & 3rd Kyu Division:

- 1st Place Laura Symonds
- 2nd Place Narelle Letby

Male Middleweight 4th & 3rd Kyu Division:

- 1st Place Jacob Barnes

Female Lightweight 4th & 3rd Kyu Division:

- 1st Place Melissa Huggins
- 2nd Place Monique Crane

Male Heavyweight 5th Kyu & Under Division:

- 1st Place Johan Nelssen
- 2nd Place Shan Giles
- 3rd Place Adam Galetta & Goran Latinovitch

Female Heavyweight 5th Kyu & Under Division:

- 1st Place Megan Pashley

Male Middleweight 5th Kyu & Under Division:

- 1st Place Brendan Tuck
- 2nd Place Carfian Gunawan
- 3rd Place Jeff Ainsworth & Peter Dunstan

Male Lightweight 5th & Under Division:

- 1st Place Eddie Kassab
- 2nd Place Nguyen Khoun

Female Lightweight 5th & Under Division:

- 1st Place Kerri-Anne Harris

Male Heavyweight Colts division:

- 1st Place Daniel Michalik
- 2nd Place Jamie Drew

Male Lightweight Colts Division:

- 1st Place Kalyn Davies
- 2nd Place Nathan Agnew

Female Lightweight 16 & 17 Years Division:

- 1st Place Emily King

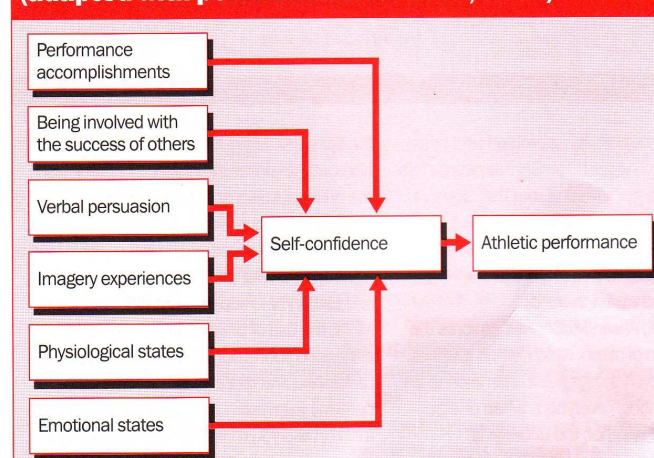
SELF-CONFIDENCE IN SPORT – Make your ego work for you
I do not think I am bragging when I say I'm something special
- Muhammed Ali

SELF-CONFIDENCE: When athletes feel confident, they are more readily able to turn sporting potential into superior performance. Conversely, when they feel unsure of themselves, the slightest setback or smallest hurdle can have an inordinate effect on their performance. Costas Karageorghis explores the nature of self-confidence and presents a theory underlying the causes of self-confidence in sport. He also reviews recent research and provides some powerful techniques that you can apply to enhance your own confidence or that of athletes in your charge.

What is self-confidence?

For many athletes, an explanation of the concept of self-confidence is hardly necessary as they know intuitively what it is. Indeed, self-confidence is so palpable in some athletes you can almost reach out and touch it. Their confidence is reflected in everything they say and do, in what they wear and how they look. Self-confidence is commonly defined as the sureness of feeling that you are equal to the task at hand. This sureness is characterized by absolute belief in ability. You may well know someone whose self-belief has this unshakeable quality, whose ego resists even the biggest setbacks? In such people, confidence is as resilient as a squash ball: the harder the blow, the quicker they bounce back. Nonetheless, although confidence is a desirable characteristic, arrogance - or a sureness of feeling not well founded in one's ability - is undesirable. If self-confidence is perhaps the 'guardian angel of sports performers' then arrogance is their nemesis. Confidence is related to personality and those who exude self-confidence across a range of contexts, say at work, socially and in their sport, are said to be high in *trait confidence*. However, confidence can also be very specific - to a particular situation or with reference to a set of circumstances - in which case it is known as *state confidence* or *self-efficacy*. For example, a professional football player may give off vibes suggesting they are high in trait confidence; however, when they are faced with the prospect of saving their team in a penalty shoot-out at a major championship, their state confidence can plummet and this has the potential to wreak havoc on their performance. This is precisely what happened to David Beckham when England faced Portugal in the quarter finals of the European Football Championships in June 2004. In the throws of a nail-biting penalty shoot-out, he lost focus and hoofed the ball over the crossbar.

Figure 1: Model of self-confidence
(adapted with permission from Feltz, 1984)



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

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:

Evil triumphs when good men do nothing.

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:

Wife: Darling today is our anniversary, what should we do?
Husband: Let us stand in silence for 2 minutes.

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AKKA 2007 Calendar: (Shihan Taylor Branch)

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:

Question: Is it better to be single or married?

Answer: It's better for girls to be single but not for boys. Boys need someone to clean up after them.

-- Anita, age 9 (bless you child)

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:

Eccentric muscular movements

When a muscle generates force while lengthening - e.g. during the lowering phase of a biceps curl.

Wellness and Weight Management Coach

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Bondi New members: I would like to welcome the following new members to the dojo: Harry Barton – Laura Matthews – Julian Michelsen – Daisube Miyakawa – Jake Bragutsa – Peter Lewis – Jeremy Luey – Brad Taylor – Andrew Hay – Jacob Smith – Ken Lin – Nicholas Robinson – Oliver Smith

RHINO MOUTHGUARDS

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& Non Contact fighters

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Tips: How to get into your sport and achieve results:

These are tips to help you implement some of the ideas in "smart in sport". Think of others to add to the list.

1. **START BY MAKING A COMMITMENT.** Begin change by making a commitment to yourself and writing it in your training diary.
2. **GET A FRIEND INVOLVED.** Going it alone is always harder, so share your sporting involvement with a friend or your family.
3. **DISCOVER WHERE YOU ARE NOW.** Assess where you are now in relation to your goal. Keep reviewing your progress using self assessment techniques or by seeking professional help.
4. **START GRADUALLY.** It will take time to achieve your potential. Be patient. Set challenging and motivating goals.
5. **GET GOOD ADVICE.** Seek help only from those who can offer sensible and reliable advice.
6. **HAVE A PLAN.** Plan for success by making plans to achieve your goals. Review and modify your plans frequently.
7. **GROW YOUR PASSION.** Sport must be fun; find ways to increase the fun. Read about your sport, talk about it, dream about success.
8. **MONITOR AND REWARD YOUR PROGRESS.** As you improve, reward yourself.
9. **MAKE SPORT PART OF YOUR LIFE.** Make your training and competition part of your everyday life.
10. **TELL EVERYONE HOW GREAT YOU FEEL.** Encourage others to get into sport.
11. **ACCENTUATE THE POSITIVE.** Who you spend time with determines how you feel. Seek out positive people and be positive yourself.

Contributions to the "SHIN" All contributions welcome and should be emailed to: shihantaylor@ozemail.com.au

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