



KyokuSHIN Karate



Shihan Taylor's Branch – Australian Newsletter – shihantaylor@ozemail.com.au
Issue February 2008 IKO-Matsushima Organisation From Hanshi's desk

Kancho Matsushima's 2008 Australian Coaching Tour:

Kancho Matsushima will arrive in Brisbane at the start of an almost Australia wide coaching tour. His first seminar will be held on the Gold Coast on Saturday, 8th March. He will then head to Sydney for the second leg of his tour with a seminar being held on Sunday afternoon 9th March at 2pm at the PCYC in Bunnerong Road Daceyville. The black belts will have the privilege of dining with Kancho on Sunday night at Danny's Seafood Restaurant 1605 Anzac Parade La Perouse before he heads off on Tuesday for Victorian leg of his trip with a seminar in Geelong on Wednesday evening commencing at 7pm at Clonard College, 225 Church St. Geelong West. His final seminar will be held in Hobart on Friday. Those who wish to participate on the Gold Coast should contact Shihan Bowden at shihan@westnet.com.au or call 0417 780 905, Hanshi Taylor for the Sydney part at shihantaylor@ozemail.com.au or call 0418 284 100 and Shihan-Cho Viccars for the Victoria and Tasmania section at gviccars@pipeline.com.au or call 0418 347 088.

Congratulations Shihan Adams:

Shihan Robbie Adams is one of the stalwarts of Australian Kyokushin and it has been my privilege to have known and worked with him over many years. He is a tireless worker for the AKKA and Shihan-Cho Viccars Branch and whenever you need something done you know you can always rely on Shihan Adams. I recently had the honour of being part of the grading panel which graded him to 5th Dan. Shihan Adams began training in 1979 under Shihan-Cho Viccars in Geelong, which makes him one of the longest continuously serving members of the Australian Kyokushin Karate Association. Shihan Adams teaches and runs three Dojos in the Geelong area in conjunction with Sensei Tony Sacchetta and Sempai Leigh Harry. He is married with three daughters. His wife Jo is a Shodan and he feels fortunate to have his whole family involved in Kyokushin and very much enjoys that his family and training lives are not separate. Shihan Adams over the years has competed in both State and National as well as International Kyokushin tournaments, having represented Australia in the inaugural Asian Pacific Championships in Hawaii in 1985. Shihan Adams is very passionate about Kyokushin. As well as being an International judge he is also the Secretary of the Victorian Branch of the AKKA under Shihan-Cho Gary Viccars. I would like to congratulate Shihan Adams on his Godan and what is without question a great career in Kyokushin..... Well done and many thanks to Shihan Adams.

South Australia Grading:

Again congratulations are in order and this time they go to the members of the Povey family in Mt. Gambier South Australia on gaining two Sandans and two Nidans (see grading list below) at the recent grading in Mt Gambier. The Povey family have also been stalwarts of Kyokushin Karate in South Australia for many years. Special mention should be made of Keryn Povey (the mother) who has trained for 19 years and during that time has been the backbone of the administration in South Australia. Keryn graded for Nidan in 2001 and since that time has put in 3450 hours of training. Not only has Keryn run every Kyokushin tournament and training camp held in

South Australia but has attended and trained in every Kyokushin camp she organized in South Australia as well as participating at the World Cup Camp held in Sydney under the instruction of Kancho Matsushima. Keryn completed the South Australian Government's Children's After School Coaching Accreditation course and for the past two years has taken female self-defence classes in the Mt. Gambier dojo. Not content with all of that, she taught classes for under privileged children through local community groups and regularly assisted with classes in outlying towns such as Yongala – Adelaide – Kangaroo Island – Millicent and Naracoorte. Keryn has been a great asset to Kyokushin over the last 19 years. At 55 years of age, she participated in every aspect of the grading, did not ask for special considerations and in some cases did better fitness-wise than a number of the much younger members in the grading. I congratulate Keryn on her hard but well earned grade.

Greg Povey	Sandan
Keryn Povey	Sandan
Robert Povey	Nidan
Christopher Povey	Nidan
Ian McGregor	Shodan
Elliott Ashley	Shodan
Damien Spolding	Shodan
Andrew Oxenham	Shodan
Scott Durand	3 rd Kyu
Geoffrey Illman	4 th Kyu
Christopher Maes	4 th Kyu
Bradley Wagner	4 th Kyu
Peter Anderson	4 th Kyu
Nikki Crispin	4 th Kyu
David Allison	4 th Kyu
Adam Tolloi	4 th Kyu
Joshua Puliiki	4 th 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: "Have no fear of perfection, you'll never reach it." Salvador Dali

Sportsnet Holidays

**For sports travel to major sporting events
such as the 2008 Kyokushin Karate Championships
Contact Daniel de Poi
at products@sportsnet.com.au
or see the web site at www.sportsnet.com.au
for the best deals tell them you're a member of the AKKA
or a supporter of the AKKA**

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

This month's bad joke:

Why do couples hold hands during their wedding?
It's a formality just like two boxers shaking hands before the fight begins!

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AKKA Website:

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

New Members:

I would like to welcome the following member new members to the Bondi dojo: Luke Keats– Aleksander Keats - Clair Carpenter – Andrew Priestly.

AKKA 2008 Calendar:

3rd March - Bondi Junction under green belt gradings
4th March – Bondi Junction adults beginners grading
4th March - Bondi Beach kids grading
8th March Kancho's Gold Coast Seminar
9th March Kancho's Sydney Seminar
12th March Kancho' Seminar Geelong
14th March Kancho's Training Seminar Hobart
14th – 16th - March NSW Grading and training camp
6th April NSW Individual Non Contact Championships.
25th & 26th April New Zealand camp Hanshi Taylor attending
30th – 31st - May & 1st June National Camp Queensland
12th July - National Non Contact Championships
13th July - National Full Contact Championships
5th – 7th September - NSW grading and training camp
20th September New Zealand Nationals
2008 World Championships – Japan – **Date to be advised**

2006 WORLD CUP DVD'S

Five set pack professionally produced of every fight over the two days. A great series, not to be missed. Five DVD's \$50.00 including mailing cost.

"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 (plus postage \$10.00)

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:

What is the right age to get married?

Twenty-three is the best age because you know the person FOREVER by then. -- Camille , age 10

Jargon buster: Isokinetic

In this context, a machine that is able to record muscle power at a set speed, range of movement and angle of rotation

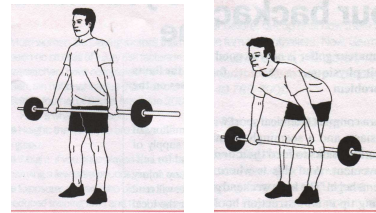
Kata tips:

Give yourself completely to each individual technique



Grading Syllabus:

Students working toward gradings should think about buying a grading syllabus. This way you will be sure of exactly 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 contains the requirements and terminology up to San Dan. The syllabus can be obtained through your AKKA dojo The syllabus can be ordered direct from Shihan Taylor (instructor's discount do apply) at 130 Hewlett Street Bronte NSW Australia 2024 or overseas students can obtain the syllabus through Ebay at dougo177 The link is:- <http://stores.ebay.com.au/strongestkarate>



Romanian dead lift:

This is the best exercise to train maintenance of good anterior tilt.

- * Stand side-on to a mirror, holding a light barbell (or broomstick) with straight arms.
- * Lower the barbell while flexing at the hips and only slightly bending the knees.
- * Lower the barbell only as far as the point where the hamstrings begin to stretch. If you go beyond this point, you will lose pelvic and lower back position.
- * Hold in this position briefly, then return under control to start position and repeat.
- * Throughout the movement, try to hold on to your anterior tilt to maintain a slight arch in your lower back.
- * Perform up to 10 reps but only if you can hold the pelvic tilt throughout.

This exercise challenges your ability to hold anterior tilt against the efforts of your hamstrings to pull the pelvis into posterior tilt at the bottom of the movement, and against the weight of your body flexing the spine.

Contributions to the "SHIN"

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

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