



KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au
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KANCHO MATSUSHIMA'S "DOWN UNDER" TOUR:

President of the International Kyokushin Organisation, Kancho Yoshiku Matsushima's recent tour of Australia covered Queensland, New South Wales, Victoria and Tasmania. Kyokushin practitioners flocked to train with the highest ranked Kyokushin exponent in the World. Sessions were packed, with a capacity number of 120 in Sydney and a record 201 people training in Geelong. Further records were set, with Tasmania hosting the only 9th Dan Martial Artist in history to visit the island. For a man who has been training in this disciplined art for 42 years, his adherence to the traditional values of Kyokushin's founder, Sosai Oyama, is evident in the structure of his seminars. Training drills highlighting correct stance, hand and leg techniques had students sweating within the first 10 minutes. Kancho's combinations showcased the many advanced strikes of Kyokushin, incorporating edogeiko movements using a number of angles against an opponent. Kancho's movement among the students and his attention to detail, as well as his humour, gave students a glimpse of the profound impact that Sosai Oyama has instilled within him. Kancho's technical excellence and immense power confutes the fact that he undertook a serious neck operation several years ago. "I had felt pain in my back and sometimes I couldn't walk normally." Deterioration in the neck vertebrae had caused numbness in the hands and required immediate surgery. "From two months after the operation, I started to teach Karate. The training of Karate Kihon was good for rehabilitation." If Kyokushin can be credited with the power to assist healing, one must also acknowledge the power of an individual to mentally overcome adversity. Kancho's swift return to training portrays the measure of the man's physical control and mental tenacity; is it no wonder that Sosai Oyama chose Kancho to appear in his now priceless 1970 Karate manual, "Advanced Karate." For a man with such a revered history in Kyokushin, Kancho's admiration for his Australian Branch Chiefs and the standard of their students is evident. "All Australian Branch Chiefs are Senior Masters from Sosai Oyama. Their teachings are the same as Japan." In fact, it is Kancho's lack of ego and support of his Branch Chiefs that inspires such confidence in him. Being the only Kyokushin 9th Dan in the World, Kancho Matsushima deemed it necessary to honour Hanshi John Taylor with the same rank last year, acknowledging his contribution to Kyokushin. With the assistance of Hanshi John Taylor, Kancho Matsushima has been responsible for the growth of Kyokushin in the last ten years, amassing 60 countries and 120 Branch Chiefs. Kancho's role involves travelling internationally up to 6 times a year to oversee his Branches. "When I visit foreign Branches I teach everything; Kihon, I do, Kata and Kumite." Whilst Kancho lists Australia and New Zealand as his favourite destinations "because the weather is warm", his overall purpose is to promote and teach the Karate that Sosai founded. Looking back on 42 years, Kancho reflects that when he first started Kyokushin, "Simply, I wanted to be strong." His destiny as one of Sosai Oyama's students and eventual successors has given him the drive to maintain Kyokushin's profile as the strongest Karate system in the World. Overcoming adversity tests the most resilient of us, yet Kancho's motto, "Go your own way, under your own

will", exemplifies the true character of a man determined to stand against the tide. Just as yin has a yang, Kancho Matsushima balances his steely resolve with a kindness of nature that has touched all of those who trained with him on his Australian tour. Nothing signifies this more than the man's own words, "To be strict against ourselves and to be gentle against others is the Budo Spirit." Monica Baltonska

RHINO MOUTHGUARDS – **"WORN BY CHAMPIONS"**

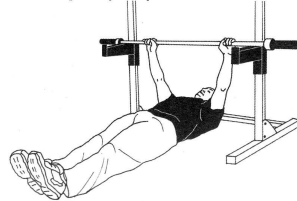
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INVERSE PULLS:

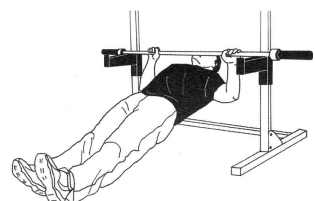
This is a great exercise which is only second to press-ups. It is a horizontal pulling movement that is a total body exercise which really works the core muscles.

1. Lie on your back under a bar that is just beyond arms length.
2. Grip the bar with an overhand grip and pull the upper body to the bar so that the chest touches the bar.
3. Keep the body completely straight throughout the movement. If it is too difficult at first, start with the knees bent.

Inverse pulls (start)



Inverse pulls (movement)



Cold bath helps with sore muscles after exercise.

Delayed Onset Muscle Soreness (DOMS) is the muscle pain and loss of strength that is experienced after intense exercise or activity. For most of us, a few days hobbling around with DOMS is a minor inconvenience and a reminder of our previous excursion. However, in top class athletes it is a serious impediment to their training regimen. The Australian Institute of Sport (AIS) in Canberra has had a long interest in identifying the most effective recovery strategy for elite athletes. Previously it has been shown that therapies such as the application of ice, intermittent compression and light exercise have not shown any efficacy whilst continuous compression, though beneficial, presents with some practical difficulties with DOMS over all areas of the body. The latest therapy to be analysed is in different forms of hydrotherapies. Volunteers completed intense leg press exercises to cause muscle pain in the days following. They tested the impact of a cold bath (15°C), a warm bath (38°C), or a strategy of switching between hot and cold baths after the exercise. The athletes were divided into four groups: no treatment; a cold bath alone; a warm bath alone, or; switching in between the two. All baths lasted for 14 minutes. All the athletes were sore and reduced muscle strength after one day and peaked after two days. However, taking a cold bath or hopping between a hot and cold bath, improved muscle recovery and

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

reduced soreness more effectively than either a hot bath or skipping the bath altogether. The implication is that a 15 minute cold bath or a cold/hot bath after a hard workout will help shorten the time of muscle soreness (though it will not take the pain away) and improve the recovery in muscle strength and performance. In the winter, I would recommend the latter but how many households have two bathtubs? Stanley Wong *Ref 1*: Kraemer WJ, Bush JA, Wickham RB, Denegar CR, Gomez AL, Gotshalk LA, Duncan ND, Volek JS, Putukian M & Sebastianelli WJ. (2001) Influence of compression therapy on symptoms following soft tissue injury from maximal eccentric exercise. *J Othop Sports Phys Ther* 2001 Jun; 31(6):282-90. *Ref 2*: Vaile J, Halson S, Gill N & Dawson B (2008) Effect of hydrotherapy on the signs and symptoms of delayed onset muscle soreness. *Eur Appl Physiol*, 2008 Mar; 102(4):447-55.

THIS MONTHS QUOTE:

"Kihon (basics) is the mother of fighting" Masutatsu Oyama

THINGS KIDS SAY:

What do you think your mom and dad have in common?

Both don't want any more kids. -- Lori, age 8

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 or supporter of the AKKA

THIS MONTHS BAD JOKE:

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed. The other guy whips out his phone and calls the emergency services. He gasps, "My friend is dead! What can I do?". The operator says "Calm down. I can help. First, let's make sure he's dead." There is a silence, then a shot is heard. Back on the phone, the guy says "OK, now what?"

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Congratulations to Raphael:

Well done Raphael who was the only member in the Bondi/Bondi Junction dojo's to take up the offer of introducing a member and free training for the same period. Raphael introduced Max to the dojo, who joined for 3 months, giving Raphael the same amount of training time free.

AKKA WEBSITE:

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

TO PREVENT KNEE INJURY:

1. Ensure that your knee hinges in a straight line, with lateral movement kept to a minimum.
2. Do not lock your knees - i.e. completely straighten it - at the top of the movement.

NEW BONDI MEMBERS:

I would like to welcome the following member new members to the Bondi dojo: Nick Stone – Max & Joel Hanley – Billy & Michael – Kendra Hancock – Nick Williams – Christian Alafaci – Korro Bangouro

AKKA 2008 Calendar:

4th May NSW Open Full Contact Championships
25th & 26th April New Zealand Camp Hanshi Taylor attending
30th – 31st - May & 1st June National Camp Queensland
26th July – Australian Open Non Contact Championships
27th July – Australian Open Full Contact Championships
17th August NSW Non Contact Team & Kata Championships
5th – 7th September - NSW grading and training camp
20th September New Zealand Nationals
5th October – Riverina Championship (Griffith)
29th & 30th November 2008 World Championships – Japan

2006 WORLD CUP DVD'S

A 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 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: \$35.00 (plus postage \$5.00)

International: US\$35.00 (plus postage \$10.00)

Instructor's discounts available

Ebay:

Kata book, World Kyokushin Championships DVD (5 set) and grading syllabus are all available on 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>

HEALTH SPOT:

Ask your doc. If you've been diagnosed with depression, consult your doc before beginning a program--especially if you've been inactive.

A little goes a long way. All it takes is 30 minutes of exercise three times a week to see an improvement.

Add up those minutes. Can't fit in 30 minutes at a stretch?

Go for shorter bouts, and tally up your efforts. It's the accumulation of minutes that has benefit.

Source:- Prevention Magazine

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>

JARGON BUSTER - Rotator cuff

A group of four muscles that surround the shoulder joint and function to help keep the ball in the socket of the glenohumeral joint during movement

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