



# KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au  
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**PAD WORK:** I have for a long time been annoyed seeing instructors who when holding the pad, slam the pad in to the oncoming punch. I had thought that this must be a kickboxing thing they had picked up, therefore, I was surprised when I read a recent article by kickboxing instructor Bruce Townhill outlining his dislike for the same action. From a karate point of view, pushing the pad forward is unproductive. Unlike boxers and kick-boxers, karate students use either no gloves or very small gloves and do not have the luxury of the padded glove to take the sting out of any miss-timed impact. Like Bruce, every time I have asked why they do that, they just shrug and say something like "That's the way I have always done it" Well guys "do not do it" The person executing the punches, first and foremost needs to learn timing, distance and technique. Karate depends on the simultaneous timing of the wrist rotation and body weight to achieve maximum results; both of these are lost when you slam the pad forward. To add insult to injury, the risk of causing fractures in the hand are very real and micro shoulder tears are a very common result of slamming the pad forward. If you are one of these instructors learn to hold the pad correctly and certainly make sure you also teach the other pad holders in your class how to hold the pad. Go into a fighting stance with one foot forward and the same side arm forward with the pad held about jaw height and the back pad held shoulder height. Both elbows should be tucked down and behind the line of the pad and in line with the edge of the body. This allows you to take the impact without being pushed back.

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

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### **THIS MONTHS QUOTE:**

Without fear – Courage cannot exist.

### **THINGS KIDS SAY:**

Q: What do most people do on a date?

A: Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough. -- Lynnette , age 8

### **Flunkie Frankie or Junkie Jane – Los Angeles:**

A US fitness chain, "LA Fitness" claims to have defined four gym personality types through researching its 275,000 members. If you are a gym member it is highly likely they claim that you fit into one of the following categories say says Mo Shapiro a psychologist who reviewed then research.

1. **Flunkie Frankie:** Doesn't make it often to the gym but, when she does you will find her in the sauna – despite joining she as no desire to go
2. **Steady Eddie:** found week in and week out pounding the treadmill – in and out by 10am – reliable, dependable.
3. **Dip in and out Doris:** Tries every class and machine – she as no pattern, no goals, no agenda but shows commitment.
4. **Junkie Jane:** always working out – motivated, goal oriented, gets the best out of a gym, usually early morning – obsessed, and likes the endorphin rush.

### **THIS MONTHS BAD JOKE:**

Question: did you know that Dalmatians never get lost

Answer: because they are always spotted

### **PRESS-UPS:**

Simple but extremely effective exercise. Press-ups are not just a great upper-body exercise, but a great for the core. Females should note that struggle to complete a press-up, may have very little to do with upper-body strength and more to do with lack of core strength and females who insist on doing it on their knees are just taking the easy way out – make sure you build planks and side holds into your training.

1. If you can not do a full press-up, start on the incline.
2. If they are too easy, slow the tempo.

### **SINGLE-LEG HIP EXTENSION:**

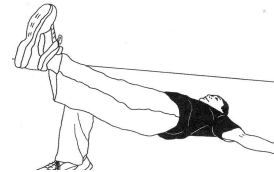
(a great exercise to activate the gluteal muscles)

1. Lying supine, bend your left leg to 90° foot flat on the floor, straighten your right leg, toes pointed up.
2. Your arms at 45° to the body, palms up.
3. Now lift your entire body 2-3 centimetres off the floor by pushing off your left foot (starting position).
4. Continue to lift your body ensuring you maintaining a straight line and your thighs parallel to the each other. The only part of your body that is in contact with the floor is your arms, upper back and left foot.
5. Lower to 2-3 centimeters of the floor, pause and repeat for the desired repetition – be sure to keep your hips in a straight line.

Single-leg hip extension (start)



Single-leg hip extension (movement)



### **"Zett Sports"**

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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 BONDI MEMBERS:**

I would like to welcome the following member new members to the Bondi dojo: Deborah Harkham – Anthony Crowley – David Foster – Max & Joel Handley – Mia & Daniel Rebello Christian Alafaci

### **AKKA 2008 Calendar:**

- 30<sup>th</sup> – 31<sup>st</sup> - May & 1<sup>st</sup> June National Camp Queensland
- 3<sup>rd</sup> June Bondi Beach Under Green Belt grading
- 4<sup>th</sup> June Bondi Junction Under Green Belt grading
- 26<sup>th</sup> July – Australian Open Non Contact Championships
- 27<sup>th</sup> July – Australian Open Full Contact Championships
- 17<sup>th</sup> August NSW Non Contact Team & Kata Championships
- 5<sup>th</sup> – 7<sup>th</sup> September - NSW grading and training camp
- 20<sup>th</sup> September New Zealand Nationals
- 5<sup>th</sup> October – Riverina Championship (Griffith)
- 29<sup>th</sup> & 30<sup>th</sup> 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

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

to be missed. Five DVD's \$50.00 including mailing cost.

#### **TOURNAMENTS:**

We strongly encourage all karate students to participate in tournaments. There is no doubt that tournaments improve student's karate ability. Why? Here are a few of the benefits:

1. Tournaments teach the students how to react to pressure, a great attribute in today's society.
2. Tournaments give the students the confidence to handle difficult situations
3. Tournaments take the student out of their comfort zone, a whole new experience and valuable experience for many people.
4. Tournaments teach the karate students how to handle confrontational situations, another must in today's society

Have you ever thought about going into a karate tournament? Have you ever wondered if a technique would work on someone who wasn't expecting it? Are you tired of sparring the same people time after time until you know when they are going to do before they do? Do you enjoy meeting new people and watching how others fight? Do you enjoy watching some of the best fighters in the country fight and perform and then get your own chance to compete against them? Would you like the chance to exercise your own powers of creativity and show yourself what you can do? Then tournaments are for you. Be careful though, it's a little known fact that they are addictive.

#### **NSW Full Contact results: (full story next issue)**

##### **Male Open Heavyweight Division:**

- 1<sup>st</sup> Place: Alex Maraveties  
2<sup>nd</sup> Place: Dan Carrol

##### **Male Open Middleweight Division:**

- 1<sup>st</sup> Place: Patrick Pinto  
2<sup>nd</sup> Place: Jacob Barnes

##### **Female Open Middleweight Division:**

- 1<sup>st</sup> Place: Shannyn Johnston-Ward  
2<sup>nd</sup> Place: Narelle Letby

##### **Male Lightweight Open Division:**

- 1<sup>st</sup> Place: Geoffrey Jones  
2<sup>nd</sup> Place: Michael Centofani

##### **Female Lightweight Open Division:**

- 1<sup>st</sup> Place: Lucia Pustelnik

##### **Male Middleweight 3 & 4<sup>th</sup> Kyu Division:**

- 1<sup>st</sup> Place: David Thane  
2<sup>nd</sup> Place: Andrew Dagg

##### **Female 4<sup>th</sup> & 5<sup>th</sup> Kyu Division:**

- 1<sup>st</sup> Place: Michelle Brain  
2<sup>nd</sup> Place: Clare Palmer

##### **Male 5<sup>th</sup> Kyu & Under Heavyweight Division:**

- 1<sup>st</sup> Place: Sean Sullivan  
2<sup>nd</sup> Place: Victor Timev

##### **Male 5<sup>th</sup> Kyu & Under Middleweight Division:**

- 1<sup>st</sup> Place: Justin Stevens  
2<sup>nd</sup> Place: Leon Theofanou

##### **Male 5<sup>th</sup> Kyu & Under Lightweight Division:**

- 1<sup>st</sup> Place: Daniel Baulch  
2<sup>nd</sup> Place: Kung Ngyun

##### **Female 5<sup>th</sup> Kyu & Under Heavyweight Division:**

- 1<sup>st</sup> Place: Shannon Greenwood  
2<sup>nd</sup> Place: Emily King

##### **Female Mixed Age Division:**

- 1<sup>st</sup> Place: Kerri-Ann Harris  
2<sup>nd</sup> Place: Karina Narayan

**Best technique:** Leon Theofanou

**Most Spirited Fighter:** Narelle Letby

#### **“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 Hanshi 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>

#### **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) overseas students can obtain the syllabus through Ebay at dougo177. The link is:-

<http://stores.ebay.com.au/strongestkarate>

#### **THIS MONTHS PROFILE:**

There can be nothing more satisfying than to see one of the kids in your karate class grow up into a fine young adult. I have one in Sophie, who any instructor would be proud of.

#### **PROFILE ON SOPHIE BENTWOOD:**

I started training in the Bondi Junction Children's Class at the age of six. My uncoordinated and shaky start was characterised by the constant confusion of Hanshi telling most other students, except me, that he was 'pleased with you.' Only later when I was graded to red belt and stood closer to the front did I realize that he was saying 'your fees are due.' Six years later I was graded to 1<sup>st</sup> Dan and continued training for a further three years. After taking a break to concentrate on my studies and to complete my first year of Commerce/Law at Sydney University, I have now resumed training. Sophie's tournament results are as follows:

1998: 2<sup>nd</sup> Place 9 years & Under Division

1998: 3<sup>rd</sup> Place Australian 10-12 Years Division

1998: 2<sup>nd</sup> Place Kata 12 Years & Under Division

1999: 1<sup>st</sup> Place New South Wales 10-12 Years Division

1999: 2<sup>nd</sup> Place New South Wales 10-12 Years Division

2000: 1<sup>st</sup> Place Australia Championships 10-12 years Div:

2001: 2<sup>nd</sup> Place New South Wales 13-15 Years Division

#### **A very young Sophie**



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