



KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au
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KIHON (basics)

Karate basics consist of three basic elements, namely, kicks, punches and blocks. It seems sad that in this day and age, so many young and, dare I say, “not so up and coming” instructors have cut back or have even almost eliminated “Kihon”. There is a tendency among them to teach what they think the students wants, not “**what they need**”. This is a lazy and easy way of teaching. There is no “brain racking” here, a few warm-up techniques and into the bag work. I am still waiting to see a dojo where instructors teach this way and produce a world rated fighter. Of course if it is about money coming through the door then perhaps this is the way to go. Kihon is the building block of karate and even the most senior students, no matter how advanced, should practise the techniques diligently every time they train. Sosai Masutatsu Oyama always said “**kihon was the mother of fighting**” Often these “instructors” tell their students “if you train **INTENSELY** you only need to train for 45 minutes”. 45 minutes is alright for children, who have a much shorter concentration and is not detrimental to their progress. Adults however are a different “ball game” and whilst a minimum cardio work-out time of 45 minutes is suggested, this does not take into account the “skill time” that has to be put in to excel in the martial arts or to become an elitist in any sport. I have never heard an Olympic gold medallist that said he/she only did 45 minutes of training because he/she trained “**VERY INTENSELY**”. He/she would be putting in “**hours of intense training**”. If he/she did not, I am sure he/she would not even make the Olympic team, never mind becoming a gold medallist. It is a load of rubbish, put out by those who only see students as money coming through the door and who really do not have any regard for obtaining high quality students. I can only speak for Kyokushin Karate, but in 45 minutes we have only just finished the kihon, so I have no idea how they get through everything a student needs in 45 minutes? An ironic twist in this saga is that those who advocate the 45 minute workout refer to dojos like mine as the “sweat shop down the road”. The funny thing is that I always thought that a good workout and sweat was good for you. Then again, I care about my students!

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THIS MONTHS QUOTE:

Knowing the difference between “Had enough” and “Done enough” - John Taylor

THINGS KIDS SAY:

What would you do on a first date which was turning sour?

I'd run home and play dead. The next day I would call all the newspapers and make sure they wrote about me in all the dead columns. -- Craig, age 9

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 new members to the Bondi dojo: Benjamin Jones – Julian Kesov – Noah Feilich – Olivia Mathor – Troy Stevenson – Liam O'Brien – Natalie Alfaci – Lulu Kennedy-Turrell.

PSYCHOPATH TEST (PART ONE)

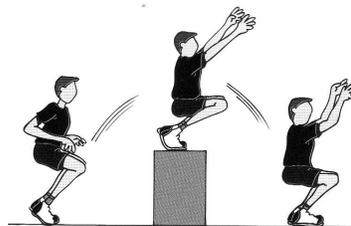
Read this question, come up with an answer and then go the end to see the bottom for the result. This is not a trick question. It is as it reads. A woman, while at the funeral of her own mother, met a guy whom she did not know. She thought this guy was amazing. She believed him to be her dream guy so much, that she fell in love with him right there, but never asked for his number and could not find him. A few days later she killed her sister. **Question:** What is her motive for killing her sister? Give this some thought before you answer.

See answer at “Part two” at the end of the Shin.

PLYOMETRICS:

Plyometrics train the nervous system associated with “stretch-shorten cycle” (SCC) movements. They require you to perform a series of SCC movements. For example, when an athlete is walking there is minimal stretch load on the thigh muscle as they work during the foot contact. However, when the athlete runs there is greater force in successive foot strikes because each running stride propels the body into the air. Thus, when the foot lands the thigh muscles are forced to work harder to help the knee joint absorb the landing force and initiate the next leg extension movement required for the subsequent toe-off or take-off. Plyometrics involves the systematic manipulation of the stretch load to provide a resistance training stimulus for the development of reactive strength. Bounding and jumping are a common plyometric exercises. As these exercised are intended to contribute to nervous system development, each is designed to mimic the sporting requirement as closely as possible and they are performed as explosively as possible. Plyometric exercises are explosive, involving high stresses on joint and connecting tissue. For this reason care should be taken that a student (person) is fit enough to move into such a high explosive exercise and should not be given to beginners. Plyometric training is an ideal martial arts fitness regime, as it mimics the explosive action required for many techniques, especially kicks. Over the next months there will be plyometric exercise, in the “Shin” but I will not include this text.

BOX JUMP



THIS MONTHS BAD JOKE: - LOGIC?

Two blondes living in Oklahoma were sitting on a bench talking, and one blonde says to the other, "Which do you think is farther away... Florida or the moon?" The other blonde turns and says "Hellooooooooooooo, can you see Florida ?????"

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

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AKKA 2008 Calendar:

15th June – ACT Open Full & Non Contact championships
 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

KYOSHORY SEMINAR:

2008 International Masters Arena International Seminar Event & the Canadian Martial Arts Championships August 16th & 17th 2008, Toronto, Canada

Links: www.koshoryu.com/mastersarena.html

THIS MONTHS PROFILE:

STEVE HARDY STORY

Sensei Steve Hardy began his Kyokushin karate career at the Burleigh Heads dojo under the instruction of Sensei Frank Everett in 1973. The strict and tough training methods of Sensei Everett were to shape the instructor that Sensei Hardy was to become in a career that has spanned 35 years. He moved to Wollongong and, as there were no Kyokushin dojos in the area, he started teaching at the Downtown Gym under the guidance of Sensei Frank Everett. Sensei Everett retired soon after, with Steve making Hanshi Taylor’s acquaintance and running the dojo with support from Hanshi. The Downtown Gym produced many black belts including Sam and George Gerovasilis, Allan Matthews, Raf Invernion, Raf Comino, Graeme Hiscox and, Graeme Hunt, some becoming Australian representatives. After many years Steve left the dojo in the care of Allan Matthews and moved to Ballarat. Sensei Hardy trained there with Sensei Peter Volke, until Volke’s dojo was closed and taken over by Ashihara karate. Keen to see Kyokushin strong in Ballarat, Sensei Hardy started a dojo with Richard Sapwell and amassed over 100 students. He invited Sensei Peter Volke to return back to Ballarat to train who subsequently took over the dojo with Steve assisting in running classes. A highlight for Sensei Hardy in this era was entering the West Victorian games with 59 competing sports and winning gold medals for best pre-and post – publicity and best event on the day. Soon after, Sensei Hardy was voted Vice Chairman of Victoria with Shihan-Cho Viccars as Chairman. He was also elected as Promotions Officer on the National Executive Committee for the AKKA. After moving back to Wollongong he founded the Illawarra dojo and with his creative training methods, produced some of the strongest fighters of that era particularly Jason Baltov who at 16 years of age was fighting full contact in the Nationals beating the Japanese fighters in the Nishda group. Many of his black belts continue training to this day competing and running successful dojos. The Illawarra dojo was handed to Sempai Paul Cooper who completed the task of taking Jason Baltov and Charles Roster to their black belts. Illawarra dojo continues to be a successful and progressive dojo to this day. Steve Hardy returned to Ballarat in the late 90’s finding his old dojo operating under what was then known as IKO2 or the Nishda group. Not wishing to follow that path, Steve began a

new dojo two days a week in the Ballarat Squash and Raquetball Center. That dojo now operates seven days a week in a new location working in conjunction with the Ballarat Council and the Eastwood Leisure complex. They’ve become a member of the board of management and involved with various community groups.

Sensei Hardy has formulated Team Victoria for Hanshi Taylor’s branch and has produced over 20 black belts since returning to Ballarat.

Many of his black belts have moved on to become dojo operators – Monica Baltovska, Paul Wilson, Wendy Walsh, Neil Birch, Simon Ross, William Phillips and Chloe Woolcock. Ballarat has produced numerous State and National Champions, the most recent including:

- Monica Baltovska – National full contact champion and Australian Representative
- Jason Walker – State champion, one match champion and Australian Representative
- William Phillips – State full contact champion.
- Paul Wilson – National full contact champion
- Shannyn Johnstone-Ward – One match and National champion
- Ashley Lang – National non Contact champion
- Dylan Ross - National non Contact champion
- Kaitlyn Ashmore - National non Contact champion
- Rohan Smith - National full contact champion
- Emily King – State non contact champion
- Kerrie-Anne Harris - National full contact champion
- Rory Coad - National Non Contact champion
- Ryan Norman – State non contact champion
- Jakob Lawry – State non contact champion
- Tzara Brooker – State non contact champion
- Jessica Brooker – State Kata champion
- Jessica Lang – National non contact Champion

Sensei Hardy considers the highlights of his career to be:

- His 40+ black belts some of whom have become tough competitors and good instructors
- Supporting Hanshi Taylor in the preparation of the World Cup in 2006.
- Being able to participate and train in karate with his family – Monica, Paul, Megan, Michael, grandchildren Ayden, Alysha, son in law Jason Janssen, and brother in law Jason Baltov.

At 58 years of age he continues to train and instruct with the same intensity and drive that always made his dojos strong.

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 within Australia outside Australia, add \$10.00.

ANSWER (part two)

She was hoping the guy would appear at the funeral again. If you answered this correctly, you think like a psychopath. This was a test by a famous American Psychologist to test if one has the same mentality as a killer. Many arrested serial killers took part in the test and answered the question correctly. If you didn't answer the question correctly, then good for you. However, if you got the answer correct, please let me know so that I can take you off my email list.

Contributions to the “SHIN”

All contributions the Shin are welcome regardless of style or martial art practiced, however, no “politics” and should be emailed to: shihantaylor@ozemail.com.au

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