



KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au
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The 2008 Wollongong Challenge drew full-contact fighters from Sydney, Wollongong, Canberra, Riverina, Ballarat and Sydneyham. After a demonstration of rules from Sensei Paul and Sempai Nicholas from Illawarra Dojo, the action was underway, with a mixture of seasoned fighters and newcomers alike.

The Male 5th kyu and under divisions were not short of dogged determination to secure a win, with a great display of energy and drive. In the male Middleweight 3rd and 4th kyu division, David Thane and Andrew Dagg fought it out, with Thane delivering some big low kicks to secure the win. Represented in the finals of the 5th kyu and under Lightweight division, Daniel Baulch did not take a backwards step in his showdown with Kung Ngyun, taking 1st place. The Middleweight division saw Illawarra's Leon Theofanou take on Ballarat's Justin Stevens, a match that revealed both fighters desire to take the title. Stevens used his mae-geris to lead into his punching combinations to overpower his opponent, maintaining his momentum to win by ippon with a mae-geri. Leon's efforts were to gain him the Best Technique Award. The Heavyweight 5th kyu and under was a demonstration of solid combinations by both finalists, Sean Sullivan and Victor Timev. With both fighters offering heavy exchanges, Sullivan used his heavy punches to convince the judges that he was worthy of the title.

The Female divisions were well represented with first time competitor Clare Palmer from Sydneyham, Victoria taking on the more experienced fighter from the Riverina, Michelle Brain, in the 4th and 5th kyu division. Clare used her mae-geris to keep Michelle at bay, but Michelle was intent on closing the distance. Michelle kept in range to keep working her punches and gedan mawashi, taking the win.

The 5th kyu and under Heavyweight division saw Shannon Greenwood take on Ballarat's Emily King. Fifteen year old Emily, the lighter opponent, worked her technique to land some good kicks, but Shannon's heavier attack gave her the victory. In the Mixed age division, Ballarat's Kerrie-Anne Harris kept up a high work rate, working the body and kicking low against Karina Narayan. A good match ensued, with both ladies evenly matched with height and weight, with Kerrie-Anne gaining the win. The closing fights of the day were the Open Divisions, with Lightweights Monica Baltovska against Lucia Pustelnik. An even exchange of techniques took place, with Lucia picking up her work rate in the last minute and securing the NSW Title. Shannyn Johnstone-Wards kept up a constant attack on Narelle Letby, both girls throwing every combination they had. Shannyn used her mae-geris and hiza geris to effect to take the win. Narelle's efforts were rewarded by being presented with the most spirited fighter award at the end of the day. Illawarra's Geoffrey Jones took out the men's Lightweight open division, adding to his good tournament record. In the Middleweights, Patrick Pinto chose his shots against a mobile Jacob Barnes, waiting for openings to deliver his effective combinations, taking the Title for 2008. The Heavyweights were a good display of power, with Alex Maraveties being awarded a wazari for a body punch to his opponent Dan Carrol. Moving his opponent around the mat, Alex worked punches and hiza geris to claim the Heavyweight crown. - **Monica Baltov**

New Dojo Port Macquarie:

It is with pleasure that I announce the joining of David Hearn to the John Taylor Branch of the AKKA. David runs a dojo in Port McQuarie which is situated on the semi-tropical mid-coast of New South Wales, I am sure David will become a valuable member of the AKKA and his membership to the organisation will no doubt be of mutual benefit. David would welcome anyone to drop in for a training session if you are in the beautiful Port McQuarie area.

New dojo

The Victorian branch is still going strong and have recently opened a new dojo in Ballan with Sempai Simon Ross taking on the instructors roll. He must be doing a great job as the dojo is only a few classes old and already they have 30 members. Congratulations Sempai Ross

BONDI JUNCTION DOJO – DAY CLASSES:

Sempai Reg O'Grady and Sempai Tom Dimovich have decided to restart the lunch time classes on a Tuesday and Thursday from 12noon – 1.30pm. Feel free to come along.

THIS MONTHS QUOTE:

If you do your best, you have done enough – Banjo Patterson

HEALTH SPOT:

I LOVE THIS INFO...

To my friends who enjoy a glass of beer... and to those who do not. As Ben Franklin said: "In wine there is wisdom, in beer there is freedom, in water there is bacteria"

In a number of carefully controlled trials, scientists have demonstrated that if we drink 1 litre of water each day, at the end of the year we would have absorbed more than 1 kilo of *Escherichia coli*, (*E. coli*) - bacteria found in faeces. In other words, we are consuming 1 kilo of poop. However, we do NOT run that risk when drinking wine & beer (or tequila, rum, whiskey or other liquor) because alcohol has to go through a purification process of boiling, filtering and/or fermenting. Remember:

Water = Poop

Beer = Healthy

Therefore, it's better to drink beer and talk stupid, than to drink water and be full of sh!!!

AKKA WEBSITE:

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

AUSTRALIAN NATIONAL CAMP - Sempai John Volkerts

This is a camp that all students should attend. It is not just about the training, it is about learning from the best teachers in Australia, possibly the world. We students should try to be open minded in as much as all teachers have something to offer. There are so many students who think "Why go? I already train with the best", be it in NSW, VIC, QLD, ACT where these States & Territories have Hanshi, Shihan & Sensei. These instructors do not turn up to camps for their benefit, they turn up for ours. If you take one thing away from the National Camp, it is not a waste. To ask questions is free, the right answer is priceless. The company and camaraderie is awesome. I know money is tight in a lot of households including mine. I try and put away \$15 dollars a week to pay for camp, airfare and spending. Most likely it will be \$20 to \$25 to allow for fuel excise, but it is worth it.

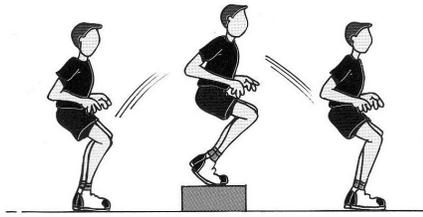
A black belt is a white belt who never gave up – Just enjoy the journey

NEW BONDI MEMBERS:

I would like to welcome the following new members to the Bondi dojo: Nathan Martin – Tanna Belear - Jonathan Gold Minh Nguyen – Dion Narayan - Sam Anderson

PLYOMETRICS:

OBSTACLE HOPS



EDGE GYM

The Bondi Junction dojo made an agreement with The Bondi Junction "Edge Health Club" (just opened). The Bondi Junction dojo has become a corporate member, that allows the Bondi Junction members to receive reduced training fees, which are: -

1. No joining fees
2. Low monthly rate: - (\$12.50 per week)
3. Prepaid membership: - (\$599.00 per year)

THIS MONTHS BAD JOKE:

THE BLONDE JOKE TO END ALL BLONDE JOKES!

A girl was visiting her blonde friend, who had acquired two new dogs, and asked her what their names were.

The blonde responded by saying that one was named Rolex and one was named Timex.

Her friend said, "Whoever heard of someone naming dogs like that?" "HELLLOOOOOOO.....," answered the blond. "They're watch dogs!"

AKKA 2008 Calendar:

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

JARGON BUSTER:

Motor Unit: A neuron carrying impulses and the group of muscles fibres innervated by it.

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 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>

LOVE HIM OR HATE HIM, he sure hits the nail on the head with this! Bill Gates recently gave a speech to students at a high school about 11 things they did not and will not learn in school. He talks about how feel-good, politically correct teachings created a generation of kids with no concept of reality and how this concept set them up for failure in the real world.

Rule 1: Life is not fair - get used to it!

Rule 2: The world won't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.

Rule 3: You will NOT make \$60,000 a year right out of high school. You won't be a vice-president with a car phone until you earn both.

Rule 4: If you think your teacher is tough, wait till you get a boss.

Rule 5: Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger flipping: they called it opportunity.

Rule 6: If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

Rule 7: Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rain forest from the parasites of your parent's generation, try delousing the closet in your own room.

Rule 8: Your school may have done away with winners and losers, but LIFE HAS NOT. In some schools, they have abolished failing grades and they'll give you as MANY TIMES as you want to get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.

Rule 9: Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. Do that on your own time.

Rule 10: Television is NOT REAL LIFE. In real life people actually have to leave the coffee shop and go to jobs.

Rule 11: Be nice to nerds. Chances are you'll end up working for one.

THINGS KIDS SAY:

Q: **When is it OK to kiss someone?**

A: When they're rich. - Pam, age 7

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

STAT ATTACK:

51% of people do not wash fresh produce to remove harmful bacteria and pesticide.

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