



KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au
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Congratulations to Sensei Steve Hardy

The Ballarat Sports Foundation recently awarded Sensei Steve Hardy a "Service to Sport" Award, at their presentation in Ballarat. The Foundation is committed to assisting sportspeople with financial assistance to pursue excellence in their sport. As well as supporting, up and coming sportspeople, the Foundation also recognizes the input of coaches, and sport leaders in creating the champions of tomorrow. Sensei Steve's contribution to Kyokushin in Ballarat was read out to Ballarat dignitaries, including the Lord Mayor, Ballarat City Council and MCA representatives, as well as notable Sports men and women who are involved in supporting Sports people in Ballarat. Sensei Steve's work with indigenous youth and disadvantaged groups was highlighted. His efforts to transport his students with a personally owned 20 seat bus, showed his commitment to making travel to State and National tournaments affordable for everyone. His ability to train students to achieve State and National titles was applauded as well as having 4 members on the Australian team for 2006 and 2008. Particular mention was made of training youngster Shannyn Johnstone-Ward to International level at the age of 16. Sensei Steve's achievement was covered in the local newspaper as well as on local radio.

THIS MONTHS QUOTE:

One man practicing sportsmanship is better than a hundred teaching it. Anon

Congratulations to Sempai Wyner on the birth of his baby Madison Jade Wyner. Mother and baby are doing very well, Madison weighed in at 2.4kg.

HEALTH SPOT: Toilet seats:

OK ladies I have finally solved the problem of males not putting down the toilet seat when they finish. Explain to him that it has now been proved they when a toilet is flushed a fine spray (aerosol) comes out of the toilet and bad news is... The spray contains tiny particles of whatever you have just deposited in the toilet, which you now breath in (YAK), and which now no doubt also settles on your toothbrush and everything else in the room. My advise to every one, including all the males, in future, put down the lid as well as the seat. If you are a public toilet – Flush and run.

For the Guys do not let her read this so when you put the toilet seat down she will think you are being very thoughtful! We need all the "Brownie" points we can get.

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: Leif King – Avian Avenell - Prescot Palmer – Louis & Yves Fontaine – JJ Park – John Ede-Clendimen – Isabella Korvi – Sarah Moses – Natalie Alafaci – Charles Meehan – Thomas McMahon – Andrew Kumar – Esther Wijar.

Returned to training:

I would also like to welcome back David Hawkins and Daniel Somorjay after a long break from training: **Welcome back: David & Daniel.**

JARGON BUSTER:

Glycogen: A from pf carbohydrate stored in muscles and used to power activities

THIS MONTHS BAD JOKE: Toilet Cleaning Instructions:

1. Put both lids of the toilet up and add 1/8 cup of pet shampoo to the water in the bowl.
2. Pick up the cat and soothe him while you carry him towards the bathroom.
3. In one smooth movement, put the cat in the toilet and close both lids. You may need to stand on the lid.
4. The cat will self agitate and make ample suds. Never mind the noises that come from the toilet, the cat is enjoying this.
5. Flush the toilet three or four times. This provides a 'power-wash' and rinse'.
6. Have someone open the front door of your home. Be sure that there are no people between the bathroom and the front door.
7. Stand behind the toilet as far as you can, and quickly lift both lids.
8. The cat will rocket out of the toilet, streak through the bathroom, and run outside where he will dry himself off.
9. Both the toilet and the cat will now be sparkling clean!

Sincerely, The Dog

AKKA 2008 Calendar:

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

2009 Calendar:

13th- 14th & 15th March:

NSW Summer Camp & Grading

Sunday 5th April:

NSW Individual Non Contact Championships

10th May:

NSW Full Contact - (provisional date)

Sunday 14th June:

NSW Non Contact Teams and Kata

Saturday 8th August: National Non Contact

Sunday 9th August: National Full Contact

11th - 12th & 13th September: NSW Spring Camp

4th October: Riverina Championships: Full & Non Contact

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)

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

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>

KIDS ARE QUICK:

TEACHER: Now, Simon, tell me frankly, do you say prayers before eating?

SIMON: No sir, I don't have to, my Mom is a good cook.

2008 AKKA Nationals Full Contact Championships results

Male Open Heavyweight Division:

1st Place: Robert Vack
2nd Place: Brad Cook
Equal 3rd Place: Ronnie Chand & Dean Treloar

Female Open Heavyweight Division:

1st Place: Penita Davies
2nd Place: Nicole McDerby

Male Open Middleweight Division:

1st Place: Jason Baltov
2nd Place: Dean Hinch
Equal 3rd Place: Luke Argento & Jacob Barnes

Female Open Middleweight Division:

1st Place: Shynyn Johnstone-Ward
2nd Place: Avril Gill

Male Open Lightweight Division:

1st Place: Jamie Gifford
2nd Place: Masuyaki Sakamoto
Equal 3rd Place: Kantaro Aota & Joe Wolvey

Female Open Lightweight Division:

1st Place: Jenny Lau
2nd Place: Riette Leperen

Male Heavyweight 4 & 3rd Kyu Division:

1st Place: Daniel Michalik
2nd Place: Christophe Maes

Male Middleweight 4 & 3rd Kyu Division:

1st Place: Jamie Drew
2nd Place: Brett Carter

Male Heavyweight 5th Kyu & Under Division:

1st Place: George Camorra
2nd Place: Robert Ferguson

Female Heavyweight 5th Kyu & Under Division:

1st Place: Katherine McMahon
2nd Place: Elsie Dahl

Male Middleweight 5th Kyu & Under Division:

1st Place: John Stassi
2nd Place: Pan Yu

Male Lightweight 5th Kyu & Under Division:

1st Place: Marcus Ferguson
2nd Place: Kengo Takahashi
Equal 3rd Places: Adam O'Rourke & Daniel Baulch

Female Lightweight 5th Kyu & Under Division:

1st Place: Kerri-Anne Harris

Male Heavyweight Colts Division:

1st Place: Kalym Davies
2nd Place: Aaron Claridge

Male Lightweight Colts Division:

1st Place: Jahmel Davies
2nd Place: Faizel Kader

Female Heavyweight 16 & 17 Years Division:

1st Place: Shannon Greenwood

Female Lightweight 16 & 17 Years Division:

1st Place: Emily King

Fighting spirit award:

Avrill Gill

Best Technique award:

Kalym Davies

2008 AKKA Nationals Open Non Contact Championships RESULTS:

Male Open Division:

1st Place: Robert Lauretti
2nd Place: Duayne Davies

Female Open Division:

1st Place: Letticia Ferres
2nd Place: Jessica Joss

Male 5th Kyu & Under:

1st Place: Shaun Gray
2nd Place: Jimi Dicker
Equal 3rd Places: David Powell & Antonie Vincent

Female 5th Kyu & Under:

1st Place: Eva Sklavos
2nd Place: Janine Pitts

Male 16 & 17 Years Division:

1st Place: Kalyn Davies

Female 16 & 17 Years Division:

1st Place: Sacha Morrissey

Male 13 – 15 Years Division:

1st Place: Jahmel Davies
2nd Place: Andrew McGrath
Equal 3rd Place: Kyusss Baker & Karl Davis

Female 13 – 15 Years Division:

1st Place: Emily Stevens
2nd Place: Tamasin Walsh
Equal 3rd Place: Alysha Jesssen & Brooke Anderson

Male 10 – 12 Years Division:

1st Place: Braydon Paterson
2nd Place: Ryan Norman
Equal 3rd Places: Dylan Letby & Jake Nasko

Female 10 – 12 Years Division:

1st Place: Zoe Collins
2nd Place: Alanah Jefrey
Equal 3rd Places: Alira Perre & Tzara Brooker

Male 8 & 9 Years Division:

1st Place: Cameron Letby
2nd Place: Kyle Standing
Equal 3rd Places: Jayden Tottan & Marcus Lymberis

Female 8 & 9 Years Division:

1st Place: Tamasin Walsh
2nd Place: Kayla Brindley
Equal 3rd Places: Despina Bostsika & Talia Cirillo

7 Years & Under Division:

1st Place: Danica Davis
2nd Place: Aaliya Davies
Equal 3rd Places: Robert Duncan & Constance Botsikas

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

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