



KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au
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2008 Smeatons Grange Children's Championships report:

Another great dojo championships was held to the Smeatons Grange Kyokushin dojo. Sempai's Robert & Alicia Smith and their army of supporters should be congratulation on a well run tournament. The tournament was great success and ran smoothly, with a 130 fighters every official was thinking how long it would take with only one fighting area. However, there was no need to worry as it all went like clockwork. The fighting from the kids was fantastic and it was obvious that even though it was a dojo verses dojo event, all the kids had taken it very seriously and hard trained for the event. Even the five year olds took it very seriously. The best part of the day was the fact that every dojo went away with some success. A special mention should be made of Nour Al Hammouri from the Lakemba dojo who fought particularly well, Nour as been in a few events and it seems that all his experience is finally paying off and he is looking very sharp, No doubt he has the 2009 State and Nationals in mind and other competitors in his division should watch out for him next year. The Bondi Junction verses Smeatons Grange Challenge Trophy was once again won by Smeatons Grange, but, I am sure the Bondi Junction dojo will be back next year bigger, stronger and even more determined to get a win.

2008 Smeatons Grange Children's Championships results:

Male 13-16 Years Division

1st Place: Karl Davies - Bondi
2nd Place: Liam McVay - Coogee
Equal 3rd Place: Ben Kennedy - Tigers
Johnathan Pacchiarota - Tigers

Fighting Spirit award: Jay Volkerts - Bondi

Female 13 & 14 Years Division

1st Place: Tiani Smith - Tigers
2nd Place: Kayla Campbell – Illawarra

Fighting Spirit award: Jordan Price – Tigers

Female 15 & 16 Years Division

1st Place: Kay-Lea Hamilton - Illawarra
Fighting Spirit award: Samantha Pacchiarotta - Tigers

Male 10 – 12 Years Division

1st Place: Kosta Botsikas - Bondi
2nd Place: Anthony Yun - Tigers
Equal 3rd Place: Jeremy Price - Tigers
Cameron Milne - Illawarra

Fighting Spirit award: Jack Letby – Tigers

Female 10 – 12 years Division

1st Place: Sharni Xuereb – Tigers
2nd Place; Zoe Collins – (Bondi)
3rd Place: Aliyya Lateef – Tigers
Kelly McDougal - Illawarra

Fighting spirit award: Ashley MacGrath-Bondi

Female 8 & 9 Years Division

1st Place: Danica Davies - Tigers
2nd Place: Brearna Palmer - Tigers
Fighting Spirit award: Jessica Sukrum - Coogee

Male 8 & 9 Years Division

1st Place: Koh Hiroyama – (Bondi.)
2nd Place: Faris Lateef – Tigers
3rd Place: Marcus Lymberis – Tigers
Ahmed Elomari - Lakemba

Fighting spirit award: Reece Xuereb - Tigers

Male & Female 6 & 7 Years Division

1st Place: Nour Al Hammouri - Lakemba
2nd Place: Alex Sukrom - Coogee
Equal 3rd Place: Jeremy Luey - Bondi
Ethan Beaven - Tigers

Fighting Spirit award: Monique Wells - Illawarra

Male & Female 5 Years & Under Division

1st Place: Tara Bampton - Tigers
2nd Place: Harrison Gelder - Tigers
Equal 3rd Place: Jack Simpson - Tigers
Nicholas Hohnberg - Tigers

Fighting Spirit award: Chad Bernard - Bondi

1st Tournament entry award: Ashley MacGrath - Bondi

Getting a black belt:

It has always amused me when I heard people boasting about having achieved the rank of black belt (1st Dan) after only a year or less of training. Without wanting to go into the motivations and probable lack of expertise of the instructors who issued these belts, let me simply ask the question: "Does someone who has trained for 1 year know as much as one who has trained 3 and a half?" Perhaps, you say, if they are under super expert instruction... Regardless of the quality of instruction, which definitely plays a part in a student's level of expertise, certain things in Karate need to become motor skills - things that we are able to do without conscious thought. For example, we need to feel when an attack is a real threat in order to react appropriately and not leave ourselves open should the attack be a feint. This is embedded in our subconscious after seeing millions of attacks come at us in every shape and form over years of training. This is just one example. By Julian Forbes CEO Karate Athlete, Inc.

Following the problems in the sub-prime lending market in America and the run on Northern Rock in the UK, uncertainty has now hit Japan. In the last 7 hours Origami Bank has folded, Sumo Bank has gone belly up and Bonsai Bank announced plans to cut back the number of branches. Yesterday, it was announced that Karaoke Bank is up for sale and will likely go for a song, while today shares in Kamikaze Bank were suspended after they nose-dived. Samurai Bank is soldiering on following sharp cutbacks, Ninja Bank is reported to have taken a hit, but they remain in the black. Furthermore, 500 staff at Karate Bank got the chop and analysts report that there is something fishy going on at Sushi Bank where it is feared that staff may get a raw deal.

Courtesy of the Gatorade Sports Science Institute

Exercise and dietary intake of calcium are two lifestyle factors within our control that can greatly improve bone health. The optimal characteristics of a physical activity program that typically will increase bone mass and thereby minimize fracture risk are summarized in the table below. Examples of

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

physical activities that best “fit the bill” are weight-training (by machines or free weights), tennis, handball, racquetball, squash, gymnastics, volleyball, stair climbing, heavy gardening and lawn work, and step aerobics. The very best regimen would include at least three different activities spaced out over each week. Walking alone is likely to be effective only for previously sedentary individuals.

Characteristics of Bone-Building Exercise

Faster movements, as opposed to slow, static movements
Exceeds 70% of maximal capacity (70% of 1 RM, or 70% VO2 max)
Involves some impact, such as stair climbing, jogging, heel drops
Involves a wide variety of muscle groups and movement direction

Achieving Adequate Calcium Intake

Over the last decade calcium requirements have been carefully redefined and reflect higher calcium intakes than the previous

Recommended Daily Allowance values. The graphs to the below illustrate “Adequate Intake” values (in green) as compared to actual average intakes. Clearly, too many men over 50 years of age and girls/ women over 10 years of age are missing the mark by a wide margin. The latter group is highly unlikely to achieve its true biological potential in peak bone mass.

The general rule that vitamin and mineral dietary requirements are best met by eating foods rather than in supplement form is true for calcium as well. How much of the ingested calcium that actually gets absorbed in the intestine depends on many cofactors that are often present in food. The USDA Food Guide Pyramid recommends 2-3 servings of dairy products and 3-5 servings of vegetables per day. But there are many other sources as well, including calcium-fortified orange juice, which contains about the same amount of calcium (350 mg/cup) as skim milk. Additional food items containing calcium are listed in the accompanying table. Good news for caffeine-lovers: There is a lot of calcium in that café latte! For those who need more calcium than they can eat and drink on an average day, there are many calcium supplements on the market that come in forms such as calcium carbonate, calcium citrate, and calcium lactate. Those individuals with impaired gastric acid production cannot absorb calcium carbonate well on an empty stomach, so they should take those supplements with a meal. Otherwise, absorption is best when calcium supplements are taken between meals.

RECOMMENDED WEBSITES www.osteoporosis.org Web page for NIH Osteoporosis and Related Bone Diseases National Resource Center, contains many links to other organizations including National Osteoporosis Foundation (www.nof.org) www.dairycouncilofca.org Tremendous practical resource: estimate your own daily calcium intake, teaching aids and more. <http://text.nlm.nih.gov/nih/cdc/www/97.html> Full text of Optimal Calcium Intake NIH Consensus .

THIS MONTHS QUOTE: "This is the true joy of life, the being used for a purpose recognized by yourself as a mighty one." - George Bernard Shaw

NEW BONDI MEMBERS:

I would like to welcome the following new members to the Bondi dojo: Flynn Benson - Francesco Calabro – Madison & Cameron Cooney - Charles Bennett – Andre Guthleben – Alexandra Veselov – Adam Ventoura – Annabel Meller

JARGON BUSTER: Eccentric contraction:

When a muscle contracts but lengthens under load

THIS MONTHS BAD JOKE: Blondes have the answer:

A blonde and her husband are lying in bed listening to the next door neighbour's dog. It has been in the backyard barking for hours and hours. The blonde jumps up out of bed and says, "I've had enough of this". She goes downstairs. The blonde finally comes back up to bed and her husband says "The dog is still barking, what have you been doing?" The blonde says, "I put the dog in our backyard, let's see how THEY like it. :

AKKA 2008 Calendar:

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 7th June:

All Australian Kempu Ryu Championships (Sydney)

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

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>

KIDS ARE QUICK:

TEACHER: Maria, go to the map and find North America .

MARIA: Here it is.

TEACHER: Correct. Now class, who discovered America ?

CLASS: Maria.

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

Sempai Wyner's new addition to the family. Congratulations...

