



# KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au  
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## 2008 IKO-Matsushima 3<sup>rd</sup> World Championships:

The 2008 IKO-Matsushima was a fantastic event, for those who went for the first time, a real eye opener to see such incredible hard tough fighting. The two days was action packed to the end. Unfortunately the Australian male team did not go very well. By and large they were just too small and no doubt the team would have been much more effective in a weight division event. That said, they all gave it their best and we can all be proud of their efforts. The Female did much better with Australia getting 1<sup>st</sup> & 2<sup>nd</sup> in the Middleweight Division and 4<sup>th</sup> place in the Heavyweight Division. There is no need to say that we are very proud of their efforts, this is the best ever results for Australia in a World Championships. Their instructors are no doubt also very proud and should be congratulated on producing such fine fighters. It would be amiss of me not to also mention the great work that Sensei Lauretti and Sensei Naomi did as the team coaches in getting the fighters ready. I would also like to congratulate Sensei Penita Davies on her great and well deserved 1<sup>st</sup> place in the Heavyweight Division, giving New Zealand their first Kyokushin World Championships. The results are as follows:

### 2008 3rd IKO-MATSUSHIMA World Open Kyokushin

#### Karate Tournament Results

##### Male Open weight Champion

1 <sup>st</sup> Place	Anzor Shihabahov	Russia
2 <sup>nd</sup> Place	Issa Parvari	Iran
3 <sup>rd</sup> Place	Sajad Heidari	Iran
4 <sup>th</sup> Place	Sergiy Doronin	Ukraine
5 <sup>th</sup> Place	Rasim Samedov	Russia
6 <sup>th</sup> Place	Saeid Sefari	Iran
7 <sup>th</sup> Place	Gia Gvenetadze	Georgia
8 <sup>th</sup> Place	Laszlo Hacsko	Hungary

##### Female Lightweight Division

1 <sup>st</sup> Place	Lilla Herczeg	Hungary
2 <sup>nd</sup> Place	Svetlana Ghegar	Ukraine
3 <sup>rd</sup> Place	Anna Kukarina	Russia
4 <sup>th</sup> Place	Kaori Ishihara	Japan

##### Female Middleweight Division

1 <sup>st</sup> Place	Shannon Johnstone-Ward	Australia
2 <sup>nd</sup> Place	Avril Gill	Australia
3 <sup>rd</sup> Place	Yoliya Syelina	Russia
4 <sup>th</sup> Place	Roya Bromand	Iran

##### Female Heavyweight Division

1 <sup>st</sup> Place	Penita Davies	New Zealand
2 <sup>nd</sup> Place	Tamara Komol	Ukraine
3 <sup>rd</sup> Place	Tamara Booi	South Africa
4 <sup>th</sup> Place	Nicole McDerby	Australia

## STROKE: Remember The 1st Three Letters.... S.T.R.

A nurse sent this and encouraged every one to post it and spread the word. If everyone can remember something this simple, we could save some folks... Seriously.

### STROKE IDENTIFICATION:

During a BBQ, a woman stumbled and took a little fall, she assured everyone that she was fine (they offered to call paramedics) ... She said that she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up,

she went about enjoying herself the rest of the evening. Her husband called later telling everyone that his wife had been taken to the hospital at 6:00 pm and she had passed away. She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps she would be with us today. Some don't die ... they end up in a helpless and hopeless condition instead.

### It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke ... totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medical care within 3 hours, which is tough.

**RECOGNIZING A STROKE:** Thank God for the sense to remember the '3' steps, STR. Read and Learn! Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

**S** \* Ask the individual to SMILE.

**T** \* Ask the person to TALK and SPEAK A SIMPLE SENTENCE coherently (i.e. It is sunny out today)

**R** \* Ask him or her to RAISE BOTH ARMS. If he or she has trouble with ANY ONE of these tasks, call (000) immediately and describe the symptoms to the dispatcher.

**NOTE:** Another 'sign' of a stroke is this: Ask the person to 'stick' out his/her tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

### USING FEAR TO BUILD CONFIDENCE:

Even the most confident people feel an element of fear when they step outside their comfort zone. Think of someone successful. That person has felt fear too, but they faced their fear and gave it a go anyway. You can use fear to build confidence too! We all mistakes along the way, but also made something else: an absolute success! No matter what the result, good or bad, each time we take a class or speak, go into a tournament, we face our fear rather than allowing it to back and over time, the fear lessened and confidence took its place.

### The moral of the story is: Fear it. Do it.

When we're faced with a fearful task most of us think: "I'll do that when I'm more confident and experienced". But we only build confidence and experience when we actually do it. If every one waited for the day when he was confident about it without actually doing anything, we would all be doing something different today, still waiting, and probably riddled with "What ifs?" Fear restricts us from reaching our full potential, and sadly, it has put many soloists out of business. The next time you are faced with a fearful task, build confidence by repeating the following Positive Words and Affirmations.

Read it. Repeat it. Believe it. Achieve it: -

### Positive Words

- I am going to overcome my fear.
- Every time I do something that I fear, I grow in confidence.
- Now is the time for me to do it.

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

- I will equip myself with the skills to do this properly.
- I will learn, read and research.
- I will seek input and feedback from knowledgeable people.
- I will practice and prepare.
- I will do my very best.
- If I make mistakes, I will only get better as a result of making them.
- I am a success every time I face my fear, no matter the result.
- Fear will no longer hold me back in life. I will grow in life!

#### **Affirmations**

- I am a success
  - I am brave
  - I am skilled
  - I am prepared and ready for all opportunities
- Face the fear in all areas of your life and you will build confidence and give yourself a chance to really soar.

#### **Bondi Junction dojo November grading Results**

Roezetta Crampton	5 <sup>th</sup> Kyu
Mitsunary Tamazawa	6 <sup>th</sup> Kyu
Laura Matthews	6 <sup>th</sup> Kyu
Joy Cheng	7 <sup>th</sup> Kyu
Robert Spicer	8 <sup>th</sup> Kyu
Andrew Priestley	8 <sup>th</sup> Kyu
Toshiya Tsuji	8 <sup>th</sup> Kyu
Tony Ingleton	8 <sup>th</sup> Kyu
Jacob Smith	8 <sup>th</sup> Kyu
Robert Duncan	8 <sup>th</sup> Kyu
Julian Michelsen	9 <sup>th</sup> Kyu
Julian Kesov	9 <sup>th</sup> Kyu
Adam Ventura	9 <sup>th</sup> Kyu
Gelcimar Freiere	9 <sup>th</sup> Kyu
Leif King	9 <sup>th</sup> kyu
Noah Feilich	10 <sup>th</sup> Kyu
Prescot Palmer	10 <sup>th</sup> Kyu
Felix James	10 <sup>th</sup> Kyu
Christian Alafaci	10 <sup>th</sup> Kyu
Ridley Owens	10 <sup>th</sup> Kyu
Isabella Korvi	10 <sup>th</sup> Kyu

#### **Riverina Country Championships - FULL CONTACT**

##### **Colts Female:**

1<sup>st</sup> Place Sacha Morrissey (ACT)

##### **Colts Male:**

1<sup>st</sup> Place: Jordan Mott (Riverina M.A.)

##### **Female Novice 7<sup>th</sup> Kyu and Under:**

1<sup>st</sup> Place Susan Mihalic (ACT)

##### **Men's Novice Heavyweights:**

##### **7<sup>th</sup> Kyu and Under:**

1<sup>st</sup> Place: Tim Andrighetto (Riverina M.A.)

2<sup>nd</sup> Place: Jason Grieve (Tuggeranong)

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

1<sup>st</sup> Place: Riette Van Leperen Ballarat

2<sup>nd</sup> Place: Jessica Delaney (Hamlyn Heights)

##### **Male Novice Middleweight 7<sup>th</sup> Kyu & Under:**

1<sup>st</sup> Place: Kassab (Glenroy)

##### **Male Lightweight Intermediate 6<sup>th</sup> - 3<sup>rd</sup> Kyu:**

1<sup>st</sup> Place: Nathan McLean (Riverina M.A.)

2<sup>nd</sup> Place: Mark Coleman (Sydenham Vic)

##### **Male Intermediate Middleweight 6<sup>th</sup> - 3<sup>rd</sup> Kyu:**

1<sup>st</sup> Place: David Smith (Leopold)

2<sup>nd</sup> Place: Bradley Wagner (Mt Gambier SA)

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

1<sup>st</sup> Place: Michael Centofanti (Riverina M.A.)

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

1<sup>st</sup> Place: Shannyn Johnson-Ward (Ballarat)

##### **Male Open Light Heavyweights:**

1<sup>st</sup> Place Jason Walker (Ballarat)

2<sup>nd</sup> Place: Chris Povey (Mt Gambier SA)

##### **Male Open Super Heavyweight:**

1<sup>st</sup> Place David Avola (Glenroy Vic)

##### **Riverina Country Championships - NON CONTACT**

##### **Male & Female 7 Years & Under:**

1<sup>st</sup> Place: Sarsha Kassab (Glenroy)

2<sup>nd</sup> Place: Thomas Zambon (Griffith PCYC)

Equal 3<sup>rd</sup> Place: Connor Bock (Griffith PCYC) & Adrian DePaoli (Riverina M.A.)

##### **Male 8 & 9 Years:**

1<sup>st</sup> Place: Nassar Kassab (Glenroy)

2<sup>nd</sup> Place: Jaidyn Attard (Glenroy)

3<sup>rd</sup> Place: Shaquel Crowe (Griffith PCYC) & Lachlan Edwards (Griffith PCYC)

##### **Female 8 & 9 Years:**

1<sup>st</sup> Place: Amber Pace (Glenroy)

2<sup>nd</sup> Place: Rachel Morrissey (ACT)

Equal 3<sup>rd</sup> Place: Bayleigh Hogan (Griffith PCYC) & Hannah Morrissey (ACT)

##### **Male 10 -12 Years:**

1<sup>st</sup> Place: Davey Greenwood (Riverina M.A.)

2<sup>nd</sup> Place: Jack Bardney (Riverina M.A.)

Equal 3<sup>rd</sup> Place: Brendan Scott (Leeton) & Joshua Granieri (Glenroy)

##### **Female 10- 12 Years:**

1<sup>st</sup> Place: Chantelle Granieri (Glenroy)

2<sup>nd</sup> Place: Lauren Geretschlager (Sydenham)

Equal 3<sup>rd</sup> Place: Laticia Koro Riverina M.A.) & Alanah Jeffrey (Riverina M.A.)

##### **Male 13-15 Years:**

1<sup>st</sup> Place: Michael Cirillo (Riverina M.A.)

2<sup>nd</sup> Place: Reyne Ilves (Glenroy)

Equal 3<sup>rd</sup> Place: Kyuss Brooker (Ballarat) & Kurt Bandy (Riverina M.A.)

##### **Female 13-15 Years:**

1<sup>st</sup> Place: Holly Ilves (Glenroy)

2<sup>nd</sup> Place: Melissa Riggs Riverina M.A.)

Equal 3<sup>rd</sup> Place Bree Ward (Ballarat) & Tamasin Walsh (Sydenham Vic)

##### **Men's Novice 7<sup>th</sup> Kyu and Under Lightweights:**

1<sup>st</sup> Place: Peter Wright Leeton

##### **Adult Female 10<sup>th</sup>-5<sup>th</sup> Kyu**

1<sup>st</sup> Place: Katelyn McInnes (ACT/Leeton)

2<sup>nd</sup> Place: Kim DePaoli (Riverina M.A.)

##### **Male 10<sup>th</sup>-5<sup>th</sup> Kyu:**

1<sup>st</sup> Place: David Powell Werribee

2<sup>nd</sup> Place: Jordan Mott Riverina Martial Arts

Equal 3<sup>rd</sup> Place Robert Guadagnini & Pat Balk Both (Riverina M. A.)

##### **Adult Female Open:**

1<sup>st</sup> Place Sacha Morrissey (ACT)

2<sup>nd</sup> Place: Sarah Morrissey (ACT)

Equal 3<sup>rd</sup> Place Monica Baltovska (Ballarat) & Leticia Ferres (Riverina M.A.)

##### **Adult Male Open:**

1<sup>st</sup> Place: Ryan LaCastro (Werribee)

2<sup>nd</sup> Place: Matthew LaCastro (Werribee)

Equal 3<sup>rd</sup> Place: Steve Hardy (Ballarat) & Scott Hyder (Riverina M.A.)

##### **THIS MONTHS QUOTE:**

"The hardest lesson in life is to know which bridge to cross and which to burn" Anon