



KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au
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Were did the year go?

They tell me it is a sign of old age when time fly's, well this year has certainly done that. On the other hand, it was a very busy year the Australia Kyokushin Karate Association as a whole and throw in the World Championships, it makes 2008 a very full year. The AKKA members are very proud of our team to the World Championships and once again congratulate all of the team on a great effort, especially the Female Team who took out a 1st, 2nd & 4th places, without doubt Australia's best result ever. We are already looking forward to the 2010 World Cup in Spain. I would like to thank all of the Bondi Junction students for your support in 2008. It was a very successful year for the dojo and I am sure with your help 2009 will be even bigger and better. I would also like to thank the many instructors in the "John Taylor Branch" who always come good when help and support is needed. Without you being there the "John Taylor Branch" would look very sad. I have been very blessed in life that I always seem to get great help... THANK YOU ALL...

Thank you Kancho

I would also like to thank Kancho Matsushima on the success of the 2008 World Championships, which was very well run and a great success. Perhaps more importantly I should add how lucky we are to have him as our President. He is a very personable man with a good sense of humour, his karate is very good and it a pleasure to be in his class. On top of all that he is a very good leader and all without the slightest trace of arrogance! I am sure I speak of every one in our organisation when I say we wish Kancho Matsushima continued good health and look forward to our organisation getting stronger in 2009 under his leadership. I should also like to add my thanks to Mikkiko (Mrs. Matsushima) who does a huge amount of the work behind the scenes.

Bondi Junction end of year bash:

The Bondi Junction dojo end of year break-ups parties were a smash hit the first one being a dinner for the "Black Belts" it was an Italian night out organized by Sensei Lauretti. The food was great and the company was even better. The highlights of the night were presenting Sensei Sklavos with his Yondan (4th) and the Shodan (1st) belts and certificates to Sempai Grigolia and Sempai Kasyan. The following Saturday night we had the end of year break-up for all grades and that was another a great night. Many thanks to Sam, who organized the night and did a great job. The dinner was held at the Ercyes Turkish Restaurant. I can highly recommend it if you are looking for a fun night and not a serious martial arts deep in conversation dinner. The highlight of the night was the Belly Dancing and there is no doubt that the award for the best supporting male dancer goes to Sam! Any one interested in a great night out at Ercyes can call 9319 1309 or email ercyesrestaurant@gmail.com (a free plug for the Ercyes Restaurant in gratitude for a good night out) ...

A SEMPAI:

This was sent to me by one of my oldest friends and longest graded black belts, Sempai Jenkins. I think it should be compulsory reading for all new black belts.

BEING THE SEMPAI by Sensei St. Hilaire 12/2003

What does it mean to be a Sempai? The simple meaning is to understand the definition. Sempai translates as "Senior" and can be applied in any situation where someone is senior to you. The Japanese term is used in school, business, the arts, and of course the martial ways. But the meaning for those in a traditionally run martial art group is far deeper than simply "Senior."

The history of Sempai is long. The position has existed in warrior groups since warrior groups began, and is not just a Japanese phenomenon. Originally Sempai was the most senior warrior in the group, under the group's commander or leader. His responsibility has always been awesome and harder than anyone else in the group. He was responsible for the development and direction of the lower warriors, and for the protection of the leader. No other position in a warrior group had these responsibilities. In the Japanese martial arts, the position remains the same.

The Sempai of a dojo had trained for a long time with the headmaster. He understood the headmasters (Sensei's) goals, training methodologies and philosophies. He also understood Sensei as a warrior and as a person. More than these understandings, he had privileges and knowledge about Sensei that other students did not. Thus this made Sensei vulnerable to Sempai. With that vulnerability came trust by Sensei and responsibility by Sempai. With these privileges and knowledge about Sensei, Sempai had the sole responsibility to protect Sensei with his life. This often meant that Sempai was forced to train harder than both the students and the Sensei, for if a student or enemy saw that Sempai was vulnerable or easily beatable - there was surely an opening to get at Sensei. In times of war, Sempai was either the strongest or the weakest link in the command chain. A Sempai who was not the strongest was quickly replaced out of necessity.

Being Sempai meant you were personally responsible for the training of Kohai (juniors). Upon review by Sensei, all Kohai must measure up to Sensei's standards or Sempai was directly to blame. Sempai was personally responsible for Kohai etiquette. This was most important. Any breaches in etiquette in the dojo were reprimanded by Sempai, not Sensei. If Sensei had to make the correction, it simply meant Sempai was not doing his job. If either of these situations happened more than a few times, Sempai was replaced with someone who could accomplish the duties assigned.

Being Sempai also meant you were the only person in the dojo that Sensei completely recognized for his martial skill. He is the one person who Sensei "feared" in the group. Most often Sempai was the fiercest and smartest person in the warrior group besides Sensei. The difference is that it was Sensei's position to lead in a calm, controlled and sophisticated manner, whereas Sempai maintained control through toughness, fierceness, and a no-nonsense attitude.

It was and IS Sempai's responsibility to immediately correct any breach in etiquette toward Sensei, stop any threat toward Sensei, correct technical insufficiencies of the Kohai, and dominate in training. Those who could not fulfil these responsibilities were removed.

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

With all this responsibility, Sempai is still the best "job" in the dojo. You are the dominant warrior. You maintain the relationship between Sensei and students. You get the special training with Sensei. You set and maintain the attitude in the dojo. Traditionally you are the one who commands the students. When you see Sensei ready to start class you tell the students to line up. You tell the students to Bow to Sensei. You smack them on the back of the head when they are fooling around instead of training. You save the new student from abuse by more experienced students. You are solely responsible for resetting the tone of a group of students if it is going in the wrong direction. At the same time - you are the person most looked up to in the dojo. You are recognized as the person nobody wants to mess with. You are the one the students watch when you contest with Sensei - because they know you are the one most likely to catch Sensei when he makes a technical mistake.

There are others in the dojo referred to as Sempai - and it means Senior. That is a black belt, a member of the Yudansha - one who is senior to the mudansha (those below black belt). But being THE Sempai is something different. THE Sempai sits in front of the black belt sempai at an angle both to Sensei and the black belts. This position is necessary because the Sempai needs to see both Sensei and Students. His back can be turned to neither if he is to protect Sensei. Being THE Sempai means you train directly with Sensei and Sensei confers with you on strategy, technique, and running the training sessions at the dojo.

The Sempai should make every effort to be at Sensei's dojo as often as possible.

In warrior history it was always - but today's modern society - not at war - often means making it to class as often as practical. The Sempai should always be concerned that some other student is receiving more training than him, is training harder than him, and is perhaps taking over his position without him knowing it. Sempai constantly looks at students with distrust - being the barrier between the students and Sensei.

The Sempai should not rush toward being a Sensei in his own dojo. Because all of these duties, which a correctly chosen Sempai's personality is natural for, will go away. In order to be Sensei you must re-invent yourself and become something else. When that day comes - a true Sempai will look back on his days as The Sempai as the "glory days", which he will sorely long for the rest of his days.

This is what it means to be the Sempai.

THIS MONTHS QUOTE:

The future has several names. For the weak, it is the impossible. For the fainthearted, it is the unknown. For the thoughtful and valiant, it is the ideal. Victor Hugo

Stat Attack:

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

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>

Now let me see have I got this right?



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 packed full of karate techniques and diagrams and the requirements and terminology up to Yon Dan. The syllabus can be obtained through your AKKA dojo or direct from Hanshi Taylor (instructor's discounts do apply) overseas students can obtain the syllabus through Ebay at dougo177 the link is: -

<http://stores.ebay.com.au/strongestkarate>

NEW BONDI MEMBERS:

I would like to welcome the following new members to the Bondi dojo: Ben McDonald - Takaaki Harada - Hensen Ang - Alexandra Veselova - Adam Ventura - Andrew Kumar - Richard Krochmalik - Kate Anstee - Fynn Benson Madison Cooney - Fox Bengtsson - Brandon Clack - Francesco Calabro Gelcimar Freiere Joaquiim Sai - Liam Smith - Gemma Richer.

AKKA 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

KIDS ARE QUICK:

TEACHER: John, why are you doing your math multiplication on the floor?

JOHN: You told me to do it without using tables.

Jargonbuster:

Periodised training A training program that takes the key ingredients involved in establishing optimum sporting condition and systematically blends these together progressively to produce peak performance.

Sports do not build character they reveal it.

Heywood Hale Broun

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