



# KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au  
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## KARATE COMPETITIONS:

**Instructors and parents** are responsible for creating a psychological atmosphere that fosters self-reliance, confidence, cooperation, trust and a positive self-image. Competitors must learn to deal with success **and** defeat in order to place events in a proper perspective. Some instructors and parents go too far in analyzing player performance. The promotion of the "**win at all costs**" ethic has both short-term and long-term detrimental effects on impressionable young people. Statistics would conclude that most champions are somewhere in between the early 20's and early 30's. Keep in mind that there are always exceptions to just about every rule, so this information should be used as a guideline of the historical norm. It should in no way discourage younger athletes, or indeed older ones, from competing and expecting good results.

What makes most champions win from their early twenties to early thirties?

1. Most people start karate as adolescents and are therefore ready to perform at World levels after at least 7 years of intense training and competing experience. The more they compete and train, the more skills they accumulate, the less surprises they come across in the bouts, and the smarter they become about training and fighting.
2. Karate requires mental maturity which generally is associated with age and experience in order to strategize and implement strategies.
3. Physical Abilities 25%: as the level of ability which is inherent (born with).
4. 25% as the amount by which we can further enhance our abilities through training.
5. 25% personality (determination – will to win).
6. 25% tournament experience.

As always, keep in mind that each individual is different and that you may peak at a different age as is the norm. However these figures should give you a guideline of what is most common. Out of the above six physical attributes, which are all necessary to one degree or other depending on the types of techniques you personally prefer to use, I would say that Speed, Explosive Power, and High Pace Endurance are the most crucial in winning Gold. Again, that's not to say that you don't need strength or flexibility etc... these are just the ones that are the most crucial. High Pace Endurance and overall fitness are extremely necessary especially as you find yourself fighting a number of times in the same day, sometimes with only a short break in between. There is nothing worse than losing a tournament to this as it's probably the easiest to enhance through proper training. If you lose, you want to be able to know that you did everything to prepare... otherwise there's no point stepping into the event. Why do Karate Champions retire in their early-mid 30's? Several reasons. The truth is that they could go on to compete and indeed win over younger athletes if they so desired. Although pushing their peak of inherent abilities, they are still not that far off the mark to not be able to make up the difference by training harder. The biggest problem is motivation! At 33, an athlete has little more to prove and the importance of another title is dimmed

by the extra training time needed to keep themselves at the same peak level as younger athletes. As we've seen with boxers, older athletes can rise above the age barrier and compete successfully. Unfortunately in Karate we don't have \$20 million dollar purses to motivate the athletes to keep training and fighting. It would be nice though...

The other main reason is the accumulation of career injuries and the fact that new injuries take longer to heal with age.

Reference Material: Bioperformance Parameter charts

**ED:** - Some editing of this article was required to its length.

## WINNING:

**Winning** is no more than ones personal pursuit of individual excellence.

**Winning** is taking the talent or potential you were born and have since developed and using it fully towards a goal or purpose that makes you happy.

**Winning** is becoming that dream of yourself that would fulfil you as person with high self-esteem.

**Winning** is giving and getting in an atmosphere of love, cooperation, social concern and responsibility.

**Winning** is coming in fourth, exhausted and encouraged – because last time you came in fifth.

**Winning** is giving yourself to the other freely.

**Winning** is never whining.

**Winning** is treating animals like people and people like brothers and sisters.

**Winning** is turning all the cards up in solitaire – without cheating.

**Winning** is picking up the beer can you didn't throw on the beach.

**Winning** is being glad you are.

**Winning** is habit forming (so is losing).

**Winning** is unconditional love.

**Winning** is a way of thinking – a way of living.

**Winning is all in the attitude?**

*The Psychology of Winning by Dr. Denis Weatley*

## THIS MONTHS QUOTE:

Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world. Joel A. Barker

## Sydney's best Coffee shop:

**Coffee Trails** is situated in shop 5 / 2 Lee Street Henry Deane Plaza, close to Central Station and the UTS. Where you will no doubt be able to enjoy the best coffee in Sydney. Not only can you get a great coffee but you can discuss the merits or (otherwise) of Kyokushin Karate with the owner and Kyokushin student Carfian Ganawan. Mention Kyokushin and I am sure you will get a good deal!

**Jargonbuster:** Plyometric drills

Hops and drop jumps are typical lower body examples; they involve a dynamic pre-stretching eccentric contraction in the leg muscles, which immediately fires an enhanced (i.e. more powerful) concentric contraction in the same muscles.

## KIDS ARE QUICK:

**TEACHER:** Donald, what is the chemical formula for water?

**DONALD:** H I J K L M N O.

**TEACHER:** What are you talking about?

**DONALD:** Yesterday you said it's H to O.

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

**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.

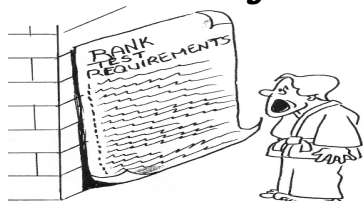
Cost: Australia: \$35.00 (plus postage \$5.00)

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 sempaidoug 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 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: Fabio Gavilondo - Nicholas Lowe – Jie Tong - Demott Fox

**Return to Bondi:** It was great to have Levi Romanov come back to training after a very long break and Ben Wright make a visit and a training session. Ben and his family went to live in Singapore. **Speaking of Singapore** it is also great to see Isaac Ng come back to training, he was also in Singapore, but has returned to Australia permanently, so he is back at the dojo as a regular member.

**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)

**29<sup>th</sup> & 30<sup>th</sup> May**

AKKA National Camp – Tallebudgera Queensland

**Sunday 7<sup>th</sup> 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 & 13<sup>th</sup> September:** NSW Spring Camp

**4th October:** Riverina Championships: Full & Non Contact

**Hard work never hurt anyone, or did it?**

Remember the days when we've been told at some time or other in the past that "hard work has not killed anybody"? Well, now there is proof that we've been lied to.

The following article appeared in an issue of "Drive Life" of the Sydney Morning Herald: The Japanese lead engineer on the Camry hybrid died after working too many hours, according to an official ruling this month. The 45-year-old man, who died in January 2006, was reportedly working an average of 80 hours overtime for several months before his death from ischaemic heart disease. The official ruling means family can collect benefits from his work insurance. Toyota has said it will work to improve monitoring of the health of its workers. Death from overwork or job-related stress is now officially recognized by the Japanese Health Ministry. It is a reasonably common occurrence in Japan, where it is known as "karoshi".

**Stretching to improve your performance in Karate.**

There is a lot of information out there on stretching and it can all be a little confusing. What kind of stretching should you perform and when?

To improve your performance in Karate, whether it is in class or competition, scientific evidence supports dynamic stretching before the event, and static stretching after. Dynamic stretches, (where the stretching position is achieved during the exercise and is not held for any length of time) are beneficial for sports requiring power and muscle coordination. Dynamic stretches work by increasing muscle blood flow and sensitizing the nervous system to increase the rate and force of muscle contraction. Examples of dynamic stretches include leg swinging or the three-directional leg stretches we do in the dojo at the start of class.

Static stretching is usually performed by maintaining the stretch position for 15-30 seconds, usually for a number of repetitions. Performed after exercising, static stretching can help to prevent any loss of flexibility (range of motion) due to eccentric contractions (where the contracted muscle is lengthened - which occurs regularly during Karate, such as when the muscles contract to slow a punch or kick, or to lower your leg to the floor after kicking).

Many of us prefer to stretch statically before class or competition – probably because we have been taught that way, it is relaxing, it offers some sort of psychological comfort/benefit or it just feels good. If you prefer static over dynamic stretching before a bout, ensure you do the following: 1) do not hold the stretch for longer than 30 seconds as this may have a deleterious effect on your power and motor performance, or 2) after static stretching for any length of time (even beyond 30 seconds), ensure you perform further warm-up activities after you stretch.

Finally, the evidence out there does not support static or dynamic stretching before or after exercising to reduce muscle soreness after exercise, nor to significantly prevent injury. However, some researchers propose that a loss of flexibility after exercise may predispose the athlete to injuries of the muscle or tendon in sports that require end of range movements, such as high kicks in Karate. So, just in case they're right, I recommend stretching after class – after all, it's better to be safe than sorry.

**Training:**

**"When you're not training somebody else is and when you meet, they'll win!"**

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