



KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au
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Muscle Memory:

When you walk through my dojo door, one of the first things you see is a sign that says **“there can be no escape from constant practice”** I hope now to give a brief explanation as to why constant practice is so important to success in any sport. The reason is **“MUSCLE MEMORY”**

Muscle memory can best be described as a type of movement with which the muscles become familiar with over time. For instance, newborns don't have muscle memory for activities like crawling or walking. The only way for the muscles to become accustomed to these activities is for the baby to learn how to do these things and practice them with a great deal of trial and error. Gradually, as the baby becomes a skilled walker, he/she falls less, is able to balance and is able to incorporate other activities into life such as running. Although the precise mechanism of muscle memory is unknown, what is theorized is that anyone learning a new activity, or practicing an old one has significant brain activity during this time. The walking child is gradually building neural pathways that will give the muscles a sense of muscle memory. In other words, even without thinking, the child is soon able to walk, and the muscles are completely accustomed to this process. The child doesn't have to tell the body to walk; the body just knows how to do it, largely because neurons communicate with the muscles and say, “walk now.” Muscle memory thus becomes an unconscious process. The muscles grow accustomed to certain types of movement. This is extremely important in different types of training for sports. The more often you do a certain activity, the more likely you are to do it when and as needed. If you've kicked thousands of field goals, exercise physiologists assume that the likelihood of being able to kick one during a football game is pretty good through muscle memory. You don't have to think, “I need to make this kick.” Your body already knows how to do it. This is one of the reasons that with many activities that involve the body's muscles, like playing an instrument, learning appropriate technique is always stressed. You want your muscle memory to reflect the correct way to do things, not the incorrect way.

Your muscle memory can actually play against you if you've constantly been practicing something the wrong way. Music teachers often make this contention. It's a lot harder to teach someone who's been playing an instrument for a few years because the first step is breaking them of all the bad habits they've acquired, which are now part of the muscle memory. Similarly, if you learn to punch, strike or kick wrong, your muscle memory has to be overcome, and new neural pathways formed to be a better athlete. Most top level athletes and performers in a variety of fields believe that muscle memory is best developed when the same activities are practiced over and over again, with any corrections of form that are needed. Continual practice may mean you can make that perfect golf swing every single time (or almost), or hit a high note every time if you're a singer. It does appear though, that despite practice, attitude can interfere with muscle memory. Nerves can lead to clenched muscles that can't quite perform, as they would probably do if you weren't thinking about it. A sense of being unable to perform as you would

wish may also affect muscle memory. The processes are still complex, and the “confidence factor” needs to be taken into account in future studies on muscle memory.

ADELAIDE DOJO start to the year event 2009

The day started out at a cool 34 degrees, as the day progressed we got to a high of 44 degrees. Training started well with karateka attending from, Adelaide, Mt Gambier and Yongala. Sensei Keryn Povey started with some warm up stretching, and as it was already hot the warm up came quite quickly. Sempai Andy Oxenham followed with some basic techniques, blocks, strikes and kicks, and to finish off the training session Sensei Owen Povey took us through a series of moving combinations, despite the heat it was a good training session. The BBQ that followed was good as well, with Dojo members conversing in karate and general conversation and the food which was well worth the wait, since we were in a winery, some members did go for the odd taste test and purchased a bottle or two. All in all it was a very good day!

TIME IS NOT OF THE ESSENCE:

It is so often the case, that when a student gets to Shodan or even further, they seem to feel that now all they need to do is learn a few extra kata, wait for the minimum time to expire and stick their hand up and get to attempt the next grading. It seems to me that so many do not read the grading syllabus, which states, giving Nidan as an example: -
“Applications for Nidan must be made in writing, giving the full history of what has happened, or changed since the last grading to render such an application successful. The applicant should bear in mind that the applicant's character and general ability as an instructor (i.e. standard of student produced if an instructor) will be taken into account. If the student is not running a dojo, then the students should demonstrate a general contribution to Kyokushin”. Just to give everyone some guidelines as to the kind of thing we expect.

1. Participating in most if not all of the AKKA activities, if not as a fighter, then by officiating or assisting in the running of the event.
2. By attending camps, and not just when the grading is being attempted. More than not, the only time many think of participating in the camp is when a grading comes to mind.... NOT SO

Hanshi Taylor

This month's bad joke:

At Saint Mary's Catholic Church they have a weekly husband's marriage seminar. At the session last week, the Priest asked Luigi, who was approaching his 50th wedding anniversary to take a few minutes and share some insight into how he had managed to stay married to the same woman all these years. Luigi replied to the assembled husbands, “Well, I've a tried to treata her nice, spenda the money on her, but best is that I tooka her to Italy for our 20th anniversary!” The Priest responded, “Luigi, you are an amazing inspiration to all the husbands here! Please tell us what you are planning for your wife for your 50th anniversary.”

Luigi proudly replied, “I'm a gonna go and get her.”

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

Kids are quick:

TEACHER: Winnie, name one important thing we have today that we didn't have ten years ago.

WINNIE: Me!

Pushups - How Much Weight Are You Lifting

by Dick Moss (Editor of Physical Education Update.com)

The push-up is the original bench press and is a common exercise in many fitness routines. It's particularly useful in large physical education classes where weight-training equipment isn't available. However, once students do use weight training equipment, they're often reluctant to go back to the old classic push-up. Why? Because they don't know how much weight they're lifting in a pushup and can't compare it to their weight training routines. So here's a simple way to calculate how much your students are lifting when they perform push-ups. It's a great way to combine math and fitness in your curriculum.

METHOD

Studies have been conducted in which push-ups were performed on force plates. They indicated the following:

1. Women performing traditional push-ups lift the equivalent of 71% of their body weight. For example, a 120 pound woman lifts about 85 pounds.
2. Men performing traditional push-ups lift the equivalent of 77% of their body weight. Thus, a 150 pound man lifts about 115 pounds.
3. Modified push-ups, performed with the knees on the ground rather than the feet, reduce the amount of weight lifted. Women lift the equivalent of 55% of their body weight, while men lift about 56%. So a 120 pound woman lifts about 66 pounds and a 150 pound man lifts about 84 pounds.

WHY THE DIFFERENCE BETWEEN SEXES?

These percentages are only averages, but there is a reason for the difference between males and females. Men usually lift more of their total body weight during push-ups than women because they tend to have more bulk in their chest and shoulders. As a result, more of their weight lies directly over the arms when performing pushups. In contrast, women tend to have a lower center of gravity, with their weight centered around the hips and thighs. Since this weight is located below the position of the arms, less force is required to lift from a pushup position. However, this varies widely, depending upon the individual. Large-chested women will lift percentages of body weight similar to that of men. And men whose body weight is centered in their hips and stomach will lift percentages of body weight similar to that lifted by women.

HOW TO TEST YOURSELF - A MATH EXERCISE

You can use a bathroom scale and some math calculations to determine the percentage of body weight each student actually does lift when performing pushups. It's a great way to combine your physical education and math curricula. With the scale resting on a hard surface, have your students assume a pushup position with their hands resting on the scale. Record that weight; then their weight from a modified pushup a position; and finally, their full weight as measured from a standing position. Then have them calculate the percentage of their body weight they'll lift when performing push-ups. They do this by dividing the weight recorded while in the push-up position by their full body weight.

For example 150 pound student whose push-up weight was 110 pounds will be lifting 73% of their body weight when performing push-ups. ($110/150 = .73$)

NEW BONDI MEMBERS:

I would like to welcome the following new members to the Bondi dojo: Suryadi Achmad – Waku Hiroyama – Tom Pearce

Adelaide's – new member:

Well done Otto Kruger, who joined the Adelaide dojo at 69 year of age... You're never told old to learn or train.

Internal rotation of humorous:

Muscles responsible for turning the upper arm inwards. These include the latissimus dorsi, teres major, subscapularis and the pectoralis major.

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)

29th & 30th May

AKKA National Camp – Tallebudgera Queensland

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

One for the ladies:

Question: What are two reasons why men don't mind their own business?

Answer: (1) no mind (2) no business

One for the men:

It is difficult to understand GOD. He makes such beautiful things as women and then he turns them into Wives.

Smokers Are To Blame for Coffee's Bad Rap

That myth the caffeine is bad for us exists in part because smokers tend to drink a lot of coffee and they have more health problems. However, nicotine, not caffeine, is the culprit. Experts say as long as you do not have high blood pressure, heart arrhythmia, or anxiety, drinking caffeinated beverages is not a health risk.

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 seppaidoug and the link is: - <http://stores.ebay.com.au/strongestkarate>