



# KyokuSHIN Karate



Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au  
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## **Australian World Champion outstanding sporting award:**

Ballarat recently held the 48th Sportsperson of the year Award. It is a special occasion when outstanding achievements by Ballarat and district sportspeople are recognised. Shannyn Johnstone-Ward, current Kyokushin Middleweight World Champion, from Ballarat Dojo run by Sensei Steve Hardy, was nominated for her sterling record of achievements within the last year. Amongst the eleven finalists were nine Olympians, including Jared Tallent (Olympic walker), Tamsin Barnett (beach volleyball), and Shayne Reese (swimming). It was a most formal, prestigious occasion with the Honourable Jeffery G. Kennett as guest of honour. For a Kyokushin practitioner to be amongst this array of top class athletes is a credit to our organisation, and highlights the standard of training and commitment that is required to reach an International level of competition. The victor of the night was to be Jared Tallent, silver and bronze medallist at the 2008 Beijing Olympics, but that did not take the shine off Shannyn, whose efforts keep Kyokushin's profile up where it belongs.

## **Tournament style fighting in the dojo:**

Most of those who read the shin regularly, will know that I am a big fan of getting students into tournament, as I believe tournaments gives a student the ability to operate under pressure and while I do not want to cover that subject in this issue, there is a side issue to tournament training, at least in Kyokushin, I find disturbing. Many dojo instructors take the tournament rules and make them the dojo rules, not allowing punches to the head or groin kicks. Whilst any attack to the head or groin should be well controlled, I am at a loss as to why many instructors do not allow hand/arm techniques to then head and yet very happy to have them kick to the head. I ask myself if they feel they just want to teach tournament style fighting then why bother with such things as head punches, upper body blocks and shuto (knife hand) strikes to the head in basic training (kihon). I am under the belief, putting aside for the moment the many other benefits of martial art training, that it is basically a self-defence system. Of course a self-defence system is geared towards defending yourself when under threat and in a real altercation, fairly evident I think. With such an alteration in mind we can assume that the very first thing a person who attacks you outside the dojo is likely to do is to punch you in the head. Last months lead story on "**Muscle Memory**" outlines the point I wish to make very clearly, in as much as that, if you do not practice being attacked to the head or if no one in the sparring ever attacks your the head with a punch, your reaction to such an attack will be very poor, subsequently, to follow that line through, it is very likely that you will actually get hit should that attack be used by the perpetrator. As obviously I am not a fan of such a system so I may be judging them harshly and perhaps there is a reason that evades my thinking on this matter, so if any feels my reasoning is unjustified, I would be more than happy to hear from them and should they wish to have their defence printed in the **Shin** please keep in down to 500 words or less. Finally on this matter, do not mistake the fact that when a tournament is at hand, the fighters should be practicing

those rules and way of fighting. What I refer to here a "carte blanche" given to tournament style rules on a permanent basis.

## **How Do I Safely Exercise In The Sun? by Kathleen Finn** (freelance writer in the natural health industry)

"Start your day by slathering on sunscreen labeled SPF 15 or higher" After a long winter of rain, snow, and ice — and more than a few cancelled workouts — getting outside to move your body is a physical and psychological boon. The sun stimulates production of vitamin D, an essential nutrient for bone development, and serotonin, a neurotransmitter that is partly responsible for our feelings of emotional contentment. So, take advantage of the sun's rays, but exercise a few precautions and you'll have an energising rather than exhausting summer fitness routine. Timing is everything Plan your outdoor workouts for early morning or late afternoon. The sun is at its hottest from 10 a.m. to 4 p.m., putting you at risk for dehydration, sunburn, and heat-related conditions. If the temperature climbs to 90°F (32°C) or higher, substitute your planned strenuous activity with a more moderate one. Be strategic when choosing your running, walking, and biking routes; look for shaded bike paths, parks, and trails.

**Good fashion sense..** Start your day by slathering on sunscreen labelled SPF 15 or higher. Sports sunscreens provide additional water- and sweat-proof protection— especially important for swimmers, kayakers, and other water-bound sports enthusiasts. Dress in light-coloured clothing to deflect the sun's rays. A tightly woven shirt will keep out vexing UV rays and should cover your back, shoulders, and neck. Make sure your clothing is loose fitting so sweat has a chance to evaporate, keeping you cool and comfortable. Don't forget your helmet, hat, or bandana. Top off your outfit with UV-protection sunglasses.

**Drink up!** Sun mixed with humidity can be a dangerous combination if you add strenuous exercise. Normally a hot body cools itself by sweating. When humidity levels rise, sweat doesn't evaporate as quickly and your body temperature can spike dangerously. This can lead to heat cramps, heat exhaustion, and, worst-case scenario, heatstroke. Staying hydrated is your best defence. Adults of average weight should drink about 3 litres of water a day. People of above-average weight should drink additional liquids. Physically active school-age children should drink 1.5 to 2 litres a day. During your workout, if you feel weak, dizzy, or nauseated— stop! Get out of the sun and hydrate, hydrate, hydrate. Seek out a shady tree and a tall glass of iced lemonade, and put off your workout for another day. This is one situation where procrastination is a good thing.

## **This months quote:**

'If you're passionate about your work, it makes the people around you want to be involved' .... Wanda Sykes

## **This month's bad joke: - The Bathtub Test:**

During a visit to the mental asylum, a visitor asked the Director how you determine whether or not a patient should be institutionalized. 'Well,' said the Director, 'we fill up a bathtub, and then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub.' 'Oh, I

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

understand,' said the visitor. 'A normal person would use the bucket because it's bigger than the spoon or the teacup.' 'No' said the Director, 'A normal person would pull the plug. Do you want a bed near the window?'

**Kids are quick:**

TEACHER: Glen, why do you always get so dirty?

GLEN: Well, I'm a lot closer to the ground than you are.

**NEW BONDI MEMBERS:**

I would like to welcome the following new members to the Bondi dojo: Madalyn Hildebrand – Ben Shires – Andrew Peterson – Yoni Goldberg – Rapheal Blackman – Greg Cross Guillaume Fortina – Hamish Rollason

**Jargonbuster:**

**Concentric contraction:**

When a muscle contract and shortens under load.

**AKKA 2009 Calendar:**

**Sunday 5th April:**

NSW Individual Non Contact Championships

**3rd May:**

NSW Full Contact Championships

**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

**Weight Training Does it Better -- Or Does It?**

Muscle burns more fat. Weight training is increasingly recommended as a fat-busting tool because some experts say extra muscle burns more energy than body fat at rest, so if you develop more muscle and have a higher muscle to fat ratio than before, you must burn extra energy and more stored fat as a result. This is true and has been shown in metabolic studies. However, the differences are not that dramatic; perhaps less than a few tens of calories per day for each pound of muscle increased, for most people.

Does that mean you shouldn't worry about weight training? Certainly not, because weight training has many other benefits for health and performance, not the least of which is extra muscle. It's just that this advantage has been somewhat overstated and we need to get this fat burning thing right in order to develop the best weight loss and performance programs. Getting the "afterburn". Okay, so extra muscle does not provide that much advantage, but what about the afterburn? The "afterburn", or the amount of energy you use after you stop exercising, has been promoted as an important slimming idea. If you can get afterburn, which is really another way of saying your metabolism increases for several hours or longer after a particular exercise, then that's a bonus because you burn fat during the exercise and after you cease as well. Will the fun ever stop! However, this idea has recently been reconsidered as well. An article in the Journal of Sports Science in December last year reported that despite some promising early studies of this effect, the idea has not proven to be as useful as first thought.

Exercise scientists call this afterburn effect EPOC, which stands for Excess Post-exercise Oxygen Consumption. The authors of that study say that the high intensities required -- greater than about 75 percent of maximum heart rate -- are

probably beyond what most people wanting to lose weight can cope with in sustained exercise. So the afterburn advantage from lifting weights or running fast is there, but you need to be able to sustain that intensity, which means a lot of hard work. No secrets there, I'm sure.

**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>

**Tips: How to get into your sport and achieve results:**

These are tips to help you implement some of the ideas in "smart in sport". Think of others to add to the list.

1. **Start by making the commitment.** Begin change by making a commitment to yourself and writing it in your training diary.
2. **Get a friend involved.** Going it alone is always harder, so share your involvement with a friend.
3. **Discover where you are now.** Assess where you are now in relation to your goal. Keep reviewing your progress using self assessment or professional help.
4. **Start gradually.** It will take time to achieve your potential. Be patient. Set challenging and motivating goals.
5. **Get good advice.** Seek help only from those who can offer sensible and reliable advice?
6. **Have a plan.** Plan for success by making plans to achieve your goals.
7. **Grow your passion.** Sport must be fun; find ways to increase the fun. Read about your sport, talk about it, dream about your success.
8. **Monitor and reward your progress.** As you improve, reward yourself.
9. **Make sport part of your life.** Make your training and competition part of your everyday life.
10. **Tell every one how great you feel** Encourage others to get into sport.
11. **Accentuate the positive.** Who you spend time with determines how you feel. Seek out positive people and be positive yourself.

**If you missed the February "Shin": here it is:**

<http://www.akka.com.au/newsletters/Shin200902.pdf>

**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**