



KyokuSHIN Karate



Hanshi Taylor's Branch - Australian Newsletter – shiantaylor@ozemail.com.au
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New South Wales Non contact Championships:

With over 180 fighters it seemed like an exciting day lay ahead and true to form that is exactly what we got. All credit for that should go to the match officials and the staff on official tables, both groups ensured it all went very smoothly and without controversy. Truly a unique event. However, we should also give credit to the competitors who all fought, won and lost with dignity and grace. The Shihan Peter Malonas's Kempo Ryu teams as always were both entertaining and good value and as always walked away with a stack of medals. Zen Chi Ryu had their first go in the Kyokushin non contact event and whilst their fighters had good form and technique, they obviously lacked tournament experience, which means they will be a much stronger team next time around, so guys watch-out for them in the future. The **Male Open Division** mainly consisted of Kyokushin dojo instructors, which brought up the question as to whether or not it would be a good idea to put an **"Instructors only"** division in the National Non Contact Championships scheduled for the 8th August. Sounds like a great idea to me, what do you think guys? Over all the fighting was great, as you would expect many of the younger fighters Lacked tournament experience, but this is exactly what these events are for. For the many fighters who did not get into the medals and those that were unsuccessful on the day, simply need to ask themselves "what did I learn from the experience" put the experience and the lesson into practice and they will doubtlessly come back a much improved fighter the next time around. I am consistently surprised at full contact fighters who brush off the non contact as kids or non-event. Non contact events sharpens fighters and improves timing and speed, surely that must be good for any fighter.

The results are as follows:

Male Open Division:

1st Place: Simon Noble
2nd Place: Jim Sklavos
Equal 3rd Place: Frank Cirillo / Dylan Jusufi

Female Open Division:

1st Place: Jessica Tran
2nd Place: Vanessa Anderson

Male 5th Kyu & Under Division:

1st Place: John Stassi
2nd Place: Alex Poulos
Equal 3rd Place: Leif King / Scott Morrissey

Female 5th Kyu & Under Division:

1st Place: Karen Cirillo
2nd Place: Vesna Lakovski

Male 15 & 17 Years Division:

1st Place: Christopher Solidaris
2nd Place: Cody Rogers

Female 15 & 17 Years Division:

1st Place: Sacha Morrissey
2nd Place: Jovana Stojkov

Male 12 -14 Years Division:

1st Place: Jonathan Pachhiarotta
2nd Place: Daniel Schneider
Equal 3rd Place: John Louloudis / Dino Juklen

Female 12 – 14 Years Division:

1st Place: Tiani Smith
2nd Place: Janine Dufour
Equal 3rd Place: Zoe Collins / Sharni Zuerreb

Male 10 & 11 Years Division:

1st Place: Jake Nasko
2nd Place: Jaedon Salvador
Equal 3rd Place: Gregory Stasinis / Ahmed El Omar

Male 8 & 9 Years Division:

1st Place: Jacob Davidson
2nd Place: Cameron Letby
Equal 3rd Place: Marcus Lymberis / Faris Lateef

Female 8 & 9 Years Division:

1st Place: Brearna Palmer
2nd Place: Constance Botsikas
Equal 3rd Place: Trisha Sharma / Danica Davis

Male & Female 7 Years & Under Division:

1st Place: Flynn Gordan
2nd Place: Lance Despi
Equal 3rd Place: Luke Morris/ Robert Duncan

Sweating:

The article in the March issue of the "Shin" on **training in the sun** touches on the fact that you should always wear loose clothing to allow evaporation. To quote **"make sure your clothing is loose fitting so sweat has a chance to evaporate, keeping you cool and comfortable"** whilst this may not seem like a subject that is worthy of its own space, I feel the need to point out that Kyokushin has for many years, traditionally used a heavy dogi (uniform). There are a number of reasons for this, however, a very important one, especially here in Australia where it is a hot climate. A heavy dogi will fall away from your body once it starts to get heavy with sweat, which will improve the evaporation process, whilst the lighter dogi has a tendency to stick to the body therefore reduce the evaporation process that assists in the reduction of the body temperature. I think it is foolhardy for students to buy the lighter dogi because it is cheaper. However, I should make the point that children sweat very little, so such a scenario more than likely does not apply to them only the heavy sweating males. As a side issue, my wife tells me that ladies do not sweat... What can I say!

This month's quote:

Don't let a little dispute injure a great relationship.
Dalai Lama

What is a calorie:

A **calorie** is a unit of measurement for energy. The **small calorie or gram calorie (cal)** is the energy needed to increase the temperature of 1 g of water by 1 °C. This is about 4.185 J. The **large calorie (C) or kilogram calorie (kcal)** is the energy needed to increase the temperature of 1 kg (approx. 1 litre) of water by 1 °C. This is 4.185 kJ, and exactly 1000 small calories. In scientific contexts, the name "calorie" refers strictly to the gram calorie, and the unit has the symbol **cal**. The kilogram calorie is known as the "kilocalorie" and has the symbol **kcal**. Colloquially, and in nutrition and food labelling, the term "calorie" almost always refers to the

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

kilogram calorie. The calories we eat are separated into three different components, Protein, fat and carbohydrates each with their own particular function or purpose.

CALORIES

Protein: Growth, Maintenance, Repair, Energy.

Fats: Growth, Maintenance, Repair, Energy, Insulation.

Carbohydrates: Energy, Fibre.

The Importance of Vegetables:

Vegetables supply the body with essential vitamins, minerals and antioxidants which are also important for repair, maintenance and growth of the body. Vegetables have a low energy quotient compared to their volume. They supply various types of fibre and contain 70-80% water. Vegetables also supply fibre and water which are both required for digestion and the elimination of waste from the body.

The importance of eating fruit:

Like vegetables, fresh fruit supplies the body with essential minerals and antioxidants which are also important for repair, maintenance and growth of the body. They supply various types of fibre and contain up to 90% water. It is recommended to keep low carb/sugar type fruits and eating only three pieces per day. Fruits also supply fibre and water which are both required for digestion and the elimination of waste from the body.

The importance of nuts and seeds:

Nuts and seeds can supply the body with essential vitamins, minerals and anti-oxidants which are also important for repair, maintenance and growth of the body. They also supply essential fatty acids which are needed by the body for repair, maintenance and growth. Every living cell has a lipid 9 fat incorporated into the cell membrane. Fats are important for healthy skin, hair, nervous system, immune system and the brain is 50 – 60% lipid content.

All fats are not the same. There are saturated, mono-saturated and poly saturated fats. All are important to the healthy body. Fats are an important source of energy for the body. The heart and kidneys prefer to use fats as energy over sugars as it can be a more stable energy source. In fact, fats are the preferred energy source of the body.

This month's bad joke:

Wife: 'What are you doing?'

Husband : Nothing.

Wife : 'Nothing...? You've been reading our marriage certificate for an hour.'

Husband : 'I was looking for the expiry date.'

Kids are quick:

Teacher: Millie, give me a sentence starting with 'I.'

Millie: I is...

Teacher: No, Millie.... Always say, 'I am.'

Millie: All right... 'I am the ninth letter of the alphabet.'

NEW BONDI MEMBERS:

I would like to welcome the following new members to the Bondi dojo: Luka Van Stom – Lee Bourke – Adam Elais – Farah Fataar – Lu Sherman - Elisabeth Backer – Kayla Manuel – Seiya Aoyama – Taiki Aoyama – Dario Fung – Hugo Fung – Michale hallam – Sarah Hallam – Alex Snith

Jargon buster: Bleep Test

Also known as the multi-stage fitness test, the beep test, pacer test, or shuttle run test, the bleep test involves running between two points set at 20 metres apart in time to a soundtrack of ever decreasing beeps.

AKKA 2009 Calendar:

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

NSW Autumn camp grading:

If you would like a DVD of the grading, you should contact Sensei Tyson on info@kokorowebdesign.com.au for those who participated in the grading it is a no doubt a great memento. Sensei Tyson, among his many talents is also a web designer and can also can design a web page for you if you are looking to set one up.

Dear Hanshi,

Thanks for your newsletter it is very interesting I thought I would make a comment on your statements regarding head contact with hands in dojo sparring. After being part of Seido Juku for so many years which has a strict no use of hands to the head in both dojo sparring and tournament sparring at least with semi-contact style rules I am now teaching mainly Olympic style boxing and have much success in getting students used to head contact using boxing offence and defence techniques. I attribute much of this to my time in New York training with Shihan William Oliver of Strongest karate fame who in his early career was known for his fantastic kicks but later developed hands which I can only describe as akin to Sugar Ray Leonard. He also had a way of creating an atmosphere where people were relaxed when sparring with head contact which cut down the number of accidents to almost nil. So for me it is more important to create a culture when attempting to make that jump to head contact and only a few instructors from any style probably have the skills to do so and keep all their students safe. I was also lucky enough to see and compete in quality points tournaments on the A grade circuit and saw the likes of 'Mafia Hollaway' and 'Nasty Anderson' and even Billy Blanks in action. Hands, ridge hands and even shuto's were allowed to the head depending on the tournament and the hits were sometimes enormous. In Australia points fighting are more often seen as the poor relation to semi-contact or even kickboxing rules but in many ways it has a close resemblance to street defence where a single blow may end the encounter and the setup for a decisive attack is paramount. Perhaps there is no right or wrong to this discussion just an endless pursuit of education in all matters Martial
All the best
Joe Walker
Head Instructor
Primitive Warrior & Joes Boxing

Training:

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