



# KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au  
Issue May 2009 IKO-Matsushima Organisation From Hanshi Taylor's desk

## 2009 New South Wales full Contact Championships:

The New South Wales Full Contact Championships was once again an exciting non stop event, with 58 fighters in the tournament it was certainly going a full day. The Unanderra dojo did a great job in organising the championships and not only was it the biggest event as far as fighters entries but they promoted the tournament so well that with half an hour of the doors opening, we were selling standing room tickets only. The tournaments were full of great fights and it certainly ensured that no one left early. The results are as follow: -

### Male Heavyweight Open Division:

- 1<sup>st</sup> Place Andre Nakad
- 2<sup>nd</sup> Place Nicholas Prince

### Female Heavyweight Open Division:

- 1<sup>st</sup> Place Kerianne Khoshava

### Male Heavyweight 5<sup>th</sup> Kyu & Under:

- 1<sup>st</sup> Place Paul Dennis
- 2<sup>nd</sup> Place Sean O'Sullivan
- 3<sup>rd</sup> Place David Berthon

### Female Heavyweight 3<sup>rd</sup> & 4<sup>th</sup> Kyu Division:

- 1<sup>st</sup> Place Megan Pashley

### Female Heavyweight 5<sup>th</sup> Kyu & Under Division

- 1<sup>st</sup> Place Aimee Higgins

### Male Open Middleweight Division:

- 1<sup>st</sup> Place Alan Taylor
- 2<sup>nd</sup> Place Dean Hinch

### Male Middleweight 3<sup>rd</sup> & 4<sup>th</sup> Kyu Division:

- 1<sup>st</sup> Place Sherman Lo

### Male Middleweight 5<sup>th</sup> Kyu & Under Division:

- 1<sup>st</sup> Place John Stassi
- 2<sup>nd</sup> Place Tri Tran
- 3<sup>rd</sup> Place Shane Coleman

### Female Middleweight 5<sup>th</sup> Kyu & Under Division:

- 1<sup>st</sup> Place Lisa Hodder

### Male Open Lightweight Division:

- 1<sup>st</sup> Place Luke Agento
- 2<sup>nd</sup> Place Mustaba Asfrafi

### Male Lightweight 3<sup>rd</sup> & 4<sup>th</sup> Kyu Division:

- 1<sup>st</sup> Place Mitchell Bugg
- 2<sup>nd</sup> Place Joel Standish

### Male Heavyweight Colts Division:

- 1<sup>st</sup> Place Daniel Michalik
- 2<sup>nd</sup> Place Paul Lehoczky

### Male Lightweight Colts:

- 1<sup>st</sup> Place Raymond Letby
- 2<sup>nd</sup> Place Alex Smith

### Female 15-17 Years Division:

- 1<sup>st</sup> Place Brook Anderson
- 2<sup>nd</sup> Place Maddie Bone

### Sleep deprivation & sports performance

Many athletes may experience disturbed sleep before competition. This might be from pre-competition jitters and nervousness; uncomfortable and/or unfamiliar (usually cheap) accommodation; being away from familiar surroundings in a foreign city or country; jetlag; or noisy neighbours. Many studies have shown that even one night with very little sleep, either because of taking forever to go to sleep or having to get

up extra early, will reduce maximal sport performance. But what sleep or lack thereof does affect performance? One study looked at athletes' performance (maximal stationary bike exercise) at 07:00am and 06:00pm on both normally rested days and again when they had four hours less sleep; either at the start or the end of the night. The results were that at 07:00am, it didn't matter whether you had a good or lousy night sleep. The performances were the same. However, at 06:00pm performance was seriously affected when the athletes got up early. It isn't clear why getting up early is worse than having a late night on the afternoon's performance. The speculation is that it is related to body temperature. In the afternoon body temperature tends to go up more with exercise. Without the extra four hours sleep in the morning the body temperature tends to peak slightly higher causing the athletes to fatigue faster. A good night's sleep is as important as many other aspects of preparation for a big event. Unfortunately, many athletes will experience sleep disturbance before competition. The evidence suggests that it is better to stay up slightly longer than miss out on sleep in the morning. This doesn't excuse teenagers from staying up all night and sleeping in! Ref: Souissi N, et al. Effect of time of day and partial sleep deprivation on short-term, high-output. Chronobiology International 2009;25:1062-1076.

### Sempai Stanley Wong

#### This month's bad joke:

Wife: 'Do you want dinner?'

Husband: 'Sure! What are my choices?'

Wife: 'Yes or no.'

### Training Buddies:

**It's raining and cold outside. You really should just go out and train, but there's something good on TV. Maybe tomorrow... Sound familiar?**

Now try this scenario: It's raining cold outside and you don't really feel like going training, but then your mobile phone is rings with a message from your training buddy and tells you that he/she already left the house and will meet you at the dojo. You know you have to go, or he/she will give you a hard time for not going. You grab uniform and go. Afterwards, you feel good, you always feel good afterwards; it's the getting started part that's hard. That's why it's so beneficial to have someone else to train with on a regular basis. There's no type of fitness regimen that can't benefit from having a fitness buddy. If it's karate you keep each other regular if its weightlifting, your buddy can spot for you. If it's running or biking, they can push you to go faster than you would if you were alone. If it's climbing, they can catch you when you slip and start careening down the mountain (maybe climbing isn't the safest fitness activity). Whatever your choice of fitness outlets, a workout buddy can not only push you harder than you would yourself, but they can actually get you out the door. Never underestimate the power of social obligations. Those of us who wouldn't think twice about breaking a date with ourselves cringe at the idea of breaking a date with a friend. Especially if we have friends who are experts at giving the guilt-trip. OK, so you're sold on the idea of a fitness buddy. But wanting one can be easier than finding one. Your regular

friends might not be into karate or fitness, or they're the kind of people who start something with good intentions and gradually slack off. It's important to find someone who is as dedicated to training (or more dedicated) than you are. But where to look? Here are some ideas. Ask a friend, or see if a friend of a friend is looking for somebody. See if there is a bulletin board at work where you can look for activity partners. Don't be afraid to initiate proceedings by starting up conversations with people or starting new threads on message boards. You might be surprised at how many people are also looking for regular training buddies. Once you find a training buddy, don't let him or her down. If you both show motivation and keep to a regular schedule, you'll both reap the benefits.

**This month's quote:**

When you lose, don't lose the lesson..... The Dalai Lama

**Wallabies Coach Endorses Kyokushin Philosophy**

Australian (Wallabies) Rugby Coach, Robbie Deans has announced that a crucial selection criteria he will use in determining his Test players, is "how they perform on the training paddock". When asked if what a player did on the training paddock could make or break his Test chances, Deans said: "**There's no doubt. You are what you do often. That's the whole point of training. It is to develop habits, skill habits and understanding so that there are no surprises on the weekend.**" So the next time your instructor exhorts you to greater effort and attention to detail, with the familiar "How you train is how you fight", don't just dismiss it with an internal shrug and "Yeah, I've heard that one before." No matter what skill level you aspire to, if you train with commitment and intelligence, you will succeed. There are no shortcuts. If it's good enough for the Australian Wallabies Rugby Team.....

**Kids are quick:**

TEACHER: George Washington not only chopped down his father's cherry tree, but also admitted it. Now, Louie, do you know why his father didn't punish him?

LOUIS: Because George still had the axe in his hand.

**NEW BONDI MEMBERS:**

I would like to welcome the following new members to the Bondi dojo: Djngo Cass – Kane Walker-Lear – Luke Gillibrand – Ned Paterson – Christian Nikolltsas – James Nikolltsas – Michael Hallam – Sarah Hallam – Timothy Collins.

**Return to training:** It is great to see **Ben Warwick-James** back in training after a very long break. Amazingly he does not seem to have lost any flexibility or speed... Don't you just hate them when they do that.....?

**Jargon buster:**

**ATP-CP Anaerobic Energy Pathway**

The ATP-CP energy pathway (sometimes called the phosphate system) supplies about 10 seconds worth of energy and is used for short bursts of exercise such as a 100 meter sprint. This pathway doesn't require any oxygen to create ATP. It first uses up any ATP stored in the muscle (about 2-3 seconds worth) and then it uses creatine phosphate (CP) to resynthesize ATP until the CP runs out (another 6-8 seconds). After the ATP and CP are used the body will move on to either aerobic or anaerobic metabolism (glycolysis) to continue to create ATP to fuel exercise.

**A great Quote:**

Fights are not won in the ring, but in the hundreds of rounds done in training. Mohammad Ali

**AKKA 2009 Calendar:**

**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

**29<sup>th</sup> November:**

ACT full contact championships

**London Times Obituary of the late Mr. Common Sense**

Interesting and sadly rather true.

**Today we mourn the passing** of a beloved old friend, **Common Sense**, who has been with us for many years. No one knows how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

Knowing when to come in out of the rain; why the early bird gets the worm; Life isn't always fair; and maybe it was my fault.

**Common Sense** lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

**His health began to deteriorate** rapidly when well-intentioned but overbearing regulations were set in place.

Reports of a **6-year-old boy charged with sexual harassment** for kissing a classmate; teens suspended from school for using mouthwash after lunch; a teacher fired for reprimanding an unruly student, only worsened his condition. **Common Sense lost ground** when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children.

**It declined even further** when schools were required to get parental consent to administer sun lotion or an Aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

**Common Sense lost the will** to live as the churches became businesses; and criminals received better treatment than their victims.

**Common Sense took a beating** when you can't defend yourself from a burglar in your own home because the burglar could sue you for assault.

**Common Sense finally gave up** the will to live, after a woman failed to realize that steaming coffee was hot. She spilled some on her lap, and was awarded a huge settlement...

**Common Sense was preceded** in death by his parents, Truth and Trust; his wife, Discretion; his daughter, Responsibility; and his son, Reason. He is survived by his 4 stepbrothers; I Know My Rights, I Want It Now, Someone Else Is To Blame, and I'm A Victim. Not many attended his funeral because so few realized he was gone. If you still remember him, pass this on. If not, join the majority and do nothing.'

**Training:**

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