



KyokuSHIN Karate



Hanshi Taylor's Branch - Australian Newsletter – shiantaylor@ozemail.com.au
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Overtraining:

If I had a dollar for every student who has said to me: I will enter the tournaments when "really I am fit and ready" I would be very rich. The facts are, that if student is ready to compete at the time of application, there is very good chance that, it will not be the case when the event eventually happens. No doubt that student will have either "gone off the boil" which means they have not been able to keep up the intensity or has become over trained. The perfect way from a martial arts scenario and no doubt any combat situation (i.e., box or the like) is to train up to the event and peak on the day. How do you know of the fighter is "overtrained". The generally expected signals are:

1. Perceptions of exertion/fatigue during training
2. Decreases movement economy
3. Slower reaction time and impaired performance times.

To make matters worse, overtraining status is usually only diagnosed with the benefit of hindsight. In other words, by the time you know you are overtrained it is usually too late to handle it effectively. The answer is for contestants to make a commitment to an event from a normal training schedule, then increase your workload as the event gets closer.

This month's bad joke:

Wife: 'You always carry my photo in your wallet. Why?'

Hubby: 'When there is a problem, no matter how great, I look at your picture and the problem disappears.'

Wife: 'You see how miraculous and powerful I am for you?'

Hubby: 'Yes! I see your picture and ask myself what other problem can there be greater than this one?'

Guardian Angels:

This is Sensei Mike Zarate from The Philippines, I am seeking your presence to become part of our global effort to promote public safety awareness. I'm currently the National Director for The Alliance of Guardian Angels Philippines, under The Alliance of Guardian Angels International based in New York. We are a non profit organization who advocate safety. Parts of our program is about peace and multicultural development program for conflict zone in southern Philippines Mindanao region. We need help to promote our effort in conflict zone of Mindanao. Your participation will be greatly appreciated. Thank you and Best Regards! Osu!

Mike Zarate, National Director (www.guardianangelsph.com)

On "Expertise" Wiki says;

"Expertise is a characteristic of individuals and is a consequence of the human capacity for extensive adaptation to physical and social environments. Many accounts of the development of expertise emphasize that it comes about through long periods of deliberate practice. In many domains of expertise estimates of 10 years experience or 10,000 hours deliberate practice are common. Typically recent research on expertise emphasizes the nurture side of the nature versus nurture argument. It should be noted that some factors not fitting the nature versus nurture dichotomy are important as well. These typically are biological but not genetic factors, and include starting age, handedness, and season of birth."

Jargon buster:

Rating of Perceived Exertion Scale -

A simple way to determine exercise intensity.

AKKA NSW Country Championships:

Riverina Championships held in Griffith NSW on October 4th. Those that take part, will have a great weekend of wine, karate and song!! They may even throw in a complementary tour of Underbelly locations. The "Riverina Country Kyokushin Karate Championships" Full Contact and Non Contact events. All styles welcome. Griffith N.S.W. Applications and information can be obtained from Sensei Frank Cirillo frankcirillo929@msn.com

This month's quote:

Judge your successes by what you had to give up to get it...
The Dalai Lama

Great new restaurant – Bondi

Recently I was at the opening of my sons Stuart's new café the "Deli Bottega" on Glenyre Avenue, Bondi. I was there to try the breakfast menu, Nicholas the Swiss chief served up a get a breakfast with a great cup of coffee from a comprehensive menu. While I did not return for lunch, looking at the lunch menu, it seems just as comprehensive as the breakfast menu. The "Deli Bottega" is not only a family friendly café but also a specialized delicatessen with many important cheeses and meats for sale. The cost is very reasonable (lunch \$10.00-\$12.00)

NEW BONDI MEMBERS:

I would like to welcome the following new members to the Bondi dojo: James Oeser – Matthew Shields – Natalia Kiperman – Jack Springer – Daigo Yamagushi – Bruno Jenel – Christian Nikiltsas – James Nikiltsdas

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](http://stores.ebay.com.au/strongestkarate) the link is: - <http://stores.ebay.com.au/strongestkarate>

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

AKKA 2009 Calendar:

11th - 12th & 13th September: NSW Spring Camp

4th October: Riverina Championships: Full & Non Contact

29th November: ACT full contact championships

2009 Australian Open championships results:

The two day event had over 350 fighters take part, which broke down into over 230 on Saturday, the first day of the two day event for the Non Contact, and over 120 fighters on the second day for the Full Contact. A full report next issue:

Full Contact Divisions

Male Open Heavyweight Division

1. Robert Vack
2. David Avola
3. Simon Noble & Daniel Michalik

Male Open Middleweight Division

1. Jason Baltov
2. Dean Hinch
3. Jason Walker & Alan Taylor

Male Open Lightweight Division

1. Kalym Davies
2. Luke Argento
3. Ricky Andrew & Peter Attard

Female Open Heavyweight Division

1. Atawhai Edwards
2. Melanie Barclay

Female Open Middleweight Division

1. Shannyn Johnson-Ward
2. Avril Gill

Female Open Lightweight Division

1. Lucja Pustelnik
2. Katie Hall
3. Gloria Smith & Kerri-Anne Phillips

Male Middleweight 4th & 3rd Kyu Division

1. Simon Letcak
2. Michael Schonbas

Male Lightweight 4th & 3rd Kyu Division

1. Kengo Takahashi
2. Joel Standich

Male Heavyweight 5th Kyu & Under Division

1. Andrew Haustorfer
2. Russel Couper
3. Glen Ward & Robert Ferguson

Male Middleweight 5th Kyu & Under Division

1. Justin Stevens
2. Tavel Ginalski
3. John Stassi & Adam Blackman

Male Lightweight 5th Kyu & Under Division

1. Mitchell Bugg
2. Marcus Ferguson

Female Heavyweight 5th Kyu & Under Division

1. Lauren McPhail

Female Middleweight 5th Kyu & Under Division

1. Lisa Hodder

Female Lightweight 5th Kyu & Under Division

1. Shihan Ngarewa

Male Heavyweight Colts Division

1. Teina Skipper
2. Matthew Watson

Male Lightweight Colts Division

1. Greg Sykes
2. Reyne Ilves

Female Heavyweight 16 & 17 Years Division

1. Sacha Morrissey

Female Lightweight 16 & 17 Years Division

1. Brooke Anderson
2. Jovana Stojkov

Non Contact Divisions

Male Open Veterans Division

1. Peter McCarter
2. Mark Tyson
3. Scott McQuaid & Frank Mooney

Female Open Veterans Division

1. Wendy McCarter
2. Janine Pitts

Male Open Division

1. Ricky Andrew
2. Ryan Licastro
3. Peter McCarter & Sherman Lo

Female Open Division

1. Wendy McCarter
2. Laticia Ferres

Male 5th Kyu & Under Division

1. Lief King
2. Leigh Sunshine
3. Nick Williams & Mark Buena

Female 5th Kyu & Under

1. Wendy Roncolata
2. Shihan Ngarawa
3. Ekater Fedorova & Sharon Harris

Male 16 & 17 Years Division

1. Kalym Davies
2. Fares Ayman Shaheen

Female 16 & 17 Years Division

1. Sacha Morrissey
2. Ysobel Jarjoura

Male 13 – 15 Years Division

1. Mark Olovic
2. Samuel Shields
3. Karl Davies & Nathan Deruiter

Female 13 - 15 Years Division

1. Tiani Smith
2. Bree Ward
3. Kimberley Darby & Katie Allen

Male 10 – 12 Years Division

1. Kauri Davies
2. Nasa Kasab
3. John Loudloudias & Daniel Schneider

Female 10 – 12 Years Division

1. Alison Solidaris
2. Kayla Brindley
3. Leigh Adams & Rachel Morrissey

Male 8 & 9 Years Division

1. Cameron Letby
2. Jayden Brindley
3. Premo Davies & Isaac Jacobs

Female 8 & 9 Years Division

1. Sacha Kasab
2. Rebecca Coleman
3. Brearna Palmer & Michelle Suetnik

Male & Female 6 & 7 Years Division

1. Flynn Gordon
2. Aaliyah Davies
3. Ashleigh Farrimond & Tyson Vandree-Evarts

Male & Female 5 Years & Under Division

1. Chad Bernard-Chandler
2. Abdul Latif Chami
3. Ben Shires & Luka Van Stom