



KyokuSHIN Karate



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

The 2009 Australian Open Championships proved to be a spectacular show of skill and tenacity in what was to be the largest two day event ever held. With over 350 fighters taking part, it was a case of not leaving the side of the mat, as each competitor fought to secure an Australian title. The younger competitors coming up through the Colts divisions did not disappoint with a keen focus to show their worth in the full-contact arena. Illawarra's Brooke Anderson had victory firm in her sights as she worked her way to the Finals and taking the Lightweight 16-17yrs division with Canberra's Sacha Morrissey fighting hard to take the Heavyweight 16-17yrs division. The Male Colts were equally focused, with some nice techniques from our up and coming fighters. Greg Sykes was to take the Lightweight Colts crown, with New Zealander Teina Skipper securing the Heavyweights title. The Kiwi girls also had a show in the Finals with Shihan Ngarewa taking the 5th kyu and under division with a display of great technique and power. Middleweight, Lisa Hodder and Heavyweight, Lauren McPhail fought their way to a Finals berth and took the Australian Title in their respective divisions. The Male divisions were large and were to showcase some great karate-ka. The lightweights showed some quick technicians with Mitchell Bugg taking the 5th Kyu and under divisions. Ballarat's Justin Stevens fought through some tough opponents, reaching the Finals and taking the well deserved Title. Similarly, Andrew Haustorfer was to thump his way through the Heavyweight 5th Kyu and under division to take the crown. The 4th and 3rd Kyu divisions featured Lightweight Kengo Takahashi who secured the Finals win and Middleweight Simon Letcak who came up with the goods in the Finals. The excitement did not abate as competitors fought their way through the Open divisions. The lightweight division was hotly contested, with some experienced girls vying for the Title. Newcomers Gloria Smith from Glen Roy and Kerrie-Anne Phillips from Ballarat didn't give an inch to take equal third. 2008 Australian team member, Katie Hall worked some good *mae geris* to take second, with Bondi Junction's Lucja Pustelnik keeping up a solid attack to take the Title. The Middleweight division was to showcase current World Champion Shannyn Johnstone-Ward against Avril Gill in a repeat Finals match since their fight at the 2008 World Tournament. The fight was not to go the distance with Shannyn finishing the fight with *Ippon* with a *jodan mawashi geri*. Kiwi heavyweight Atawhai Edwards displayed some nice combinations to take the Title from Melanie Barclay's strong efforts. The New Zealanders were to take the Lightweight men's division, with Kalym Davies taking the Title from experienced Geelong fighter, Luke Argento. The Middleweight division was another huge division, with Jason Baltov fighting it out with Dean Hinch to take the Title. Alan Taylor and Jason Walker put in a strong performance to take equal third in a most exciting division. Heavyweight slugger, Robert Vack kept up a forward attack on Glen Roys David Avola, keeping up a high work rate to take the Heavyweight title.

THE JOURNEY

I never looked around at other martial arts; my brother was already doing Kyokushin Karate for 4 months before I started. As I began my training, like all beginners, I was confused and it was hard to work out. Over the next 4 and half years I progressed with my training, overtaking my brother, who only got to the rank of blue belt (8 Kyu) and left, I too left for a short period of time, As my 2 daughters came into our lives and much of my time was spent with them. Six years had past before I had an opportunity to return to training, in that time I was amazed how many students had come and gone. When I had left there were about 25 students when I returned there was about 9 students and falling. Over the years that followed our Dojo members declined and in the end we were forced to close down, as the rent was too much for 3 students to pay. This only lasted for 4 months, (I trained elsewhere in that time but was never satisfied) with luck we were able to train at a local school for a more manageable fee and were back at training. I progressed through the years with my training getting harder and harder, as it does as you go up through the ranks, as time passed we gained more students and obtained a sponsor who was able to supply us with a more permanent Dojo complete with matting, shields and punching bags at a manageable price. The years that followed saw me through to senior brown (1st Kyu) and my instructor was about to embark on his own journey, around Australia with his partner. The next year saw me preparing for my Shodan grading and for the taking over of the Dojo once my instructor had departed. That time has come and gone, I am now a Shodan and running the Dojo. It may have taken me twice the amount of time to get their, but I have definitely enjoyed the journey. Sempai Andrew Oxenham – Adelaide

This month's quote: *"One becomes a beginner after one thousand days of training and an expert after ten thousand days of practice."* **Mas Oyama**

Teenagers and drink:

Teenagers who drink on a monthly basis are frequently imbibing in order to get drunk, according to the 2009 Teen Survey released today from The National Center on Addiction and Substance Abuse at Columbia University. The study also found that those teens that have seen their parents drunk are much more likely themselves to get drunk, use marijuana or smoke cigarettes, compared to other teens. In addition, many teenagers report that prescription drugs are very easy to obtain for misuse. READ MORE:

<http://members.jointogether.org/ct/212spo61i4KN/survey>

GREAT NEW CAFE – BONDI

Recently I attended the opening of my son, Stuart's new café the "Deli Bottega" on the corner of Glenayre Avenue and Ross Street, Bondi. We were invited to try the breakfast menu. Nicholas, the Swiss chef, served up a great breakfast and Justin, the Barista expert, made an excellent cup of coffee. The breakfast and lunch menu is comprehensive and interesting. The "Deli Bottega" is not only a family friendly café but also a specialized delicatessen with many imported cheeses and meats to choose from. Prices are very reasonable.

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

NEW BONDI MEMBERS:

I am sure you will all join me in making welcome the following new members to the Bondi Junction dojo: Greame Fielden – Oliver & Stefan Ferster – Ethan Goodall – Rinny Eapen – Henry Cox

Bad joke of the month:

I thought you would all enjoy this one!!!

One day the old German shepherd starts chasing rabbits and before long, discovers that he's lost. Wandering about, he notices a panther heading rapidly in his direction with the intention of having lunch. The old German shepherd thinks, 'Oh, oh! I'm in deep doo-doo now!' Noticing some bones on the ground close by, he immediately settles down to chew on the bones with his back to the approaching cat. Just as the panther is about to leap, the old German shepherd exclaims loudly, 'Boy, that was one delicious panther! I wonder if there are any more around here?' Hearing this, the young panther halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees. 'Whew!' says the panther, 'That was close! That old German Shepherd nearly had me!' Meanwhile, a squirrel who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the panther. So, off he goes, but the old German Shepherd sees him heading after the panther with great speed, and figures that something must be up. The squirrel soon catches up with the panther, spills the beans and strikes a deal for himself with the panther. The young panther is furious at being made a fool of and says, 'Here, squirrel, hop on my back and see what's going to happen to that conniving canine!' Now, the old German Shepherd sees the panther coming with the squirrel on his back and thinks, 'What am I going to do now?', but instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old German Shepherd says... 'Where's that squirrel? I sent him off an hour ago to bring me another panther!'

Moral of this story...

Don't mess with the old dogs...age and skill will always overcome youth and treachery! BS and brilliance only come with age and experience. Of course, I am in no way insinuating that any of you are old, some are just more 'youthfully challenged'.

Sent to me by my friend Sam.... Sam we have long memories.

Jargon busters: BMI: This is a measurement which is a comparison between a person's weight and height. It is often used to identify obesity, but does not indicate body fat percent.

True Love:

I am always sadden to lose a student, but more so when I learn that he or she has quit due to pressure from their spouse or fiancé. I have been married for 35 years and not once has my wife (Annette) asked me not to go training. She knows that I love training and teaching and she enjoys watching the pleasure it brings me. I think it is not true love but rather selfish love that allows a person to demand the one they are supposed to love above all others, stop doing something they enjoy for what must be completely selfish reasons. Surely if you love some one then you should get pleasure out of their enjoyment. I wonder if such person is deserving of the love or respect that marriage entails. Then again, we train fighters to be strong and never give up, and they give up something they love when the pressure builds, instead telling the person "I enjoy doing this and I will continue to do it, so get used to it"

Giving in does not sound like strong person or fighter to me...

WATER

Dehydration occurs long before you get thirsty. Drinking only when you're thirsty indicates that you are consistently dehydrated. When the body is dehydrated it starts to shut down to prevent further dehydration. You can become sluggish, lethargic, tired, listless, low energy, headaches and even nauseated; severe dehydration can lead to heat exhaustion and unconsciousness. Start the day upon rising by drinking 500ml or water. Follow up with another 2 – 3 litres throughout the day. The importance of drinking water is often overlooked. Your body is 70% water, and should be treated that way. Water is essential when dieting or losing weight. It helps you properly utilize all of the nutrients that you consume through food, by helping your body transport the nutrients efficiently into your cells. At the same time it helps eliminate wastes while flushing out toxins, improving your health. Your skin will be more elastic, so as to avoid stretch marks and give you a clear, smooth complexion. Water cushions and protects your joints also, helping in avoiding injury.

THE KATA BOOK NOW INCLUDES A 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 kata - Pinan 1- 5, Tsuki No Kata, Gekisai Dai, Gekisai Sho, Yantsu, Tensho, Saiha, Sanchin, Sanchintensho & Seipai.

Cost - Australia: \$35.00 (postage \$5.00)

Cost - International: US\$35.00 (postage US\$10.00)

Instructor's discounts available

IKO-Matsushima 2006 World Cup:

Two days of knock-down fighting in a box set of five DVD's a great package of exciting bouts. Hailed as the best full contact weight division tournament ever:

Cost - Australia \$50.00 (postage \$5.00)

Cost - International US\$50.00 (postage US\$10.00)

Instructors discount available



Grading Syllabus:

Students working toward a grading should think about buying a grading syllabus. This way you will be sure of exactly what is required to get your next grade. At only \$20.00 the newly printed syllabus is packed full of karate techniques and diagrams and the requirements up to Yon Dan. The syllabus can be obtained through your AKKA dojo or direct from Hanshi Taylor (instructor's discounts do apply). Overseas students can obtain the syllabus through Ebay at doug177 the link is: - <http://stores.ebay.com.au/strongestkarate>

Ebay sales:

IKO-Matsushima 2006 World Cup, the AKKA grading syllabus and Kyokushin kata book 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>

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