



# KyokuSHIN Karate



Hanshi Taylor's Branch - Australian Newsletter – shiantaylor@ozemail.com.au  
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**Channel the rage: teach boys to fight.** Damon Young  
Nicolas Cage loves Australia, but he doesn't like its inner-city violence. He described a five-on-one brawl he saw in Melbourne while taking time out from filming the sci-fi thriller, *Knowing*, as "pretty horrifying". He isn't alone. Australia is a beautiful, friendly, rich country, which is generally peaceful and welcoming. But at night its cities can be vulgar, violent, inhospitable places. It's not just the vomiting, sexual innuendo and bad music. It's the fights and verbal aggression. I recently saw two young blokes punching on over a few muddled words. They were mates, and it wasn't yet eight o'clock on a Wednesday. I was a schoolboy once, and I can understand the allure of macho posturing and physical confrontation. But when the boys are grown men, it's not so innocent. Boys get grazes and bruises, but drunken adults die from brain injuries, knife cuts and bullet wounds. Some of the idiocy may be stopped by a greater police presence, more arrests, and harsher sentences. Media campaigns might change some minds - well, it worked with drink-driving. But it won't dissipate the rampant male aggression, particularly the explosive, adamant and irrational rage that often clouds the minds of young men. This sounds like an excuse - it isn't. It's a partial explanation. Young male rage brings with it all sorts of identity issues: masculinity, sexual desirability, ennui and socio-economic factors. But from poor ethnic gangs to white, middle-class private school boys brandishing bats, is a common ferocity: angry, swaggering, immature aggression. The question isn't how to get rid of it, but: what can we do with it? How can we channel this into something less dangerous, and more productive? There are many ways to do this constructively, but one is martial arts: teach boys how to fight. Take them to classes, like boxing, judo, karate, kung-fu, ju-jitsu. This seems absurd: surely learning to fight means more violence. Certainly, some young men are made more violent by martial arts - the macho atmosphere and praise for violence enhance their aggression, instead of diminishing it. Some professional fighters seem to grow more angry and unbalanced as they age. But research suggests that young men who learn to fight in a safe, structured, respectful martial arts school are less antisocial. How does this work? First, the martial arts offer controlled catharsis. They get to fight, and fight hard - but against willing participants, under the eye of an experienced teacher, coach or trainer. They learn to be aggressive without being malicious. Second, combat sports can increase self-esteem. Instead of needing to prove themselves in animalistic rites, martial artists enjoy genuine achievements: gaining grades or belts, executing difficult techniques, winning competitions. They learn there are better ways to get respect. Third, fighting offers discipline. You have to train regularly, eat well, keep your fitness up and set realistic targets. Maybe young men can combine this with Friday night drinks and thuggery, but it won't pay off in the long run. Success demands commitment, and this means less late-night idiocy and more early morning jogs. Fourth, fighting can teach humility. Confidence can spill over into arrogance, which can lead to more infantile self-assertion in the city. But there's nothing like losing a fight to

teach you your limits. Boys need to learn they're not invulnerable - as a colleague of mine, a fine arts graduate, put it, "every 15-year-old boy needs to be punched in the face". Finally, the martial arts demand trust. In order to train well, you need faith in your teacher and fellow students. You have to know they'll go light when you're a beginner, and they'll release their choke when you tap - and you'll do the same. In this way, young men learn to be less antisocial, and more gregarious; they learn trust in others, and self-restraint. It's no panacea; psyche and society are too subtle and complex for any universal policy to work. But it's food for thought: don't deny male rage; channel it into something safe and structured. Instead of just policing the streets, we might educate the angry mind. If we want them to be more civilised, perhaps we must teach our boys to fight. **Dr Damon Young is an honorary fellow in philosophy at the University of Melbourne, and co-editor of the forthcoming book, Martial Arts and Philosophy.**

## ADELAIDE DOJO EVENT:

Beginning of the year Family B.B.Q and Training Day

### Where:

Virgara Winery - Heaslip Road Angle Vale South Australia

**When:** Saturday 27th February 2010

**Time:** Starts 09.30am - B.B.Q from 11.30 am

**What to bring:** Gi - Picnic stuff - Sunscreen - Drinks - Hat  
Sunglasses - Footwear.

**RSVP: 20th February:** For catering quantities.

Those attending please contact Sempai Andrew Oxenham on 0401097329 or 08 82847878 to leave a message,

**Cost:** \$15 per student - **All Kyokushin members welcome**

## This month's quote:

"The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing"

**Albert Einstein**

## NEW BONDI MEMBERS:

I am sure you will all join me in making welcome the following new members to the Bondi Junction dojo:

Jason Ameduri - Finn Kingston - Ethan Goodall - Luca & Nicolo Polese - Mark Gaponov - Edward Worthington - Lucy Soutman

## Jargon busters:

### Energy Pathways

Because the body can not easily store ATP (and what is stored gets used up within a few seconds), it is necessary to continually create ATP during exercise. In general, the two major ways the body converts nutrients to energy are:

- Aerobic metabolism (with oxygen)
- Anaerobic metabolism (without oxygen)

These two pathways can be further divided. Most often it's a combination of energy systems that supply the fuel needed for exercise, with the intensity and duration of the exercise determining which method gets used when.

### One for the ladies:

Question: What did God say after he created man?

Answer: I can do better than this! and then created woman!!!.

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

### Caffeine Improves Exercise Performance

In terms of athletic performance, caffeine "might be the difference between first place and last", Dr. Vinson says. Without caffeine, not only are you a little slower mentally, you are lagging physically. "Caffeine stimulates you to exercise 10% to 15% longer" because it keeps you from getting as tired, explains Terry Graham, Ph.D., a nutritionist who specializes in caffeine at Ontario's University of Guelph. However, recent research advises strongly that people not drink a cup of coffee immediately before exercise. That consumption so close to a workout can cause problems. It is also a mild analgesic, so you can work out longer before you start to feel sore. However, a troubling new study published in the Journal of the American College of Cardiology shows that caffeine may decrease blood flow to the heart during exercise. More research is needed. If you are in good health, go ahead and enjoy that coffee, there is no evidence that it harms the body, but keep it under 4 cups a day. The Journal of the American Medical Association recently reported that caffeine does not put you at risk for hypertension, although something else, unknown to scientists, in sugared and diet colas does. In people with normal blood pressure, any change in heart rate is not only "too small to measure," Dr. Graham says, but it disappears within minutes of your first cup. If you already have high blood pressure, however, avoid excessive intake, says Lynne Shuster, M.D., director of the Mayo Clinic's Women's Health Clinic, because caffeine can exacerbate a pre-existing condition. The same goes for those who suffer from heart arrhythmia or anxiety - caffeine can trigger arrhythmia in those who are prone to it and can worsen anxiety. However, Caffeine Can Be Addicting. Many people have experienced those headaches when they went off coffee for a couple of days. You develop a tolerance to caffeine over time, and when you no longer take any in, your body, expecting that daily dose, reacts with headaches and irritability. The more caffeine you consume, the more severe the withdrawal symptoms, but some people can get hooked on just a cup a day.

### Bad joke of the month: Soldiers:

A platoon of soldiers was marching north of Fallujah when they came upon an Iraqi terrorist, badly injured and unconscious. On the opposite side of the road was an Australian soldier in a similar but less serious state. The soldier was conscious and alert and as first aid was given to both men, the Platoon Leader asked the injured Australian what had happened. The soldier reported, 'I was heavily armed and moving north along the highway here, and coming south was a heavily armed insurgent. We saw each other and both took cover in the ditches along the road. I yelled to him that Saddam Hussein was a miserable, lowlife scum bag who got what he deserved. He yelled back that Kevin Rudd is a bureaucratic, Good-for-nothing, left wing labor idiot who knows bugger all about running the country. So I said that Osama Bin Laden dresses and acts like a frigid, mean-spirited lesbian!' He retaliated by yelling, 'Oh yeah? Well, so does Julia Gillard!' 'And, there we were, in the middle of the road, laughing, shaking hands, when a truck hit us.'

Spilt squat



**Spilt squat:** (you can perform this exercise with bodyweight or external loadings such as dumbbell, barbell or even a Bo.

1. Place barbell on your back or dumbbell in your hands and take a long step out (the shin of the lead leg will determine the length of the step as the shin should be fairly vertical)
2. Keep the trunk vertical throughout the movement.
3. The bottom position should be one where the knee of the rear leg is almost touching the ground.
4. This can progress into dynamic and walking lunges once the appropriate level of control, stability and general strength has been achieved.

### 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)

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 dougo177 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>

### 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**