



KyokuSHIN Karate



Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au
January 2010 IKO-Matsushima Organisation From Hanshi Taylor's Branch

New Year's Resolutions:

Making improvements in your life doesn't need to be limited just to the New Year's resolutions, although that seems to be the most popular time to start. Improving yourself should be an all-year-long event, which is, in fact, where many people fail at keeping their goals long-term. When you're setting out to make and break new and old habits, you're going to need a lot of practice, so it doesn't matter if it's the New Year or July – you should be open to enriching your life all year long. And when it comes time for you to make vows to yourself, there are many really important life-enhancing resolutions that should be on your self-help "to-do" list... On the top of the list should be... **Get Fit and Healthy!** It's no secret that we are an overweight society. Australians, Americans and I am sure many other countries have many who need to lose a good 10 kilograms, or more, to get to a healthy weight. It's not just looks – it's about your health. 30-60 minutes of exercise a day will do your heart good, as well as your waistline, not to mention helping you to have a better outlook on life.

Karate:

One of the great things about karate is that it not only keeps you fit and healthy but gives you many other benefits which are too many to mention here, but to keep it up for the long haul, more than anything, you need to enjoy doing it. If not, it will quickly become a chore and you will lose interest. One of the ways to make sure you look forward to going to the dojo is to give yourself small goals. Look to improving a technique or kata, look towards your next grading, and take one step at a time. All karate students should have a black belt as an incentive but it is a long way ahead and may seem too much of an effort to get there, if you do not take one step at a time, so always target your next grade or tournament as a way of keeping focused. Above all, make the commitment to still be training at the end of the year, then everything else will fall into place.

2009 European Championships:

Many of you would be aware that Allan Taylor (no relation) competed at the 2009 European Championships. Although Allan lost in the first round, he fought very well and took his opponent to an extension. Unfortunately for Allan, his preparation for the event was a two week holiday in Italy, so needless to say, his condition was not the best and he was lucky to make the weight (Italy will do that). Subsequently towards the end of the extension, he ran out of condition and was not able to come home strong enough to get the flags, but he can be proud of his effort. I am sure the experience will do him a lot of good for the 2010 World Cup in Spain as Allan has already been selected in the Australian team.

The things kids say:

At the Victorian camp, I shared a room with Sensei Hardy, who brought two of his youngest students with him. To keep an eye on them, they were put in our room. I walked in and one of them said to me "How many gold stripes do you have?" "Nine" I replied, "Wow he said you have the same number as John Taylor" "I know" I replied, trying not to smile, then to add insult to injury he said "He's dead you know" "No, I didn't know that" was the only answer I could think of at the time!

Shihan Lowe:

I would like to let everyone know that Shihan Lowe recently suffered several strokes. However, I spoke to him recently and he assured me that he is doing well and will make a full recovery. I am sure everyone in Kyokushin wishes Shihan Lowe a fast and full recovery. Shihan Lowe has been a stalwart of Kyokushin almost since its conception and was, in fact, the first Non-Japanese Branch Chief in Kyokushin. He has always kept up his enthusiasm for training and is an inspiration and example to us all.

Get well soon old friend, Kyokushin still needs the likes of you. Kind regards John Taylor

KARATE BREATHING TECHNIQUES

Breathing is indispensable to human life, a rather obvious fact, but what is not so obvious is that correct breathing methods are mainly lost to the modern world. The first place to look for the perfect breathing system is nature; look at a baby when it breathes or an animal. Both breathe using the diaphragm and not the chest, as we are taught when we get older. Not for the baby the large expansion of the chest in an effort to fill it with air, but the stronger and more versatile abdomen muscles to work the lungs. A way to test the power and effectiveness of this type of breathing is to try and cough without using the diaphragm. Karate breathing is merely an extension of this technique. Breathing methods vary among martial art schools, but karate is the only one to put so much emphasis into the proper breathing methods, of these Kyokushin Karate is probably the strictest on this technique. There are a variety of ways in karate of inhaling and exhaling. The most basic and the one most used of all is the "kiai" or yell, but to liken the karate kiai to simply a yell, is to say walking is only putting one foot in front of the other. I am sure, if it was possible, that any person learning to walk would tell you that, like "kiai", learning to walk requires a whole series of co-coordinated muscular action, and requires a large amount of training and practice. This breathing exercise is one of the most essential phases of Kyokushin Karate training. Unlike other sports - karate breathing is a deep lower abdomen type of breathing, designed not only to refresh the respiratory system and to conserve body energy, but it is a means of strengthening the lower abdomen area so that the maximum internal strength of the body, together with the external power, will be delivered when a kiai is uttered. Simply put a Kiai is used when maximum power is required. "Kiai" properly executed is the very essence of karate power. The basic method of kiai is to breathe in through the nose taking the air down to the lower abdomen by using the diaphragm, then opening the mouth, and through a relaxed throat, push the air out of the lungs using the abdominal muscles. This is done by tightening the diaphragm as well as the whole body and forcing the air through the respiratory system to achieve a strong but short kiai. From the very first lesson this is taught to the new student and during a normal training session the student would kiai on an average of 900 times. This is done at a set pace, forcing the student into a controlled breathing rhythm. This, we feel, is the reason karate has proved successful in helping asthma sufferers. A more advanced breathing method is "Ibuki" and is a long method of

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

breathing. In other words the air is allowed to come out in a slow controlled manner. The reason it is used in karate is both long and complex. To outline it would achieve nothing at this stage, suffice to explain how it is performed. The method used is to stand in a stable position, although it could be done if necessary from a sitting position. Breathe in through the nose, slowly and quietly so that no one can tell whether you are breathing or not, all the way to the lower abdomen using the diaphragm. When the maximum amount of air has been inhaled, tense the abdomen and force the air out in a long breath through a relaxed throat. When it feels as if all the air is out of the lungs, tense the abdomen even further force out the last of the air. Throughout this method the mouth should be wide open.

Brian Ellison:

The older members will remember Brian who was a very prominent fighter in the early years of the AKKA. Brian became famous as the nunchaku wielding bad guy who had his feathers shot off his head by Mel Gibson in the movie "Thunder Dome" Unfortunately Brian suffered a heart attack in mid-November and was rushed to hospital where they inserted 2 stents. He had to return to have another 2 stents inserted. He was recuperating at his daughter's place in Sydney but has now returned to Canberra. The good news is that Brian is recovering well and back on track for a full recovery. I am sure you will join with me in wishing him a speedy recovery.

Ethan Gillibrand:

Sorry to hear that Bondi Junction student Ethan Gillibrand fell onto the gutter breaking his arm. It was straight to emergency for Ethan and then under a general to reset his bone. Now he has a cast from his knuckles to just under his shoulder. The good news is that he is going OK and will be back in training some time in the New Year. **Sorry Ethan, not a good way to end the year or spend Christmas....**

End of year break-up parties:

Young Tigers dojo: I attended a couple of very good dojo parties recently. The Young Tigers Dojo (Smeatons Grange) held a sit down dinner at the Campbelltown Catholic Club. Amongst the many surprises on the night was Sempai Alicia Smith performing the highland (Scottish) dance. "No" she was not drunk, but simply fulfilled a promise to her husband, Sempai Robert. It was a very good demonstration and one everyone, including yours truly, very much enjoyed. The rest of the night was a huge success with lots of 2009 year awards being given out.

Illawarra dojo: The Illawarra dojo had just as successful a breakup party. They actually hired a jumping castle, which was a great idea, keeping the kids occupied. We might bear this idea in mind for next year. Once more the highlights were the 2009 awards and also the "Forgettable" awards with every thing from the best tattoo (by popular vote) to the best "Irish Impersonation" and the "Worst Jokes" award. To prove no one is sacred, I won both of those, I guess that is a good hint for me to learn some better jokes by the time the next camp comes around. All-in-all a great day with lots of fun.

The instructors from both dojos should pat themselves on the back for providing their students with such great end of year break-up parties.

NEW BONDI MEMBERS:

I am sure you will all join me in making welcome the new members to the dojo: **Finn Kingston, Henry Cox, Greame Fielding & Mark Gaponov.**

2010 Calendar:

28th February	Squad training
12th – 14th March	NSW Summer camp and grading
15th March	Bondi Junction Under Green Belt grading
25th April:	Squad training
16th May:	NSW Individual Non Contact Championships.
28 th – 31 st May	National Camp Gold Coast Qld.
1 st June:	Bondi Junction un-graded students grading.
2 nd June	Bondi, Under Green Belt Grading
20th June	NSW Full Contact Championships
15 th August	NSW Non Contact Teams & Individual kata Championships
10 th – 12 September	NSW Spring camp and grading
30 th October	Australian Kyokushin Open Non Contact Championships
31 st October	Australian Kyokushin Open Full Contact Championships

This month's quote:

"A human life gains lustre and strength only when it is polished and tempered." **Mas Oyama**

Jargon busters:

BMR (Basal Metabolic Rate)

The amount of energy expended while at rest in a neutrally temperate environment, in the post-absorptive state.

Bad joke of the month:

ATTORNEY: What was the first thing your husband said to you that morning?

WITNESS: He said, 'Where am I, Cathy?'

ATTORNEY: And why did that upset you?

WITNESS: My name is Susan!

THE KATA BOOK NOW INCLUDES A DVD:

A Kyokushin Karate Manual with over 100 pages of Kata with complete detailed explanations, including the correct count. A comprehensive book that takes a student to

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)

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 \$10.00)

Instructor's discounts available on all items available

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!"

Last issue: The link is as follows:

<http://www.akka.com.au/newsletters/Shin200912.pdf>