



# KyokuSHIN Karate



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

## Holidays are over:

Well guys the holidays are over, school is back and it is time for all good Kyokushin students to get back into hard training. For those who did not train in January, it has certainly been a very hot month in the dojo. Sosai Oyama once said *"Come ye trials and challenges, come life's big waves, for I am ready!"* I guess that means in our case, while we were at the dojo training, some of you guys were down on Bondi Beach catching waves! In any case, it is time to get back into the action as we have a very full year, especially with the World Cup in Spain in June. We are currently looking at airfares for everyone so if you thinking of going, at this point it looks like the airfare will be about \$2,200.00, maybe a little less depending on how good a deal we get and that of course depends on how many people we have traveling. So watch out for an email in the next few days with all the details.

## Congratulations:

Congratulations to Sensei Steve Hardy on his nomination as a finalist in the **Victorian Governments Volunteer**

**Involvement Award.** Sensei Hardy has been training for 38 years and teaching for 30 years. Four of Sensei Hardy's students have been selected in the Australian team for the 2010 World Cup in Spain. He was also selected as coach for the same event. Those who know Sensei Hardy will understand the huge effort and work he puts into the local community. The kids he took to the last Victorian camp (see last issue "The things kids say") is just two of the many in the Ballarat indigenous community Sensei Hardy has helped. Congratulations Sensei, an award well earned.

## Kicking technique: How to make improvement

I understand that it is painfully obvious when I say: - first and foremost, it is important for the student to know the target. Just throwing the leg in the "general direction" is not enough. It is also important that the student take an integrated approach to ensure that they are flexible enough and have the strength to allow for sound kicking techniques. Hip, quad and hamstring flexibility are important in gaining maximum velocity and height. Where possible, take a video of the kick then work on correcting the earliest mistake first. If this error is not fixed subsequent improvement will be hindered. Whilst the student is taught "textbook technique", there needs to be room for individual flair, however, it should not be at the expense of generating the velocity and the height needed to kick successfully. In other words, just getting the leg up there is of no consequence if upon reaching the target, there is not enough power generated to achieve a desired result.

## Background to successful kicking technique

Kicking must be considered an all of body movement, not just a leg swing. Kicking is a throw- like motion – proximal to distal sequence or acceleration i.e. maximum angular velocities are reached in sequence. In kicking, it starts from the proximal segment (the hip) and proceeds sequentially through the thigh and knee to the distal segment (the lower leg or shank). Segments of the body rotate in different ways to maximize foot speed. Energy is transferred from trunk to pelvis, thigh and leg. Correct sequencing results in maximum velocity of the foot at impact. It is the speed of the foot at contact that is the key factor in successful kicking. This is

called the "Kinetic Link Principle". Early or late action of the body, thigh or leg will reduce the velocity at impact.

- \* Generating foot and leg speed
- \* Hip Extension
- \* Knee Flexion
- \* Stretch across truck/hips/quad
- \* Role of the Support Leg
- \* Follow Through

**Generating Foot Speed:** As mentioned earlier, kicking involves the whole body in generating foot speed. The greater the hip extension, the more force can be developed, the more muscle groups working together, hence the greater the force. With the thigh, calf and foot closer to the axis of rotation – the hip joint, thereby creating a higher angular velocity and consequently leg speed. This situation is the same as when an ice-skater brings their arms close to their body allowing them to spin faster. This minimum knee angle also allows the late release of the lower leg and foot, similar to a golf club whipping through at impact. The thigh moving forward has initiated the angular velocity of the leg/foot. As the forward momentum of the thigh slows, the knee rapidly extends in a whipping action. The tighter the knee angle, the higher the velocity of the leg moving to impact.

**Role of the Support Leg:** The support leg has a vital role to play in successful kicking. After all it is the position of the support leg that influences the and allows the spring action in the knee and hip to be wound up to the required level and also plays a crucial role in bracing the body for the kick and allowing the body momentum to be transferred into the kicking leg. It is important that the support leg can flex to absorb the weight and momentum of kicker. Remember, the kicker will have generated significant momentum by this stage and this needs to be transferred into the follow through. If the support leg collapses (not giving enough support), the kicking leg cannot swing through the optimal arc. This collapse will also reduce the momentum of the kick and ultimately reduce the force imparted.

**Impact:** As per the Kinetic Lick Principle, correct sequencing results in maximum velocity of the foot at impact. At this stage the sequential momentum is transferred to the knee extension and there is little other critical movement of the body. The knee will continue to extend to impact, using the force generated by the other body segments to generate foot speed. The knee is not fully extended at contact. Apart from techniques the final foot speed is dependent on flexibility, sequencing and strength. There is a strength and training issue here that often goes unnoticed. Effective mass is another factor affecting impact. Stiffening of the joints and ensuring contact is made on a rigid foot creates an efficient energy transfer. Maintaining or increasing the momentum of the kick through impact also contributes to the speed and power of the impact. To use a cricket analogy, Brett Lee would not bowl as fast if he walked to the crease.

**Follow Through:** It is important that the kicker continues his momentum through the kick. As the knee is not fully extended at contact, the kicker must continue generating velocity after impact. The support leg now provides the kicker with full extension of the leg.

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



**PIRIFORMIS STRETCH:**

Lying on your back, bend one knee and place that foot on the floor. Cross the other leg over the bent knee at the ankle. Bring the knee of the crossed leg towards the opposite shoulder (for a deeper stretch, cross the knees closer together) Hold for a slow count of 20 and repeat on the other leg.

**Rugby:**

Congratulations to the International Rugby Board and the International Olympic Committee on the re-admittance of Rugby to the Olympic Games. Rugby is not only the game they play in Heaven, but now also the game they play in the Olympic Games! For those poor and sad souls who are not aware of the game of Rugby, it is played in 116 countries and will be played in the 2016 Olympic Games in Rio de Janeiro. (AFL, eat your heart out) The 1924 Paris Olympics was the last time rugby was played in the Olympic Games as in 1925, Baron de Coubertin, who was the driving force behind Rugby and the Olympic movement, stepped down as the President of the IOC and his successor, Count Baillet-Latour, did not share the enthusiasm of the founder, for Rugby Football. The 1925 Olympic Congress, at which Baillet-Latour was elected as the second IOC President, signaled the beginning of a drive against team sports and despite the vigorous protestations of the Dutch students keen to have Rugby in the program of the 9th Olympic Games in Amsterdam, Rugby was dropped from the Olympic program. Rugby was never again part of the Olympic Games, though its American Football cousin appeared as a demonstration sport at the 1932 Olympics in Los Angeles. It was the last time an oval ball featured in the Olympic Games, though a Pre-Olympic Rugby tournament involving France, Germany, Italy and Romania was held in Berlin before the 1936 Olympics.

**NEW BONDI MEMBERS:**

I am sure you will all join me in making welcome the new members to the dojo: Oleg Gaponov – George Livanidis – Maliq Reed – Hideki Tsuruda – Dylan Walters

**2010 Calendar:**

28th February	Squad training Bondi Junction
12th – 14th March	NSW Summer camp and grading
15th March	Bondi, Under Green Belt Grading
11 <sup>th</sup> April	NSW Full Contact Championships
25th April:	Squad training
16th May:	NSW Individual Non Contact Championships.
28 <sup>th</sup> – 31 <sup>st</sup> May	National Camp Gold Coast Qld.
1 <sup>st</sup> June:	Bondi White Belt grading
2 <sup>nd</sup> June	Bondi, Under Green Belt Grading
31 <sup>st</sup> July – 1 <sup>st</sup> August	Victoria (Hanshi Taylor Branch) Winter Camp and 4 <sup>th</sup> Kyu & over grading and training camp.
15 <sup>th</sup> August	NSW Non Contact Teams & Individual kata Championships
10 <sup>th</sup> – 12 September	NSW Spring camp and grading
30 <sup>th</sup> October	Australian Kyokushin Open Non Contact Championships
31 <sup>st</sup> October	Australian Kyokushin Open Full Contact Championships

**This month's quote:**

*"Reading good books implants good ideas in the mind, develops good aspirations, and leads to the cultivation of good friends." Mas Oyama*

**Jargon busters: Lactate Threshold (LT):**

This is the exercise intensity where lactic acid begins to accumulate in the blood. It starts to accumulate because it is being produced faster than it can be removed. Normally, lactic acid is removed from the muscles before it accumulates, but at higher intensities it begins to build up and this is known as the Anaerobic Threshold (AT). The anaerobic threshold is when an individual is working at approximately 8.5-9.5 RPE.

**Leukaemia Foundation:**

Sempai John Volkerts' daughter Samantha, is participating in the World's Greatest Shave, which raises money for the Leukaemia Foundation, supporting patients and families of those who suffer from blood related cancers such as Melanomas, Leukaemia's and Lymphoma's. The shave date is on the 12th of March. Sam is getting a number one.

**The website is:**

<http://my.imisfriendraising.com.au/personalPage.aspx?registrationID=314278&langPref=en-CA>

There will be updates and a video of the shave on the web site:

You can sponsor via the website or make a donation to a bank account set up especially for the event.

**Account Name:** Samantha Volkerts  
**BSB:** 633-000  
**Account Number:** 138 943 832

**Bad joke of the month:**

Girl: 'When we get married, I want to share all your worries, troubles and lighten your burden.'  
Boy: 'It's very kind of you, darling, but I don't have any worries or troubles.'  
Girl: 'Well that's because we aren't married yet.'

**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>

**Last issue: The link is as follows:**

<http://www.akka.com.au/newsletters/Shin201001.pdf>