



KyokuSHIN Karate



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

Kinetic link principle

The principle that body segments generate high end-point velocity by accelerating and decelerating adjacent links, using internal and external muscle torques applied to the body segments in a sequential manner from proximal to distal, from massive to least massive, and from most fixed to most free. The kinetic link principle is applied when different body segments rotate during punching or kicking. These actions have been likened to the motion of a bullwhip. If segmental rotations are free to occur at the distal end, the body's base-segments in contact with the ground act like the handle of a bull-whip. Just as the tip of the bullwhip can be made to travel at supersonic speed, the small distal segments of the hand and foot can be made to travel very fast by the sequential acceleration and deceleration of the body segments.

Power Hitting: When it comes to hard hitting we use the **Kinetic Link Principle**. The ideal kinetic link produces high arm or leg velocity by sequential transfer of energy from the stronger and heavier body segments (legs and trunk) to the arms and finally to the fist, hand or foot. This energy generation begins at the feet, the base of support. This energy is sequentially transferred through the legs, hips, trunk, shoulders, arms, hands, and lastly out into the arm or leg as velocity. Energy increases through the "linked" body segments, so that maximum velocity is transferred. In a nutshell, this means the attack starts at the feet and works its way out to the arm or leg by correctly transferring energy through the body parts in specific sequential order. The order is very important or the energy stored is partially wasted. "The dynamic kinetic link sequence supports the importance the emphasis on hip rotation in the movement. The hands are secondary." The correct sequential order of body parts is essential in achieving maximum velocity and impact. Hence the instructors constant emphasis on having a strong and stable stance! A well-balanced athlete has good coordination and control when performing sporting actions. When a karate-ka is in action it is clear that maintaining balance is difficult; muscular strength and gravity affect how well the karate-ka can maintain balance. The way in which a karate-ka resists and handles these outside forces is called stability. The better and more sport specifically they train their bodies, the more balanced and stable they will be during the training or competition. Specifically areas of balance and stability fall into the following categories:

- (1) Muscular balance.
- (2) Core stability.
- (3) Dynamic balance.

Although listed as separate areas of balance, they are closely related. The muscular balance provides a strength basis for athletes in most sports. Multi joint exercises are beneficial for general core strength and stability, which for the most part is a normal part of Kyokushin training. Exercises that help the athlete control the body's center of gravity while training and competing are essential. Fortunately in Kyokushin training this happens normally during the course of a traditional Kyokushin class! One of the many successful exercises to increase core strength is by standing on one foot, which is of course what happens when we kick. Core stability and core

strength exercises, are necessary for sports requiring not just flexion and extension but also rotational movements.

Dynamic balance: What do the following all athletes have in common: a basketball player playing man-to-man defense, a soccer player dribbling through several defenders, and a hockey player changing directions at full speed? All these athletes must have tremendous footwork and good balance. Keeping the body under control while moving is called dynamic balance.

Kyokushin Family above and beyond the call of duty:

I was reminded just how much Kyokushin people pull for each other when Sempai Wong needed to get a spinning wheel (no it was not for Sempai Wong, it was for his wife, Kathy) sent up from Melbourne. Sempai Wong had won the spinning wheel at an Ebay auction on a "pick up only" deal. He asked Sempai Wendy McCarthy if she could help. It arrived safely in Sydney at his home all bubble wrapped in no time at all.

Well done Sempai McCarthy

Wollongong Challenge:

The Wollongong challenge is the first of the NSW event in 2010 and should not be missed, all of the AKKA fighters should use this event to not only to participate in a great tournament, but as a lead up to National at the end of the year. Details of this event and the others can be obtained at the following links.

2010 Wollongong Challenge details: -

http://www.akka.com.au/theEvent.php?the_event_id=114

Entry form:

<http://www.akka.com.au/form/2010%20NSW%20Full%20Contact.pdf>

2010 Australian Non Contact tournament details:

http://www.akka.com.au/theEvent.php?the_event_id=111

Entry form:

<http://www.akka.com.au/form/2010%20Australia%20Non%20Contact%20Application.pdf>

2010 Australian Full Contact details:

http://www.akka.com.au/theEvent.php?the_event_id=112

Entry form:

<http://www.akka.com.au/form/2010%20Australian%20Full%20Contact%20application.pdf>

Life Explained

A boat docked in a tiny Mexican fishing village.

A tourist complimented the local fishermen on the quality of their fish and asked how long it took him to catch them.

"Not very long." they answered in unison.

"Why didn't you stay out longer and catch more?"

The fishermen explained that their small catches were sufficient to meet their needs and those of their families.

"But what do you do with the rest of your time?"

"We sleep late, fish a little, play with our children, and take siestas with our wives. In the evenings, we go into the village to see our friends, have a few drinks, play the guitar, and sing a few songs..... We have a full life." The tourist interrupted,

"I have an MBA from Harvard and I can help you! Start by fishing longer every day. You can then sell the extra fish you catch. With the extra revenue, you can buy a bigger boat."

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

"And after that?" "With the extra money the larger boat will bring, you can buy a second one and a third one and so on until you have an entire fleet of trawlers. Instead of selling your fish to a middle man, you can then negotiate directly with the processing plants and maybe even open your own plant. You can then leave this little village and move to Mexico City, Los Angeles, or even New York City! From there you can direct your huge new enterprise."

"How long would that take?" "Twenty, perhaps twenty-five years." replied the tourist. "And after that?" "Afterwards? Well my friend, that's when it gets really interesting," answered the tourist, laughing. "When your business gets really big, you can start buying and selling stocks and make millions!" "Millions? Really? And after that?" asked the fishermen. "After that you'll be able to retire, live in a tiny village near the coast, sleep late, play with your children, catch a few fish, take a siesta with your wife and spend your evenings drinking and enjoying your friends."

And the moral of this story is: Know where you're going in life... you may already be there!!

NEW BONDI MEMBERS:

I am sure you will all join me in making welcome the new members to the dojo: John Williams – Daniel Archer – Jake Burgess.

2010 Calendar:

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

Time is not of the essence:

It is so often the case, that when a student gets to Shodan or even further, they seem to feel that all they now need to do is learn a few extra kata, wait for the minimum time to expire and stick their hand up to attempt the next grade. It seems to me that so many do not read the grading syllabus, which states, awarding Nidan as an example: -

"Applications for Nidan must be made in writing, giving the full history of what has happened, or changed since the last grading to render such an application successful. The applicant should bear in mind that the applicant's character and general ability as an instructor (i.e. standard of student produced by an instructor) will be taken into account. If the student is not running a dojo, then the student should demonstrate a general contribution to Kyokushin"

Just to give everyone some guidelines as to the kind of thing we expect.

1. Participating in most if not all of the AKKA activities if not as a fighter, then by officiating or assisting in the

running of the event.

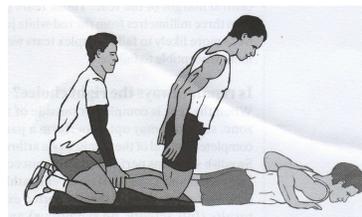
2. Attending camps, **and not just when their grading is being attempted.**
3. By attending and supporting the AKKA formal functions.

Hanshi Taylor

This month's quote:

"One living daily in the Way carries their head low and their eyes high; reserved in speech and possessing a kind heart, they steadfastly continue in their training efforts."

Mas Oyama



Nordic Hamstring lower exercise:

With a partner holding your ankles while in kneeling position, slowly lower yourself to a 45° position, keeping the trunk straight. Maintain this posture for as long as possible and continue to the floor. Using your arms as an aid, return to starting position.

RED BELTS:

As far as I know, the South Pacific is the only place where you will find Kyokushin students in a red belt and as I am the person who started the "Red Belt" system in the South Pacific and having been asked on numerous occasions how and why, I have decided to give the reasons, I included that colour. It all started when Sosai Oyama introduced the 10th Kyu system into Kyokushin. Until that time, we had had the 8th Kyu system and the belt colours started at blue belt. The problem for me was that when he introduced the 10th Kyu system, he made 10th and 9th Kyu white belts. I have always been pragmatic and very quickly realized that if I grade an Australian from white belt to white belt, it would not be very good for student retention. So without his permission, I decide to put a colour into the 10th and 9th Kyu grade and in all fairness to Sosai, when he finally discovered what I had done and after he listened to my explanation, he let me keep the system. He was also a pragmatic man and what was bad for the Australian organisation was also bad for the International organisation. So how did I come to choose the colour red? I often joke when asked why I picked red, by saying, "I walked into a martial arts store and looked at the colours that we were not already using in Kyokushin and they only ones at that time were red and orange, I never did particularly like orange as a colour so I picked red". That is not totally untrue and largely that was the way it went. However, the added bonus for picking red, is that red is for the novices and red is an indication of danger. In this way, the red belt is used as a visual reminder to others that the person wearing the red belt is a novice and has very little experience and must be looked after by the more experienced students.

GIRI – DUTY:

A strong sense of duty and faithfulness for that which has been given, (Parents, Sensei and country). Selfless duty in delivering your best without expectation of reward.

Previous issue of the Shin Feb 2010 -

<http://www.akka.com.au/newsletters/Shin201002.pdf>

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