



KyokuSHIN Karate

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



Making the Kinetic Link:

If we consider the body to be a key piece of equipment, how does that equipment impact an individual and how does one use their equipment for the best results. Misinformation about biomechanics or not understanding the biomechanics, can lead to a fit individual, but have no impact on performance. I will attempt to draw a more specific link between biomechanics and fitness practices. There are many opinions and theories about what the body does or should do in the when punching or kicking, but research have established that regardless of technique, rotation theory, etc., every martial artist should attempt to establish what is called a "kinetic link" when they punch or kick. Why should you as an average martial artist be interested in the kinetic link and biomechanics? If you don't understand how you create power, unless you plan to rely on luck and good genetics, you will never be able to change your ability to effectively create more power, without injury. The kinetic link in simple terms is the biomechanical description of how the body efficiently creates power, regardless of style. Use the example of snapping a towel to explain the kinetic link in simple terms. There are two parts: the arm and the towel. As the heavier arm moves forward towel counter leavers back, causing a stretch in the muscles, which then contract (shorten) in response, causing the towel to move forward or snap over the arm, which is now stopped and stable. In applying these principles to the punch, the kinetic link has four segments. The four segments are: the hips, torso/shoulders and the arms. Like the squat before jumping, the counter-movement is the opposing arm returning to the body or chest. In a right handed person, as the strike transitions. The torso/shoulders lag behind as they follow in the direction of the allowing for a more effective stretch (load) of the hips. Shortly thereafter the torso/shoulders follow the lead of the lower body and begin accelerating in the direction of the strike. In an efficient movement transition occurs in a coordinated fashion between each segment until all body segments are accelerating in the counter-clockwise direction of the strike. This coordinated sequence of movement between the four segments individually and as a whole, combined with a coordinated loading and firing of each linking muscle group is what creates the maximum arm speed at impact. A breakdown in this kinetic link will lead to compensations physically and in technique, creating greater physical wear and tear, injuries, and inconsistent performance.

WHY WE TEACH WHAT WE TEACH

How to increase arm speed / Acceleration

What is arm/leg Speed?

Arm/leg speed is measured in kilometers per hour (KPH) and considers only the highest speed of the arm (peak velocity) through the target.. Most fighters produce high speeds through their mechanical efficiency. However, a fighter can also produce higher speed with more strength (specific resistance training program).

What is Quickness / Acceleration?

Quickness / Acceleration: quickness is measured IN TIME (1/100th of a second) and shows how quickly the fist or foot travels from initial movement (launch) to contact. Speed and

Quickness is a result of Bio-Mechanical Efficiency & Torque (Rotational Force). Strength is one variable that contributes to this goal.

Dynamic Balance:

Dynamic balance is knowing and controlling your center of gravity from start to finish. Controlling the center of gravity means going from one foot to the other while keeping the posture stable with the head directly over the center of gravity. At this point the fighter will be at his strongest balanced position and ready to produce a turning or rotary force called torque. Torque produces rotational acceleration.

Kinetic link / Sequential Rotation:

Some call it sequential rotation; others refer to it as torque (rotational acceleration) and scientists often call it the kinetic link principle. Regardless of the language, what it amounts to is producing kinetic energy (KE) from the ground forces to the lower half of the body and sequentially transferring that energy from the feet, into the lower torso, up into the upper torso and finally into the hands or feet. Optimal transfer of energy will only take place when the previous segment is moving at its maximum velocity.

If you're having eye symptoms you can't explain:

Tell your doctor about any herbs or supplements you're taking. These can have side effects on your eyes, according to a recent study in the *American Journal of Ophthalmology*. For example, high doses of niacin (a B vitamin sometimes used as a cholesterol-lowering drug) can cause blurry vision as well as dry eye. Ginkgo biloba, promoted as a memory enhancer, has been known to cause retinal bleeding. Echinacea and chamomile, if used in an eyewash, can bring on severe irritation. Even licorice in large amounts (the real thing, not artificially flavored candy) can cause vision problems. You should never put any herbal remedy directly in your eye, not even in a mild solution.

Stretches prevent injuries at training & increase flexibility.

How? By making your muscles more flexible by lengthening them. For example, when you perform a bicep curl you bend your arm and raise your hand towards your shoulder. When you watch this movement you will see the bicep muscle shortening. When you extend your arm back to starting position it would be lengthening your bicep muscle. Often when muscles have been trained hard, or if they haven't been trained in years (that is lack of exercise in general) they tend to seize up, contract / shorten when you do put them under strain such as moving house, start training in karate etc. So stretching these muscles helps lengthen them to give your body and limbs a better range of motion or movement. When was the last time you either trained or did something strenuous to the point where your muscles were sore for days? Remember the sheer pain you went through? That's your muscles contracting. So you need to stretch or lengthen them to help repair them and increase flexibility.

Fable phrases: Adams apple: -

The visible projection of the Thyroid cartilage of the larynx at the front of the neck, so called from the superposition that a piece of the forbidden fruit stuck in Adam's throat.

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

STROKE: Remember the 1st Three Letters.... S. T. R.

STROKE IDENTIFICATION:

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) ... she said she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening. Jane's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00pm Jane passed away). She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today.)

R *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

NOTE: Another "sign" of a stroke is this: Ask the person to 'stick out their tongue... If the tongue is "crooked", if it goes to one side or the other, that is also an indication of a stroke.

A cardiologist says if everyone who gets this e-mail sends it to 10 people; you can bet that at least one life will be saved.... I have done my part. Will you?

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>

NEW BONDI MEMBERS:

I am sure you will all join me in making welcome the new members to the dojo: Luca Rossi – Oliver Boscoe – Angus Merritty – Zoe Wilkinson

Previous issue of the Shin April 2010 –

<http://www.akka.com.au/newsletters/Shin201004.pdf>

Quote of the month:

Experience only teaches the teachable. Aldus Huxley

Calendar:

16th May:	NSW Individual Non Contact Championships.
1 st June:	Bondi White Belt grading
2 nd June	Bondi, Under Green Belt Grading
31 st July – 1 st August	Victoria (Hanshi Taylor Branch) Winter Camp and 4 th Kyu & over grading and training camp.
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

Bad joke of the month:

First Guy (proudly): 'My wife's an angel!'

Second Guy: 'You're lucky, mine's still alive.'

Next bad joke:

'There's a way of transferring funds that is even faster than electronic banking. It's called marriage.' Sam Kinison

Last year, we Aussie taxpayers received an 'Economic Stimulus' payment thanks to "The Mr. Rudd Corp" (The Australian Prime Minister) this is how it went!

This is indeed a very exciting program, and I'll explain it by Using a Q & A format:

Q. What is an 'Economic Stimulus' payment ?

A. It is money that the Federal Government will send to taxpayers.

Q.. Where will the government get this money ?

A. From taxpayers.

Q. So the government is giving me back my own money?

A. Only a smidgen of it.

Q. What is the purpose of this payment?

A. The plan is for you to use the money to purchase a High-definition TV set, thus stimulating the economy.

Q. But isn't that stimulating the economy of China?

A. Shut up

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!

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