



# KyokuSHIN Karate

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



## Kancho Matsushima's travels by Kancho:

I am very happy to announce that the Federation of Tunisian Kyokushinkai Karate has joined the IKO- Matsushima Organisation. Due to the change over, I decided to travel with Shihan Sadok Kouka to Tunisia directly from Spain after attending the 3<sup>rd</sup> World Cup. Shihan Sadok Kouka is the head of the Tunisian Federation of Kyokushinkai Karate and we arrived in Tunis in the night on 24th June where we were met and welcomed by the Director of Police Schools. There was another pleasant surprise when the officer of the Airport invited us all to relax and wait in the VIP room. The Federation of Tunisian Kyokushinkai Karate is fortunate enough to be supported by the Tunisian government which means that when Shihan Sadok Kouka organizes an International event, the government will financially support and manage them. There are offices of the Federation of Tunisian Kyokushinkai in both Tunis and Sousse with the Tunis office being located in the offices of the Tunis Olympic Sport Centre.

Shihan Sadok Kouka has been very active over many years within Arabian countries and is well respected in the Arabian region. Shihan Sadok Kouka has a very long and successful history in Kyokushin and was part of the Swedish team that fought in the Kyokushin 3<sup>rd</sup> World Tournament in 1983. He gained first place at the Full Contact World Shidokan World Tournament. The Tunisian President spoke very highly of Shihan Sadok Kouka and welcomed him back to Tunisia when he returned to teach Kyokushin Karate from Sweden and start the Kyokushinkai Federation. Shihan Sadoka Kouka now teaches karate on a National Television program and subsequently, is famous in Tunisia.

Shihan Sadoka Kouka advertised that the President of Kyokushinkai, Kancho Matsushima would be teaching a seminar which resulted in over 400 students participating and next day 32 students took part in the Dan grading test. While the dan grading was in progress Shihan Sadoka Kouka was busy running a Kyu test. The whole grading was fully covered by the National Television.

On the 3<sup>rd</sup> day we visited the Police School in Tunis which is one and half hours drive away and once again were met and welcomed by The Director of Police Federation and Police School to his school and thanked us for taking the time to run a seminar at which 300 police school students attended from the 13 of 15 police schools that Shihan Sadoka Kouka is teaching Kyokushin Karate at in Tunisia.

Anyway, I might be famous in Tunisia because the National TV program of the Seminar and Dan test will be broadcast on 10th July (joke)

Best regards  
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President I.K.O.MATSUSHIMA

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## World Cup Results:

### Female Lightweight Division:

1 <sup>st</sup> Place	Maria Gridneva	Kazakhstan
2 <sup>nd</sup> Place	Maria Zhukovskaya	Russia
3 <sup>rd</sup> Place	Anna Kukarina	Russia

### Female Middleweight Division:

1 <sup>st</sup> Place	Yuliya Selina	Russia
2 <sup>nd</sup> Place	Svetlana Zhegar	Ukraine
3 <sup>rd</sup> Place	Ekaterina Believe	Russia

### Female Heavyweight Division:

1 <sup>st</sup> Place	Atawhai Edwards	New Zealand
2 <sup>nd</sup> Place	Leah Howlett	United Kingdom
3 <sup>rd</sup> Place	Olga Ivanova	Russia

### Male Lightweight Division:

1 <sup>st</sup> Place	Asghar Jabbari	Iran
2 <sup>nd</sup> Place	Darren Stringer	United Kingdom
3 <sup>rd</sup> Place	Eugenie Solomennikov	Russia

### Male Middleweight Division:

1 <sup>st</sup> Place	Sergey Doronin	Ukraine
2 <sup>nd</sup> Place	Seyed M. Salehi	Iran
3 <sup>rd</sup> Place	Aleksey Feoktistov	Russia

### Male Heavyweight Division:

1 <sup>st</sup> Place	Saied Safari	Iran
2 <sup>nd</sup> Place	Konstantin Fedorov	Russia
3 <sup>rd</sup> Place	Vasif Samedov	Russia

**Spirit Award** Sergey Doronin Ukraine

**Technical Award** Maria Gridneva Kazakhstan

## New IKO-Matsushima Members:

I would like to welcome Sensei Nolte who is part of the Kyokushinkai Karate Deutschland group to the IKO-Matsushima organisation, I am sure the Kyokushinkai Karate Deutschland will be a great asset to the IKO-Matsushima organisation and its members.

## Beer by 7 year olds:

'My Mum and Dad both like beer. My Mum gets funny when she drinks it and takes her top off at parties, but Dad doesn't think this is very funny.' Grady, 7 years old

## What does "D" in D-day stand for?

The "D" was used by the military as stand-in for the actual date of an upcoming operation, when the date was unknown or a secret. Now the term is usually associated with the World War 2 allied invasion of Normandy on 6<sup>th</sup> June 1944

## Watch what you drink:

You might be watching what you eat, but you also need to keep a close eye on what you drink. Liquid calories slide down so easily and are not well regulated by natural appetite mechanisms, so you can blow your daily calorie cap in just a few seconds of drinking. There are many tempting beverages to entice you. Juice bars, smoothie stands and coffee shops at your local shopping centre can be a minefield. The weekly thick shake habit with the kids can quickly add up to around 4kg of body a year! Here's the math... 52 weekly 500 calorie think shakes = 26,000 calories. There are roughly 7000 calories in 1 kilogram of body fat. So, 26,000 / 7,000 = 3.7kg. That's just from 1 drink, not counting all the food tipping you over your calorie cap too. Check out the drinks below and use the calorie counts as an incentive to not to indulge.

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

1. Large Gloria Jeans Iced Chocolate = 3260 kJ / 780 Cal = 8 Tim Tams - Better choice = Small, skim milk iced chocolate, no sugar or cream.
2. Large McDonalds Thick shake = 2200 kJ / 535 Cal = 5 Tim Tams - Better choice = Small serve, homemade smoothie with skim milk, blueberries, yoghurt and honey.
3. 650mL Boost Juice Tropical Storm Fruit Smoothie = 1716 kJ / 408 Cal = 4 Tim Tams - Better choice = Limit fruit juice to 1 x 200mL juice per day.
4. 500mL Red Bull = 1334 kJ / 320 Cal = 3 Tim Tams - Better choice = Water or a limit of 1 x 375mL can a diet soft drink per day.
- 5: 5. 2 x 200mL white wines = 1200 kJ / 288 Cal = 3 Tim Tams - Better choice = 2 x 100mL standard glasses or low-alcohol wine.

The liquids you drink may be the only thing getting between you and that fit, toned body that you've always wanted.

**Remember, you don't have to have a thick shake! - Matt O'Neill, Channel 7 Sunrise Nutritionist.**

#### **NEW BONDI JUNCTION DOJO MEMBERS:**

I am sure you will all join me in making welcome the new members: William Stafford – Antonio Casas – Matthew James – Levi & Medel Hoffman – Nathan Wilson – Moshe Leuchter – Jack MacIntosh – Jayden Connors – Clarisa Perry – Tyler Dale – Jordan & Niki Giannoploulos – Taiga Harada

**Return to training:** It is great to see Jie Tong back in action after a long break. Congratulations to Jie for being successful in getting his Masters Degree and obtaining his permanent residency. This is a case of "China's loss is Australia's gain".

#### **2010 Australian Non Contact tournament details:**

[http://www.akka.com.au/theEvent.php?the\\_event\\_id=111](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](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>

Previous issue of the Shin – July 2010 –

<http://www.akka.com.au/newsletters/Shin201007.pdf>

#### **Quote of the month:**

"Those who think they can, and those who think they can't, are both right." **Henry Ford**

#### **2010 Calendar:**

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

#### **The New South Wales State Championships:**

The NSW State Non Contact Team Championships and the NSW Individual Kata Championships again proved to be great success with 48 teams competing in the fighting section plus a large contingent of kata competitor. As expected with dojo pride on the line, a hectic and full day ensued with lots of great action. It was good to see that the kata competitors, by and large took the event seriously, which was a big improvement from previous years and resulted in a much improved kata event. All in all, it was an outstanding day with some great fighting and quality kata. Special mention should be made of Sempai Caroline Cox, who made a great comeback to the tournament scene after being ill.

#### **The results are as follows:-**

##### **Male Open Kata Division:**

1 <sup>st</sup> Place:	Adam McGrath	Bondi Junction Dojo
2 <sup>nd</sup> Place:	Michael Archer	Illawarra Dojo
3 <sup>rd</sup> Place:	Jed Whitaker	Charnwood Dojo (ACT)

##### **Female Open Kata Division:**

1 <sup>st</sup> Place:	Alicia Smith	Young Tigers Dojo
2 <sup>nd</sup> Place:	Caroline Cox	Lyneham Dojo (ACT)
3 <sup>rd</sup> Place:	Karina Narayan	Bondi Junction Dojo

##### **Male 5<sup>th</sup> Kyu & Under Kata Division:**

1 <sup>st</sup> Place:	Mitchell Bugg	Illawarra Dojo
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##### **Combine Female Kata Division:**

1 <sup>st</sup> Place:	Wendy Roncolato	Coogee Dojo
2 <sup>nd</sup> Place:	Sharni Xeuereen	Young Tigers Dojo

##### **Male 13-16 Years kata Division:**

1 <sup>st</sup> Place:	Daniel Schneider	Young Tigers Dojo
2 <sup>nd</sup> Place:	Jake Nasko	Young Tigers Dojo

##### **Male 12 Years & Under Kata Division:**

1 <sup>st</sup> Place:	Reece Xuereb	Young Tigers Dojo
2 <sup>nd</sup> Place:	Luke Morris	Illawarra Dojo
3 <sup>rd</sup> Place:	Adan Lewis	Illawarra Dojo

##### **Female 12 Years & Under Kata Division:**

1 <sup>st</sup> Place:	Rachell Morrissey	Charnwood Dojo (ACT)
2 <sup>nd</sup> Place:	Hannah Morrissey	Charnwood Dojo (ACT)

##### **Male Open Team Kumite Division:**

1 <sup>st</sup> Place	Bondi Roosters	Bondi Junction Dojo
2 <sup>nd</sup> Place:	Bondi Gunners	Bondi Junction Dojo

##### **Female Open Team Kumite Division:**

1 <sup>st</sup> Place:	Great White Sharks	Charnwood Dojo (ACT)
2 <sup>nd</sup> Place:	Coogee Ladies	Coogee Dojo

##### **Male 5<sup>th</sup> Kyu & Under Division:**

1 <sup>st</sup> Place:	Shake & Bake	Illawarra Dojo
2 <sup>nd</sup> Place:	Coogee Males	Coogee dojo

##### **Combined Female Kumite Division:**

1 <sup>st</sup> Place	Karate Kittens	Bondi Junction/Illawarra
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##### **Male 13 – 15 Years Kumite Division:**

1 <sup>st</sup> Place:	Alicia's Devils	Young Tigers Dojo
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##### **Male 10 -1 2 Years Kumite Division:**

1 <sup>st</sup> Place:	Bondi Bullets	Bondi Junction Dojo
2 <sup>nd</sup> Place:	Terminators	Illawarra Dojo
Equal 3 <sup>rd</sup> Place:	Fire Warriors	Illawarra Dojo
	Alvin & The Boys	Illawarra Dojo

##### **Female 10 – 12 Years Kumite Division:**

1 <sup>st</sup> Place:	Pussycat Dolls	Illawarra Dojo
2 <sup>nd</sup> Place:	Bondi Lynx	Bondi Junction Dojo

##### **Female 8 & 9 Years Kumite Division:**

1 <sup>st</sup> Place:	Young Cougars	Young Tigers Dojo
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##### **Male & Female 7 Years & Under Kumite Division:**

1 <sup>st</sup> Place:	Bondi Bandits	Bondi Junction Dojo
2 <sup>nd</sup> Place:	Bondi Panthers	Bondi Junction Dojo

**Training: "When you're not training, somebody else is, and when you meet, they'll win!"**

#### **Great questions:**

What is the speed of darkness?

Why is it that people say they "slept like a baby" when babies wake up every two hours?

Are there especially reserved parking spaces for "normal" people at the Special Olympics?

If the temperature is zero outside today and it's going to be twice as cold tomorrow, how cold will it be?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?