



KyokuSHIN Karate

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

Dear Kyokushinkai friends,

I am deeply sorry to inform you that our dear Shihan Dr. Gessi Krame Homede died on Monday 5th July 2010 in Mexico City, at the age of 76, he had lung disease and was hospitalized for one month. We will remember him always as a good human being and an excellent person to his family and friends. We will miss him very much. May God Bless his soul. OSU! Kyokushinkai of Mexico

Kansho's Travels:

Kancho will visit to Nepal from 15th to 22nd September for the seminar and training.

KYOKUSHIN WORLD CUP, SPAIN, 2010.

The whole World converged on the idyllic coastal locale of Estepona, Spain; a destination usually reserved for relaxation by the Mediterranean, but for one weekend in June, a battleground for some of the best Kyokushin fighters on the planet. Local taxi drivers were perplexed with the number of foreigners requesting a ride to the "Plaza del Toro" (bull ring), an amazing structure planted in the centre of Estepona, amongst white Mediterranean villas, and a short stroll to a spectacular Marina where visitors could sample the local tapas menu or a drink at the bar. The two day event proved to be a marathon for competitors, Officials and spectators alike, with the tournament running well into the early hours of the morning on both days. As well as an extremely high standard of fighting, the temperatures rising well into the 30's was an obstacle to contend with, with two matted areas set up in the middle of the arena, and gusts of wind driving dust into the air. The Australians put in a mighty effort, as it became apparent that the bar had been lifted across the board, and no country could be written off as being an "easy" draw. Several Aussies received byes, which saw them enter quarter finals, where others slugged it out from the outset. Sensei Hardy, the National Coach, was pleased with the calm yet determined manner, in which the Australians took to their post. While many moved through to further rounds, the task was made difficult due to some extremely close bouts and decisions that eliminated some of our best, and others dealt with overcoming injury. It was to be a tournament of contrasts, where some of our experienced fighters did not have everything in their favour but fighting with true grit, and our first time International competitors putting in a valiant effort against very tough opponents. With well over two hundred competitors, tournament organizer, Shihan Klaus Rex was to be applauded for what panned out to be a most extraordinary event, in a venue that for the Spanish, is made for combat between man and beast, yet is still steeped in tradition, honour and National pride. Kyokushin practitioners from across the globe were honoured with the presence of Kancho Matsushima, and for a time were joined by well-known Hollywood actor and Kyokushin practitioner, Dolph Lundgren. The general demeanor of the Australians at the conclusion of the tournament was one of pride and satisfaction that they had prepared as best they could, and were ready for whatever came their way on the World stage. Even though major places eluded us, it was very clear that the Australians

were very willing and capable combatants in the ultimate test of Martial Arts prowess. As some Aussies scattered to different regions of Europe and the UK for an extended stay, and some wound down at one of the many beautiful cafes and bars in Estepona, there were also a large contingent that attended the International camp in the picturesque rural town of Andalucia for the next two days. Whatever the agenda, the 2010 World Cup left all Australian representatives reflecting on what a truly remarkable and unique event that they were all an integral part of.

Grading results 2010 NSW Spring camp & grading:

Penita Davies	Yondan	New Zealand
Alicia Smith	Sandan	Young Tigers
John Volkerts	Sandan	Bondi Junction
Wendy Walsh	Nidan	Sydenham
Shannyn Johnstone-Ward	Nidan	Ballarat
Kalym Davies	Nidan	New Zealand
Kaoru Igarashi	Shodan	Bondi Junction
Jed Whitaker	Shodan	Lynham
Jordan Mott	Shodan	Griffith
Laticia Ferres	Shodan	Griffith
Scott Hyder	Shodan	Griffith
Daniel Schneider	Shodan	Young Tigers
Alanah Jeffrey	Shodan	Griffith
Sharni Xuereb	Shodan	Young Tigers
Rowena Fuller	Shodan	Ballarat
Tzara Brooker	Shodan	Ballarat
Joshua Russiello	1 st Kyu	Young Tigers
Reece Xuereb	1 st Kyu	Young Tigers
Davey Greenwood	1 st Kyu	Griffith
Michelle Brain	1 st Kyu	Coleambally
Janine Dufour	1 st Kyu	Griffith
Kirk Fuller	1 st Kyu	Ballarat
Glenn Anderson	1 st Kyu	Bondi Junction
Leon Theofanou	1 st Kyu	Illawarra
Kay-Lea Hamilton	1 st Kyu	Illawarra
Nathan Hamilton	1 st Kyu	Illawarra
Daniel Baulch	2 nd Kyu	Charmwood
Richelle Hamilton	2 nd Kyu	Illawarra
Susan Milhalic	2 nd Kyu	Charmwood
Sharon Harris	2 nd Kyu	Tamworth
Luke De Ruiter	2 nd Kyu	Tamworth
Nathan De Ruiter	2 nd Kyu	Tamworth
Melissa Whitten	2 nd Kyu	Tamworth
Luke Morris	2 nd Kyu	Tamworth
Jonathan Chew	2 nd Kyu	Tamworth
Celeste Bernard-Chandler	3 rd Kyu	Bondi Junction
Jacob Ralph	3 rd Kyu	Griffith
Jessica Bardney	3 rd Kyu	Griffith
Jack Griffiths	3 rd Kyu	Griffiths
Patrick Balk	3 rd Kyu	Griffith
Ellen Mclean	3 rd Kyu	Griffith
Alira Perry	3 rd Kyu	Griffith
Steven Potts	3 rd Kyu	Young Tigers
Kimberley Darby	3 rd Kyu	Illawarra
James Herbert	3 rd Kyu	Charnwood
Chris Panagiotopoulos	3 rd Kyu	Charnwood
Nicole Reynolds	3 rd Kyu	Coogee
John Stassi	3 rd Kyu	Coogee
Misunari Tamazawa	3 rd Kyu	Bondi Junction
Jordan Hayes	4 th Kyu	Tuggeranong
Daniel Fitzgerald	4 th Kyu	Albury
Tiryon Williams	4 th Kyu	Bondi Junction

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

Nicholas Williams	4 th Kyu	Bondi Junction
Steven McLean	4 th Kyu	Griffith
Kim De Pauli	4 th Kyu	Griffith
Fiona O'Neil	4 th Kyu	Tamworth
Karen Cirillo	4 th Kyu	Griffith
Talia Cirillo	4 th Kyu	Griffith
Aleesha Leaver	4 th Kyu	Yenda
Alex Leaver	4 th Kyu	Yenda
Kurt Bandy	4 th Kyu	Griffith
Dave Birthon	4 th Kyu	Griffith
Eva Sklavos	4 th Kyu	Maroubra
Brendan Tuck	4 th Kyu	Illawarra
Alex Stojanovski	4 th Kyu	Illawarra
Andrew Nicholas	4 th Kyu	Tuggeranong
Daine Clarke	4 th Kyu	Charnwood
Sean O'Sullivan	4 th kyu	Young Tigers
Edel Ismael	7 th kyu	Illawarra

Bondi junction dojo Spring grading:

Prescott Palmer	6 th Kyu
Chad Bernard-Chandler	7 th Kyu
Aleksander Keats	7 th Kyu
Dylan Walters	8 th Kyu
George Livanidis	8 th Kyu
Elliott Wong	8 th Kyu
Ben Shires	8 th Kyu
Antonio Casas	9 th Kyu
Malaq Reed	9 th Kyu
Nicholas Poulas	10 th Kyu
Damian Poulas	10 th Kyu
Levy Hoffman	10 th Kyu
Callum Heathwood	10 th Kyu
Adam Jenkins	10 th Kyu
Mendle Hoffman	10 th Kyu

My Spring Detox Secrets: By Matt O'Neill, BScMSc (Nut&Diet)

Before you diet this Spring, check out new research that will change the way you think about detoxifying your body and change the way you eat.

Detoxing is good:

Boosting your body's natural detoxification system is a smart move, especially if your lifestyle is characterized by city living, junk food, alcohol and stress. These factors can overload your body with damaging free radicals. These chemicals cause irreversible molecular damage, premature aging and a whole host of chronic diseases.

But most detoxes backfire:

Most detox kits and programs sold this Spring will prescribe specific potions, juice-only regimes or restrictive eating plans that cut out multiple food groups. Cutting back on burgers, beer and blueberry muffins is wise. But by going to extremes of restriction, most detox plans starve your body of exact nutrients it needs to mount a serious defense against free

Radical damage:

You feel clean, but what's happening inside?

Eating less take away can have you feeling lighter and cleaner, but simply de-junking your diet would do that anyway. If you also eliminate dairy, you miss out on calcium needed to regulate fat burning in cells. By omitting wholegrain cereals, you cut back on specific antioxidants that compliment the ability of fruits and vegetables to naturally detoxify your body.

Nourish your body:

By eating the right amounts of all food groups (vegetables, fruit, dairy, protein, healthy oils and wholegrain starches) you give your body the nourishment it requires to optimize its natural detoxification process. You give your liver a fighting chance to eliminate more free radicals.

Switch to nutrient rich:

So, this Spring rather than think you need to eliminate much

more than just the junk in your diet, think about making the switch to nutrient rich eating as your normal eating pattern. You'll nourish your body every day with vitamins, minerals and beneficial phyto-chemicals that act to automatically keep you in shape. This is the way nature designed us to detox.

Apologies for the "Team results"

The NSW Team event results had Pussycat Dolls and the Alvin & The Boys teams listed as being from Illawarra Dojo not as they should have been from the Young Tigers dojo.

NEW BONDI JUNCTION DOJO MEMBERS:

I am sure you will all join me in making welcome the new members: Dane Perica

2010 Australian Kyokushin Karate Calendar:

30 th October	Australian Kyokushin Open Non Contact Championships
31 st October	Australian Kyokushin Open Full Contact Championships

2010 Australian Non Contact tournament details:

http://www.akka.com.au/theEvent.php?the_event_id=6

Entry form:

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

2010 Australian Full Contact details:

http://www.akka.com.au/theEvent.php?the_event_id=7

Entry form:

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

Previous issue of the Shin – August 2010 –

<http://www.akka.com.au/newsletters/Shin201008.pdf>

Quote of the month:

Fear is a reaction. Courage is a decision. - Winston Churchill

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

Kata:

The late Renshi Shoshin Nagamine, worked together with Chojun Miyagi Sensei, the two Okinawan men worked on producing kata for school children and created Gekusai-ichi and Gekusai-ni, or as we know them in Kyokushin as Gekusai-dai and Gekusai-sho.

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 \$10.00)

International: US\$35.00 (postage US\$20.00)

International orders by payment by bank transfer only

IKO-MATSUSHIMA 2006 WORLD CUP:

Two days of knock-down fighting in a boxed 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)

International US\$50.00(postage US\$10.00)

Instructor's discounts available on all items available

Ebay sales:

Due to the cost of International bank transfers, some may prefer to purchase the book from Ebay. IKO-Matsushima 2006 World Cup five set DVD, the AKKA grading syllabus and Kyokushin kata book are all available on Ebay:

The Ebay user name is sempaidoug and the link is: -

<http://stores.ebay.com.au/strongestkarate>