



# KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au  
January 2011 IKO-Matsushima Organisation from Hanshi Taylor's Branch



## Mental toughness:

### Karate – School - are you hard enough: (3 part series)

Athletes, coaches, commentators, and journalists often refer to the construct of mental toughness as an explanation of why certain people fail under immense pressures, whereas others seem to excel during sporting competition. Adam Nicholls shows you how you can behave and think like a mentally tough athlete. It's widely accepted by coaches and athletes that mental toughness is the most important psychological characteristic that determines athletic success, an important question, therefore, is what is mental toughness and what do mentally tough athletes think about or do when competing? *'Mental toughness is many things and rather difficult to explain. Its qualities are sacrifice and self-denial. Also, most importantly, it is combined with a perfectly disciplined will that refuses to give in. It's a state of mind-you could call it character in action.'* Vince Lombard!

As Vincent Lombardi so eloquently stated, mental toughness is difficult to explain and contains many different attributes. Nevertheless, mentally tough athletes seem to have complete trust in their ability, no matter how much stress they encounter, and they believe they will be successful. Researchers from the University of Hull, UK have identified a number of constructs that are related to mental toughness. In the quotation from Tiger Woods, he says that mental toughness is something that you have to discover from within and that you have to keep challenging yourself to do better. Thinking and behaving the same way as mentally tough athlete does has the potential to boost your mental toughness, but you need push yourself to learn new psychological skills. The remainder of this article will discuss how you can change your coping, boost levels of coping self-efficacy, optimism and stress control, whilst reducing pessimistic behaviour and stress intensity to enhance your mental toughness level and maximise your performance.

### Coping

Coping refers to the thoughts and behaviour we engage in to manage the stress we experience whilst competing or training in sport. Researchers from the University of Hull explored the relationship between mental toughness and coping among a sample of 677 athletes. Their findings revealed massive differences between how the most and least mentally tough athletes coped with stress during sport. The most mentally tough athletes used coping strategies such as mental imagery, effort expenditure, thought control, relaxation, and logical analysis very frequently. In order to enhance your levels of mental toughness, practice the strategies used by mentally tough athletes on a regular basis. The same researchers also found that the least mentally tough athletes used a number of strategies e.g. distancing, mental distraction, and resignation much more frequently than the most mentally tough athletes. Athletes should maximise their mental toughness by using the coping strategies that the most mentally tough athletes use but just as importantly, be aware of the coping strategies that shouldn't be used. Even when you experience immense stress – especially during stressful competitive encounters

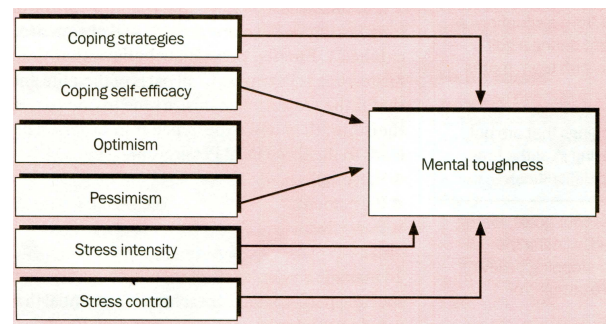
### Coping self-efficacy and optimism

Coping self-efficacy refers to belief in one's ability to cope

effectively with stress during competition. Emerging research that has just been submitted to a journal by researchers at the University of Hull has found a positive relationship between coping self-efficacy and mental toughness among 206 athletes, including a number of professional rugby league players. The most mentally tough athletes were very confident that their coping strategies would be able to manage stress effectively, compared to the least mentally tough athletes who were not very confident. In the study by the researchers from Hull, the most mentally tough athletes were also the most optimistic. Optimism refers to the hopefulness and confidence a person has regarding any uncertain outcomes and is thought to be a major factor in determining which of two types of behaviour are adopted, continued striving or giving up and turning away. More optimistic individuals are likely exhibit increased effort to attain goals, whereas more pessimistic people are likely to withdraw from situations and disengage from attempts to attain a goal. Furthermore, other research has found that more optimistic skiers perform much better than their less optimistic counterparts. Increasing your optimism levels may therefore be the key to increasing your mental toughness and maximizing performance. **(Part 2 February edition)**

### Tips for reducing stress intensity

- View all competition as challenging;
- Focus on the elements of competition that you can influence;
- Work out in advance what you are going to do;
- Run through scenarios in your mind of all the different things that could happen and how you will respond to them before competing.



### Bad joke of the month:

Mummy, Mummy, Daddy is hammering on the roof again.  
Shut up and drive faster.

### Missing AKKA tournament programs:

#### We are missing:

1979 – 1981 – 1995 – 1996 – 1997 - 1998

If you have any the above programs, we are prepared to give a five DVD set of the 2006 Sydney World Cup in exchange or whatever fee you feel is reasonable.

### Smeatons Grange children's event:

Once again, it was a great day for everyone at the yearly Smeatons Grange tournament. Sempai Alicia & Robert Smith did a great job in organizing the event and should be congratulated for their hard work, not forgetting the Smeatons Grange parents who helped out and the members who did a lot of work on the day to make it such a success.

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

**Here are the results:**

**Combined 2 & 3yrs**

Equal 1<sup>st</sup> Place: Monique Gilchrist & Jacob Pace  
Both kids demonstrated to Hanshi their Japanese knowledge of the weapons used in Kyokushin Karate, then performed a kumite. Both performed well in both demonstration & kumite and each was presented a Gold medal by Hanshi John Taylor for their fine performance.

**Combined 4 & 5yrs**

1<sup>st</sup> Place: Madeline Birkbeck  
2<sup>nd</sup> Place: Matthis Fontaine

**Combined 6 & 7yrs**

1<sup>st</sup> Place: Aiden Lewis  
2<sup>nd</sup> Place: Dane Gilchrist  
Equal 3<sup>rd</sup> Place: Dylan Birkbeck/ Tanna Belleair

**Male 8 & 9yrs**

1<sup>st</sup> Place: Ethan Beaven  
2<sup>nd</sup> Place: Jayden Burnel  
Equal 3<sup>rd</sup> Place: Jayden King / Saige Hinton

**Female 8 & 9yrs**

1<sup>st</sup> Place: Tara Lewis  
2<sup>nd</sup> Place: Alyssa Gilchrist

**Male 10-12yrs**

1<sup>st</sup> Place: Kye Beaven  
2<sup>nd</sup> Place: Isaiah Wibowo  
Equal 3<sup>rd</sup> Place: L. Chohilli-Sooby/ James Johnson

**Female 10-12yrs**

1<sup>st</sup> Place: Rochelle Davies  
2<sup>nd</sup> Place: Kathleen Fennemore

**Male 13 & 14yrs**

1<sup>st</sup> Place: Jake Nasko  
2<sup>nd</sup> Place: Daniel Schneider  
Equal 3<sup>rd</sup> Place: Joshua Diaz/ Steven Potts

**Female 13 & 14yrs**

1<sup>st</sup> Place: Zoe Collins  
2<sup>nd</sup> Place: Daniela Barone

**Adult Male 5th Kyu & Under**

1<sup>st</sup> Place: Jason Beaven  
2<sup>nd</sup> Place: Antony Tenbrink  
3<sup>rd</sup> Place: Alex Monier

**Adult Female 5th Kyu & Under**

1<sup>st</sup> Place: Tracey Whitehead  
2<sup>nd</sup> Place: Kerrie Till

**Special mention** needs to go to Aaron Plackett & Giuseppe Barone for their fine performance and improvement. They were both awarded a recognition trophy for their efforts and determination for self improvement.

**AKKA 2011 calendar:**

**Friday - Sunday 25th - 27th February:**

NSW Camp & Senior grading

**Bondi Junction Under green Belt Grading:**

Monday 28<sup>th</sup> February- previously graded students  
Tuesday 1<sup>st</sup> March – un-graded students

**Wednesday 23<sup>rd</sup> March – 4<sup>th</sup> April**

Hanshi training in Canada (Canadian Championships)

**Sat 26<sup>th</sup> 27<sup>th</sup> March:**

Victorian Knockdown Camp

**Sunday 10<sup>th</sup> April:**

NSW Full Contact Individual Open Championships

**Friday – Sunday 6-8<sup>th</sup> May**

National Camp Queensland – (Kanchi Matsushima will be attending)

**Sunday 15<sup>th</sup> May:**

NSW Kyokushin Open Non Contact Championships

**Sat 21<sup>st</sup> May:**

Victorian State Titles

**Bondi Junction Under green Belt Grading:**

Wednesday 1<sup>st</sup> June- previously graded students

Thursday 2<sup>nd</sup> June – un-graded students

**Saturday 4<sup>th</sup> June:**

Queensland Titles at Nerang

**Saturday & Sunday 5<sup>th</sup> & 6<sup>th</sup> June**

New Zealand National Camp – Wellington

Hanshi attending – All AKKA members welcome. Contact

Shihan Peter Jennings at [p.jennings@xtra.co.nz](mailto:p.jennings@xtra.co.nz)

**Sunday 24<sup>th</sup> July:**

NSW Country Kyokushin Open Full & Non Contact

Championships All fighters welcome –

Contact Sensei Cirillo at [frankcirillo929@msn.com](mailto:frankcirillo929@msn.com)

**Sunday 14<sup>th</sup> August:**

NSW Kyokushin Non Contact Team & Individual Kata

Championships (Sydney)

**Friday - Sunday 9<sup>th</sup> – 11<sup>th</sup> September:**

NSW Camp & Senior grading

**Bondi Junction Under green Belt Grading:**

Monday 12<sup>th</sup> September - previously graded students

Tuesday 13<sup>th</sup> September – un-graded students

**Saturday 8<sup>th</sup> October:**

Australian Kyokushin Open Non Contact Championships

**Sunday 9<sup>th</sup> October:**

Australian Kyokushin Open Full Contact Championships

**15<sup>th</sup> & 16<sup>th</sup> October (Hungary)**

European Championships (Hanshi attending)

All AKKA members welcome. Contact Hanshi

**Bondi Junction Under green Belt Grading:**

Monday 5<sup>th</sup> December - previously graded students

Tuesday 6<sup>th</sup> December – un-graded students

**Quote of the month:**

**Understanding of mental toughness:** *'It's something you have to find from within. You have to keep pushing yourself from within. It's not about what other people think and what other people say. It's about what you want to accomplish and whether you want to go out there and be prepared to beat everyone you play or face.'* **Tiger Woods**

**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 seppaidoug and the link is: -

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