



KyokuSHIN Karate

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



Mental toughness:

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

An 'ABCDE' model to help people enhance their levels of optimism has been proposed by a researcher at the University of Pennsylvania. During times of stress we encounter

Adversity. An example of adversity could be missing a tackle in rugby on the left shoulder, dropping a high catch in cricket, or missing a left-to-right putt from three feet in golf. Thinking about what has just happened can then influence our **Beliefs.**

For instance, after missing four tackles using the left shoulder during a match, a rugby player may believe that he or she is poor at tackling on this shoulder, which has **Consequences.**

The consequence of a player believing they are poor at tackling on their left shoulder could be that a player tries to avoid situations in which he has to tackle using this shoulder, or tries to tackle with his or her right shoulder even when it would not be correct to do so. In order to improve optimism levels you should think of examples in the past where you were successful and thus find evidence against your negative beliefs, which is referred to as **Disputation.** In the example of the rugby player who started to believe they couldn't tackle on the left shoulder, he or she could think of all of the times they have tackled using this shoulder. According to the researcher from Pennsylvania, the skill of dealing with setbacks is to dispute the thoughts that emerge from any setbacks. Finally, **Energisation** occurs after a person has disputed their negative thoughts.

Pessimism

The most pessimistic athletes have been found to be the least mentally tough in recent research. Pessimistic people tend to lack confidence and always predict the worst when faced with any uncertainty. Pessimists think differently compared to optimistic people when setbacks occur during competition (e.g. opponents scoring a goal). Pessimists also tend to blame themselves for the setback and their own ability 'I am not good enough' or 'none of the other players want me in the team' are phrases that pessimists often use. A pessimist believes that any misfortune they encounter lies within themselves rather than being external, so the misfortune is Personal. Pessimists also believe that their misfortune is long lasting or permanent (e.g. 'I will always drop catches'). Finally, pessimists believe that their misfortune is Pervasive to all parts of their life and that if they experience misfortune in one part of their life, they will experience it in others. This leads to the three Ps of Pessimism:

• **Personal** • **Permanent** • **Pervasive.**

To maximise your levels of mental toughness and sporting performance, therefore, it's essential that you do not adopt a pessimist's mindset. If you feel that you may have a pessimistic mindset there are strategies you can employ. Attribute any setbacks that occur to external sources (e.g. the course conditions for a missed three foot putt in golf, the wind for a missed conversion in rugby, and the quality of an opponent's strike when failing to save a penalty kick in soccer. View all setbacks as being temporary and tell yourself that they are temporary because you can improve your technique to prevent such setbacks occurring regularly. Finally segment different parts of your life (e.g. work, family, sport) and believe that just because a setback occurs in one part of your life, it should not influence another part of it. Choose to think positively!

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

Stress control

Stress control refers to the degree of control a person has over the stress they encounter at a particular point in time. A recent study by researchers at the University of Hull explored the relationship between mental toughness and stress control among 482 athletes. The results revealed that the most mentally tough athletes were more in control of the stress they experienced, compared to athletes who were not as mentally tough. It is therefore essential that athletes focus on the elements of the stressful experience that they can control a study by the researchers at Hull also explored the relationship between mental toughness and the intensity of stress experienced by athletes. The most mentally tough athletes did not rate the stress they experienced as being as intense as the less mentally tough athletes. In order to perform to your potential it is imperative that you reduce the intensity of the stress you experience, whilst competing.

Summary

Mental toughness is widely regarded as a crucial characteristic that determines athletic success. This article has highlighted a number of different characteristics that have been associated with mental toughness and it shows you how you can improve your mental toughness. Making these steps could be the key to unlocking your athletic potential. Remember that all skills, including psychological skills, require practise and time to develop. The more you practice the more mentally tough you will be and the better you will be able to perform when you really need to!

Dr Adam Nicholls is a lecturer in the Department of Psychology at the University of Hull. He is a chartered psychologist and a BASES accredited sport psychologist, who has published over 30 articles in sports science and psychology journals

References:

1. *Pers Ind Diff's* 2004; 37:933-942
2. *Mental toughness for training in sports: Achieving athletic excellence.* Lexington MA: Lexington, 1986
3. *Pers Ind Diff's* 2008; 44:1182-1192 4. *Self-efficacy in sport.* Champaign IL: Human Kinetics, 2008
5. *Pers Ind Diff's* 2009; Manuscript submitted to Journal
6. *IntJ Stress Manage* 2004; 11:245-269
7. *Percep Mot Skil* 2002; 93:153-164
8. *Learned Optimism: How to change your mind and your life.* Free Press, 1998
9. *Pers Ind Diff's* 2009; 47: 728-733

Bad joke of the month

Sally: Mummy why can't I go swimming in the sea?

Mum: Because there are sharks in the sea.

Sally: but Mummy, daddy is swimming in the sea.

MUM: that's different, he's insured!

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.

DID YOU KNOW:

Mercury, the solar system's smallest planet, rotates so slowly that a day there lasts 4,222 hours – more than 175 earth days! I wonder how the trade unions would handle that?

The *Dokkodo* (独行道 *Dokkōdō*; "The Path of Aloneness" or "The Way to be Followed Alone" or "The Way of Walking Alone") was a work written by Miyamoto Musashi (宮本武蔵) a week before he died in 1645. It is a short work, consisting of either nineteen or twenty-one precepts; precepts 4 and 20 are omitted from the former version. It was largely composed on the occasion of Musashi giving away his possessions in preparation for death, and was dedicated to his favourite disciple, Terao Magonjo (to whom the earlier *Go rin no sho* had also been dedicated), who took them to heart. It expresses a stringent, honest, and ascetic view of life.

The precepts

1. Accept everything just the way it is.
2. Do not seek pleasure for its own sake.
3. Do not, under any circumstances, depend on a partial feeling.
4. Think lightly of yourself and deeply of the world.
5. Be detached from desire your whole life long.
6. Do not regret what you have done.
7. Never be jealous.
8. Never let yourself be saddened by a separation.
9. Resentment and complaint are appropriate neither for oneself or others.
10. Do not let yourself be guided by the feeling of lust or love.
11. In all things have no preferences.
12. Be indifferent to where you live.
13. Do not pursue the taste of good food.
14. Do not hold on to possessions you no longer need.
15. Do not act following customary beliefs.
16. Do not collect weapons or practice with weapons beyond what is useful.
17. Do not fear death.
18. Do not seek to possess either goods or fiefs for your old age.
19. Respect the gods without counting on their help.
20. You may abandon your own body but you must preserve your honour.

Never stray from the "Way".

Thanks to *Sempai* Hearne for the 'Mushashi' contribution.

AKKA 2011 calendar:

Friday - Sunday 25th - 27th February:

NSW Camp & Senior grading

Bondi Junction Under green Belt Grading:

Monday 28th February - previously graded students

Tuesday 1st March - un-graded students

Wednesday 23rd March - 4th April (12 days)

Hanshi training in Canada (Canadian Championships)

Saturday - Sunday 26th - 27th March:

Victorian Knockdown Camp

Sunday 10th April:

NSW Full Contact Individual Open Championships

Friday - Sunday 6-8th May

National Camp Queensland – (Kanchō Matsushima will be attending)

Sunday 15th May:

NSW Kyokushin Open Non Contact Championships

Saturday 21st May:

Victorian State Titles

Bondi Junction Under green Belt Grading:

Wednesday 1st June- previously graded students

Thursday 2nd June – un-graded students

Saturday 4th June:

Queensland Titles at Nerang

Saturday & Sunday 5th & 6th June

New Zealand National Camp – Wellington

Hanshi attending – All AKKA members welcome. Contact

Shihan Peter Jennings at p.jennings@xtra.co.nz

Sunday 24th July:

NSW Country Kyokushin Open Full & Non Contact

Championships All fighters welcome –

Contact *Sensei* Cirillo at frankcirillo929@msn.com

Sunday 14th August:

NSW Kyokushin Non Contact Team & Individual Kata

Championships (Sydney)

Friday - Sunday 9th – 11th September:

NSW Camp & Senior grading

Bondi Junction Under green Belt Grading:

Monday 12th September - previously graded students

Tuesday 13th September - un-graded students

Saturday 8th October:

Australian Kyokushin Open Non Contact Championships

Sunday 9th October:

Australian Kyokushin Open Full Contact Championships

15th & 16th October (Hungary)

European Championships (*Hanshi* attending)

All AKKA members welcome. Contact *Hanshi*

Bondi Junction Under green Belt Grading:

Monday 5th December - previously graded students

Tuesday 6th December – un-graded students

Quote of the month:

“Winners always take the first step, losers always have an excuse“

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>

Link to last months Shin:

<http://www.akka.com.au/newsletters/Shin201101.pdf>