



KyokuSHIN Karate

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

New South Wales Open Full Contact Championships:

Keep the 10th April open for a great event, that being the **New South Wales State Full Contact Martial Arts Tournament**.

Last year's event was a big success with over 80 competitors and 500+ spectators. If you as an instructor have students who are ready for that next step, encourage them to participate in this year's State Full Contact Titles. There are limited opportunities for fighters to develop their full contact skills throughout the year in an open tournament. This year's state tournament as normal will be held at:

WEST ILLAWARRA LEAGUES CLUB,

Hargreaves Street Unanderra, (Wollongong) NSW.

Below is the link for the tournament application form, please give us plenty of notice as to who from your club is competing and submit the application form/s as soon as possible.

The competition is held under (Australian Kyokushin Karate Association) rules; if you are not a Kyokushin practitioner please contact me for a copy of the competition rules. In previous years we have had numerous types of fighting styles compete in our tournament. We are not prejudice and it is often that other Kyokushin organisation and other styles of Martial Arts do quite well. We look forward to any correspondence from you and hope to see you at the tournament. Sempai Jason Baltov Osu.

The link for the "event" (with the poster) is:

http://www.akka.com.au/theEvent.php?the_event_id=124

Entry form link:

<http://www.akka.com.au/form/2011%20Wollongong%20Open%20Challenge.pdf>

Dear Kyokushin Members, Osu

Many of you will be aware that Kancho will be teaching the **National camp at the Tallebudgera Recreation Camp on the Gold Coast Highway on the 6th - 8th May**.

To attend the camp you can obtain the entry form go to:-
<http://www.akka.com.au/form/2011%20Wollongong%20Open%20Challenge.pdf>

As with the Sydney camp it is on a first in basis regardless of grade. Also of course the sooner you book your airfare the cheaper the flight will be. For those who have never trained with Kancho, this is great and will no doubt be a long remembered experience and a great opportunity to train with the World President and the head of our organisation. I am sure those who have had the privilege of being part of his training will no doubt testify to what a great experience it is and will no doubt want to once again want to be part of a unique opportunity. Regards Hanshi

Mental toughness: (3 part series, final part)

Practical Implications

- Mental toughness is not a fixed attribute-it can be developed with the right strategies;
- The ability to cope effectively with stress is essential for mental toughness; athletes should rehearse these coping strategies as part of their training

Enhancing stress control:

- **Break** stressful situations down into manageable parts, rather than focusing on the whole part;
- **Work out** what you can and can't control;

- **Direct** your energies to elements of a stressful encounter that you can control;

- **Display** a sense of control to opponents, coaches and team mates at all times during a stressful encounter;

- **Control** your emotional reactions to stress by using relaxation techniques such as deep breathing.

Coping strategy What you can do:

Mental imagery

Create images in your mind where you see and feel yourself performing a specific task successfully, without actually doing it, such as a putt in golf, a serve in tennis, or a spike in volleyball. Practise imaging away from competition environment and use imagery whilst competing and training.

Effort expenditure

When playing sport, commit to your performance and make sure you always give 100% effort regardless of the score, whether it is the first or last minute of a match or a training session.

Thought control:

Don't dwell on negative thoughts (eg 'I am going to lose this match', or that was a really bad shot'). Instead, replace negative thoughts with positive thoughts (eg 'I can win this match if I stick to my game plan', or 'I am going to make the next shot').

Relaxation:

Relax at appropriate times during competition, such as between games in tennis, holes in golf, or when you are not involved in the play in soccer. Stretch your muscles to avoid any unwanted tension and do breathing exercises (eg inhale for a count of four and exhale to a count of eight). Logical analyse your past performances, weaknesses of opponents, think about possible solutions to any potential problems prior to competing, and analyse the demands of the competition 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 eg your optimism levels may therefore be the key to

Coping strategies that the least mentally tough athletes use:

Distancing:

Distancing refers to removing yourself from a situation, such as walking away from an opponent during a golf match or not engaging in conversation with team mates during training.

Mental distraction:

This strategy refers to thinking about things that are not related to the competition you are playing in at the time (eg exam results, work, or relationship difficulties).

Resignation:

Accepting you are not going to achieve your goals, letting yourself feel hopeless and discouraged, wishing the competition will end immediately, and stopping believing in your ability to achieve your goal are examples of

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

resignation coping

'Increasing your optimism levels may be the key to increasing your mental toughness'

Bad joke of the month - Catholic Dog

Muldoon lived alone in the Irish countryside with only a pet dog for company... One day the dog died, and Muldoon went to the parish priest and asked, 'Father, my dog is dead... Could ya' be saying' a mass for the poor creature?' Father Patrick replied, 'I'm afraid not; we cannot have services for an animal in the church.... But there are some Baptists down the lane, and there's no tellin' what they believe. Maybe they'll do something for the creature.' Muldoon said, 'I'll go right away Father. Do ya' think \$5,000 is enough to donate to them for the service?' Father Patrick exclaimed, 'Sweet Mary, Mother of Jesus! Why didn't ya tell me the dog was Catholic?'

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.

An Australian Advertisement: (not for kids)

This needs to be passed around to everyone who has the keys to a vehicle. This is perhaps one of the most intense commercials that I've ever seen and well made. I think that the Victorian Government (Australia) should be complemented on having the guts to "tell it like it is" and get this campaign out to all of its licensed drivers and to air ... It is very moving very life like and it has a very strong impact... Again not for kids!
http://www.youtube.com/watch_popup?v=Z2mf8DtWWd8

AKKA 2011 calendar:

Wednesday 23rd March – 4th April

Hanshi training in Canada (Canadian Championships)

Sat 26th 27th March:

Victorian Knockdown Camp

Sunday 10th April:

NSW Full Contact Individual Open Championships

Friday – Sunday 6-8th May

National Camp Queensland

(Kanchi Matsushima will be attending)

Sunday 15th May:

NSW Kyokushin Open Non Contact Championships

Sat 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:

Learning is finding out what you already know.

Teaching is reminding others they know as well as you.

We are all learners, doers and teachers?

You teach what you need to learn!

KATA BOOKWITH 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/Shin201102.pdf>

How many karate schools should heed this advice – Lots:

Do not collect weapons or practice with weapons beyond what is useful. - Miyamoto Musashi (c1584-1645)

New IKO-Matsushima European web site:

I would like to advise all members and interested parties, that we now have a new European organisation web site at

www.kyokushinkaratedo.eu.

Many thanks to Shihan Sigvaldason for if efforts in making such a great job of the site.

IKO-Matsushima organisation site:

<http://www.kyokushin-matsushima.jp/>

Q: Is exercising in the morning best for your body?

A: Not necessarily, the time of day is less important than exercising regularly.

GOLDEN NUGGETS # 1

Endurance training should be performed at below 80% of maximum heart rate for at least 75% of your training volume.

Ref: Peak Performance.