



# KyokuSHIN Karate

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



Hi Guys, Osu

It has been a very long time since I sent a Shin Newsletter, this is due in part to the fact that my wife underwent a transplant and suddenly other priorities come onto play. She is now, by and large, doing well and hopefully on my part everything will get back to normal.

## The year to date:

It has still been a hectic year the AKKA and the John Taylor Branch. In February and March we had our Summer training and grading camps, one in NSW and the other in Victoria, with the following members making Shodan or over:

Jason Walker	Nidan	Ballarat
Daniel Wallace	Nidan	Albury/Wodonga
Nathan McLean	Shodan	Riverina
Michael Cirillo	Shodan	Riverina
Ysobel Jarjoura	Shodan	Bondi Junction
Kirk Fuller	Shodan	Ballarat
Kerrie-Anne Phillips	Shodan	Ballarat
David Vernon	Shodan	Freshwater Creek
Christina Spurrell	Shodan	Freshwater Creek

## 2011 NSW Non Contact Championships:

Once again it was a big and very busy day the fighting was of very high quality and no doubt we will see the same fighters doing well in the upcoming NSW Teams event in August. The results are as follows:

### Male Open Division:

1st Place	Robert Lauretti	Bondi Junction
2nd Place	John Stassi	Maroubra
Equal 3rd Place	Simon Noble	Bondi Junction
	Leif King	Bondi Junction

### Female Open Division:

1st Place	Karina Narayan	Bondi Junction
2nd Place	Vanessa Anderson	Bondi Junction

### Male 5th Kyu & Under Division:

1st Place	Rapheal Troccaz	Maroubra
2nd Place	Gabriel Elsleman	Maroubra
Equal 3rd Place	Steve Zambon	Riverina
	Oleg Gaponov	Bondi Junction

### Female 5th Kyu & Under Division:

1st Place	Wendy Roncolato	Coogee
2nd Place	Rebecca Savige	Riverina

### Male 16 & 17 years Division:

1st Place	Andrew McGrath	Bondi Junction
2nd Place	Michael Cirillo	Riverina

### Female 16 & 17 Years Division:

1st Place	Janine Dufour	Riverina
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### Male 12 – 14 Years Division:

1st Place	Prescot Palmer	Bondi Junction
2nd Place	Davey Greenwood	Riverina
Equal 3rd Place	Jack Letby	Unanderra
	Jack Hawkins	Unanderra

### Female 12 – 14 Years Division:

1st Place	Bengisul Mersinli	Riverina
2nd Place	Talia Cirillo	Riverina

### Male 10 & 11 Years Division:

1st Place	Ryan Lewis	Young Tigers
2nd Place	Reece Xuereb	Young Tigers

Equal 3rd Place	Joshua Battle	Young Tigers
	Jed Wells	Unanderra

### Female 10 & 11 Years Division:

1st Place	Molly O'Rourke	Young Tigers
2nd Place	Bryony Bowgerald	Maroubra

### Male 8 & 9 Years Division:

1st Place	George Livinidis	Bondi Junction
2nd Place	Luke Morris	Coogee
Equal 3rd Place	James Robinson	Bondi Junction
	Ethan Beaven	Young Tigers

### Female 8 & 9 Years Division:

1st Place	Alyssa Gilchrist	Young Tigers
2nd Place	Tara Lewis	Young Tigers

### Male & Female 6 & 7 Years Division:

1st Place	Jack Simpson	Young Tigers
2nd Place	Dylan Birkbeck	Young Tigers
Equal 3rd Place	Ben Shires	Bondi Junction
	Riley Battle	Young Tigers

### Male & Female 5 Years & Under

1st Place	Scott Feng	Bondi Junction
2nd Place	Bryan Cares	Maroubra

## 2011 National camp:

The Australian Nationals camp in May was as always held in sunny Queensland, giving those from the Southern states an opportunity of getting a weekend away in the sun and enjoying a little warm weather. The camp was an outstanding success which no doubt was due to the fact that Kancho was the main instructor and all those who attended not only got a buzz out of training with Kancho but to a person expressed how much they learnt from him.

## Up coming events and application links:

### 2011 NSW teams non contact & individual kata competitor application form:

<http://www.akka.com.au/form/2011%20NSW%20Non%20Contact%20Team%20&%20Kata.pdf>

### 2011 Australian Titles Non Contact application form:

<http://www.akka.com.au/form/2011%20Australia%20Non%20Contact%20Application.pdf>

### 2011 Australian Titles Full Contact application form:

<http://www.akka.com.au/form/2011%20Australian%20Full%20Contact%20application.pdf>

### Rules – Kata:

<http://akka.com.au/tournaments/AKKA%20Kata%20rules.pdf>

### Rules Non Contact:

<http://akka.com.au/tournaments/AKKA%20Non%20Contact%20rules.pdf>

### Rules Full Contact:

<http://akka.com.au/tournaments/AKKA%20Full%20Contact%20rules.pdf>

## Milk - the new sports drink:

Research has shown that low fat flavoured milk is more effective than sports drinks with and without protein supplements for post exercise recovery. The particular combination of ingredients in milk (water, protein, minerals & lactose) are more quickly absorbed and helpful with repair of muscle, energy, fluid & electrolyte replacement than formula sports drinks. And the cost is a bonus! – Sempai Wong

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

**References:**

Roy BD, 2008, "Milk: the new sports drink? A Review", Journal of the International Society of Sports Nutrition, vol 5, no 1, pp 15-21. online

<http://www.springerlink.com/content/pk3222268x316j4n/>

Shirreffs SM, Watson P & Maughan RJ, 2007, "Milk as an effective post-exercise rehydration drink", British Journal of Nutrition, vol 98, issue 01, pp 173-180. online

<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=1057236>

Sine R, 2006, "Chocolate Milk: The New Sports Drink? - Study shows chocolate milk may help athletic performance", WebMD, online

<http://www.webmd.com/fitness-exercise/news/20060224/chocolate-milk-new-sports-drink>

**Bad joke of the month – Good footwork!**

A man was asked by police why he kept beating his wife. He replied, "Well you see I have longer reach, a significant weight advantage, and better foot work."

**Missing AKKA tournament programs: We are missing:**

1979–1981–1995–1996–1997–1998 If you have any of the above programs, we are prepared to give a five DVD set of the 2006 Sydney World Cup in exchange or whatever fee is reasonable.

**How many karate schools should heed this advice – Lots:**

Do not collect weapons or practice with weapons beyond what is useful. - Miyamoto Musashi

**The big picture:**

I have retyped and adapted this article on saving time. I found it in my MBF health fund magazine. It may help you find the time to practice out of class more and even get to class if you find you don't even have time for that some weeks.

**Plan of attack:**

Don't know where the days keep going? These 10 tips could create more time for the things you actually enjoy.

**1.** Look at the big picture. It's all about goals. "If you don't know where you're headed, it doesn't matter what road you take." They don't have to be big goals, it could be simply aiming to sit down and eat dinner with your family 5 nights a week. Then you can ask yourself if everything else you're doing is helping you to achieve these goals.

**2.** Invest in worthwhile relationships. Are you connected with the important people around you? If these relationships are working, you will have the time and energy to focus on yourself and what you need.

**3.** Just Say No. It's important to know its okay to say "No". If you learn how to stop overextending yourself, you can focus on your top priorities.

**4.** Let it go through the keeper. For those working at the computer, practice ignoring emails and even let phone calls ring out or go to voicemail. Check emails twice a day, morning and at night, to avoid distraction.

**5.** Become a List Person. Rethink the way you approach your routine and allocate 10 minutes at the end of each day to write a list of tasks. Use this to kick start a productive next day. I usually do this at the end of the day; it helps me sleep as I know all my worries for the next day are written where I won't forget. That means you are less likely to lie awake pondering tomorrow, deadlines, etc.

**6.** Prioritise. Determine the more pressing items on your list and most importantly why they are important. Put them in context (order) of one another, so you can create the most efficient structure. Stick to the list. If you don't get all the way through in one day, then at least you got rid of the most important one's, just add the leftovers to the next days list. I

like to do the worst things I hate the most first, then they're gone and aren't hanging over my head all day, or worse being put off till the next day.

**7.** Get the Timer Out. Choose a task and set a timer to 25 minutes before working solidly until the buzzer rings. Break for five minutes before refocusing for another 25 minutes. Take a longer break after four sets. Perhaps practice a kata in your break.

**8.** Stop multi-tasking. Combining several tasks at once may seem efficient, but it often results in completing none of the tasks at hand. Pick one task and solely concentrate on it. Think of completing nothing else until it's done and dusted.

**9.** Accept Help. Don't be afraid to delegate where possible and accept offers of assistance. Give up some control to gain some back.

**10.** Fill Your Diary. Treat your own time as an unbreakable appointment and lock it in. Schedule your karate raining, or reading, whatever it is you need, and commit to making it a routine. I Hope this inspires you - Sempai Dave Hearne

**Golden Nugget:**

You have to train very hard to get the full benefit of lactate tolerance and competition preparedness. **Ref; Peak Performance**

**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

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

NSW Camp & Senior grading

**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

**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: \$35.00 (postage \$35.00)

**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\$35.00)

**Instructor's discounts available on all items available**

**Link to last months Shin:**

<http://www.akka.com.au/newsletters/Shin201102.pdf>