



KyokuSHIN Karate

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

2011 NSW Non Contact Teams & Kata Championships:

It was a massive day with over 90 competitors in the kata division, not to mention the 60 teams that were to battle to be the New South Wales "Teams Championships". As always with such a huge tournament it was a chaotic start to the day, but once everything it started it ran very smoothly. The day started with the kata and the judges had a very difficult time separating the competitors and coming up with winners. The kata was once again getting better by the year, but I still fail to see the advantage of putting a student into the kata who has no chance of winning. As expected the fighting was of very high standard, there is something about being in a team that lifts the fighter, I guess it is not wanting to let the other team members down. Whatever it is, is worked because each and every team comes strong and hard and refusing to give an inch.

Congratulations to all the competitors on a great effort.

The results are as follows:

Male & Female 5 Years & Under Division

1st Place: Young Tigers Young Tigers Dojo
2nd Place: Illawarra Tigers Young Tigers Dojo & Illawarra Dojo

Male & Female 6 & 7 Years Division

1st Place: White Tigers Young Tigers Dojo
2nd Place: China Tigers Young Tigers Dojo
3rd Place: Bondi Bears Bondi Junction Dojo
3rd Place: Illawarra Young Guns Illawarra Dojo

Female 8 & 9 Years Division

1st Place: Tiger Eyes Young Tigers Dojo
2nd Place: Coogee Steelers Coogee Dojo & Illawarra Dojo

Male 8 & 9 Years Division

1st Place: Bondi Vultures Bondi Junction Dojo
2nd Place:
3rd Place X 2: Mt Druitt Hawks Mount Druitt Dojo

Female 10 – 12 Years Division

1st Place: Sumatra Tigers Young Tigers Dojo

Male 10 – 12 Years Division

1st Place: Illawarra Titans Illawarra Dojo
2nd Place: Illawarra Lions Illawarra Dojo

Female 13-15 Years Division (Individual event)

1st Place: Jordan Price Young Tigers Dojo
2nd Place: Charni Xuereb Young Tigers Dojo

Male 13 -1 5 Years Division

1st Place: Crusader Tigers Young Tigers Dojo
2nd Place: Tiger Sharks Charnwood Dojo

Female 5th Kyu & Under Division (Individual event)

1st Place: Makayla Nasko Young Tigers dojo
2nd Place: Clare Simpson Young Tigers dojo

Male 5th Kyu & Under Division

1st Place: Bondi Slayers Bondi Junction Dojo
2nd Place: Coogee Ronins Coogee Dojo

Female Open Division Division:

1st Place: Illawarra Flames Illawarra Dojo

Male Open Division:

1st Place: Illawarra Gladiators Illawarra Dojo
2nd Place: Bondi Bombers Bondi Junction Dojo
3rd Place: Illawarra Steelers Illawarra Dojo
3rd Place: Maroubra Monkeys Maroubra Dojo

Kata Divisions:

Female 12 Years & Under Division:

1st Place: Rachele Morrissey Charnwood Dojo
2nd Place: Tara Lewis Young Tigers Dojo
3rd Place: Emily Harris Young Tigers Dojo

Male 12 Years & Under Division:

1st Place: Reece Xuereb Young Tigers Dojo
2nd Place: Elliott Wong Bondi Junction
3rd Place: Jayden Burnell Young Tigers Dojo

Female 13 -16 Years Division:

1st Place: Kimberly Darby Illawarra Dojo

Male 13 – 16 Years Division:

1st Place: Andrew McGrath Bondi Junction Dojo
2nd Place: Brock Tutt Maroubra Dojo
3rd Place: Jake Nasko Young Tiger Dojo

Female 5th Kyu & Under Division

1st Place: Tracey Whitehead Coogee Dojo

Male 5th Kyu & Under Division:

1st Place: Alex Monier Young Tigers Dojo

Female Open Division:

1st Place: Sasha Morrissey Charnwood Dojo
2nd Place: Karina Narayan Bondi Junction Dojo
3rd Place: Ysobel Jarjoura Bondi Junction Dojo

Male Open Division:

1st Place: Adam McGrath Bondi Junction Dojo
2nd Place: Mohammed Aziz Young Tigers Dojo
3rd Place: David Hearne Port Macquarie Dojo

European Summer Camp:

Congratulations to Shihan Borza on the running of the IKO-Matsushima European Summer training camp, once again the camp was great success and it is a great idea to book early for the 2012 camp, which you can do at okkh@freemail.hu

ARE TEXT'S RUDE?

In the "good old days" if some one needed to ask you a question, they would call you and ask, all of which was their cost. Now they send you a text and expect you to reply at your cost? Some how, that does not sit right with me... My answer to that is, not to reply unless it is to my benefit... Let me know if you think I am old fashioned and out of date with believing in good manners...

Jargon buster: Enzyme

A protein molecule synthesised by the body that enables important biochemical reactions to occur that would otherwise either not occur or occur to slowly

Quote of the month: Mas Oyama

"Human beings are capable of virtually limitless degradation; they are also capable of virtually limitless improvement and achievement. Success depends on goals and on diligence in pursuing them." Mas Oyama

EASTERN SUBURBS MATHS COACHING

High School: Years 10 – 12
General 2,3 & 4 Units
University: Mathematics Statistics
Dr. Ian Hoffman BSc (Hons 1) PhD.
Phone 03434188239

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

Work like an animal: Grizzly Bear:

A lone hunter of ferocious strength, the grizzly is actually less harmful than he appears and normally doesn't go out of his way to be aggressive to humans unless provoked. But it's all about that reputation. Say the words "grizzly bear" to someone and they immediately picture a fearsome predator that will rip them to bits given half a chance. People tend not to get in the way of a grizzly bear. Sometimes the reality of you doesn't matter; it's what people think of you that count. "Adaptability is also the key here," says our expert. "The habitat of brown bears generally is expanding as the polar bear's diminishes, because the brown bear is simply more adaptable to changes in the environment, due to its varied diet. If a polar bear can't find its food source -animal protein - it dies. A brown bear Just eats something else." In other words, locking your brand in too tightly can be detrimental in hard times. You need to be flexible. And you also need to be able to react quickly. Contrary to popular opinion, grizzly bears don't truly hibernate, they go into a semi-hibernation state from which they can awake very quickly and immediately spring into action. "The equivalent person to a grizzly," says our expert "is someone who you can give any task to and they'll just get on and do it. They won't form a committee, they'll adapt to techniques that need to be used and get it done. This is a great all-rounder who gets things done and is extremely dependable, but is often not very good socially. And at times when there's no work to do they just go to sleep."

What Grizzly bears can teach us: Reputation can take you a long way. Adaptability is key to successful growth. A "grizzly" on your team, in an out of office roll, will be super-efficient and require minimum management. **Business life June 2010**

One for the ladies:

Question: Why do men like smart women?
Answer: Opposites attract.

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 is reasonable.

How do you decide who to marry? (written by kids)
No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. - Kristen, age 10

Australian Sumo up coming events:
10th September at the University of Sydney in conjunction with the International Budo Federation's competition are the NSW Sumo Championships. Australian National Sumo Championships, 15th October, Federation Square, Melbourne.
Website <http://www.sumoaustralia.com.au/>

Link to last months Shin:
<http://www.akka.com.au/newsletters/Shin201108.pdf>

Golden Nugget:
Accept the base is easy and you will relax, enjoyable and productive training can begin. Ref; Peak Performance.

Up Coming Events
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

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- Cheques not accepted:

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

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>

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 many thanks to Shihan Sigvaldason for if efforts in making such a great job of the site. www.kyokushinkaratedo.eu.

IKO-Matsushima organisation site:

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

Training:

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

MUSCLE BUILDING:

When it comes to muscle building, you will find no shortage of advice on what to eat, how to train and what sort of supplements you should be taking. Unfortunately, there are a lot of misconceptions, says Sarah Dacres-Mannings, a spokesperson for Sports Dietitians Australia – and one of the biggest is that you must eat a lot of protein. While you do need more protein when muscle building, the total amount needed is less than many people think. A sedentary person needs to eat about 0.8g of protein per kg of body mass each day. Athletes, and people who want to build muscle, need about double this (1.2 – 1.7g of protein/kg of body mass). Dacres-Mannings says this is where a common misconception arises. "Athletes often look at this and say 'Well I must double my protein'. But they haven't measured what they are eating anyway – and it is often an adequate amount." In fact, she points out that most of us are eating 1.6-1.8g protein/kg of body mass anyway.