



KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au
January 2012 IKO-Matsushima Organisation from Hanshi Taylor's Branch



Hanshi's travels:

I have just returned for the South African National Championships, it was not only very impressive but a real eye opener. The tournament was as held in "Bizana" which is about an hours drive from Durban, with the venue being the Wild Coast Casino, which is also a certainly impressive, venue. However another impressive part of the event was the fact that it was fully backed and paid for by the local government. I am sorry that other Governments around the world do not see the advantages that Kyokushin has to offer. There is no doubt the tournament was a success, but I have to say the Sayonara party was also impressive, not only did the party get into the swing with some great African singing groups, but it was great to see how much the audience got into the act, which included your truly, however the quality of my contribution left a lot to be desired, however like the good hosts they all they applauded. The tournament and party was organised by Branch Chief Shihan Noconjo, who should be congratulated on doing a great job. With South Africa being allocated the 2014 "World cup" which has now been renamed the Open Weight Division World Championships. On returning to Durban, I should thank Shihan Mazibuko for being such a great host, whilst I was there, we inspected the venue for the 2014 World Championships, which too was very impressive. We had a short meeting with the Durban Mayor and part of his team, who assured us of the full support for the 2014 event. Besides the obviously good team that is already working hard on the 2014 Championships, the friendly attitude of the South African was every where. I am sure that they will put together an outstanding event and one that will raise the bar once again for future such events. Congratulations to all the South African Branch Chiefs who not only supported Shihan Noconjo, and who no doubt are determined to make the South African World Championships a great event. Special mention should be made of Shihan Sabela the leader of the South African Branch Chiefs and Shihan Peter Thage who is the Chief Adviser to Shihan Sabela, Shihan Thage has a lot of experience and no doubt will be a great help to Shihan Sabela, in saying that they certainly have an impressive support team that will guarantee its success.

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Apologies:

In the last issue, we had Lawrence Laprize the 3rd placed Middleweight fighter as a Croatia, when in fact she is from Canada. Apologies to Lawrence and the Canadian team. John Taylor

Link to last months Shin:

<http://www.akka.com.au/newsletters/Shin201112.pdf>

Congratulations:

To Sempai Tiani Smith for being awarded the Sports Achiever of the year by her school which is the Elizabeth Macarthur High School. What got her the award was her impressive 2011 Sports resume that being:

Kyokushin Karate:

Placing 4th New Zealand Nationals Colts Knockdown Championships
Champion Australian AKKA Non-Contact National Championships
Runner Up Australian AKKA Colts Knockdown National Championships

Swimming:

Metro Short Course Championships for NSW Swimming
State Short Course Championships for NSW Swimming
Age Champion for School Swimming

Last Event of 2011:

The last event on the New South Wales AKKA calendar is the Sydney Cup, as always it is held at the Smeaton Grange dojo. Once again it was a great success with over 60 fighters. Sensei Smith and her team once again did a great job of organizing the event both Sensei and her helpers should be congratulated. The results are as follows:

Male & Female 5 Years & Under Division:

1st Place: Dylan Smith
2nd Place: Dylan Bitmead
Equal 3rd Place: Clare Small & Stuart Simpson

Male & Female 6 & 7 Years Division:

1st Place: Aiden Lewis
2nd Place: Ashley Carroll
Equal 3rd Place: Erin Small & Benjamin Castillo-Ronen

Male 8 & 9 Years Division:

1st Place: Jayden Burnell
2nd Place: Ethan Beaven
Equal 3rd Place: Dylan Birbeck & Tyler Dale

Female 8 & 9 Years Division:

1st Place: Tara Hampton
2nd Place: Hannah Small
Equal 3rd Place: Tara Lewis & Rylee Carroll

Male 10 – 12 Years Division:

1st Place: George Livanidis
2nd Place: Kye Beaven
Equal 3rd Place: Jason Eishoiui & Joel Tutt

Female 10 -12 Years Division:8

1st Place: Alyssa Gilchrist
2nd Place: Emily Harrison
Equal 3rd Place: Rochelle Davis & Letitia Nasko

Male 13 – 15 Years Division:

1st Place: Joshua Diaz
2nd Place: Benjamin Mauigoa
Equal 3rd Place: Jeremy Taylor & Leon Chohilly-Sooby

Female Adult 5th Kyu & Under Division:

1st Place: Claire Simpson
2nd Place: Makayla Nasko

Adult Male 5th Kyu & Under:

1st Place: Adel Ismaeil
2nd Place: Jason Matthew
Equal 3rd Place: Neraj Chand & Ishaan Varshney

Recommended by the AKKA
"Rhino Mouth Guards"
www.rhinomouthguards.com

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

Work like an animal: The Dolphin:

Everybody loves a dolphin because they always look as if they're having fun. All that cute clicking and their anthropomorphic grinning little faces tell us humans that they're cool, fun and smart. Now, we're not suggesting that clicking your way round the office is a good way to get noticed (you will get noticed, just not in a good way) but being happy in your job is not only good for you, it makes other people (such as customers) happy too. Communication is the key. "Dolphins are very sophisticated at finding food and communicating that to other members of the pod," says our expert, "Sometimes it will be something they can catch on their own and at other times they might ask for help." charity workers of Dolphins are also the charity workers the animal of the animal kingdom, They care for sick members of the pod and kingdom have also been known to try to lead beached whales back out to sea and protect humans from shark attack. But even in the charity world it's not all smiles and good deeds. Says our expert: "Dolphins do sometimes have a mean streak and they have been known to bully porpoises," Never mind, if you have PR as good as the dolphins',

What Dolphins can teach us: Easy, open, regular communication makes for a happier working environment - which in turn creates a more productive and successful one.

Business life June 2010

Bad joke o the month:

A wife asked her husband: 'What do you like most in me, my pretty face or my sexy body?'

He looked at her from head to toe and replied: 'I like your sense of humour!'

**The AKKA recommends
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"Customer Payment Solutions
for Martial artists"
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Grading results Bondi Junction December 2011

Christopher Kobari	5 th Kyu
Antonio Casas	5 th Kyu
Yves Fontaine	5 th Kyu
Sarah Moses	6 th Kyu
Jay Volkerts	7 th kyu
Harold Guerrero-Trujillo	7 th kyu
Ren Uei	7 th Kyu
Jake Burgess	8 th Kyu
Campbell O'Niel	8 th Kyu
Tyler Dale	8 th Kyu
Arturo Montesinos	8 th Kyu
Raine Dawson	8 th Kyu
Caitlin Adler	9 th Kyu
Mathieu Boulanger	9 th Kyu
Harvey Green	9 th Kyu
Benjamin Hotchin	9 th Kyu
Teresa Zhang	10 th Kyu
Shona Bernard-Chandler	10 th Kyu
Harley Cafarelli	10 th Kyu
Bobby Fray	10 th Kyu
Daniel Padoani	10 th Kyu
Alexander Zaidan	10 th Kyu
Matthis Fontaine	10 th Kyu
Jetson Gordon	10 th Kyu

The meaning of " Osu "

The literal meaning of the expression "*Osu!*" can be determined from the *kanji* (Chinese characters) from which the term is derived. *Osa*e means "to press" and *shinobu* means "patience" or "steady spirit". These two symbols are combined in the traditional Japanese martial arts to form *Osu*, which translates as "persevere while pushing oneself to the absolute limit". A cursory reading of this definition might tempt one to think that advancement in karate than is therefore equated with the development of extreme physical and mental strength. However, to stop at this understanding would be to miss the point of karate completely. Certainly, one can push oneself to the limit in any sport and achieve incredible feats of body and mind. So how is karate different? True growth in the martial arts requires moving beyond ego-centred thoughts of personal gain and loss. For this reason, the term "moving Zen" is sometimes used when speaking of martial arts practice. To illustrate how "pushing oneself to the absolute limit" in moving Zen can lead to spiritual growth, the concept of koan training in zazen (formal seated Zen) is described below. Zazen practice has its own particular technique, called a koan. A koan is an absurd puzzle. There is no rational way to "solve" it; it is impossibility, an impasse for the mind. Regardless of your determination to provide the *zazen* master with the "correct" answer to the riddle, your efforts are futile. Suddenly you are stuck, and the master continues saying to you, "Work hard! You are not working hard enough." And the harder you work (i.e. think), the more you are stuck, moving nowhere: you cannot go back, you cannot move forward. And the master continues hammering you, "Work harder!" A moment comes when you're not holding anything back, your whole being is involved, and still you are stuck. It is precisely at this moment, when your whole energy is invested, that you become aware of the absurdity - as never before. Only at that peak do you "realize" that this problem is absurd-it cannot be "solved" with the mind. And with that realization, the koan is experienced and therefore understood. In karate, *kumite* serves as the koan. No matter how hard you train, no matter how much weight you can lift, no matter how fast you are, you may still be defeated. And the *Sensei* pushes you, "Work harder". It is not until you have given everything you have to give and it is still not enough that you "realize" (experience) the absurdity of your ego trying to overcome an opponent. It is at this moment that the barrier to a deeper source of wisdom is removed. Now your movements, coming without thoughts, may be fluid and precise. The key point is that, in both *zazen* and karate, the koan must be experienced rather than intellectualised in order for transformation to occur. As demonstrated above, the experience cannot occur until one has truly persevered in giving maximum effort. In Zen, Pen, and Sword, Randall G. Hassle explains that *Osu* may be used as a strong affirmative reply in the dojo even if full understanding is not yet present. It is similar to the idea of two people riding in a car on an icy road on the edge of a deep canyon. If you are the passenger, and the driver says, "Are you okay?", you might reply "*Osu!*", indicating that, while there's nothing you can do to make the situation better or less dangerous at the moment, your spirit is satisfied that the best that can be done at the moment is being done. So, when greeting fellow students or responding to the *Sensei* in the *dojo*, saying "*Osu!*" announces that, even if you do not feel 100 percent today or even if you do not fully understand a training concept, you are present and giving everything you have. In this way, you are preparing yourself to be receptive to the spiritual growth in which the practice of karate - moving Zen - has to offer.

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