



# KyokuSHIN Karate

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



## Sideline coaches:

I often wonder if the sideline coaches feel their main job is to stop the fighter looking lonely. It does seem sad when a fighter is on the mat with no one on the sideline and yet it may be the best thing that could happen to the fighter. I am amused when I hear what some of the thing coaches say to their fighters, for example "don't be nervous". I am waiting for the day when the fighter turns around and says "I wasn't until you brought it up, do you think I should be?". Or the coach who thinks his only job is to tell the fighter the time, so he sits there with stopwatch yelling out how long there is to go – first and foremost while it may be roughly the same, the coaches time will never be the same as the time keeper. That aside, when I was on the sideline, as a general rule, I did not think it a good idea to be shouting things that is of benefit to the other fight, such as the "time". It seems to me that some coaches are under the impression that the other fighter is deaf, they yell out instruction such a "mawashi geri" assuming the other fighter is deaf. Sideline coaches should be people who have seen the fighter training and knows what he/she can or can not do. For example it is not use yelling "jodan mawashi geri", when in fact he/she can not do "jodan mawashi geri". The sideline coach needs to know the strengths and weakness of the fighter; if they are not your fighter then you should talk to his/her instructor. The other fact that I make me think sideline coaches do not understand their role is when you see them holding the bag for them to warm up, any white belt can do that. Not that I think I was any better, but I always let some one else do that and I watched the fighter in action that my fighter was going to meet next, so that I could formulate a plan. Some years ago the AKKA stopped the fighters bring half of his dojo to the sidelines, why? Because we felt have six or more supporters on the sideline all yelling out different instructions was not the best thing for the fighter. There should be only one voice giving instructions and it may surprise many coaches to know that for the most part they do not hear you, then again I guess that is something the side line coaches do not want to know about.... It is painfully obvious that some sideline coaches do not have a plan "B".... So what should the sideline coach do? Remind the fighter of the things they should already know! Take the fighter to a quiet spot before the fight, get them to relax and think about what he/she wants to do in the fight, so that they are in control of the action. Take a golfer putting or a footballer taking a penalty shot, they always go through exactly the same routine every time, deep breaths and see themselves making the shot and succeeding before they even try to hit the ball. And always have a plan "B"

## AKKA Programs:

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.

## Fish boosts heart health in young women:

The study focused exclusively on dietary intake of fish, not supplements with fish oil. Women of childbearing age can reduce their risk of heart problems by regularly eating fish rich in omega-3 fatty acids, according to a Danish study. The

study is the first to examine younger women, age between 15 and 49 years, and determine whether fish in their diet has a real impact on their current likelihood of heart problems, instead of their longevity. For instance, "those who rarely or never ate fish had 50 per cent more cardiovascular problems over eight years than those who ate fish regularly," the researchers write. Women who rarely or never ate fish faced a 90% higher risk of heart problems than those who ate fish weekly. When researchers looked at hospital admissions for cardiovascular disease in three different assessments over a 30 week period, they found it was three times higher among women who did not eat fish. The findings, published in [Hypertension: Journal of the American Heart Association](#), are based on an eight-year Danish study of 49,000 women with a median age of 30 years. Women were interviewed by phone about their family history, lifestyle and fish consumption, and were tracked over the next eight years. Long-term benefits. "We saw a strong association with cardiovascular disease in the women who were still in their late 30s," says Marin Strom, lead researcher and post doctoral fellow at the [Centre for Fetal Programming at Statens Serum Institute](#) in Copenhagen, Denmark. "The biggest challenge in getting health messages like this across to younger populations is that usually the benefits may not be evident for 30 or 40 years, but our study shows this is not the case." Women most commonly reported eating cod, salmon, herring, and mackerel, all of which are high in omega-3 polyunsaturated fatty acids, believed to protect against heart and vascular disease. The study focused exclusively on dietary intake of fish, not supplements with fish oil. "Women who eat fish should find the results encouraging, but it is important to emphasize that to obtain the greatest benefit from fish and fish oils, women should follow the dietary recommendations to eat fish as a main meal at least twice a week," says Strom.

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## Link to last months Shin:

<http://www.akka.com.au/newsletters/Shin201201.pdf>

## Bad joke o the month:

Paddy: 'Get an ambulance here quick, he's bleeding from his nose and ears and I tink both his legs are broken.'

Operator: 'What is your location sir?'

Paddy: 'Outside number 28 Eucalyptus Street.'

Operator: 'How do you spell that sir?'

Silence.... and after a minute.

Operator: 'Are you there sir?'

More silence and another minute later.

Operator: 'Sir, can you hear me?'

This goes on for another few minutes until....

Operator: 'Sir, please answer me. Can you still hear me?'

Paddy: 'Yes, sorry bout dat... I couldn't spell Eucalyptus, so I just dragged him round to number 3 Oak Street.'

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

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

### **KATA book with 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 from 10<sup>th</sup> Kyu to *Shodan*. **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 \$10.00)

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](mailto:sempaidoug) and the link is: -

<http://stores.ebay.com.au/strongestkarate>

**Recommended by the AKKA  
"Rhino Mouth Guards"  
[www.rhinomouthguards.com](http://www.rhinomouthguards.com)**

### **IKO-Matsushima organisation site:**

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

### **Iron in food:**

Most kids know that many breakfast cereals contain iron but very few realise that most of it is added by the manufacturer. Even fewer realise this iron is a black powder that is attracted to magnets. However, the iron added to breakfast cereals and bread is safe to eat. It is added to boost the intake of dietary iron. Iron is an essential component of many proteins and enzymes. It is essential for the transport of oxygen from the lungs to the individual cells in all tissues the human body. Iron deficiency can lead to fatigue, poor performance and decreased immunity to diseases. Dietary iron has two forms: heme and nonheme. Heme iron is derived from the protein in red blood cells of animals. Nonheme iron is derived from plant foods. Heme iron is more readily absorbed but most dietary iron is nonheme. The iron added to cereals is nonheme!

**The AKKA recommends  
Bill Buddy  
"Costumer Payment Solutions  
for Martial artists"  
[www.billbuddy.com.au](http://www.billbuddy.com.au)**

### **The power of Glycerol – From lean back to Mean**

When preparing to weigh in for your next fight you can rest assured that there are now easier ways of putting that weight back on after the scales. Acknowledging the fact that the vast majority of the weight lost in the lead up to the weigh-in is water, a safe and fast (24hr) method for rehydration is key to restoring the (roughly 20%) performance you lose when you are even modestly dehydrated. One hydration is restored; a focus on reparative nutrition can follow.

A range of sugars and salts are used in biomedical science

research to help push (or rather pull) water to where it's needed. In cell cultures a salt called mannitol is often used to create what's called an "osmotic gradient" which is why it is classified as an "osmolyte". Water moves down this gradient from high concentrations of osmolytes to low.

Glycerol provides the sugary backbone for animal fats and is used in food technology as a sweetener, emulsifier, humectant and thickener. Research has also been invested in glycerol's ability to improve athletic performance as it is an easily metabolized substrate for exercise. However, the major role for glycerol in the world of fighting is in its ability to aid in water retention and saturation of body fluid compartments. This rehydration can be so intense that it often results in "hyper hydration", priming the fluid compartments with more water than necessary to ensure that you stay hydrated even after losing torrents of precious sweat in the bout. Effective protocols for glycerol hyper hydration are 1-1.5g/kg bodyweight with an accompanying 25-35ml/kg of fluid. If you're a 77kg fighter (even if it is just for weigh-in day) that's 70-115g of glycerol with 1.7-2.5L of water. Now before you rush down to the local supermarket to pick up some glycerine from the baking aisle, there are a couple of facts you need to consider: 1- the hyper hydration of body fluid compartments in this fashion can lead to gastrointestinal discomfort, headaches and nausea. If you do intend on testing this tactic in your off season (well before fight time) it's advised that much smaller amounts of glycerol be trialed in an effort to gauge personal tolerance and effects; 2- the World Anti Doping Authority (WADA) have prohibited the use of these hyper hydrating compounds in Olympic sport (all diuretics and masking agents included); and 3 - pre-digested nutritional sources of amino acids, proteins and carbohydrates will also help infuse these body compartments with the nutrition they need to repair and prepare for fight.

### **2012 Australian AKKA calendar**

2 <sup>nd</sup> – 4 <sup>th</sup> March	Victorian Grading & Training camp
9 <sup>th</sup> – 11 <sup>th</sup> March	New South Wales Grading & Training camp
12 <sup>th</sup> March	Bondi Junction Under 5 <sup>th</sup> Kyu grading
25 <sup>th</sup> March	ACT Championships
1 <sup>st</sup> April:	Victorian Championships (No Contact Knockdown) at the Arena Geelong.
26 <sup>th</sup> April:	Sosai Memorial training, Geelong. All current AKKA members welcome
4 <sup>th</sup> – 6 <sup>th</sup> May	National Camp Queensland
27 <sup>th</sup> May	New South Wales Full Contact Championships
4 <sup>th</sup> June	Bondi Junction Under 5 <sup>th</sup> Kyu grading
17 <sup>th</sup> June	Tasmanian One Match
17 <sup>th</sup> June	New South Wales Non Contact Individual Championships
7 <sup>th</sup> & 8 <sup>th</sup> July:	VKKA Knockdown Camp,
4 <sup>th</sup> & 5 <sup>th</sup> August	Australian Open full & Non Contact Championships
1 <sup>st</sup> – 3 <sup>rd</sup> Sept.	Victorian Grading & Training camp
7 <sup>th</sup> – 9 <sup>th</sup> Sept.	New South Wales Grading & Training camp
15 <sup>th</sup> & 16 <sup>th</sup> Sept.	New Zealand Kyokushin Open Championships (Hamilton)
30 <sup>th</sup> September	New South Wales Open Full Contact & None Contact Country Championships Griffith.
14 <sup>th</sup> October:	Victorian Regional No Contact & Kata Championships, Geelong.
27 <sup>th</sup> October	Queensland Full & Non Contact Championships
4 <sup>th</sup> November	New South Wales Non Contact Team & Individual Kata Champion