



KyokuSHIN Karate

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



The 2012 Wollongong Challenge

New South Wales Open Full Contact Karate Championships has now been listed in the “Events” section of the AKKA site (http://www.akka.com.au/theEvent.php?the_event_id=135).

Entry forms are now available

(<http://www.akka.com.au/form/2012%20Wollongong%20Open%20Challenge.pdf>).

Deadline for entries is Friday 27th April.

Female Breast protectors:

The IKO-Matsushima approved female chest guards are now available. The Australian and New Zealand females can obtain them from Hanshi Taylor for \$40.00 plus \$10.000 mailing cost. Outside Australia, “instructors only” can obtain them from Shihan Atta Butt at kyokushin_pak@hotmail.com

All 2012 World Championship Female fighters should understand that this is the **ONLY** chest protector that will be allowed to be worn.

March Summer Camp:

It would seem that every camp is now fully booked well in advance with this Summer Camp being fully booked in early December. With over 140 members booked and paid, it was real dampener when, due the recent flood, the Griffith members were prevented from attending. Griffith was surrounded by a sea of water and for while it looked like Sensei Cirillo's house would become a victim of the floods. Fortunately the rising water did not reach that far. However it did mean the camp numbers was reduced by about 15, which was sad. Apart from missing the camp and the grading, they are always good value to have around especially on Saturday night when the entertainment starts. Fortunately the weather changed for the better in Sydney and it was a dry sunny weekend. With the Griffith group unable to attend, those grading were reduced from over 90 to 81 – still the biggest 4th kyu and over grading for the John Taylor IKO-Matsushima organisation. Congratulations to Sensei Baltov and Sensei Cunliffe for grading to Sandan and to Sempai Chand making Nidan along with five making Shodan.

2012 AKKA Summer camp grading results - 11th March

Jason Balton	Sandan	Illawarra
Shane Cunliffe	Sandan	Illawarra
Ronnie Chand	Nidan	Mount Druitt
Ashkan Mojaher	Shodan	Bondi Junction
Bronwyn Russoniell	Shodan	Illawarra
Joshua Russoniello	Shodan	Illawarra
Brooke Anderson	Shodan	Illawarra
Kay-Lea Hamilton	Shodan	Illawarra
Aaron Morrissey	1st Kyu	Charnwood
Mohammed Aziz	1st Kyu	Young Tigers
John Stassi	1st Kyu	Maroubra
Richelle Hamilton	1st Kyu	Illawarra
Samman Najafi	1st Kyu	Mount Druitt
Eva Sklavos	1st Kyu	Maroubra
Kimberley Darby	1st Kyu	Illawarra
Lief King	2nd Kyu	Bondi Junction
Rachelle Walmsley	2nd Kyu	Young Tigers
Cameron Milne	2nd Kyu	Illawarra
Fiona O'Neil	2nd Kyu	Tamworth
Chris Panagiotopoulos	2nd Kyu	Charnwood
Luke Simmonds	2nd Kyu	Charnwood

Goran Sabir	2nd Kyu	Mount Druitt
Andrew Nicholes	2nd Kyu	Tuggeranong
Paul Lehoczcky	2nd Kyu	Charnwood
Viktor Timev	2nd Kyu	Illawarra
Mitchell Bugg	2nd Kyu	Illawarra
Christian Bugg	3rd Kyu	Illawarra
Lachlan Milne	3rd Kyu	Illawarra
Kerrie Till	3rd Kyu	Young Tigers
Emily Harris	3rd Kyu	Young Tigers
Ryan Lewis	3rd Kyu	Young Tigers
Tara Lewis	3rd Kyu	Young Tigers
Jack Simpson	3rd Kyu	Young Tigers
Ethan Beaven	3rd Kyu	Young Tigers
Kye Beaven	3rd Kyu	Young Tigers
Joshua Battle	3rd Kyu	Young Tigers
Jayden Burnell	3rd Kyu	Young Tigers
Faris Lateef	3rd Kyu	Young Tigers
Fletcher Bean	3rd Kyu	Charnwood
Max Diversi	3rd Kyu	Charnwood
Edward Feng	3rd Kyu	Bondi Junction
Elliott Wong	3rd Kyu	Bondi Junction
Sam Nemirovsky	3rd Kyu	Bondi Junction
Marek Stachowiak	3rd Kyu	Bondi Junction
Justin Foley	3rd Kyu	Albury
Shane Foley	3rd Kyu	Albury
Steve Riches	3rd Kyu	Albury
Aaron Wallace	3rd Kyu	Albury
Gordon Wells	3rd Kyu	Albury
Alex Poulos	3rd Kyu	Coogee
Connor O'Neil	3rd Kyu	Tamworth
Erica Crone	3rd Kyu	Lyneham
Hakmet Hakmet	3rd Kyu	Mount Druitt
Jason Eishoui	3rd Kyu	Mount Druitt
Michelle Peruzi	3rd Kyu	Tuggeranong
Clare Simpson	4th Kyu	Young Tigers
Joshua Diversi	4th Kyu	Charnwood
Aiden Lewis	4th Kyu	Young Tigers
Alexander Monier	4th Kyu	Young Tigers
Benjamin Mauigoo	4th Kyu	Young Tigers
Dylan Birkbeck	4th Kyu	Young Tigers
Tristan Cavarra	4th Kyu	Young Tigers
Jason Beaven	4th Kyu	Young Tigers
Ashley Chamberlain	4th Kyu	Young Tigers
Leon Chohilli-Sooby	4th Kyu	Young Tigers
Anoush Chohilli-Sooby	4th Kyu	Young Tigers
Alyssa Gilchrist	4th Kyu	Young Tigers
Sebastien Troccaz	4th Kyu	Young Tigers
Anthony Tenbrink	4th Kyu	Coogee
Tracey Whitehead	4th Kyu	Coogee
Jake Agius	4th Kyu	Illawarra
Katelyn Wallace	4th Kyu	Albury
Neraj Chand	4th Kyu	Mount Druitt
Niran Ravikumar	4th Kyu	Mount Druitt
Ruwand Talabani	4th Kyu	Mount Druitt
Edel Ismaiel	4th Kyu	Illawarra
George Ivanidis	4th Kyu	Bondi Junction
Antonio Casas	4th Kyu	Bondi Junction
Sam Speed	4th Kyu	Ballan

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

Japan's earthquake &

IKO-Matsushima 2012 World Open Championships:

Due to the recent earthquake, the venue that was booked for the 2012 IKO-Matsushima World Championships in November was damaged and the now has to undergo major repairs and will not be available during the latter part of 2012 or any of 2013. Because of the repairs the 2012 World Championships be held on the 23rd & 24th June, five month earlier than planned. Further details will be forwarded as they come to hand.

"Rhino Mouth Guards"

www.rhinomouthguards.com

"Worn By Champions"

Knowledge

Yearning

Open minded

Kinship

Unified

Spirit

Harmony

Individual

Never ending

“One word "KYOKUSHIN”

Social media more addictive than tobacco

If your urges to stay connected 24/7 bring you to hyperbolic declarations of powerlessness, you can now leave the hyperbole at the door. Results of a new study published in the journal [Psychological Science](#) confirm what you've claimed for years: checking email and social media is more addictive than cigarettes and alcohol. Led by Wilhelm Hofmann, a team from Chicago University's [Booth Business School](#) conducted an experiment using BlackBerry devices to test the will power of 205 people between the ages of 18 and 85 years in the German city of Wurtzburg. Participants were asked seven times a day over the course of a week to identify desires they were experiencing and the strength of said desires. The team sifted through thousands of responses and came up with some telling results. Thankfully, the study showed we're all not slaves to vice and distraction, as the need for sleep and leisure topped the list. However, next on the list of "self-control failure rates" was checking in with social media, email and work - ahead of the urge to have a cigarette, while sipping on a glass of 12-year single malt scotch. "Desires for media may be comparatively harder to resist because of their high availability and also because it feels like it does not 'cost much' to engage in these activities, even though one wants to resist," Hofmann told the Guardian.

"With cigarettes and alcohol there are more costs - long-term as well as monetary - and the opportunity may not always be the right one," Hofmann adds. "So, even though giving in to media desires is certainly less consequential, the frequent use may still 'steal' a lot of people's time."

Tans Martial Arts Supplier

"For all your martial art needs"

1300 883 262 www.tansmas.com

Link to last months Shin:

<http://www.akka.com.au/newsletters/Shin201202.pdf>

Bad joke of the month:

A married couple had been out shopping at the mall for most of the afternoon. Suddenly, the wife realized that her husband had "disappeared". The somewhat irate spouse called her mate's cell phone and demanded "Where the hell are you?"

Husband: "Darling, you remember that Jewellery shop where you saw the diamond necklace and totally fell in love with it and I didn't have money that time and said, 'Baby, it'll be yours one day?'"
Wife, with a smile, blushing: "Yes I remember that, my love."
Husband: "Well, I'm in the Pub next to that shop."

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

Don't Freak Out About Fructose [by Matt O'Neill](#)

There's been a lot of buzz in the media lately about fructose - the [sugar](#) found naturally in fruit, and as one half of sucrose (table sugar). Books such as 'Sweet Poison' have tarnished its image, pinning it as a dietary demon responsible for weight gain and chronic diseases like Type 2 Diabetes. Before you ditch fruit and go fructose-free, let's check the facts. In a [research paper](#)¹ just published, an expert team of academics reviewed 41 studies of fructose feeding trials and concluded: "Fructose does not seem to cause weight gain when it is substituted for other carbohydrates in diets providing similar calories. Free fructose at high doses that provided excess calories modestly increased body weight, an effect that may be due to the extra calories rather than the fructose." What this means is that there is nothing inherently fattening about fructose. In the context of a nutrient-rich [diet](#), which includes fresh fruits and vegetables, there is nothing to worry about. Most of the studies showing adverse metabolic effects of fructose are conducted in animal models (usually rats) which are fed quantities of fructose (in pure, crystalline form) that not even a human could eat (i.e. 100's of grams). The fructose in fruit comes bundled up with antioxidants, vitamins, minerals and fibre so fruit will always be the best sweet fix you can find. So go for 2 fruits and 5 vegetables daily and don't freak-out about fructose.

¹Sievenpiper JL, de Souza RJ, Mirrahimi A, Yu ME, Carleton AJ, Beyene J, et al. Effects of Fructose on Body Weight in Controlled Feeding Trials – A Systematic Review and Meta-analysis. *Ann Int Med.* 2012; 156 (4): 291-304

**The AKKA recommends "Bill Buddy"
"Costumer Payment Solutions
for Martial artists" www.billbuddy.com.au**

2012 Australian AKKA calendar

- | | |
|---|---|
| 1 st April: | Victorian Championships – Arena Geelong. |
| 26 th April: | Sosai Memorial training, Geelong. All current AKKA members welcome |
| 4 th – 6 th May | National Camp Queensland |
| 27 th May | New South Wales Full Contact Championships |
| 4 th June | Bondi Junction Under 5 th Kyu grading |
| 17 th June | New South Wales Non Contact Individual Championships |
| 4 th & 5 th August | Australian Open Full & Non Contact Championships |
| 1 st – 3 rd Sept. | Victorian Grading & Training camp |
| 7 th – 9 th Sept. | New South Wales Grading & Training camp |
| 10 th September | Bondi Junction Under 5 th Kyu grading |
| 15 th & 16 th Sept. | New Zealand Kyokushin Open Championships (Hamilton) |
| 30 th September | NSW Open Full Contact & Non Contact Country Championships - Griffith. |
| 14 th October: | Victorian Regional Non Contact & Kata |
| 27 th October | Queensland Full & Non Contact |
| 4 th November | New South Wales Non Contact Team & Individual Kata Championships |
| 2 nd December | ACT Full Contact and Non Contact Championships. |

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