



KyokuSHIN Karate

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

Modern Kyokushin:

For those “modern day instructors” who that seem to think that pulling non attacking fist back to the ear when punching, is the new, modern and better way to go. I was interested to read the instructors for cricket fast bowlers to speed up the delivery of the ball by pulling on their “**Non bowling arm**” *Your non-bowling arm is far more important than your bowling arm. Use it properly by driving it out and down so it passes your side. When you do this properly, it will accelerate your bowling shoulder and help increase speed.*

MMMMM Sound familiar....

Spring (September) Camp:

After the recent highly successful Summer camp, even I am surprised at the keen interest in the next camp with over 40 places already taken. It is unfortunate that we can only take 120 students. Still I guess it is nice problem to have.

The March Bondi grading results:

Congratulations to the Bondi Junction students who did a great grading in March, we are all proud an outstanding effort

Ashkan Mohajer	Shodan
Lief King	2nd Kyu
Edward Feng	3rd Kyu
Elliott Wong	3rd Kyu
Sam Nemirovsky	3rd Kyu
Marek Stachowiak	3rd Kyu
George Iivanidis	4th Kyu
Antonio Casas	4th Kyu
Sarah Moses	5th Kyu
Ari Slamer	5th Kyu
Ben Shires	5th Kyu
Helen Ryan	6th Kyu
Jay Volkerts	6th Kyu
Harold Guerrero-T	6th Kyu
John Williams	7th Kyu
Campbell O'Neill	7th Kyu
Dane Perica	7th Kyu
Nicholas Poulos	7th Kyu
Seth Tamihana	8th Kyu
Michael Jeffress	8th Kyu
Harvey Green	8th Kyu
Kai Moonen-Narita	8th Kyu
Scott Feng	8th Kyu
Ryuji Moonen-Narita	8th Kyu
Eric Andrew	8th Kyu
Matheiu Boulanger	8th Kyu
Ben Hoadley	9th Kyu
Stefan Lie	9th Kyu
Ben Ronen	9th Kyu
Alexander Zaidan	9th Kyu
Harrison Cafarelli	9th Kyu
Callum Heathwood	9th Kyu
Sameer Suresh	9th Kyu
Matthew Travers	10th Kyu
Chris Marshall	10th Kyu

Link to last months Shin:

<http://www.akka.com.au/newsletters/Shin201203.pdf>

What's taking ET so long to find us? - Irene Klotz

ET would have had plenty of time to reach us by now. Are we just being ignored? (Source: NASA) Mathematically speaking, ET should have found us by now - if he exists - so we're being consciously avoided for some reason, a new study concludes. "We're either alone, or they're out there and leave us alone," says [Florida Gulf Coast University](#) mathematician Thomas Hair. Hair, who presented his research at the [Mathematical Association of America](#) in Boston earlier this month, based his approximation of what he considered to be extremely conservative estimates for how long it would take a society to muster up the resources and technological know-how to leave its home world and travel to another star. Even at the relatively sedate pace of 1 per cent of light-speed, the aliens would arrive at their nearest neighbour star in about 500 years. Figure another 500 years to build new ships, set out again, and so on and so on, and the calculations show that civilisations starting out from the oldest stars in our galaxy would have had epochs of time to reach us by now. So where are they? "They've either passed us by, or they stay around their home star systems and contemplate their navels," says Hair. There could be several reasons why we're not listed in the intergalactic version of Trip Advisor or Lonely Planet. Perhaps most important is that we don't have anything aliens need. "Any ancient civilization is probably not biological. They don't need a place like Earth. They don't need to come here and steal our water. There's plenty of it out in the outer solar system where the gravity is not so great and they can just take all they want," says Hair. Or perhaps modern-day extraterrestrials are following routes laid out long ago, all of which bypass Earth, he adds. **Giving ourselves away** Whatever the reason we're being ignored, there is no chance ET, if he or she exists, does not know we are here, says Hair, pointing to telescopes, such as NASA's Kepler observatory, which can detect planets around other stars. If humans living on a planet that is roughly 5 billion years old have technology like Kepler, an alien civilisation with another 10 million years of experience under its belt would have advanced much further, Hair maintains. "I'm sure they'd be able to detect if this planet had life on it. Just the CFCs (chlorofluorocarbons) in our atmosphere would give us away," he says. CFCs are compounds typically found in refrigerants and aerosol products that release chlorine atoms when exposed to ultraviolet light and erode Earth's ozone layer. University of Minnesota physicist Woods Hall, who just published a book about the prospects of extraterrestrial life, says we don't know enough about how life got started on Earth to be able to recognise alien life, even if it were staring us in the face. "I think there are three options," says Hall. "Life is rare, which I think has a reasonable probability of being correct. Life is weird: every time you run into it, it's extremely different from the last time you saw it. Life is dull, meaning you will find something that looks a lot like life on Earth and our problems (in detecting life) are technical. "I've come to the view that they're all possible, but the preponderance of evidence most likely fits the first - we are rare," says Hall

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

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

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

Bad joke of the month:

A husband and wife are shopping in their local Supermarket . The husband picks up a case of Fosters Lager and puts it in their trolley. 'What do you think you're doing?' asks the wife. 'They're on sale, it's only \$20 for 24 cans' he replies. 'Put them back, we can't afford them' demands the wife, and so they carry on shopping. A few aisles further on the woman picks up a \$40 jar of face cream and puts it in the trolley. 'What do you think you're doing?' asks the husband. 'It's my face cream. It makes me look beautiful,' replies the wife. Her husband retorts: 'So does a case of Fosters Lager and it's half the price.'

2012 Australian AKKA calendar

4 th – 6 th May	National Camp Queensland
27 th May	New South Wales Full Contact
4 th June	Bondi Junction Under 5 th Kyu grading
17 th June	New South Wales Non Contact Individual
4 th & 5 th August	Australian Open Full & Non Contact
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 (Hamilton)
30 th September	NSW Open Full Contact & None Contact Country Championships Griffith.
14 th October:	Victorian Regional No Contact & Kata
27 th October	Queensland Full & Non Contact
4 th November	New South Wales Non Contact Team & Individual Kata Champion
2 nd December	ACT Full Contact and Non Contact.

The next events: Information on the New South Wales Full Contact on the 27th May and the New South Wales Non Contact on the 17th June, can be obtained at www.akka.com.au

The 1 Exercise You Should NEVER Do—Plus 5 You Should Do All The Time [by Shannon Clark](#)

There are, like, a billion exercises out there. So learn my top-five must-have lifts—and the one exercise you should never do again.

Picking the exercises you need for big results is no small task. Simply entering the gym is a great first step, but the exercises you choose can make or break your results.

Exercise selection influences how productive each minute in the gym will be, the hormonal response to your workout, your metabolic rate, your anabolism, and ultimately how fast you reach your goals.

Simply put, if there's one thing you need to get right with your workouts, exercise selection is it. Luckily for you, there's only one exercise you need to steer clear of, but five that you should absolutely have in your program, hands down.

Shhh--The Exercise That Must Not Be Named

Okay, I'll tell you only once. Beware of one exercise: Smith machine squats. It's the Voldemort of weight training. Don't do it, don't say it, and don't think it. Why? The biggest problem with Smith machine squat is that the machine locks your body into a path of motion--which could be entirely wrong for your body. So if you're taller or shorter than the ideal fit for the machine, you could wind up with a knee, back, or hip injury due to excess strain. Sure, the Smith Machine has a self-spotting mechanism to make it "safe"--but there's

more to lifting safely than just making sure you don't crumple to the floor with a huge load on your back. You can also injure yourself when the apparatus doesn't fit your body and your form sucks. Cue the ominous music. Here comes the smith machine squat! Free barbell squats are a way better option, as the range of motion allows you to squat according to your body's structure. But if you aren't comfortable with free squats yet, build up with leg presses, doing your free squats using just the bar to get the hang of the movement. Then slowly add weight to your free squat until you're matching your leg press amounts while still squatting with confidence and proper form. **More next issue**

"Rhino Mouth Guards"
www.rhinomouthguards.com
"Worn By Champions"

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>

One Explanation of a "Zen" State of Mind – Mushin - By Sensei Nicholas Lukich

There is a Japanese term often used in Karate called *mushin*, meaning "empty mind." This term does not strictly imply any thought, but rather no attachment to any one thought or emotion. To obtain this state of mind *mushin*, you must let go your fears, doubts, your ego, and any preconceived thoughts of action, or the mind will not react openly.

There is a famous Zen saying called *mizu no kokoro* that may help to clarify this term. This translates as "A mind like water". Everyone understands how the water of a pond can be calm and clear. In this state, it will reflect all around it truthfully, much like a mirror. In Karate and in life we strive to have a calm mind that reflects everything around us accurately. Therefore, the mind must be clear like the glass surface of a still pond, reflecting everything accurately and without distortion. If the mind gets attached to any thoughts, this is analogous to throwing a large stone into the tranquil pond. The ripples that the stone creates (or thought) will interfere with the smooth surface of the pond making the reflection (mind) distorted. If your mind is cluttered with thoughts, how can it possibly react quickly in stressful situations? Only when the mind is clear and calm will you act instantly without hesitation or fear.

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