



# KyokuSHIN Karate

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



## 2012 AKKA National Camp:

This year's camp held on the Gold Coast, was once again a great success, with a 105 students attending, down from the usual numbers, with the IKO-Matsushima organisation holding their World Championships in June, many were saving their money to attend the championships. Nevertheless, it was a great success, not only because the weather was fantastic with hot days and warm nights. The early morning beach training, watching the sun come up was a great experience that alone was well worth the trip to the camp and sunny Queensland. The Australian AKKA squad was in attendance and it was interesting to see that the squad members were far in front when the "beep test" was run on Saturday afternoon. Every one got in to the training and from the junior grades all the way to the senior grades all put in a big effort and non left the sessions without leaving a lot of sweat on the floor. *Shihan* Bowden who runs the Nationals camp is already looking at setting the date for next year and I am sure this time it will have the "No vacancy" sign going up, so get your application in early!

## Gucci trainers:

Is what I call instructors, more especially the Kyokushin ones who follow trends, fashion and whims. After almost 50 years of training, I have seen lots of so called modern great ideas come and go. I am not against improving your training methods, but doing it just a follow a trend seems pointless to me as there is not doubt they will often need to change back or continue down the slippery slope of fashion training. Regular readers of the "Shin" will be aware of my long running battle to stop Kyokushin instructors from pulling their fist back to their ear, in the same way as boxers and kick-boxers do when they punch during the basics. In the boxers and kick-boxers case, there is a very good reason for doing just that, however, the same reasons do not apply to karate fighters. Now the new trend is to follow and get hooked up with aerobics style of training, in as much as the very first thing the instructors does is to start the students running around in circles or up and down the dojo. Whilst I am a fan of aerobic training and it certainly has a place in karate training, aerobics has a very low skill level as it is designed to improve the aerobic "heart and lung capacity" and while of course there are some skills involved (try doing the "grapevine"), martial art however, are geared towards a very high skill level and skills should be practiced when you are fresh. This is one of the reasons why martial arts warm up more slowly than aerobic classes and in spite of call it a warm up we are actually doing "ROM" (random order movements). "Why" aside from the reason previously given, synovial fluid – which lubricates your joints, thickens to paste when your body is inactive. If synovial fluid is not warmed up, you can suffer less freedom of movement, causing increased joint wear and tear. I am sure the original martial art masters knew nothing about synovial fluid, however over many years of trial and error, they knew from experience that a slow warm up concentrating on the joints and then on their skill levels was better for their students than forcing them to madly run in circles. ED:

**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](http://www.billbuddy.com.au)**

## Bad joke of the month:

Bill and his wife Blanche go to the county fair every year, and every year Bill would say, "Blanche, I'd like to ride in that helicopter". Blanche always replied, "I know Bill, but that helicopter ride is \$100.00, and a \$100.00, is a \$100.00". One year Bill and Blanche went to the fair, and Bill said, "Blanche, I'm 75 years old. If I don't ride that helicopter, I might never get another chance". To this, Blanche replied, "Bill the ride is \$100.00, and a \$100.00, is a \$100.00!". The pilot overheard the couple and said, "Folks I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and don't say a word I won't charge you a cent, but if you say one word it's \$100.00". Bill and Blanche agreed and up they went. The pilot did all kinds of fancy maneuvers, but not a word was heard. He did his daredevil tricks over and over again, still not a word... When they landed, the pilot turned to Bill and said, "By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed". Bill replied, "Well, to tell the truth I almost said something when Blanche fell out. But you know a \$100.00, is a \$100.00".

## 2012 Australian AKKA calendar

4 <sup>th</sup> June	Bondi Junction Under 5 <sup>th</sup> Kyu grading
17 <sup>th</sup> June	New South Wales Non Contact Individual
4 <sup>th</sup> & 5 <sup>th</sup> August	Australian Open Full & Non Contact Tournament
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
10 <sup>th</sup> September	Bondi Junction Under 5 <sup>th</sup> Kyu grading
15 <sup>th</sup> & 16 <sup>th</sup> Sept.	New Zealand Kyokushin Open (Hamilton)
30 <sup>th</sup> September	NSW Open Full Contact & Non Contact Country Championships Griffith.
14 <sup>th</sup> October:	Victorian Regional Non Contact & Kata
27 <sup>th</sup> October	Queensland Full & Non Contact
4 <sup>th</sup> November	New South Wales Non Contact Team & Individual Kata Champion
2 <sup>nd</sup> December	ACT Full Contact and Non Contact.

## "NEVER MISTAKE ACTIVITY FOR ACHIEVEMENT"

While in USA I have taken the time to read up on and have discussion with Senior people involved in the Sporting Industry (Sports Illustrated and ESPN ) on the "teachings" of some of the great Basketball Coaches. The most interesting statement of Coach John Wooden was , that if at the elite level you did something a thousand times "incorrectly" then you had achieved nothing, even though you may appear to be doing a lot of work..... His theory was that the elite athlete must get the technique, strategy, game-plan and form correct first, then proceed further, otherwise there will be no real achievement even though a lot of sweat may be left on the floor. *Sempai Terry Jenkins*

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

**Link to last months Shin:**

<http://www.akka.com.au/newsletters/Shin201204.pdf>

**Why we slide:**

I am sure the “Old Masters” knew nothing about the science of walking but they knew that if we did not lift our feet when we were doing a martial art movement, we were much better balanced, why is that so? Well your centre of mass follows a rather strange pathway. Your gait depends on many factors such as your gender, age, state of health and so on. After all, walking has been described as “a series of controlled falls”. Your centre of mass is continually speeding up and slowing down in your direction of travel, as well as rising and falling — and oscillating from side to side to boot. When you are walking, you typically rock from side to side at about 1.25 hertz, while you oscillate back and forth at around 2.5 hertz. So by sliding along much of this is reduced.

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

**The VIEs (Very Important Exercises)**

**#1: THE LUNGE**

The very first exercise on your must-do exercise list is the lunge. These are perfect for hitting the quads, glutes, and hamstrings, and will also call your abs into play as you struggle to maintain balance. There are many variations of lunges, including walking lunges, stationary lunges, and reverse lunges, so switching it up is a great way to avoid hitting a plateau. They are also especially nice because they can be performed at home or the gym AND with or without weights.

**#2: THE PULL-UP**

Pull-ups are often ignored because they don't look as cool as lifting a barbell with a bunch of weight on it, but they are one of the best picks for any upper-body workout. Pull-ups really work your lats overtime, and since you're pulling your entire body weight, it'll be plenty challenging. And if you want a quick variation on this exercise, you can reverse the hand position to an underhand grip and blast your biceps with some chin-ups.

**#3: THE PLANK**

We're not talking about walking the plank on the high seas, you scurvy dog. The plank is the perfect exercise for total core-strength development, and can be performed with many different variations. You can balance your legs or arms on an exercise ball, lift a leg or arm off the floor, or move across the floor with small side steps while staying in the plank position! Regardless of the variation, the plank will always let your body know it trained that day.

**#4: THE BURPEE**

This move is excellent for not only strengthening almost every major muscle in the body, but also for upping your overall metabolic rate to burn calories quickly. Since burpees are so intense, performing 10 to 20 in a row can keep your metabolism going long after your workout, and you'll get the added benefit of cardiovascular endurance! Burpees are an awesome fit for any circuit training workout, helping to keep your heart rate up and your intensity high.

**#5: THE SQUAT**

The last exercise your workout routine should not be without is the squat. It's one of the single best exercises for initiating a strong muscle growth response in the body, and it stimulates every single muscle fiber in the lower body while working your core to the bone. When you perform the squat, make sure to do a full range of movement, squatting all the way down to ensure strong glute activation from the lift. Remember to do both front and back squats in your overall

workout routine over time to mix it up and promote constant muscle stimulus. **Bottom line:** Remember to keep these five foundational exercises on your radar and Smith machine squats OFF the docket!

**"Rhino Mouth Guards"**  
[www.rhinomouthguards.com](http://www.rhinomouthguards.com)  
**"Worn By Champions"**

**Men's Health Australia:**

A recent poll of 632 people conducted by “Men's Health Australia” found that cardio is:-

11% torture – 37% fun – 52% necessary evil. I think the 632 people should take up karate, which I think is 100% fun and 100% necessary, but then, I am biased! ED

**The 25 Worst Passwords of 2011**

The quality of computer passwords can vary greatly – but some are just bad! Learn what have been selected as the worst passwords of 2011. - By Robin Wark

Getting hacked is as easy as "123456" when you are using one of the worst passwords possible. This is a lesson the Syrian government found out. The Israeli newspaper Haaretz reported in early February that Anonymous hacked the office of Syrian President Bashar al-Assad. The hacker group posted hundreds of emails online, including prep notes for a 2011 ABC News interview with Barbara Walters. Seventy-eight government staffer inboxes were accessed. According to Anonymous, some of the users had passwords such as "iloveyou" and "123456". Thirty-one had apparently used "12345". Both "123456" and "iloveyou" were rated among the 25 Worst Passwords of 2011, according to SplashData. See the complete list below:

Password: 123456 – 12345678 – qwerty - abc123 – monkey – 1234567 – letmein - trustno1 – dragon – baseball – 111111 – iloveyou - master – sunshine – ashley – bailey - passwOrd – shadow – 123123 – 654321 – superman – qazwsx – Michael – football

**Congratulations:**

Congratulations to Sempai Vanessa and her partner Ronnie on the birth of their daughter Kayleigh, born on the 9<sup>th</sup> May at 4:00am (why do they do that?) weighing 3.17kg, both mother and baby are doing well.

**Examples of whole Grain:**

Whole wheat berries, whole wheat bulgur, whole wheat couscous and other strains of wheat such as kamut Brown rice, Oat groats, steel-cut oats, rolled oats, Whole rye, Hulled barley (pot, scotch, and pearled barley often have much of their bran removed) Triticale (pronounced tri-ti-kay-lee) Millet, Teff (reported to be the world's smallest grain and to have a sweet, malt-like flavor) Buckwheat, quinoa (pronounced keen-wah), wild rice, and amaranth are considered whole grains even though botanically they are not in the grain family of plants. **The bottom line:** When buying whole grains, remember that the less processed they are, the better: Finely ground grain is more rapidly digested, and in turn, has a greater impact on blood sugar than grain that is more coarsely ground or intact. So choose steel cut oats instead of instant oats or whole wheat berries instead of whole wheat bread. And read whole grain [breakfast cereal](#) labels carefully—some are too high in sugar. Choose good carbs, not no carbs. Whole grains are your best bet. **Quick tip:** Good carbs from whole grains, vegetables, fruit, and beans all have a place on Harvard's new [Healthy Eating Plate](#)