



KyokuSHIN Karate

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

Australia's biggest Full Contact event:

The 2012 Australian Full Contact Kyokushin and Non Contact Karate Championships are once again close at hand. It is without doubt not only Australia's biggest knock-Down event, but also the longest running, having started Full Contact karate way back in 1997 when full contact in Australia was not only un-heard of with many critics saying it could not be done. Well, here we are 36 such events later and it is still the premier knock-own event in Australia, with fighters coming from afar afield as Mackay. This year we have been forced to start with "two" fighting area's eventually bring it down to one match as the day progresses.

The Non Contact with over 200 fighters will be just as hectic with three rings going and once again bringing it down to one mat for the final. All-in-all it no doubt will be a great weekend of action and I wish all competitors, the best of luck and I thank the Non AKKA Kyokushin organisations and non Kyokushin styles that are supporting this event. Both days start at 10am at the Sydney University Sports & Aquatic Centre Codrington Street Darlington. I hope to see you there as I am sure you will enjoy the event.

CONDITIONED RESPONSE.

For years we have heard our instructors talk about our karate techniques and combinations being a "conditioned response" either in attack or defense. They tell us that this is the reason we practice techniques and combinations over and over again so that we react "without thinking". In a recent article on The Science of Choking in Sport a Senior Professor in Sports Psychology from the University of Chicago explained that when an athlete is under stress they can allow too many thoughts to flood the prefrontal cortex of the brain which is the area that houses information memory. When we worry this part of the brain becomes too busy. The motor cortex should take over as that area controls planning and movement. It is that area that should be doing all the work. In short, it is the muscle and reaction memory in the motor cortex that should be working as that is the area that has been trained. Olympic athletes that remember telling themselves in a hurdle race to "make sure my legs are snapping" will fail and choke.... They should be letting the muscle memory take over as that is what has been conditioned. Most successful track and field athletes at the Olympic level simply don't remember the race... The muscles took over and the mind did not interfere with the technique. Of course the mind can call for more effort, but it does not interfere with the body which has been trained to deliver. One of the accepted ways in which to allow the muscle memory to take over is to visualize being in a big contest while training. This can create pressure when training so that the muscle memory takes over and the athlete goes into "the zone" and allows the body to perform as it has been trained to do. Of course it is vital that when training the muscles to take over that correct technique is practiced otherwise you can't expect the muscles to remember perfect technique during a contest if perfect technique has not been practiced.

While the above is all very technical and reflects the views of the top sport's psychologists in the USA who are preparing the USA track and field team for the Olympics, I could not help but smile to my self when I read the very detailed article and thought about the many times I had heard Kyokushin Instructors say: "How you train is how you will fight in tournaments" and, "We do techniques thousands of times so your body and muscles are conditioned to respond". What is taught in the Dojos from an early age may sound and seem very simple to some, but it is right up there with what is just being discussed and documented now by the top sports psychologists in the sporting world!!!!
OSU, *Sempai* Terry Jenkins

Link to last months Shin:

<http://www.akka.com.au/newsletters/Shin201205.pdf>

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

Bad joke of the month:

I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed 4 grave diggers walking about with a coffin, 3 hours later and they're still walking about with it. I thought to myself, they've lost the plot!!

Quote of the month:

Men must try and try again. They must suffer the consequences of their own mistakes and learn by their own failures; and their own successes. Lawson Purdy, Tax Commissioner of the City of New York in the 1920s

2012 Australian AKKA calendar

4 th & 5 th August	Australian Open Full & Non Contact Tournament
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 & 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 Champion
2 nd December	ACT Full Contact and Non Contact.

5 Fitness Myths You Should Already Be Ignoring!

By Mike Simone: It's tough enough to remember all of the valid health information out there without wasting brainpower on these. Studies say this and studies say that. Every day it seems as though we're bombarded with a new philosophy on eating healthy, training more effectively and achieving the dream body. To stop everyone from wasting their time, we've consulted with celebrity personal trainer Jay Cardiello for his top five picks of fitness myths you shouldn't pay any attention to.

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

1. Carbs are the enemy: "Forget, Atkins, carbs are all about timing," says Cardiello. Carbohydrates are the body's first source of energy, especially for a hardworking and active body. Completely neglecting carbs will leave you tired, sluggish and hinder your performance. Cardiello recommends being conscious of your carb consumption rather than ignoring them altogether. "The best time to ingest carbs is at breakfast and after a workout," he says. Whole wheat toast, two eggs and salsa is his zesty go-to breakfast. After the gym, strawberries and fruit make a great addition to a post-workout shake.

2. Only morning workouts are effective: "The American Council on Exercise recommends working out between 4-6 PM when your body temperature is highest making your workouts more productive. But that's not an ironclad rule," Cardiello says. Successful workout routines are built around consistency, focus and intensity. "Some people can't get motivated in the morning and others are too burned out after work. So pick a time that's right for you," he recommends.

3. Protect your back with a weight belt: Weight belts are more than a fad, they've become a staple and in many gyms as well as for Home Depot employees worldwide. "I recommend that you don't train with a weight belt, or wear one while performing manual labor. Over time, regular training in a weight belt actually weakens your abdominal and lower-back muscles," Cardiello says. However, he does believe there is a place for weight belts. "Wear it only when attempting maximal lifts in such exercises as squats, deadlifts and overhead presses," he says.

4. Water sucks, sports drinks are better: Sports drink companies challenge the importance of water to market "enhanced" performance drinks at your expense. "Studies have shown water is one of the best tools for weight loss, acting as a great appetite suppressant. When we think we're hungry, we're actually just thirsty," Cardiello says. He also notes, "Drinking a good amount of water could lower your risk of a heart attack. What sports drink can say that?" If you're tired and sluggish, lack of water could be the culprit. "Being dehydrated can sap your energy levels, even mild dehydration of as little as one to two percent of your body weight."

5. Extra protein builds more muscle: "Protein does have important roles in bodybuilding and maintaining muscles. However, excess amounts of it can be stored as fat," Cardiello says. A good general rule to go by is that any calorie-containing nutrient can be stored as fat if too much is eaten. Consuming the amount of protein the body needs will be as effective as it gets. "If you want to know how much protein you need for your specific weight, just multiply your weight in pounds by 0.36, or your weight in kilograms by 0.8," he says.

Kata book and grading syllabus:

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 black belt grade. The kata includes: 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: -

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

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Temperature changes linked to wind farms: - Stuart Gary-ABC Local weather conditions are being changed by wind farms (Source: REUTERS/Toby Melville)

Scientists have found a link between wind farms and changes in local temperatures. The study could help researchers better understand the impact of wind farms on local environments. Scientists including Associate Professor Liming Zhou from the State University of New York examined conditions around 2358 turbines at four Texas wind farms. Writing in the journal Nature Climate Change, Zhou and colleagues report a temperature increase of up to 0.72 deg; per decade at wind farm locations, compared to nearby areas. They also found the effect to be greater at night than during the day. After discounting the impact of surface features such as vegetation, roads, albedo and surface structures, Zhou and colleagues concluded the temperature change is caused by air turbulence generated by the turbine rotor blades. "Turbine rotors were modifying surface-atmosphere exchanges and the transfer of energy, momentum, mass and moisture within the atmosphere," the researchers write. The findings are based on nine years of satellite data covering an area of central western Texas where some of the world's largest wind farms are located. Their results match modeling studies showing wind farms can significantly affect local scale meteorology by increasing surface roughness, changing the stability of the atmospheric boundary layer and enhancing turbulence in the wake generated by rotor blades. Zhou and colleagues say a large enough wind farms could even affect local and regional weather and climate. They say the work draws attention to an important scientific issue that requires further investigation. Climate scientist Professor Nigel Tapper, from Melbourne's Monash University isn't surprised by the results. "No matter what we do, any modification of the landscape will have an impact on air temperatures," says Tapper. "The critical thing is that it's a local effect and one we need to understand." "If you were to use solar panels rather than turbines you would still have an effect." "The question is whether that local effect is offsetting the generation of power from coal fired power stations. Because fundamentally the impact of carbon dioxide emissions is having a global effect rather than just a local one," says Tapper. "I do believe in global warming and I believe we have to look at alternative energy. We need a portfolio of energy sources and wind farms will be one of them." "It would be nice to do a similar study here, we would probably get a similar pattern," says Tapper.