



# KyokuSHIN Karate

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

## New South Wales & Victorian Camps:

Both camps we were once again a great success. The NSW with 140 students at the camp it was, as always booked to capacity camp. The Victorian camp whilst smaller with 64 students it certainly did not come second when it came to spirit and hard training. Both camps started the weekend by arriving on Friday night and settling into the camp routine. It was an early start on Saturday morning with the first session at 6am. The Victorian camps were certainly a very cold start at 6am and by and large remained that way for most of the camp. At the Sydney camp the weather was much kinder and outside training was the order of the day. Both camps had the usual Saturday night entertainment, with the Victorian camp going for a trivia night and the Sydney camp had the general, tell a joke, sing a song or do any kind of act night. Whilst the Sydney night was full of fun, it certainly showed we are better fighters than entertainers, and the trivia night proved that we are not going to produce the second Einstein. The gradings, as you would expect were tough, hard and long, but for the most part well prepared and passed with flying colours. The results are as follows and congratulation to all those that were successful.

Karina Narayan	Nidan	Bondi Junction
Eva Sklavos	Shodan	Maroubra
Joshua Diaz	Shodan	Young Tigers
Jessica Bardney	Shodan	Riverina
Mitsunari Tamazawa	Shodan	Bondi Junction
Mohammed Aziz	Shodan	Young Tigers
John Stassi	Shodan	Maroubra
Steven Potts	Shodan	Young Tigers
Nicole Reynolds	1 <sup>st</sup> Kyu	Maroubra
Fiona O'Ne	1 <sup>st</sup> Kyu	Tamworth
Kengo Takahash	1 <sup>st</sup> Kyu	Bondi Junction
Goran Sabir	1 <sup>st</sup> Kyu	Mount Druitt
Daniel Fitzgerald	1 <sup>st</sup> Kyu	Albury
Rochele Walmsley	1 <sup>st</sup> Kyu	Young Tigers
Karen Cirillo	1 <sup>st</sup> Kyu	Griffith
Patrick Balk	1 <sup>st</sup> Kyu	Riverina
Mark Rutkowski	1 <sup>st</sup> Kyu	Coogee
Celeste Bernard-Chardler	1 <sup>st</sup> Kyu	Bondi Junction
Faris Lateef	2 <sup>nd</sup> Kyu	Young Tigers
Ryan Lewis	2 <sup>nd</sup> Kyu	Young Tigers
Connor O'Niel	2 <sup>nd</sup> Kyu	Tamworth
Tara Lewis	2 <sup>nd</sup> Kyu	Young Tigers
Emily Harris	2 <sup>nd</sup> Kyu	Young Tigers
Kye Beavan	2 <sup>nd</sup> Kyu	Young Tigers
Lisa Hodder	2 <sup>nd</sup> Kyu	Riverina
Jayden Burnell	2 <sup>nd</sup> Kyu	Young Tigers
Daine Clarke	2 <sup>nd</sup> Kyu	Charnwood
Jason Eishoui	2 <sup>nd</sup> Kyu	Mount Druitt
Nick Williams	2 <sup>nd</sup> Kyu	Bondi Junction
Nicholas Taprell	2 <sup>nd</sup> Kyu	Riverina
Hakmet Hakmet	2 <sup>nd</sup> Kyu	Mount Druitt
Elliott Wong	2 <sup>nd</sup> Kyu	Bondi Junction
Edward Feng	2 <sup>nd</sup> Kyu	Bondi Junction
Antonio Casas	3 <sup>rd</sup> Kyu	Bondi Junction
Alyssa Gilchrist	3 <sup>rd</sup> Kyu	Young Tigers
Alexander Monier	3 <sup>rd</sup> Kyu	Young Tigers

Sebastien Troccaz	3 <sup>rd</sup> Kyu	Maroubra
Jason Beavan	3 <sup>rd</sup> Kyu	Young Tigers
Aidan Lewis	3 <sup>rd</sup> Kyu	Young Tigers
Caroline Greenwood	3 <sup>rd</sup> Kyu	Riverina
Phoebe Webb	3 <sup>rd</sup> Kyu	Riverina
Jayden Brain	3 <sup>rd</sup> Kyu	Coleambally
Neraj Chand	3 <sup>rd</sup> Kyu	Mount Druitt
Niran Ravikumar	3 <sup>rd</sup> Kyu	Mount Druitt
Ruwand Talabani	3 <sup>rd</sup> Kyu	Mount Druitt
Anoush Chohilli-Sooby	3 <sup>rd</sup> Kyu	Young Tigers
Leon Chohilli-Sooby	3 <sup>rd</sup> Kyu	Young Tigers
Anthony Tenbrink	3 <sup>rd</sup> Kyu	Coogee
Benjamin Mauigou	3 <sup>rd</sup> Kyu	Young Tigers
Tracy Whitehead	3 <sup>rd</sup> Kyu	Coogee
Liam Petersen	Failed	
Jai Peters	Failed	
Luke Beal	3 <sup>rd</sup> Kyu	Charnwood
Dane Gilchrist	4 <sup>th</sup> Kyu	Young Tigers
Jamie Rutkowski	4 <sup>th</sup> Kyu	Coogee
Jason Matthews	4 <sup>th</sup> Kyu	Young Tigers
Christopher Kobari	4 <sup>th</sup> Kyu	Bondi Junction
Jacob Monier	4 <sup>th</sup> Kyu	Young Tigers
Katherine Monier	4 <sup>th</sup> Kyu	Young Tigers
Makayla Nasko	4 <sup>th</sup> Kyu	Young Tigers
Leticia Nasko	4 <sup>th</sup> Kyu	Young Tigers
Molly O'Rourke	4 <sup>th</sup> Kyu	Young Tigers
Natasha Gibbons	4 <sup>th</sup> Kyu	Charnwood
Sarah Moses	4 <sup>th</sup> Kyu	Bondi Junction
Marcus Salvestrin	4 <sup>th</sup> Kyu	Riverina
Tara Bampton	4 <sup>th</sup> Kyu	Young Tigers
Junji Fukuta	4 <sup>th</sup> Kyu	Coogee
Zahaib Popal	4 <sup>th</sup> Kyu	Mount Druitt
Vishisha Ramanathan	4 <sup>th</sup> Kyu	Mount Druitt
Jesse McLean	4 <sup>th</sup> Kyu	Mount Druitt
Mathias Farquharson	4 <sup>th</sup> Kyu	Mount Druitt
Adam Abela	4 <sup>th</sup> Kyu	Coogee
Imogen Rutledge	Failed	
Brodie Carr	4 <sup>th</sup> Kyu	Young Tigers
Alex Surkrom	4 <sup>th</sup> Kyu	Coogee
Edward Simmonds	4 <sup>th</sup> Kyu	Coogee
Antoine Vincent	4 <sup>th</sup> Kyu	Young Tigers
Connor Benedict	4 <sup>th</sup> Kyu	Coogee
Harold Guerro-T	4 <sup>th</sup> Kyu	Bondi Junction
Hayley Clark	4 <sup>th</sup> Kyu	Young Tigers
Natalie Rutkowski	4 <sup>th</sup> Kyu	Coogee
Chad Bernard-Chandler	4 <sup>th</sup> Kyu	Bondi Junction
Amelia Taylor	4 <sup>th</sup> Kyu	Charnwood
Jamie Taylor	Failed	

## Victoria grading 2<sup>nd</sup> September 2012

Russell Walker	Nidan	Ballarat
Martin Fuller	Shodan	Ballarat
Janine Purcell	Shodan	Freshwater Creek
Mark Chivers	Shodan	Ballarat
Peta Hawkes	Shodan	Ballarat
Darcy Courts	Shodan	Sydenham
Ann Mackintosh	1 <sup>st</sup> Kyu	Freshwater Creek
Corolyn Atkinson	1 <sup>st</sup> Kyu	Freshwater Creek
Linc Francis	1 <sup>st</sup> Kyu	Freshwater Creek

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

Benjamin Balshaw	2 <sup>nd</sup> Kyu	Sydenham
Alysha Jenssen	2 <sup>nd</sup> Kyu	Ballarat
Brandon Smith	2 <sup>nd</sup> Kyu	Ballarat
Nicole Furlong	3 <sup>rd</sup> Kyu	Sydenham
Madison Lorima	3 <sup>rd</sup> Kyu	Sydenham
Jacqui Jablonska	4 <sup>th</sup> Kyu	Sydenham
Andrew Lang	4 <sup>th</sup> Kyu	Buninyong
Jesse Mondon	4 <sup>th</sup> Kyu	Sydenham
Julian Lang	4 <sup>th</sup> Kyu	Buninyong
Jackson Hocking	5 <sup>th</sup> Kyu	Sydenham
Justin Batrouney	7 <sup>th</sup> Kyu	Buninyong
Patrick Antune	7 <sup>th</sup> Kyu	Sydenham
Diandra Rizzo	7 <sup>th</sup> Kyu	Sydenham
Imegen Botrouney	8 <sup>th</sup> Kyu	Buninyong
Jayden Lang	8 <sup>th</sup> Kyu	Buninyong
Justin Lang	8 <sup>th</sup> Kyu	Buninyong
Justin Becket	9 <sup>th</sup> Kyu	Ballarat

### Schools with fitter children perform better:

Wednesday, 26 September 2012 [Anna Salleh](#) ABC

The findings are down to school cultures that nurture both physical activity and academic achievement, say the researchers. Schools with fitter children achieve better literacy and numeracy results, according to Australian research. The study by physiologist Dr Dick Telford, of the [Australian National University](#), and colleagues, was published in a recent issue of the journal [Pediatric Exercise Science](#). "A school that has, on average, high fitness levels will have, on average, higher literacy and numeracy levels," says Telford. Previous research in animals and humans has suggested greater fitness and physical activity leads to changes in the brain activity and better performance in cognitive tests and concentration. "It took scientists by surprise to a certain degree that there was a consistent relationship," says Telford. Telford and colleagues followed 800 children from age 8 to age 12 in 29 schools to see if physical fitness and activity affected academic performance. The randomised cluster study measured physical activity (using pedometers), physical fitness (using a multistage running test), and body fat percentage of each child. This was then compared to the children's academic performance in the National Assessment Program - Literacy and Numeracy (NAPLAN) test. The study found a relationship between academic performance and the fitness of the child, confirming findings from other studies. But, uniquely, this study found that the relationship between fitness and academic performance was particularly strong at the school level. Telford says while fitness may affect performance through physiological changes, the findings show there is also a parallel effect of school culture on academic performance. "Our results certainly show there's a relationship between physical activity and fitness and the academic performance," says Telford. "But because it's stronger at the school level, I'm saying a major reason for this is a cultural effect at the school."

Telford says school culture involves the principal, the parents' association as well as the teachers all encouraging fitness as well as academic achievement. "The best teachers of literacy and numeracy happen to be the very same teachers that understand how important it is for a kid to be physically active for their health," says Telford.

In a separate study, Telford and colleagues looked at the effect of children being taught physical education by special PE teachers, instead of general classroom teachers.

They found those students taught by specialised PE teachers scored 10 to 13 points higher on the NAPLAN test scores.

### Kata tournaments:

Most competitors' performances in tournaments are obviously, less than perfect.

Part of the problem springs from inconsistencies in judging. Poor performance is often a lack of preparation and practice; but it can also result from not understanding the criteria that judges utilize in reviewing a competition form. This isn't the student's fault, usually. More often, it is a misinterpretation of what is an excellent or even a passable form.

The Ten Rules of performing a competition form.

1. You must memorize, memorize, memorize! (Practice the kata at least a hundred times.)
2. You must present a calm expression upon assuming the ready stance.
3. You must, when practicing, start slow, and then increase your speed until you reach the correct speed. (Do not perform the kata too fast or too slow.)
4. You must demonstrate spirit by kiai (loudly) when appropriate, and perform each movement with vigour and energetically.
5. You must focus your eyes on the imaginary target (not at your feet or hands or your mother in the audience).
6. You must not turn without first looking where you are going.
7. You must maintain poise, balance, good posture and level movement.
8. You must relax between strikes, tensing only at the point of impact.
9. You must practice the kata in different directions and at the correct speed.
10. You must return to finished stance calmly.

### last months Shin:

<http://www.akka.com.au/newsletters/Shin201209.pdf>

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

### Bad joke of the month:

The Grim Reaper came for me last night, and I beat him off with a vacuum cleaner. Talk about Dyson with death.

### Quote of the month:

"You do not have to be great to start something, but you do have to start to be great at it" Anon

### WHO AM I?

As you enter the door, you bow "Osu" pay your respects. You move into the change room, put on you "gi", once again "Osu" as you step from the change room onto the dojo floor, You move around the dojo speaking and acknowledging all ranks, You move into position, as you have done so many times before, You wait patiently, until Sensei tells everyone to line up. Once everyone is in position, pause waiting for that first command, once that first word is spoken; you spring into life, doing everything you are commanded to do without hesitation. You sweat, you strain, and you struggle until all that you came for is completed for that session. At the end, you breathe; you get your breath back, and wait for Sensei to end the class for the evening, As you finish and pay your respects you proceed back via the change room, once changed you bow "Osu" as you leave then again "Osu" as you leave the dojo. As you leave you think to yourself "I can't wait until the next training session". The question still remains "who am I" and the answer is simple, I am the **Kyokushin Karate-ka** - *Sempai* Andrew Oxenham - Adelaide