



# KyokushinSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shiantaylor@ozemail.com.au  
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## 2012 AKKA New South Wales Non Contact Teams and Kata:

54 teams were vying for AKKA "2012 The New South Wales Non Contact Team" championships. The team's event is considered "the dojo" event, inasmuch as, any dojo can by luck produce a champion, but it takes a strong dojo with all-round fighting strength to win a team's tournament. So it was with great determination that the fighters lined up for this years team championships. With the divisions ranging from 5 Years & Under to the Open Divisions. Traditionally the AKKA team's event allows teams to give themselves a team name, which often brings out the artistic side in the teams, with some amusing and creative names. The day started with the Male & Female 5 Years & Under Division with the final between the Young Tigers dojo and the Bondi Boomers, even for such young fighters, it was fought with determination and for such tiny tots, great sportsmanship, with a Gold Medal in sight the kids were not backing off and after a hectic team match it was the Smeatons Grange team, the Young White Tigers that went away with the Gold medals. Then it was on to the Male 8 & 9 Year Division in one fighting area one with the final being between Bondi Junctions "Bondi Colts and the Bondi Tigers team. The fact that they were from the same dojo made zero difference to these kids and they went at each other with technique that was beyond their years. When the smoke cleared it was the Bondi colts that took out first place. Meanwhile in area two the Female 8 & 9 Year Division girls fought it out with the same determination that had taken them through to the final and was between two Smeatons Grange teams, the Young Malayan Tigers and the Young Liger Tigers; it was the Young Malayan Tigers that relegated the Liger Tigers to second place. It was then onto the Male 10 – 12 Years Division in area one and the Female 10 – 12 Years division in area two. Both the males and female 10 -12 year teams battled it out in what was very close bouts, the male division between The another Smeatons Grange team in the Young China Tigers and the Mount Druiitt team in the Mount Druiitt Head Kickers team, again it was a successful final for the Smeaton Grange dojo when the Young China Tigers came out on top. The Male 13 – 15 Years Division final between the South Maroubra team in the Maroubra Daffodils, yes, the "Daffodils" and the Young Sabre Tiger team, they may have called the themselves the Daffodils, but there was nothing flowery about their attack and came out ahead in the match-up and going back to Maroubra with the Gold Medal. It was then onto the adult divisions and the anti went off the rector scale when the Male 5<sup>th</sup> Kyu & Under team in the Bondi Eagles went head-to-head against the North Sydney Bears, it was another great tussle with the win going to the Bondi Eagles, the female section of the 5<sup>th</sup> Kyu & Under Division was not to be outdone by the gung Ho males and it was with equal skill and determination that the Bondi Leopards took on the Eastern Hunters. The Bondi Leopards had a great attack but in the end the Hunters on the edge and got the Gold. Another dimension was added the day when the Open division stepped onto the mat, the Young Caspian Tigers faced off against the Bondi Bananas, I should add that the teams pick their own team names and the AKKA is not to blame for what name they fight

under, so yes they picked the Bondi Bananas, they it was a physical ploy? Sadly the ploy did not work and the Young Caspian Tigers won the day. The last final of the day was between two Bondi Junction teams in the Bondi Roosters and the Bondi Crushers, as you would expect, it was a no "hold-barred" final with the Bondi Roosters coming out on top.

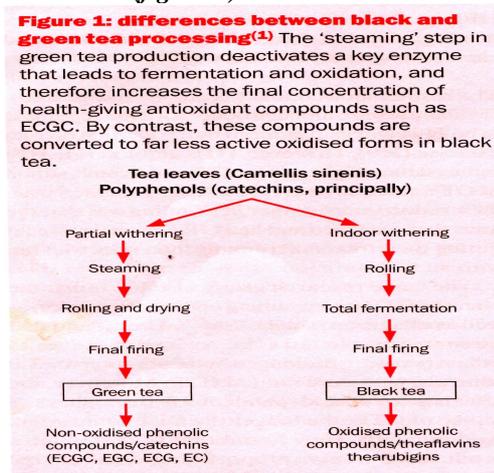
### Part 1 GREEN TEA:

Green tea has long been researched for its health-giving properties, but what can it do for athletes? Andrew Hamilton looks at the latest findings, some of which are causing real excitement in the sports science community... Originating from China around 2,000 years ago, tea is now the world's most widely consumed beverage after water. Given its widespread consumption, it's hardly surprising that tea has been studied for its potentially health-giving properties. Much of the early speculation was based on purely anecdotal reports but recent research indicates that tea (and especially green tea) really does seem to provide health benefits and more besides.

### What is green tea?

All tea is made from the leaves of a plant called 'Camellia Sinensis'. Although most of the tea consumed in the West is black tea, there are actually two main types, depending on the manufacturing process used

(figure 1):



### GREEN TEA:

*Non-fermented green tea*, produced by drying and steaming the fresh leaves to deactivate an **enzyme** called polyphenol oxidase. Inactivation of this enzyme helps prevent the oxidation (via a process known as fermentation) of some of the key compounds in tea associated with health;

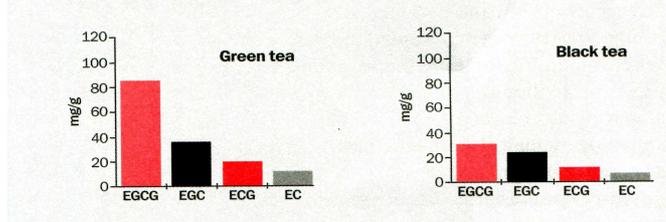
*Fermented black (and red) tea*, which undergoes a full post-harvest fermentation stage before drying and steaming. This fermentation leads to greatly increased oxidation and a subsequent reduction in the final concentration of some the key health-giving compounds described below. Although both black and green tea has been researched for their health benefits, it's green tea that is of most interest to scientists. This is because green tea contains significantly higher levels of naturally occurring powerful **antioxidants** called 'flavonoids'. There are many different types of flavonoids in the plant kingdom; in green tea however, the main flavonoids are 'catechins' of which four are present in high concentrations

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

- epigallocatechin-3-gallate (EGCG) - approximately 59% of the total of catechin content;
- epigallocatechin (EGC) - approximately 19% of total;
- epicatechin-3-gallate (ECG) – approximately 13% of total;
- epicatechin (EC) - approximately 6.4% of total.

The exact content and ratio of catechins depends on the way the tea is processed, but the important points are that first, it is these catechins that scientists now believe are the compounds responsible for the main health benefits of green tea, and second (as figure 2 shows), all of these compounds (especially EGCG) are much more abundant in green tea than in black.

**Figure 2: Average relative concentrations of the four major catechins (EGCG, EGC, ECG and EC) in green and black tea<sup>(3)</sup>**



### Jargon buster - Enzymes:

Large protein Molecules in the body that helps biochemical reactions to occur that would not otherwise occur rapidly enough to sustain life.

### last months Shin:

<http://www.akka.com.au/newsletters/Shin201210.pdf>

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

### Bad joke of the month:

#### A VERY VERY BAD JOKE:

A man was walking home alone late one night when he hears a BUMP...BUMP... BUMP... behind him. Walking faster he looks back, and makes out the image of an upright coffin banging its way down the middle of the street towards him ...BUMP... BUMP... BUMP... Terrified, the man begins to run towards his home, the coffin bouncing quickly behind him ...faster... faster... BUMP...BUMP...BUMP. He runs up to his door, fumbles with his keys, opens the door, rushes in, slams and locks the door behind him. However, the coffin crashes through his door, with the lid of the coffin clapping ...clappity-BUMP... clappity-BUMP...clappity-BUMP...on the heels of the terrified man. Rushing upstairs to the bathroom, the man locks himself in. His heart is pounding; his head is reeling; his breath is coming in sobbing gasps. With a loud CRASH the coffin breaks down the door. Bumping and clapping towards him. The man screams and reaches for something, anything ... but all he can find is a box of cough drops! Desperate, he throws the cough drops at the coffin... .. and of course..... the coffin stopped! By:- Neil Mitchell

Ed: I the editor does not accept any responsibility for the above very bad joke

### Quote of the month:

"Sometimes the paths we take are long and hard, but remember those are often the ones that lead to the most beautiful views. Have the courage to make that journey."

**Anthony Dianere:**

### Hungarian camp:

Oyama Karate Kyokushin Hungary held its annual national Summer Training Camp in Miskolc (North-East Hungary). The Chief Instructor was József Borza and the assistant instructors were Zsolt Tóth (5th dan), Károly Veress (5th dan), Imre Gyarmati (5th dan), and Zoltán Orehovszki (5th dan). There were a total of 110 participants, mainly high ranks and black belts. The camp lasted three hard exhausting days that

kept to the original Japanese Budo spirit with the training being both hard and exhausting, and certainly strengthened the spirit with classes running for five hours a day, the 6-7am class consisted mainly of stamina training, the 10-2pm was made up of kihon and kata and the final class that went from 4-8pm consisted for the most part of kumite. Attending the camp and adding a special touch was the National Hungarian team and had special and separate training. There were referees and judges seminars along with a CPR course which no doubt improved the refereeing and judging and first aide skills of those who attended. All-in-all the camp was a great chance and the opportunity to hold a general meeting for the dojo operators was taken, which was another part of the camp that proved a success. The closing event was a successful kyu and dan grading, at which, ten Shodan, five Nidan and three Sandan passed. The exam was also held the original, Japanese way and lasted for 8 hours. The Shodan grading consisted of 30 kumite, the Nidan grading students had 40 kumite and the Sandan grading students had tough 50 kumite test. We thank every one for participating in the camp and helping make it such a huge success and we hope to even more people next year, which will be held on the first week in August, interested members should in the first instance, contact Shihan Borza at [okkh@freemail.hu](mailto:okkh@freemail.hu) - Shihan József Borza

### Six Myths About Stress

Managing stress is an important part of healthy living.

Knowing the facts about stress will help you understand your problems, and then take actions to solve them.

**Myth 1:** Stress is the same for everybody.

Wrong! Everyone experiences and responds to stress differently. What is stressful for one person may or may not be stressful for another.

**Myth 2:** Stress is always bad for you.

Wrong! According to this myth, no stress would make you happy and healthy. Stress is to the human condition what tension is to the violin string: too little and the music is dull and raspy; too much and the music is shrill, or the string snaps. You must learn to manage stress, so you'll be productive and happy; mismanaged stress is dangerous to your health.

**Myth 3:** Stress is everywhere, you can not do anything about it.

Wrong! You can plan your life, so stress does not overwhelm you. Set priorities and work on simple problems first, solving them, and then proceeding to more complex difficulties. When stress is mismanaged, problems seem to be equal, making it difficult to prioritize them.

**Myth 4:** The most popular techniques for reducing stress are also the best.

Wrong! No universally effective stress reduction techniques exist. We are all different; our lives are different, our situations are different and our reactions are different. Only a comprehensive program customized to the individual works.

**Myth 5:** No symptoms, no stress.

Wrong! Absence of symptoms does not mean the absence of stress. In fact, camouflaging symptoms with medication may deprive you of the signals you need to reduce the strain on your physiological and psychological systems.

**Myth 6:** Only major symptoms of stress require attention.

Wrong! This myth assumes that the "minor" symptoms, such as headaches or stomach acid, may be safely ignored. Minor symptoms of stress are the early warnings that you must do a better job of managing stress.

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