



KyokushinSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shiantaylor@ozemail.com.au
January 2013 IKO-Matsushima Organisation - From Hanshi Taylor's Branch

South Africa Championships:

The 2012 was once again a great event and a great indication of how well the World Weight Division Champion will go in 2014. Rather than bore you with my write-up, I thought I would let the three fighters we took from Australia give their thoughts over the next three issues.

Osu, Hanshi just sending my experience of South Africa like you requested:

Tuesday the 13th we took a very long and tiring flight to south Africa with a couple of stopovers on the way, finally arriving in Durban, South Africa was a relief although I wasn't sure what to expect as I haven't been to a place like this. Coming through customs I was very tired and sleepless, as I walked out my spirits were quickly lifted as I spotted many *karateka* in their *gis* there to greet us with signs saying welcome *Hanshi* Taylor and they all rushed to him to shake his hand this did make me think how much we take *Hanshi* for granted as we see him more often we may not give him the respect he truly deserves after all he is our leader. From that point I knew how respectful and true the South Africans were! They were very kind and welcoming; they showed us around Durbin before the tournament keeping us entertained.

Saturday was tournament day the hardest day of the lot, being one of only 4 Australians there was difficult as I am not used to having such a little team without my *sensei* and friends that I usually see there, another thing being there as the odd ones out I felt like all eyes were on us and we had to perform well to prove our worthy to them, it was soon after that I realized how wrong I was the South Africans were so friendly and supportive and even cheered for us, the spirit that was in the gym. On the day was a big highlight. It was an experience I will never forget. The fighting was phenomenal especially the men such great kicks and the females were so strong, it was obvious that they didn't have strong punches but fast kicks which is something we can keep in mind for 2014. The day was finished I came 2nd I was a little disappointed but like everything you must learn from it and improve. The days after the tournament we were treated so well where we got to sightsee a little and train with *Hanshi*, another highlight was training in the prison was amazing to see these men following a discipline which we know benefits everyone Australian prisons should learn from this. The men were all respectful and disciplined it was hard to believe they had committed a crime but I'm a certain they we're minor infringements judging on their spirit and respect. The South Africans hospitality was amazing and a credit to their country I look forward to the world cup in 2014! Also thank you to you *Hanshi* for providing not only me but everyone in the AKKA with opportunities like these it shows training hard can pay off, I am so grateful you are our leader.

Osu Shannyn Johnstone-Ward

Thanks Shannyn, it was my pleasure have you there, *Hanshi*

IKO-Matsushima organisation site:

<http://www.kyokushin-matsushima.jp/>

AKKA Tournament Programs:

1979–1981–1995–1996–1997–1998

If you have any the above programs, we are prepared to give a five DVD set of the 2006 Sydney World Cup in exchange or whatever fee is reasonable.

Why learning gets tougher with age - Julie Steenhuisen

The findings suggest aging causes a significant loss in the brain's ability to respond to stress: The middle-aged brain is not as nimble as it used to be because of all the stress it has endured, a new study shows. US researchers says stress causes nerve cells in a part of the brain needed for learning to shrink and lose plasticity - the ability to quickly form connections called synapses. Younger animals can recover from this, but older animals start losing this ability beginning in middle age. The findings add new understanding to the process of ageing, and may help explain why some people decline more quickly than others. "We suspected that these nerve cells would be altered by age but the loss of synaptic plasticity in the context of life experience has profound implications for age-related cognitive decline." says John Morrison of the Mount Sinai School of Medicine, whose study appears in the Journal of Neuroscience. For the study, Morrison and colleagues studied young, middle-aged and elderly rats who were placed in a confined area for several hours, causing the release of stress hormones that bring about nerve cell changes in the prefrontal cortex - a part of the brain used in learning. The team then studied changes in a part of the nerve cells called spines that are used to form synapses. When they looked under a microscope, they saw changes in the spines of the young rats, showing they were able to adapt to the stressful experience. There were few changes in the spines in middle-aged rats and none in the oldest rats. **Older brains don't rewire.** The findings suggest aging causes a significant loss in the brain's ability to respond to stress, something that is crucial to learning, says Morrison. "The prefrontal cortex is constantly 'rewiring' in response to life experiences." But he says the aged brain has already suffered significant loss of these nerve spines and the ones that remain are less able to respond in situations that require rewiring. "The aged animal essentially loses its capacity for experience-induced plasticity," says Morrison. He was surprised by the findings at first and now finds them a bit sobering. "I wouldn't want to try to learn a language," says Morrison. "People can do it in a partial way, but nothing like a child can do it." But you do not lose everything while aging, he says. "One of the great stories about ageing is you don't lose expertise. You are not losing the very stable synapses and circuits," says Morrison. He says the findings point to a new approach in the search for treatments that protect the brain from age-related declines, such as in Alzheimer's disease. "If we really want to understand Alzheimer's disease and deal with it effectively, we have to prevent it. And preventing it will require very early intervention," he says.

Jargon buster - Antioxidants:

Natural substances found mainly in plant foods that help protect the cells from molecular damage caused by normal oxygen metabolism

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

PART 2 GREEN TEA: Green tea health benefits

Green tea has been considered a medicine and a healthful beverage since ancient times. In Chinese medicine, green tea is often recommended for headaches, aches and pains, digestion, depression, detoxification, as an energizer and to prolong life in general. Although there are other components in green tea that are believed to be beneficial for human health, it's the catechins that are currently attracting most attention. The differences between black and green tea processing: the 'steaming' step in green tea production deactivates a key enzyme that leads to fermentation and oxidation, and therefore increases the final concentration of health-giving antioxidant compounds such as EGCG. By contrast, these compounds are converted to far less active oxidized forms in black tea.

Compounds as powerful antioxidants.

Antioxidant compounds help to reduce the damage to cells in the body at the molecular level, which unavoidably occurs as a consequence of normal **aerobic metabolism**. For example, studies have shown that 1-6 cups of green tea per day can increase the antioxidant capacity of the bloodstream and reduce the damage to **cell lipids** and **DNA**. Moreover, animal studies have shown that green tea inhibits the formation of cancers of the skin, lung, mouth, oesophagus, stomach, liver, kidney and prostate. In particular, EGCG from green tea seems to inhibit the growth of cancer cells and scientists have also observed that green tea catechins reduce the proliferation of breast cancer cells **in vitro** and decrease breast tumour growth in rodents. The health benefits do not stop there; regular green tea consumption is also believed to enhance cardiovascular health and reduce the risk of high blood pressure (hypertension). For example, a Chinese study concluded that habitual moderate strength green tea consumption (around 120ml per day or more) for one year significantly reduced the risk of developing hypertension. Meanwhile, a large Japanese study looked at 512 coronary patients who consumed green tea and concluded that it was protective against **coronary atherosclerosis** when 2-3 cups a day were consumed, with maximum protection provided by 4 or more cups a day.

Green tea and body weight

Another fertile area of green tea research has been on its effects on fat oxidation and body weight, and that's where things begin to get interesting for athletic performance. Initially, researchers were interested in whether green tea catechins could (as anecdotal reports had suggested) help with fat loss in obese individuals, thereby improving health and reducing the risk of cardiovascular disease. A number of studies have since provided some evidence for this effect. In particular, some studies have indicated that the combination of green tea catechins and caffeine (found in all types of tea) produces a 'thermogenic effect', boosting the rate at which calories are burned at rest and also increasing the rate of fat oxidation. Although more research is currently underway, evidence for a significant fat-loss effect in humans produced by green tea consumption alone remains patchy at best. Some research has suggested that an inverse relationship exists between regular green tea consumption and body fat percentage among subjects who have maintained the habit of green tea consumption for more than ten years. In other words, higher green tea consumption is associated with lower levels of body fat! However, like many **epidemiological studies** on nutrition, it's not easy to pin down strict cause and effect due to the many confounding variables, such as lifestyle, exercise patterns and other nutritional habits.

Green tea extract and exercise

One of the problems of determining whether green tea consumption really can help improve fat burning is that the catechin content of green tea can vary dramatically according to where the tea plant is grown, how the raw tea is processed into green tea and then how that is actually used to make the tea beverage. For example, studies have shown that the type of green tea used (*eg* blended, decaffeinated, instant, *etc*), the amount of the product used, the brew time and the water temperature all significantly affect the catechin content of the resulting beverage. This makes it very hard to compare like with like in a properly controlled scientific study. In recent years, however, scientists have started to study the effects of green tea catechins by using standardised extracts of green tea commonly referred to as 'green tea extract' or GTE for short. Most GTEs are formulated to contain a standard amount of the most abundant and biologically active of the green tea catechins - EGCG. And when you look at studies using GTE, the results are both promising and fascinating. Initial studies with GTE looked at the effect on metabolism and exercise performance during treadmill running in mice. For example, in a 2005 study carried out by Japanese scientists, 50 weight and age-matched mice were divided into five groups of ten mice each and then performed treadmill running treatment given to each group was as follows:

- a low-fat diet and not exercised (LF);
- a high-fat diet and not exercised (HF);
- a high-fat diet supplemented with GTE and not exercised (GTE-HF);
- a high-fat diet and exercised regularly (EXHF);
- a high-fat diet supplemented with GTE and exercised regularly (GTEEX-HF).

The results showed that (as might be expected), regular exercise alone produced a 24% reduction in body weight gain induced by the high-fat diet/no exercise (HF). However, GTE alone (GTE-HF) reduced the weight gain by 47% and a combination of GTE and exercise (GTEEX-HF) resulted in an 89% reduction! Another key finding was that the mice that exercised and had GTE burned more fat during their treadmill running than mice who ran without GTE.

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

Bad joke of the month:

I was at an ATM yesterday when a little old lady asked if I could check her balance, so I pushed her over.

Quote of the month:

"The fight is won or lost far away from witnesses - behind the lines, in the gym, and out there on the road, long before I dance under those lights." - Muhammad Ali

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*.

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