



KyokushinSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shiantaylor@ozemail.com.au
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South Africa 2012 Championships:

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

On the thirteenth of November Shannyn Ward, Terrance English and myself joined *Hanshi* Taylor on a trip to Durban the largest city in the [South African](#) province of [KwaZulu-Natal](#), on this trip we hoped to learn about the culture, environment and any conditions to be considered for the 2014 IKO World Cup. Tuesday 13th we boarded a plane at Sydney headed for Dubai, which at the last minute got rerouted via Bangkok, adding an extra couple of hours to our journey. After roughly sixteen hours we arrived at Dubai for our four hour stop over before boarding again for a further seven and a half hours of flying to Durban, this was the longest trip of my life, and jet lag would be a factor for the first few days.

When we finally arrived at the airport in Durban about 5pm, we were greeted by *Shihan* Sabela and his students all wearing their Dogi's, singing and holding sign's welcoming *Hanshi* Taylor, it is amazing how welcoming and friendly Zulu people are. They took our bags and showed us to our vehicles that we would be chauffeured in for the next week; *Hanshi* rode in a Mercedes s500 and us plebs a decked out Jeep Cherokee. We drove to our accommodation 'the Cozy Nest' in North Durban a health spa which was very nice with air-conditioning, movie channels, and a pool. The bathrooms here were bigger than the rooms at the Wakumatsu for those who were in Japan. The landscape is very green, with sugarcane on rolling hills as you drive into Durban and the subtropical climate was very comfortable, the temperature being low to mid 20's for most of the trip. We ran to the beach in the morning to stretch our legs from the plane, the run was pleasant but we did learn cars DON'T give way to pedestrians when turning at lights, so after nearly being run over we made it to the beach which was not what we expected, it was heavily littered and the surf was choppy so swimming/surfing or sun basking was off the cards. There were ships everywhere as Durban is home to the largest port in South Africa. We did the same run the next day and saw monkeys just before the beach near a golf course; one was eating twisties from a packet. As far as eating, there were supermarkets with everything we needed nearby, all the food is similar to home and there are plenty of western takeout joints and restaurants. Everyone speaks English so language was not a barrier. I watched *Hanshi* destroy a triple stack burger with the lot from Steers after the tournament, it was Impressive.

The tournament:

We arrived by police escort flying through the streets of Durban which was fun but a little scary. The building they held the tournament at was an old sport stadium not unlike our venues here. They ran their tournament slightly different to what we are used to, as *Hanshi* said, it certainly has that "South African Flavor". When we arrived there was no draw and people were still registering, I guess they don't know who is going to turn up on the day. After about two to three hours they came out with a draw, they then ran each division up until the top two. So they would call the division to one of the mats (they had two on the day) and you would stay there and continue to fight until you are eliminated or in the final. I haven't decided if this is better or worse, it's definitely quicker and if you were not fit it is a hard way to progress as you need to recover quickly before the next round.

Shannyn was up first she fought in the open division fighting girls above her weight, she had four fights to progress to the final which she handled without too much difficulty and without injury.

Terrance and my division was last up, the South Africans fighting style is unique they are very quick with their legs and bouncy on their feet but don't have solid punches so the game plan was to keep them on the back foot, I had some tough battles to go through to the final, unfortunately Terrance couldn't get going and lost by decision in his first fight, but gained another international experience which counts for a lot. What I found awesome to watch was the teenagers and the lighter weight divisions going at it, as they don't have non-contact or colts divisions. They have a very tit for tat rhythm, I'm through, you through and very fast legs, there was a lot of knockouts in these divisions. The atmosphere was also really enjoyable, there was lots of chanting and cheering and drums being hit which really fired you up. At the end of a long day we finished with a first and a second and a great experience. I pulled up the most injured from the tournament with some cuts bumps and bruises, mainly my legs. Being on a high from winning and having a "she'll be right" attitude I didn't tend to my injuries properly, this resulted in an infection three days later in my lower right leg, I had to go to hospital and was on a drip with antibiotics fluids and painkillers. The health care system there is very good so if you have an injury it will get taken care of. But I learned any broken skin or exposed injury needs to be clean and covered to avoid bacteria. My leg is fine now.

Whilst I was at the Hospital *Hanshi* took a training session at the local prison. *Hanshi* said they were very nervous walking in, especially Shannyn as they had one guard and a room full of prisoners doing chin-ups on bars and what not, but once they met everyone and said they were very friendly and trained very hard with lots of enthusiasm, definitely a unique experience. Terrance also came up with an idea to send over any old *dogis* we have lying around as their uniforms are a little worse for wear and they could use some assistance.

On the last day *Shihan* kan ye san Azabuku (I'm not sure how to spell) took us to some townships, where people live outside the main city of Durban. The people there are very friendly, the food was nice and it had a very relaxed feel. This is where he would like us to stay when we return in 2014 as he wants us to get a feel for South African life and the culture and not just experience the tourist version.

In conclusion South Africa was a very enjoyable and worthwhile trip; the country is beautiful but it was the people there what makes it such a warm and friendly place, and a big thank you to *Hanshi* Taylor and the organization for taking us along to represent the AKKA. We had amazing an time learning and sharing with the people in [KwaZulu-Natal](#) and are looking forward to sharing this experience with everyone for the world cup in 2014.

OSU Daniel Vrtacic

Thanks Dan it is members like you that make it all worth while.
Hanshi

IKO-Matsushima organisation site:

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

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

Science Myths Exploded:

“A Goldfish as a memory of only three seconds”

This is a commonly-held belief that has proven to be completely false. Researchers in the University of Plymouth (England), in 2003 demonstrated that goldfish could learn to remember daily routines. The goldfish in the Plymouth study were trained to push a lever in the tank to earn a food reward. When the lever was set to work for only one hour per day, the fish soon learned to operate it at the correct time each day. Other studies have shown that goldfish have a memory of at least three months, and can distinguish between different shapes, colours and sounds.

ORIGIN: One (slightly tongue in cheek) theory is that this myth arose as a method of making goldfish-owners feel less guilty about keeping their pets in a very small bowl. If the fish can not remember anything that happened more than three seconds ago, as this theory goes, they will never get bored with their tiny homes! In fact, goldfish are more intelligent than we give them credit for. They can even be taught tricks such as swimming through a hoop, using the same reward based training methods used with circus animals.

PART 3 GREEN TEA: Green tea health benefits

The same research group also looked at the effect of GTE on swimming endurance in mice, as well as effects on metabolism found that when mice were fed GTE, swimming times to exhaustion were prolonged by 8-24% compared to controls, who were not fed GTE. Moreover, the effects were dose-dependent - *i.e.* the higher the intake of GTE, the longer the mice could swim and crucially, they found that GTE-fed mice produced a greater proportion of their energy from fat burning and had lower levels of **lactate** in the blood after exercise. Intriguingly, studies on mice have also shown that when GTE is consumed over a longer period of time, the normal age related decline in endurance performance can be partly ameliorated, and that genes in muscle cells involved in fat burning during exercise become more active, boosting performance.

GTE and human performance:

Animal studies are all very well, but could these findings of body fat reduction, enhanced fat oxidation during exercise and increased endurance with GTE also apply to humans? and if so, are there performance gains to be had by sportsmen and women? Although this is a new area of research, the results from studies so far look very promising indeed. As indicated above, one of the earliest studies on GTE supplementation in humans in 1999 found that GTE produced a thermogenic effect and increased fat oxidation at rest beyond that explained by the caffeine content alone (caffeine can also increase fat oxidation to a limited degree). Following this early study, GTE research in humans fell off the radar for a while. However, two very recent studies provide support for the fat-burning effect of GTE. In a large US study carried out last year, scientists studied the effects of GTE on body composition and fat distribution in 132 overweight and obese adults during exercise-induced weight loss. The subjects were asked to maintain constant energy intake and engage in at least three hours a week of moderate intensity exercise, including three or more supervised sessions per week. After 12 weeks, those subjects taking GTE lost significantly more abdominal fat compared to the control group who weren't. This is important because its abdominal fat that is particularly associated with increased health risks such as heart disease in overweight people. Meanwhile, scientists at the University of Birmingham in the U K studied the effects of GTE supplementation (containing 366mgs of EGCG per day) in 12

healthy men who performed 30 minutes of cycling exercise at 60% of maximal oxygen consumption (V_{O2}max) before and then again 24 hours after GTE supplementation. The results were dramatic; compared to a control group who took an inert placebo, those taking GTE increased their fat burning rates by an average of 17% (*see figure 3*).

What's especially intriguing about the Birmingham study is that the contribution of fat oxidation to total energy expenditure following GTE supplementation was also significantly higher by a similar percentage, indicating that this extra fat oxidation induced by GTE was helping to fuel the exercise. This is potentially very important; if an athlete can derive more of his or her energy from fat burning during an endurance event, fewer demands are placed on the premium energy supply.

Figure 3: Fat oxidation during 30 minutes of cycling

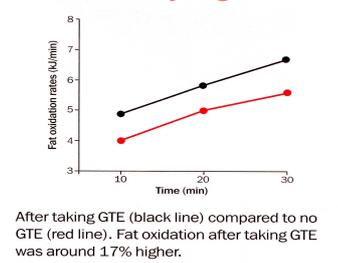


Figure 3: Fat oxidation during 30 minutes of cycling! After taking GTE (black line) compared to no GTE (red line). Fat oxidation after taking GTE was around 17% higher. For intense exercise - stored muscle carbohydrate **I** (glycogen) – which could in turn prolong endurance during longer events. At the time of writing, another study on the effects of GTE supplementation on fat burning during exercise (cycling) is currently under way at the University of Glasgow. The data are yet to be published, so it's not possible to divulge the exact results so far here. However, the initial findings have quite frankly astonished the researchers involved and if subsequently confirmed, they look set to make waves in the sports nutrition world and elevate the profile of GTE as a potential supplement for endurance athletes.

Practical implications:

- Green tea/GTE offers a number of health benefits and may aid in weight reduction/management when consumed in the longer term;
- Green tea has quite a bitter taste; regular tea drinkers who find the flavour too bitter may wish to try a blend of green and black tea, which has a more conventional taste but with increased health benefits;
- Where a guaranteed intake of the active ingredients in green tea (catechins) is desired (for example to enhance fat-burning during exercise), a GTE supplement should be considered;
- Most of the studies on human health have used extracts that supply from around 100- 400mgs of EGCG taken up to 24 hours before exercise, so if you're considering purchasing a GTE supplement, you should ensure that it has been standardised to supply a commensurate level of EGCG;
- The usual caveats apply when considering any supplement; you should make sure you attend to the dietary basics such as proper carbohydrate and fluid replacement before you dabble with more exotic strategies. Andrew Hamilton BSc Hons, MRSCACSM is a member of the Royal Society of Chemistry, the American College of Sports Medicine and a consultant to the fitness industry, specialising in sport nutrition.

Bad joke of the month: Prospective husband: Do you have a book called 'Man, The Master of ?

Salesgirl: The fiction department is on the other side, sir.