



# KyokushinSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shiantaylor@ozemail.com.au  
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## Here are some of my thoughts about South Africa

The fighters there should not be underestimated, they fight very energetically and they will have the home ground advantage. I think what we saw of the South Africans in Japan was a result of bad preparation on their part as what I saw in South Africa was a much more impressive display. For my division (heavyweight) they are tough but not unbeatable. However I think the middle and lightweight males are in for some very tough fights. I think it is safe to assume that the South Africans will have the highest population of fighters at the world cup so perhaps their energetic and highly dynamic range of attacks need to be prepared for. There are lots of technical kicks being pulled off very fast, perhaps lacking power but still landing with a high degree of accuracy and strike rate. Perhaps this has the implication that we need to work on an appropriate level of movement and conditioning. Movement to throw them off when they do attempt their big power strikes and technical kicks and conditioning to weather through the strikes we will know won't damage us too much. The fighting attitude of 'give one to take one' can be employed heavily in Africa. Temporary sacrifice of safety; i.e. getting hit to open the opponent up. How advantage is that when we really want to hit, we can. *Ippon* will be very difficult to pull off but I think after several big blows we can own the mat and retrieve the flags.

The accommodation we will stay in during the World Cup will be very different to what I just experienced but from what I see of the hotels there it will be comfortable and close to everything. The venue for the World Cup looks great too. Transport purely for the sake of the tournament won't be a problem, as I stated before the accommodations will most likely be in hotels near the venue. Post-tournament travel won't be much of a problem either I don't think. There are supermarkets where you can purchase healthy, good quality pre-tournament food but I think going out for dinner in Durban city wouldn't be the best approach leading up to the tournament in terms of diet. A lot of fast food places... The South African tournament this year was very disorganized, fighters were still arriving as late as 1:30pm and the draw was non-existent. I'm sure standards will be lifted in 2014 but if this tournament is anything to go by the logistics will prove challenging on the day. The South Africans were active and 'warming up' all day but still didn't seem to lose energy throughout the day. Jetlag didn't seem to be a problem as when we arrived it was the late afternoon and the travel makes you tired anyway. The South Africans in general are extremely hospitable and very welcoming people, you can count on them to look after you while you are there, especially post tournament when the friendly rivalry is gone.

It is so good to see how much respect is paid towards *Hanshi*, I think sometimes we forget how much worldwide respect he deserves and holds. It was an honour to travel around with him and to see such a great Kyokushin event through the scope that *Hanshi* does. We met with the Minister of Sport for dinner, we were welcomed by the local municipality in a formal dinner and were taken on a prison training excursion. These things show how well the Africans can host an event with 'added extras' and how serious they are taking their image

and reputation.

The prison trip was the highlight of my trip. I feel like these fighters represent the truest form of what makes-up an African fighter. As we entered the unit of the prison containing the *Karateka* we were surrounded by 350 normal prisoners in their orange jumpsuits. This was a nervous situation as we were obviously the centre of attention being 3 white people (1 female) in *Karate gi's*. However all my nerves were dispelled as I heard the familiar *kiai* coming from around the corner and I knew I was once again amongst my karate family. Rounding the corner we came into view of the *karateka* training. They were training hard even before we got there, that much was obvious. Once we formally started class with *Hanshi* at the helm their spirit filled the prison. They had great strength in their technique, senior grades had great long deep stances and the power through their *kiai* was hair-raising. They have nothing but Kyokushin and each other. Even when *Hanshi* insisted on a slow count when introducing a technique they were still doing it at 100% with loud *kiai*. It shows the African approach; loud, energetic and all-inclusive. On tournament day they are there to fight, they are there to win and they are just as hardcore as we are. They know how to get hit and they certainly know how to hit. All this being said, they are NOT unbeatable. We definitely have the talent, know-how and power to defeat them. It is vital though, I feel, that we do not underestimate them as they are well prepared and will definitely prove to be good sport. Australia is in for a great fight, one that I feel we can win. Let me know what other topics you would like me to cover *Sempai* as I feel I have much more to say. **Osu Terrance English**

## DOMS: - What DOMS (probably) is! (Part one)

It would appear that DOMS is mostly result of a combination of unaccustomed muscle contraction (especially lengthening of the muscle under load) and poor motor neuron recruitment. In untrained individuals (or athletes who have taken a layoff from training), these two factors are prevalent and they usually experience the most severe cases of DOMS, even if the exercise is relatively mild in intensity. So what then, is the source of pain in DOMS? The pain is very similar to muscle bruising - usually associated with contact sports. Muscle bruising usually occurs from the impact of a sharp blow on a muscle, usually next to a bone. A blow to a muscle probably separates the fascia of adjacent fibres, which are probably in some neural contact with each other. A sharp blow "splays" these fibres so that they are separated and strained to some degree. The resulting pain is from the standard chemistry of pain receptors, which respond to chemicals released from "inappropriate" biochemical actions, such as cellular release of histamines, etc. What has this to do with poor recruitment of motor neurons? What is likely to be happening is that some muscle fibres are activated and contract, while others do not, which separates the fibres within the muscle. Thus, DOMS results from a splaying of muscle fibres relative to each other, not a tearing of individual muscle fibres. As the fibres restore themselves adjacent to each other, reconnection occurs, as well as the stimulation of adjacent motor neurons. The added strength that is observed after DOMS is probably the stimulation of added motor neurons.

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

### How to Use DOMS to Your Advantage

Keep in mind that it is difficult to exercise with serious DOMS. Thus it makes sense to exercise just up to the point of DOMS, i.e. very slight sensation of DOMS. This means exercising gradually in increasing intensity over a few days, which also depends at what state the individual is in. Here's the key for building muscle - when motor neurons are coordinated so that most of the muscle fibres are recruited, muscle hypertrophy can commence. So to build muscle, you must get over the hurdle of initial DOMS, and give your muscles adequate time to recover after each workout. However, if you give your muscles too long to recover, your motor neuron recruitment will start to regress back to an untrained state, and you will drop out of the zone where your muscles can hypertrophy. What does this mean in practice? Well if you are just starting back after a layoff, or you are only just starting a body building program, don't go all out for the first few weeks. Slowly build your intensity. This phase is all about getting better motor neuron recruitment in your muscles. You will find DOMS will be quite pronounced during this phase, but as you get used to the training, the severity will fall away. You should always feel a moderate amount of DOMS after a good workout - this is the growth state you are aiming for. It is a sign you have trained your muscle hard, continued to recruit more muscle fibre, and are able to respond to muscle overload through muscle fibre growth. As a general rule, you should rest each body part 3 - 4 days before training it again. But you should train each body part at least every 7 - 8 days to avoid motor neuron regression into an untrained state.

### Humans use only 10 per cent of their brains: - MYTH!

There is no evidence for this proposition, and in fact plenty against it. One example comes from studies of people with brain damage. If 90 per cent of the brain is normally unused, damage to these areas should not impair performance. Instead, there is almost no area of the brain that can be damaged without loss of abilities. Even small areas of damage can have major effects.

**ORIGIN:** This story may have its origins in misunderstandings of research in the late 1800s or early 1900s, when scientists announced that they had only been able to map the function of 10 per cent of the brain. Albert Einstein is also reported as quipping that people typically only use 10 per cent of their brains. The myth has been perpetuated in advertising and by various self-styled gurus. Often, the suggestion is made that by following some secret (and probably expensive) procedure, a person may harness this unused potential and boost their brainpower many times over. In fact, while many aspects of intelligence may be increased with training, the idea that large parts of the brain remain unused is without foundation. Although many mysteries remain regarding how our brains work, every area of the brain now has a known function. So no, people don't use only 10 per cent of their brains, though when you watch the news on TV, you might think so at times!



I fear the day that technology will surpass our "human interaction". The world will have a generation of idiots.  
Albert Einstein

Bad joke of the month: Paddy says "Mick, I'm thinking of buying a Labrador ." "Sod that" says Mick "have you seen how many of their owners go blind?"

### Boost your success and achieve results

Written by [Camille.Hinchcliffe](#) Posted in [Mindset](#)

#### Success Tip 1:

Take care of your health and fitness. What use is success if you are overweight or unhealthy to enjoy life. Be sure to eat foods that are nutritious and delete the junk food from your diet. Make a decision that you will live to 85 years and beyond, and make plans to exercise to keep your health up.

#### Success Tip 2:

Get with the right people. You can't soar with eagles if you're hanging around turkeys. Motivate yourself with positive and confident people. Get away from negative and people who have a "victim" mentality. They will ultimately tire you, discourage and de-motivate you.

#### Success Tip 3:

Make the decision to be great. If great is too high a target, then start by making a commitment to continuously improve yourself. Only you are ultimately responsible for your destiny. It takes as much effort to be average as it does to be awesome. So commit to constant improvement, to get better each day until you reach the stars.

#### Success Tip 4:

Identify the areas where you are most weakest, and then make a plan to become absolutely magnificent in that area. If you're not as confident as you'd like to be, make a plan that by the end of the year you will be the most confident person you've ever known. This one decision alone can have ripple effects to your life.

#### Success Tip 5:

Control your inner voice. You are what you think you are. Practice positive self-talk with persistence. The more you can appreciate yourself, the more confident you will be, which results in ... RESULTS. Your thoughts determine your speech, which determines your actions and behaviours, which will determine your livelihood. Your goal is to build momentum so you continue to achieve results in all areas of your life. Success is inevitable with positive inner affirmations made by you, to you.

#### Success Tip 6:

If you can visualise it, then it's possible. Imagine yourself in your perfect life a year from now. Feed your subconscious mind the vivid images, the real feelings of having what you want, and then let that drive you. Keep clear and exciting emotionalised pictures of yourself with the life you want and use that to drive your motivation.

#### Success Tip 7:

Film directors say: "ACTION!" Take this one literally and be proactive. The world rewards proactive people more than it does reactive people. If you are not happy with your current job, then take positive action to upgrade to one you do enjoy. When you are happy, more results will filter from that. All successful people have one innate trait, and that is they are all action-takers. The faster you move, the faster your results. When would now be a good time to take control of your life?

### IKO-Matsushima organisation site:

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

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