



KyokushinSHIN Karate

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

Hanshi's travels – Montreal Canada

I have just returned from a great trip to Canada for the *Shihan* Roman Open Canadian Championships. I arrived early on Thursday and spent the rest of the day and night relaxing. On Friday we held a seminar at one of *Shihan* Roman's dojos, which without doubt is one of the best dojos I have ever seen. It has about 300 square metres of training area as well as a smaller training area at the side. The dojo is complete with changing rooms and showers, if that is not enough; he has another dojo on the other side of Montreal almost as good (some have all the luck). The seminar went well with a big turnout. Saturday was the tournament day. Even with five fighting areas it took all day to get through the bouts. The full contact divisions were held in the evening with some exciting fights and demonstrations. Overall, the fighters were of good quality with some very talented female fighters in the mix. *Shihan* Cruz brought a very good fighter from the USA, it would seem the build up for the 2014 World Weight Division Championships is well under way and no doubt we will see good teams from both the USA and Canada. Sunday had us back in the dojo with several sessions lined up starting with the children's class leading up to the older kids, then on to the junior grades and ending up with a senior grade class. *Shihan* Rex and I took turns in taking the sessions which gave the students some different styles of teaching and training, which was very interesting way of training for the students and seemed to be a big hit.

Over-all a great trip with a good quality and well run tournament by *Shihan* Roman and the Oharan brothers, some good training, but better we do not mention how "cold" it was. *Hanshi*

DOMS: - What DOMS (probably) is! (Part two) Branched Chain Amino Acids (Part two)-

Many experienced bodybuilders recognise the value of taking the 3 BCAA's (L-Leucine, L-Isoleucine, and L-Valine) directly after a workout. Once again studies and experience show BCAA's can dramatically reduce the amount of damage that hard training inflicts on muscle and they will also stimulate the synthesis of new muscle protein, speeding recovery to build bigger, stronger muscle. I recommend taking 3 - 5 grams within 1 hour of training. L- Glutamine - The process of heavy training exerts many physiological stresses on your body. One of the mechanisms your body uses to counteract these stresses is to release L-Glutamine into your blood which is in turn converted by the liver to glucose to provide fuel for your brain. So in times of severe stress this is your body's way of protecting your brain, allowing you to continue clear thinking. Unfortunately, the L-Glutamine released is at the expense of your muscle. Skeletal muscle, particularly muscle that is being trained, is broken down to release this essential brain nutrient. But taking L-Glutamine directly after hard training can reduce this breakdown dramatically, thereby starting the recovery process much sooner, leading to faster growth. The added bonus that L-Glutamine offers is it reduces the severity of DOMS.

Protein and Carbohydrates - Many studies have shown that a protein / carbohydrate meal directly after training enhances

recovery significantly, which will help reduce DOMS. After training, your muscles are extremely receptive to uptake of carbohydrates and amino acids from high quality protein. I recommend taking a protein/carb supplement containing Whey Protein Isolate, like MAX'S Extreme Growth directly after training to speed recovery, replenish muscle glycogen, and stimulate growth. HMB (Hydroxy Methyl Butyrate) - HMB has an effect of regulating the anti-catabolic effect of the BCAA's, particularly L-Leucine. This means that if you take HMB with BCAA's, you will get a synergistic effect that will further improve muscle recovery leading to faster gains in lean muscle mass. I recommend taking about 1 - 3 grams of HMB with your BCAA's.

Putting it All Together

Obviously, taking each of the above nutrients together will give you a much better result, both in reduced DOMS, and increased muscle, than just taking one or two. The approach I recommend is after training, make up a big protein/carb shake and add all of the above nutrients. Wash down your Vitamin C and E tablets with your shake and give yourself a good hour to digest and start absorbing this recovery/growth cocktail before eating anything else. Take Vitamin C & E everyday, and use a good quality protein supplement (I recommend Whey Protein Isolate based products) 2 - 3 times a day.

Governments:

I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle. **Winston Churchill - Julia Gillard, read this**

Your hair will start to clean itself if you leave it unwashed for long enough: - MYTH!

Hair doesn't magically clean itself. If you leave it unwashed, it will just get dirtier. The result is likely to be an irritated, itchy scalp and greasy, bad-smelling hair.

ORIGIN: This is a rumour many of us heard at school. There are also tales of people who haven't washed their hair for months and it's never looked better. In fact, regularly washing using a good shampoo suited to your hair type really is the best way to keep your hair healthy and attractive.

Jargonbuster: - Aerobic metabolism:

The process of liberating energy in cells using oxygen

IKO-Matsushima organisation site:

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

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

Bad joke of the month:

There's a way of transferring funds that is even faster than electronic banking. It's called marriage.

Mas Oyama:

"Personal greed and egoism are things that cause human beings to forget respect for others and to violate rules that have been established for the sake of peace and friendship."

Check this out:

<http://www.guardian.co.uk/sport/video/2013/mar/25/karate-kick-video>

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

Our Kids Are Getting Fatter!

Parents ignoring our kids getting fatter, Australian parents seem to be ignoring the expanding waistlines of their offspring, as new research in the Medical Journal of Australia shows... The last ten years has seen a hundred per cent increase in obesity levels among pre-schoolers, and many parents appear not to be recognising the signs which can be indicative of health problems later in life. In a study of parental attitudes to childhood obesity, 324 mothers of four year olds were interviewed. Dr Michele Campbell, who led a research team at the Murdoch Children's Research Institute in Melbourne, reported that only a quarter of mothers of overweight or obese children (as defined by Body Mass Index) actually rated them as such, and 70 per cent of these mothers thought that their children weighed about the same as their classmates. Only 17 per cent of all mothers interviewed were concerned about their children facing future overweight or obesity problems. Dr Campbell said that the findings, which mirror those reported in other westernised nations, indicate that the ramifications of overweight and obesity are not being absorbed by Australian parents, who appear not to notice their child's expanding girth as being out of the ordinary due to the prevalence of overweight kids in society. Parents who do recognise the seriousness of the issue have to address it carefully, encouraging healthy eating whilst avoiding making their children overly weight and image conscious. Children need to follow a good eating, and exercising example set by parents in the home; it's no good for parents who lead an unhealthy or sedentary lifestyle to tell their kids to do as they say and not as they do. Some children will grow out of their 'puppy fat', but without adopting a more active lifestyle and a healthier eating regime, they could be setting themselves up for a future blighted by health problems. Encourage Your Children To Exercise (Personal Trainer Resource) 'Activities' for kids don't seem to involve as much activity these days; television and playing computer games don't do anything for their health and fitness. So what can we do to make a difference? Being fit and healthy by exercising and keeping active is extremely positive for people of any age, but children should be running around as much as possible! Here are some tips for trying to make kids more physically active and getting them into healthy exercise habits for life: Turn off the television! Well, you don't need to go to that extreme perhaps, but at least restrict the time your children spend watching TV. Sitting still burns no energy, and obviously isn't giving them any aerobic or fitness exercise. Sitting on the couch gulping down sugar laden drinks and munching on potato chips and chocolate bars doesn't help either! Encourage your children to eat healthy snacks if they are doing something inactive. Encourage your children to get involved in sports. Exercise is the goal here not a "win at all costs" attitude. Participation in sport is great fun and your children will learn a lot of valuable life skills from being involved. Team or individual sports at school or local clubs often involve some structured training as well as competition. Involvement in these sports encourage social gatherings and activities that will help your children both physically and socially. Be an example to your children. If you adopt healthy eating and good exercise and activity habits, your children will get the message too! Giving them the opportunity to exercise, be active, and live a healthy lifestyle early in life will help protect them against the inactivity-related diseases such as cardiovascular disease and diabetes, later in life.

Body posture: "If the body posture is weak, the fighting is weak"

Socrates the wise one:

In ancient Greece, Socrates was widely lauded for his wisdom. His advice is just as relevant today and could just as easily apply to marketing copy. One day the great philosopher came upon an acquaintance who ran up to him excitedly and said, 'Socrates, do you know what I just heard about one of your students?' 'Wait a moment,' Socrates replied. 'Before you tell me I'd like you to pass a little test. It's called the Triple Filter Test.' 'Triple filter?' 'That's right,' Socrates continued. 'Before you talk to me about my student, let's take a moment to filter what you're going to say. The first filter is Truth. Have you made absolutely sure that what you are about to tell me is true?' 'No,' the man said. 'Actually I just heard about it and...' 'All right,' said Socrates. 'So you don't really know if it's true or not.' 'Now let's try the second filter, the filter of Goodness. Is what you are about to tell me about my student something good?' 'No, on the contrary...' 'So,' Socrates continued, 'you want to tell me something bad about him, even though you're not certain it's true?' The man shrugged, a little embarrassed. Socrates continued. 'You may still pass the test though, because there is a third filter - the filter of Usefulness. Is what you want to tell me about my student going to be useful to me?' 'No, not really...' 'Well,' concluded Socrates, 'if what you want to tell me is neither True, nor Good, nor even Useful, why tell it to me at all? **Source: Positive Business**

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.
Cost: Australia: \$35.00 (postage \$10.00)
International: \$35.00 (postage \$35.00)
International orders by payment by bank transfer only-
Cheques not accepted: (Email for bank transfer details)

IKO-MATSUSHIMA 2006 WORLD CUP:

Two days of knock-down fighting in a boxed set of five DVD's a great package of exciting bouts. Hailed as the best full contact weight division tournament ever:

Cost: Australia \$50.00 (postage \$5.00)
International US\$50.00 (postage US\$35.00)

Instructor's discounts available on all items available

Ebay sales:

Due to the cost of International bank transfers, some may prefer to purchase the book from Ebay. IKO-Matsushima 2006 World Cup five set DVD, the AKKA grading syllabus and Kyokushin kata book are all available on Ebay:

The Ebay user name is sempaidoug and the link is: -

<http://stores.ebay.com.au/strongestkarate? trksid=p4340.12563>

New Zealand camp:

The NZ Kyokushin will be holding the New Zealand National Camp in Wellington on 14th – 16th June. Which will be attended by myself (Hanshi) and Sensei Volkerts as well as a number of NZ high grades. If you would like to participate, contact Shihan Jennings at Peter.Jennings@spotless.co.nz



Join me on face book:

<http://www.facebook.com/hanshi.taylor>