



KyokushinSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shiantaylor@ozemail.com.au
April 2014 IKO-Matsushima Organisation - From Hanshi Taylor's Branch



South Africa:

I had a sad and great trip to South Africa. It was sad and very strange to be there and not have *Shihan* Sabela, who recently passed away and the very young age of 55. Every time I have been to South Africa, I have always been with *Shihan* Sabela and it was a strange feeling not to have him there with me, I would sometimes look up and without thinking look for him. *Shihan* Sabela has been my friend and karate brother for 41 years and I, and all of Kyokushin in South Africa, the IKO. Matsushima organization and most of the karate people South Africa will miss this Kyokushin legend. I laid a wreath on the grave of *Shihan* Sabela; it was a heart breaking moment. We (IKO-Matsushima organization) are very lucky in South Africa to have a great replacement in *Shihan* Mazibuko, who was voted at the recent meeting as the new head of IKO-Matsushima South Africa. With the World Championships in South Africa in Durban this September, we are lucky to have such an outstanding accomplished replacement for *Shihan* Sabela in *Shihan* Mazibuko, which will allow the running of the 2014 World Championships to proceed seamlessly. I would like to congratulate *Shihan* Mazibuko on his appointment and wish him well with his both new position and the running of the 2014 World Championships. I am sure; he and the IKO-Matsushima organisation South Africa, along with the International IKO-Matsushima organization will dedicate the championships to the memory of *Shihan* Sabela. I had a great trip to South Africa; the South Africans are a lot of fun and great bunch of people.

Here is the clip from a TV/radio interview, but do not take it seriously, just a lot of fun

Radio:

<http://cms.ecr.co.za/post/the-man-who-can-beat-chuck-norris/>

Video:

<http://www.ecr.co.za/gallery/video/karate-master-takes-ecr-camera-crew-out/>

Russia:

Prior to South Africa, I was in Russia for the Russian Championships and what a great tournament it was, as you would expect with the Russian fighters the talent was outstanding. In my young days, we said "Bigger and Better in the USA" though with 400 fighters, it will have to be "bigger and better in Russia". What was interesting was the fact that they also put *kata* into their National event, I was also very impressed with the *kata* section and subsequently we have decided to have *kata* in our Nationals in August, on Saturday with the Non Contact event. We also held a great seminar with once again a huge turnout, which as you can imagine is very exciting to be part of such a thing. The BAD news, it was really cold, in fact so cold *Shihan* Struikhin bought me some warmer clothing, which was very much both appreciated and needed. How cold was it? Minus 30°, during the day!

2014 New South Wales Full Contact Championships:

The NSW event will be held on the Sunday 4th May at the **Coogee Diggers Leagues Club Corner Carr & Byron St's** Applications can be obtained at

entry forms:

<http://akka.com.au/form/2014%20NSW%20Full%20Contact.pdf>

event:

http://www.akka.com.au/theEvent.php?the_event_id=158

Kyokushin Project:

If you want to see the latest on the Kyokushin Project by *Sensei* Tyson, here is the link. <http://youtu.be/CldMzftwFTQ>

Kempo Ryu Championships:

The Bondi junction and Coogee dojo took a team to Sunday's Kempo Ryu Nationals, it was a very good event with some outstanding fighters taking part and well run. We are very happy with the outcome, with the Bondi Junction dojo taking nine places and the Coogee dojo taking one place.

The results are as follows:

Ruben Rubio Rey	1st Place	Bondi Junction
David Bayliss:	1 st Place	Bondi Junction
George Vezmar	2nd Place	Bondi Junction
Pamelia Tungkasiri	2nd Place	Bondi Junction
Sempai Jarjoura	2nd Place	Bondi Junction
Sempai Ai	2nd Place	Bondi Junction
Natalie Rutkowski	2 nd Place	Coogee
Estelle Depayre	3rd Place	Bondi Junction
Adrian Brajkovic	3rd Place	Bondi Junction
Sean Orr	4th Place	Bondi Junction

ABC



The researchers found that the disks survived temperatures of up to 440°C for two hours (*Source: University of Twente*) European scientists have designed and built a disk they say could store data for a million years, potentially keeping a record of humanity long after we're gone. For centuries humans have recorded their achievements in various forms; from cave paintings and rock etching through to print and electronic media. But in the long term, all our existing methods of storage have a limited shelf life. Digital storage systems can only retain their data for a matter of decades, archival paper can only be expected to last up to 500 years, while text engraved in a marble slab will eventually erode away, write nanotechnologist Jeroen de Vries from the [University of Twente](http://www.univtwente.nl), The Netherlands, and colleagues. "If we want to preserve anything about the human race which can outlast the human race itself, we require a data storage medium designed to last for one million to one billion years," they write in paper posted on the [arXiv.org](http://arxiv.org) research article server. To meet this need, the researchers built a disk made of chemically inert silicon nitride, a compound used to make parts of car engines, as an insulator in manufacturing integrated circuits and more. Into this disk, they embedded tungsten, a hard, dense metal widely used in incandescent light bulb filaments and X-ray tubes and other applications. The researchers stored their data by laying down the tungsten

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

in the form of a QR code, a two-dimensional bar code often used to deliver information to smart phones, which was then covered in a thin layer of silicon nitride. Simulating a million years Instead of waiting a million years to see if the data really did survive, for experimental purposes the researchers simulated the passing of time by heating up the disk. The basis for this short cut is a formula called the Arrhenius law, which shows the relationship between temperature and the rates of chemical reactions. Using the Arrhenius law, the researchers calculated that subjecting their chip to a temperature of 188°C for an hour would be equivalent to a million years at 27°C. In fact, after a series of experiments the researchers found that the disks survived significantly higher temperatures of up to 440°C for two hours. These temperatures resulted in cracking of the silicon-nitride coating. At higher temperatures this cracking hindered the reading back of the data through an optical microscope they said, although the QR codes themselves "are not visibly damaged and the tungsten is still present," they write. Although more work is needed to solve the cracking problem, and to test the disk against things such as acid, wind and sand, de Vries and colleagues say they are encouraged. "The initial attempt to create a medium containing embedded data which is able to survive for one million years is promising," they write. "At ... temperatures which correspond to a storage time of 1 million years or more, the data carrier survives."

IKO-Matsushima organisation site:
<http://www.kyokushin-matsushima.jp/>

The Perfect Imperfection: - So what now?

Is perfecting karate technique the only mission when training in the art of karate? Is working on technique for hours in a week, weeks in a year, year after year for a fight that probably will never come, be the sole focus of a martial artist? This question has caused many debates in the martial arts community. But I believe the old masters had it right when they said there was much more to martial art training than technical development. Master Ohtsuka said "*Training for martial arts is in order for one to improve himself as a proper member of society.*" And Master Gichin Funakoshi's famous quote said it best "*The ultimate aim of Karate lies not in victory or defeat, but in the perfection of character of its participants.*" The Great Masters realized that the imperfections of character were not only a problem for the individual and society but could also cause one to be defeated in battle. They realized that the development of character and technique were interwoven, dependent on each other, and needed to be addressed simultaneously. They also found that when both improved together it created Wa, harmony, in the practitioner; a primary goal of all martial arts. What were the Great Masters talking about when it came to character development? They were talking about overcoming the seven deadly sins of mankind; lust (unhealthy intense desire for things such as money, power, fame), gluttony (over indulgence), greed (a negative excessive trait), sloth (laziness), wrath (rage), envy (jealousy), and pride (the negative feeling of being better than others, arrogance). They were also talking about the necessity of developing skills such as fear and stress management, perseverance, leadership, intuition, self-reliance, emotional understanding and control, dealing with injustice (real and perceived), and managing success and failure. These Great Masters understood that a weakness in any of these areas not only made you a poor human being but could also get you killed. Much of this character development can be taught in the dojo; but not all. In the dojo, the Sensei can convey proper life philosophy while teaching proper martial

art technique. Students develop well, both technically and philosophically, while training physically hard while focusing on precise technical movement under a positive philosophical umbrella. But there are areas of character development that cannot be taught in the dojo. The world is imperfect. A fight or battle is not perfect. How do you teach an imperfect human to function positively in an imperfect environment? This cannot be done by lecture and theory, but only by mentoring an individual as they move thru a real, imperfect experience. The only way to improve in the areas of fear and stress management, managing people and their agendas, understanding the human condition and how to control it, and so on, can only be taught in real time with proper mentorship in situations that closely resemble life. The closest simulator we have in the martial art world is competition. Competition is the perfect training tool to learn how to manage imperfection. Both competition and life share the same challenges. Both deal with imperfection; require goal setting, preparation, training, skills dealing with human emotion (both internal and external), all in an environment that is somewhat out of control. We all agree that success in life is closely related to the ability to manage one's self and the environment we live in. To be successful, one must expose themselves to an experience, analyse the results, make corrections, and repeat the process. This principle is used in all disciplines of the world. Character development is no different. Both life and tournament competition are imperfect. Both include imperfect people in an imperfect environment. In life, one has to deal with imperfect participants such as parents, bosses, co-workers, friends, enemies, and others, all with their own agendas. In a tournament, one has to deal with their Sensei, coaches, referees, competitors, and spectators, all with their own perceptions and flaws. An individual must learn how to manage people, the circumstance, control emotions, motivate and influence people, and most important, understand there are things outside of one's control. This can be talked about in the dojo, but one must experience it to get it. As modern martial artists, we much follow the advice of the old masters; develop both technique and character. But as Yasuhiro Konishi (founder of Shindo Jinen-ryu Karate) so eloquently put it "*Karate aims to build character, improve human behaviour, and cultivate modesty; it does not, however, guarantee it.*" In closing, we must understand that the development of character is critical for overall development of a martial artist. We must also not make the mistakes of others who went too far on the philosophical side and forgot the value of high level technical development. Master Choki Motobu (founder of Motobu-ryu Kempo) hit the nail on the head when he said "*Nothing is more harmful to the world than a martial art that is not effective in actual self-defence.*"
Author: Ray Hughes – International News Letter

Quote of the Month: "The only difference between the possible and impossible is one's will" -Hironori Ohtsuka

Join the Bondi Junction dojo on Face book friends.

"Bondi Junction Kyokushin karate"

Grading points:

As you will recall from the last "Bondi Shin", the AKKA has increased the tournament points for gradings, so lets have every bring their AKKA Memberships and grading book up to date, then bring it to the dojo to have it signed.

Jargan Busters: Lactate

A naturally produced by-product of intense exercise when oxygen supply is limited, and which causes muscular fatigue.