KyokushinSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au
MAY 2014 IKO-**Matsushima Organisation - From Hanshi Taylor's Branch**

2014 New South Wales Full Contact Championships:
If you missed the NSW Full Contact, you missed a great day of great fights, big hits and big knock-outs. What a fantastic event which was made even better that the 2014 NSW Female Open Full Contact Champion is our very own Sempai Jarjoura. You kids should know that Sempai Jarjoura started in the kid's class! Also from Bondi Junction, the "Male Open Middleweight" was a win by another Bondi Junction student in Ari Slamer, Ari was a gladiator in winning this event, is a big ask for a Green belt to win the "Open". Congratulations to both Sempai Jarjoura and Ari on great wins. Further congratulations to be given to Sempai Jarjoura, Sempai Ai and Ari who also was selected yesterday by the National committee in the Australian team for 2014 World Full contact Championships in Durban (South Africa) on the 6th & 7th September. Having three members in the Australian team is a great effort and one every person in the dojo can be proud of. While instructors always take a bow for a student's success, there can be no doubt that it is the dojo student who are mostly to be congratulated, without your input and training with the all the three, there can be no doubt they would have not succeeded. So Bondi Junction members, give yourself a big pat on the back for making such a huge contribution. The results are as follows:

Male Open Heavyweight Davison:
1st Place: MohammadRezaie
2nd Place: David Weir-Smith
3rd Place: Elais Kavadies

Female Open Heavyweight Division:
1st Place: Ysobel Jarjoura
2nd Place: Malanee Barclay
3rd Place: Leah Haar

Female Open Heavyweight Division:
1st Place: Shanynn Johnstone-Ward

Male Open Middleweight Division:
1st Place: Ari Slamer
2nd Place: Nicholas Taprell
3rd Place: Gordan Wallis

Female Open Lightweight Division:
1st Place: Fiona O'Neil

Male Green & Yellow Belt Heavyweight Division:
1st Place: Dale Mannell

Male 5th Kyu & Under Middleweight Division:
1st Place: Charlie Thompson
2nd Place: Adam Camerlengo
3rd Place: James Wood

Male 5th Kyu & Under Lightweight Division:
1st Place: Ben Thompson
2nd Place: John Kook
3rd Place: Carlos Johnson

Female Mixed Weight Division:
1st Place: Mellisa Sergi
2nd Place: Jenny Jordan

Male Colts Division:
1st Place: Jack Bardney
2nd Place: Connor O'Neil
Spirit Award: John Kook

NSW Non Contact:
With the NSW coming up thick and fast, on the 1st June, we need you all urgently need to bring in your NSW Non Contact applications ASAP.

Kata tournaments:
Most competitors' performances in tournaments are obviously, less than perfect.
Part of the problem springs from inconsistencies in judging. Poor performance is often a lack of preparation and practice; but it can also result from not understanding the criteria that judges utilize in reviewing a competition form. This isn't the student's fault, usually. More often, it is a misinterpretation of what is an excellent or even a passable form.
The Ten Rules of performing a competition form.
1. You must memorize, memorize, memorize! (Practice the kata at least a hundred times.)
2. You must present a calm expression upon assuming the ready stance.
3. You must, when practicing, start slow, and then increase your speed until you reach the correct speed. (Do not perform the kata too fast or too slow.)
4. You must demonstrate spirit by kiai when appropriate, and perform each movement with vigour and energetically.
5. You must focus your eyes on the imaginary target (not at your feet or hands or your mother in the audience).
6. You must not turn without looking where you are going.
7. You must maintain poise, balance, good posture and level movement.
8. You must relax between strikes, tensing only at the point of impact.
9. You must practice the kata in different directions and at the correct speed.
10. You must return to finished stance calmly

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

Quote of the Month:
If you don't read the newspaper you are uninformed, if you do read the newspaper you are misinformed. Mark Twain

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

Sport Motivation: (Part one)
Motivation is the foundation all athletic effort and accomplishment. Without your desire and determination to improve your sports performances, all of the other mental factors, confidence, intensity, focus, and emotions, are meaningless. To become the best athlete you can be, you must be motivated to do what it takes to maximize your ability and achieve your goals. Motivation, simply defined, is the ability to initiate and persist at a task. To perform your best, you must want to begin the process of developing as an athlete and you must be willing to maintain your efforts until you have achieved your goals. Motivation in sports is so important

because you must be willing to work hard in the face of fatigue, boredom, pain, and the desire to do other things. Motivation will impact everything that influences your sports performance: physical conditioning, technical and tactical training, mental preparation, and general lifestyle including sleep, diet, school or work, and relationships.

Part two – Motivation, next issue:

Sports: Prime Sport Pyramid - Published by: Jim Taylor, Ph.D. in The Power of Prime

Prime Sport is defined as "performing at a consistently high level under the most challenging conditions." Prime Sport is a goal toward which everyone in the sports world strives, the result of which is to maximize your athletic efforts and enable you to achieve your athletic goals. But few athletes, coaches, or teams understand fully the information and strategies they must use to achieve their goals. Nor do many have a framework or a process for working toward Prime Sport. And even fewer have implemented such important changes.
Prime Sport Pyramid. The Prime Sport Pyramid provides both a framework and a process for identifying and developing the key contributors to individual and team sports performance. The Prime Sport Pyramid is comprised of five psychological factors that most directly impact athletic performance (see pyramid at right). These factors can either facilitate or interfere with performance. Your goal is to understand your relationship with each of these factors and develop strategies and a plan of action for alleviating your psychological weaknesses and building on the psychological strengths. The Prime Sport Pyramid is ordered in a purposeful and logical manner. Its order is based on the sequence in which the factors impact sports performance. The first two factors (motivation and confidence) prepare you for competition, while the next three (stress, focus, and emotions) directly impacts training and competitive performance.

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Elite Performance:

Recent investigations into the neural basis of elite sporting performance have focused on whether cortical activity might characterize individual differences in ability. However, very little is understood about how changes in brain structure might contribute to individual differences in expert motor control. We compared the behaviour and brain structure of healthy controls with a group of karate black belts, an expert group who are able to perform rapid, complex movements that require years of training. Using 3D motion tracking, we investigated whether the ability to control ballistic arm movements was associated with differences in white matter microstructure. We found that karate experts are better able than novices to coordinate the timing of inter-segmental joint velocities. Diffusion tensor imaging revealed significant differences between the groups in the microstructure of white matter in the superior cerebella peduncles (SCPs) and primary motor cortex—brain regions that are critical to the voluntary control of movement. Motor coordination, the amount of experience, and the age at which training began were all associated with individual differences in white matter integrity in the cerebellum within the karate groups. These findings suggest a role for the white matter pathways of the SCPs in motor expertise. Keywords: cerebellum, diffusion tensor imaging, expertise, individual differences, motor control
Introduction Professional athletes consistently perform with a level of skill that novices are unable to replicate, and that can only be obtained through thousands of hours of practice over many years (Ericsson et al. 1993). Although there has been a great deal of research exploring expert behaviour (Ericsson 2006), the neural mechanisms that characterize elite sporting performance remains poorly understood (Yarrow et al. 2009). Recent investigations into the brain basis of expertise have revealed discipline-specific functional specializations, such as asymmetries in the cortical motor maps of elite racquet players between their playing and non-playing hand (Pearce et al. 2000), increased motor-evoked potentials in basketball players when asked to observe other players (Aglioti et al. 2008), and encoding of motor skills in the functional organization of the primary motor cortex and cortico muscular system of musicians (Gentner et al. 2010). Using neuroimaging studies, a number of groups have also examined whether musical expertise is associated with changes in brain structure, and have reported volumetric differences in gray matter (Sluming et al. 2002; Gaser and Schlaug 2003) and differences in the microstructure of white matter in the brains of musicians compared with novices (Schmithorst and Wilke 2002; Bengtsson et al. 2005; Imfeld et al. 2009; Abdul-Kareem et al. 2011). These findings are consistently associated with the level of ability the individuals have attained, and may provide some explanation as to why novices can execute qualitatively similar movements to experts, but are incapable of achieving a comparable degree of control with any consistency. It is thought that through the process of learning a skill, the associated patterns of brain activity also adapt as performance improves (Raichle et al. 1994; Sakai et al. 1998; Kelly et al. 2006). Recent investigations have demonstrated that not only brain activity, but also gray and white matter structures alter as a consequence of motor learning (Draganski et al. 2004; Scholz et al. 2009). Therefore, the structural brain changes observed in expert groups might reflect the effects of long-term learning (Maguire et al. 2000; Bengtsson et al. 2005). As expert groups demonstrate optimal behaviour on specific tasks, differences in white matter structure relative to novices might reflect a “fine-tuning” of the connectivity between specific brain regions and hence provide further explanation as to their function. Although a small number of studies have documented functional differences between controls and athletes, there has been no report of a professional sporting group where measures of elite performance have been associated with structural differences in the white matter of the brain. We chose to investigate karate experts as their ability to generate extremely high impact forces is not replicable by novices, and the mechanism by which they achieve this feat is still not fully understood. Early studies found that although karate experts were able to generate higher impact forces than controls, isometric muscle force and velocity measurements of individual joints were not significantly different to controls (Vos and Binkhorst 1966).

Part two: - Elite Performance next issue