



KyokushinSHIN Karate

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

2014 Australian Full Contact & Non Contact

Championships:

The most exciting event on the Australian karate tournament calendar comes to fruition on the 2nd & 3rd August. This year we have a new event, for the first time we will have the Australian Kata Championships in conjunction with the Australian Non Contact on Saturday the 2nd August. Sunday 3rd August will see the Australian Kyokushin Full Contact Championships, which is the longest running Full Contact tournament in Australia, having run continuously since 1977. The event is being held at the Sydney University Aquatic Centre Codrington Street Darlington.

Application from your instructor or on line at:

Full Contact Application –

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

Non Contact Application -

<http://www.akka.com.au/form/2014%20Australian%20Non%20Contact%20Application.pdf>

Further Information: John Taylor, ph: 0418 284 100

Email: hanshi@akka.com.au web: <http://www.akka.com.au>

Why bend your knee as much as possible when kicking?

When you half the length of a straight object you quadruple it's turning speed!

2014 IKO-Matsushima World Full Contact Weight

Division Championships:

The 2014 event is being held in Durban South Africa and an exciting the Australian team is hard at work for this event as I am sure many countries are doing the same. No doubt it will be an event not to be missed.

The Australian team is as follows:

Female Fighters:

Ai Ikeda - Lisa Hodder – Fiona O'Neil – Tamasin Walsh - Shannyn Johnstone-Ward – Leah Haar – Ysobel Jarjoura -

Male Fighters:

Mohammad Rezaie – Nicholas Taprell – Ari Slamer - David Weir-Smith – Elias Kavadias

Coach: Steven Hardy - **Team manager:** Terence Jenkins

Supporters who wish to travel with the team, should contact Tarryn Gibson, Travel Associates on 9388 2900 or at tarryn_gibson@travel-associates.com.au for all bookings.

March Camp:

Chelsea Homa was at the recent camp for the first time and had just been in Canberra on the day before the camp to give a speech at the National Press Gallery in front of 100-150 people including politicians. Chelsea chose Karate as her topic for the speech and it was her choice and she also wrote the speech herself. The sound is a bit soft so you need to be in quiet room with the sound turned up loud, but if you have a spare two minutes and can watch youtube on your computer. We are all very proud of Chelsea and I hope you enjoy her speech. The link to the footage. http://youtu.be/aBt_6fD5Zvk

IKO-Matsushima organisation site:

["http://www.kyokushin-matsushima.jp/"](http://www.kyokushin-matsushima.jp/)

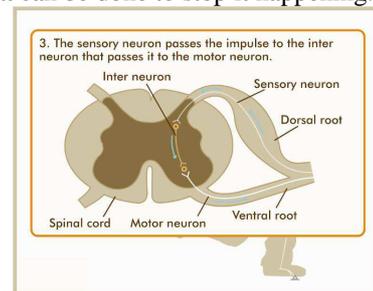
Quote of the Month:

Foreign aid might be defined as a transfer of money from poor people in rich countries to rich people in poor countries.

Douglas Casey, Classmate of Bill Clinton

Reflex Arc:

When a receptor is stimulated, it sends a signal to the central nervous system, where the brain co-ordinates the response. But sometimes a very quick response is needed, one that does not need the involvement of the brain. This is a reflex action. Reflex actions are rapid and happen without us thinking. For example, you would pull your hand away from a hot flame without thinking about it. The animation below allows you to step through each stage of the reflex arc. The key difference between a reflex action and any other action is the involvement of the brain and the lack of conscious control. By following a reflex arc, nerve impulses travel along sensory neurons from the site of stimulation to the spinal cord or brain and then back to the area of the response along motor neurons. In some reflex arcs, the sensory neurons are connected to the motor neurons by connector neurons, but either way, there is no control by the brain. The nervous pathway for the knee-jerk reaction is well-known and documented. It provides a clear example of the action of following a [simple reflex arc](#). During the knee-jerk test, one leg is crossed over the other and kept completely relaxed. Sharply tapping the tendon just below the kneecap will result in the leg swinging upward. The pathway for this reflex arc starts at a stretch receptor within the tendon. Hitting this receptor stimulates it, which causes it to send a nerve impulse along a sensory neuron to the spinal cord. Within the spinal cord, the nerve impulse passes from the sensory neuron to a [motor neuron](#) and travels back to the thigh muscle. When the impulse arrives at the thigh muscle, it causes it to contract and jerk the lower part of the leg upward. The person is aware that this is happening, so sensory impulses do travel from the spinal cord to the brain, but there is nothing that can be done to stop it happening.



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: \$50.00

Do you Know:

There are more chickens in the world than people

Do not be a crime statistic:

Assaults continue to represent the majority of recorded violent crimes. The overall trend since 1996 has been upward, with an increase of 55 percent between 1996 and 2007.

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

The body renews itself every seven years: MYTH!

It would be nice if, like Doctor Who, we could regenerate at regular intervals, but it's not the case. If it were, presumably we would live forever.

ORIGIN: This is another of those stories that has its origins in fact. It is indeed the case that some cells in the human body die and are replaced a number of times during our lifetime (the cells in our bones take longest, living for up to 10 years). It is misleading to say that your whole body 'renews' itself. Muscles can regenerate but will only do so if seriously injured. The cells in the cerebral and visual cortex haven't been proved to renew. Also the dermis doesn't behave in the same way as the constantly renewing epidermis since if it did then scars or tattoos would disappear over time. They may fade or disperse slightly but they remain. However most cells in your body do have a limited lifespan and are replaced when they die. This process of replacing cells, while remarkable in many ways, is not perfect. The replaced tissue will contain small errors, which is the reason that we age. Increasing the rate of tissue damage (the rate at which cells need to be replaced) by such things as smoking, drinking, exposure to environmental pollution, and so on, all accelerate this process. Unless you're a Time Lord and immune to such things, therefore, it's best to give your body all the help you can, so that it doesn't have to replace itself too often!

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

Men's Health Australia:

A recent poll of 632 people conducted by "Men's Health Australia" found that cardio is:- 11% torture – 37% fun – 52% Necessary evil. I think the 632 people should take up karate, which I think is 100% fun and 100% necessary, but then, I am biased! ED

Study calls for regulating salt in fast foods:

Darren Osborne and wires ABC/AFP

Burgers rated the worst when it came to salt content per serve (*Source: John Evans*)

The amount of salt on the menus of the six biggest fast food companies varies greatly from nation to nation, according to a study that calls for regulations to curb sodium intake. And despite Australian fast food on average sitting in the middle of the pack, one burger set the record for breaking the upper daily limit. Researchers in Australia, Britain, Canada, France, New Zealand and the United States looked at the salt content of 2124 food items sold by six fast food chains in April 2010. The study, which appears in the Canadian Medical Association Journal, included popular items such burgers, chicken nuggets, pizza, salad, sandwiches and fries. Lead author Elizabeth Dunford, a PhD student at the George Institute in Sydney, says the level of salt in Australian fast food is better than Canada and the United States, but worse than the United Kingdom and France. She says burgers rated the worst when it came to salt content per serve, with the Hungry Jack's Ultimate Double Whopper containing 6.3 grams of salt. The next worst offender was the Burger King Angus bacon and cheese burger from the United States with 5.2 grams. Exceeding recommended intake According to the Nutrient Reference Values for Australia and New Zealand, the adequate intake level for salt is 4 grams per day, with an upper limit of no more than 6 grams. Dunford says previous research shows Australians are on average consuming 8 to 12 grams of salt a day, with 75 per cent coming from processed foods. Too much dietary salt has been linked to higher blood pressure and other adverse health effects. Previous studies

have shown cuts in salt intake can result in a significant reduction in deaths. "The main outcome of high salt is high blood pressure levels and that is the leading risk factor for cardio vascular disease and stroke, which is the number one cause of death in Australia," says Dunford. Several countries have started to curb salt intake, with the latest successes coming from voluntary salt reduction targets and labeling of foods. "We think the reason for [the low salt levels in the UK] is that they have a national salt reduction campaign," says Dunford. "In Australia we started that process with some processed foods, but we're a little behind in other foods. We're heading in the right direction."

Coronary atherosclerosis:

The build-up of deposits from substances such as cellular waste and calcium in the inner lining of an artery, causing coronary heart disease

Billion:

The word 'billion' in a casual manner, think about whether you wanted the 'politicians' spending YOUR tax money. A billion is a difficult number to comprehend, but one advertising agency did a good job of putting that figure into some perspective in one of its' press releases.

- A. A billion seconds ago it was 1959.
- B. A billion minutes ago Jesus was alive.
- C. A billion hours ago our ancestors were living in the Stone Age.
- D. A billion days ago no-one walked on the earth on two feet.
- E. A billion Dollars ago was only 48 hours and 12 minutes, at the rate our Australian government is spending it Building Permit Tax - Cigarette Tax - Corporation Tax - Income Tax - GST - Fishing Licence Tax - Food Licence Tax - Petrol/Diesel Tax - Luxury Tax - Property Tax - Service charge taxes - Capital gains Tax - Council Tax - Vehicle Registration Tax - Vehicle Sales Tax: STILL THINK THIS IS FUNNY? - Not one of these taxes existed 40 years ago... And our nation was one of the most prosperous in the World. We had absolutely no national debt... We had the largest middle class And Mum stayed home to raise the kids. What happened? I hope this goes around at least a billion times.

Kyokushin:

"Kyokushin" is comprised of two Japanese words, "Kyoku" (ultimate, extreme) and "Shin" (reality or truth from within). The full name is Kyokushin KaiKan, were "Kai" means meet, join or associate. The official dogi (karate uniform) used by a Kyokushin practitioner has the word KyokushinKai embroidered on the left side of the dogi-jacket, this calligraphy is called "Kanji". The internationally recognized symbol of Kyokushin Karate, the Kanku, originates from the kata Kanku.

Newton third Law:

The Law of Reaction "For every action there is an equal and opposite reaction." For every force that is exerted by one body at another, there is an equal and opposite force exerted by the second body on the first. A very important law for karate practitioners:

Facebook - Join the group...

"Bondi Junction Kyokushin karate"

Join the Bondi Junction dojo on Face book friends.

<https://www.facebook.com/KyokushinKarateBondiJunction>

The greatest compliment you can give is to refer your family and friends to your dojo. Thank you for your trust.

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