



KyokushinSHIN Karate

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



2014 AKKA National Championships – The biggest Ever:

330 fighters competed in the biggest IKO championships in Australia, with a number of dynamic new champions emerging, and the war-horse Terrence English coming back from injury to win the men's open heavyweight title. More than 250 non-contact fighters and 80 full-contact combatants competed in the 38th AKKA National Championships 2014 at the Sydney University Sports Centre during August 2-3.

AKKA President Hanshi John Taylor said the tournament was a huge success, with black-belt fighters coming as far away as Poland and Eastern Europe to compete. The tournament marked a triumph for karate in Australia, with all the full-contact fights being non-stop wars of attrition, with the fighters ripping into each other from the get-go with bone-cracking punch and kick combinations. The championships also marked a personal triumph over adversity for Terrence English, who defied serious injury to demolish two favourites to win the men's open heavyweight title. English, a Green belt with the Traralgon dojo in Victoria, accounted for Hamid Aanda in the final and Andre Nakad in the semi-final, to recapture the title he first won in 2012. "The turning point in the final against Aanda came when I landed a strong *mae geri* which triggered an out-burst of cheers from my support team, which really lifted my self-belief that I would win." he said. English, 26, said despite the adrenaline-rush that consumes most fighters, he remained composed throughout his fights because of the mental discipline he developed last year while recovering from two lateral meniscus tears in his left knee. "During this time I had a lot of time to reflect on my Karate and where I wanted it to lead ... and the biggest change I implemented was my mental approach to fighting," he said. "Any injury makes you painfully aware of what abilities you were taking for granted, and now I am testing these to the limit, while exploring what else I wasn't paying attention to."

Hanshi Taylor said due to the proximity of the IKO-Matsushima World Weight Division Championships in Durban, in September, the AKKA did not allow the Australian team members to compete in the national titles. "However, a lot of fighters grasped the opportunity to prove themselves in Australia's premier tournament to emerge as champions," he said. "One of the surprise packages was Fiona O'Neil, who had already been selected but chose to fight. "Fiona was just dynamic, with her super fitness and mental strength carrying her to victory in a lot of really tough fights." Hanshi Taylor said the impressive performance of the fighters in the Colts division bodes well for the future of kyokushin karate in Australia. "The Colts were the best I have ever seen and will become real forces to be reckoned with in the future," he said. 2014 Australian Open Full Contact Championships

Male Open Heavyweight Division:

1st Place: Terrance English
2nd Place: Hamid Aanda
3rd Place: Steve Mclean & Andre Nakad

Male Open Middleweight Division:

1st Place: Guy Trump
2nd Place: Damian Krupka

Male Open Lightweight Division:

1st Place: Roman Missisazek

2nd Place: Samuel Shields
3rd Place: Willy Phillips & Chris Solidarios

Female Open Lightweight Division:

1st Place: Fiona O'Neil
2nd Place: Jenny Lau

Male Open Heavyweight 4th & 3rd Kyu Division:

1st Place: Daniel Williams
2nd Place: Tony Jacobs

Male Middleweight 4th & 3rd Kyu Division:

1st Place: Charlie Thompson

Male Lightweight 4th & 3rd Kyu Division:

1st Place: Ben Thompson

Male Heavyweight 5th Kyu & Under Division:

1st Place: Dri Lylell-Dukes
2nd Place: James Wood
3rd Place: Micool Brooke & Nikola Kresovic

Female Heavyweight 5th Kyu * Under Division:

1st Place: Leisar Sugars

Male Middleweight 5th Kyu & Under Division:

1st Place: Adam Camerlengo
2nd Place: Ben Hoadley
3rd Place: Matthew Brazier & Carlos Luppi

Female Middleweight 5th Kyu & Under Division:

1st Place: Melissa Sergi

Male Lightweight 5th Kyu & Under Division:

1st Place: Carlos Johnson
2nd Place: Kris McNeil

Male Open Colts Division:

1st Place: Jai Rowson
2nd Place: Marcus Salvestrine
3rd Place: Jeremy Taylor

Female 16 & 17 Years Division:

1st Place: Kristina Stevanovic
2nd Place: Thiilyana Jones

<https://www.facebook.com/photo.php?v=10152579563787908>

<https://www.youtube.com/watch?v=wB4VrJEyXUk&feature=youtu.be>

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 email tarryn_gibson@travel-associates.com.au for all bookings.

IKO-Matsushima organisation site:

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

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

Quote of the Month:

A government which robs Peter to pay Paul can always depend on the support of Paul. *George Bernard Shaw*

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?

The brain is only about 2% of the body mass, but requires about 20% of its oxygen and calories.

Myths: Admittedly, most brain cell growth takes place during our early years, but we continue to grow new brain cells until well into old age. Severe mental decline is usually caused by disease. By contrast, most age-related losses in memory and cognitive skills simply result from inactivity and a lack of mental exercise and stimulation. In other words, use it or lose it!

ORIGIN: Until quite recently it was widely believed that we didn't grow new brain cells but recent scientific studies have disproved that. In fact American scientists have identified chemicals which stimulate new growth, vital for treating mental disabilities. However, the main brain growth after childhood and adolescence comes in the dendrites - tiny nerve fibres that connect our brain cells with one another. They are closely associated with memory and learning. Evidence suggests that when we use our brains, more dendrites grow, connecting our brain cells with one another in complex patterns. Throughout life, your brain cells reorganize themselves in response to new experiences.

This interaction between your mind and your body is what stimulates brain cells to grow and connect with one another. Until your early teens, various windows of opportunity open when you can most easily learn language and writing, music and mathematics, as well as the co-ordinated movements used in sports and dance. But whatever your age, you can - and should - continue to build your brain and expand your mind.

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



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Join the Bondi Junction dojo on Facebook 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.

Stress link to heart attack uncovered: - 23/06/2014 ABC/AFP

Doctors have long known that chronic stress leads to cardiovascular disease, but have not understood the mechanism. Body attack: Chronic stress causes the overproduction of disease-fighting white blood cells, worsening inflammation in plaque in the arteries, shows a new study. The finding may help explain how stress increases the risk of heart attacks, report scientists in the journal [Nature Medicine](#). Surplus cells clump together on the inner walls of arteries, restricting blood flow and encouraging the formation of clots that block circulation or break off and travel to another part of the body, say the study's authors. White blood cells "are important to fight infection and healing, but if you have too many of them, or they are in the wrong place, they can be harmful," says study co-author Matthias Nahrendorf of the [Harvard Medical School](#) in Boston. Doctors have long known that chronic stress leads to cardiovascular disease, but have not understood the mechanism. To find the link, Nahrendorf and a team studied 29 medical residents working

in an intensive care unit. Their work environment is considered a model for chronic stress exposure given the fast pace and heavy responsibility they carry for life-and-death decisions. Comparing blood samples taken during work hours and off duty, as well as the results of stress perception questionnaires, the researchers found a link between stress and the immune system. Particularly, they noticed stress activate bone marrow stem cells, which in turn triggered overproduction of white blood cells, also called leukocytes. White blood cells, crucial in wound healing and fighting off infection, can turn against their host, with devastating consequences for people with diseases like atherosclerosis -- a thickening of artery walls caused by a plaque build up. The study then moved on to mice, which were exposed to the rodent equivalent of stress through techniques like crowding and cage tilting. They found that excess white blood cells produced as a result of stress accumulated on the inside of arteries and boosted plaque growth in atherosclerosis-prone mice. "Here, they (the cells) release enzymes that soften the connective tissue and lead to disruption of the plaque," says Nahrendorf. "This is the typical cause of myocardial infarction (heart attack) and stroke." He added leukocytes were only a part of the picture - factors like high cholesterol and blood pressure, smoking and genetic traits also contribute to heart attack and stroke risk. "Stress might push these over the brink," he says.

The Importance of Warming Up and Stretching (by www.sparkpeople.com)

A warm up is the act of preparing for an athletic event or workout by exercising or practicing for a short time beforehand. Warming up helps reduce your risk of injury and the aches and pains that come with exercise. The physiological reason to warm up is to assist your circulatory system in pumping oxygen-rich blood to your working muscles. The idea is to increase circulation throughout the body in a gradual manner. A proper warm up safely prepares the body for the increased demands of exercise. Cold muscles do not absorb shock or impact as well, and are more susceptible to injury. A warm-up helps you prepare both mentally and physically for exercise and reduces the chance of injury. During a warm up, any injury or illness you have can often be recognized, and further injury prevented. Other benefits of a proper warm up include: Increased movement of blood through your tissues, making the muscles more pliable. Increased delivery of oxygen and nutrients to your muscles. This prevents you from getting out of breath early or too easily. Prepares your muscles for stretching, prepares your heart for an increase in activity, preventing a rapid increase in blood pressure, prepares you mentally for the upcoming exercise, primes your nerve-to-muscle pathways to be ready for exercise, improved coordination and reaction times

Easing in (ED): Easing-in is why the Kyokushin system is the way it is, which is amazing when you think of how long ago it was created. The sessions start with a slow stretch and then into hand technique rather than using the very large muscles that are required for kicking. By the time the kicks come around, the body is well warmed up and ready for the larger muscles to swing into action. This is the reason why I am amazed when I see or hear that some instructors start the session by running their students up and down the dojo – WRONG: - get them warmed up first, stick to the Kyokushin system and you will always be doing the right thing by your students, who should be your first concern... All instructors should have a "duty of care" – DO YOU... or are you simply taking the easy and lazy way as an instructor?

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