



KyokushinSHIN Karate

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



2014 IKO-Matsushima World Full Contact Weight Division Championships:

There can be no doubt that the 2014 World Weight Division Cup Championships was a great success, not only for the IKO-Matsushima organisation world-wide, but for Australia in particular, as you can see from the following results. On the down side the male team did not perform as well as we had hoped, but as they say in the classics “you cannot win them all” in saying that we had a very good male team, it just did not fire on the day, however, they certainly let the world know that the Australian team, male or female, cannot be taken lightly and we hope that the experience will carry through to the 2016 World Open Weight Championships in Japan. The 2014 event was a huge success with the South African President Jacob Zuma giving the opening speech (see www.thepresidency.gov.za/pebble.asp?relid=17973) coupled with the South Africa Government sponsoring the tournament, speaks volumes for the high regard that the IKO-Matsushima organisation and Shihan Khanyisani Mazibuko, the South African Chairman is held in South Africa. The Sayonara party had to be seen to be believed with, being free to all the participants, officials and supporters, it had music and entertainment well into the night and once again as the South Africa Governments guest. Surely, there is no other Government in the world that would be so generous to a “minor sport” certainly not the Australian Government! The atmosphere at the tournament was fantastic, brought on not only by some great bouts, but by the chanting and singing of the audience, each group of supporters would try to out-do the other, truly a unique African supporters style. Another great point was that the trophies were well spread among many countries, an indication that the quality of fighters are getting better every-where. Another interesting feature was the fact that South America competed in the “World Cup” for the first time and made their mark with some strong fighters that impressed every-one and their places gained are not an indication of how strong their team was. China proved to be a country that can no longer be taken lightly by winning the coveted “Male Heavyweight Division” Some of the Bondi Junction members will remember the Heavyweight winner from his time at the Bondi Junction dojo, at that time we called him Ben. I would like to think that it was Bondi Junction training that got a win in China, but sadly it was not, he had lots of talent when he arrived in Australia, and comes from a very strong dojo in Nanjing under Shihan Feng. There can be no doubt that the highly success “Australian squad” which sponsored the 2013 Australian team to China as well as the sponsoring the 2014 World Cup Team to the South Africa World Cup contributed to the 2014 success Australian team. If any AKKA member feels they have “what it takes” to be part of the Australian squad and perhaps make the Australian team, you should speak to their instructor about becoming part of the squad! Keep in mind that only squad members get fully sponsored and any other team member must seek their own sponsorship! At this point in time, only NSW, Victoria and South Australia have access to the squad due to the fact that Queensland do not (at this time) have a squad and South Australia would need to be part of the Victorian squad.

RESULTS:

Male lightweight:

- 1st Place: Sithelo Mlanbo – South Africa
- 2nd Place: Tomonove Anotolii – Ukraine
- 3rd Place: Undry Garryluk – Ukraine
- 4th Place: Tawanda Mfundisi – Ruwanda

Male Middleweight:

- 1st Place: Sergiy Doramin - Ukraine
- 2nd Place: Samson Moripo - Zimbabwe
- 3rd Place: Ivan Shertinin - Russia
- 4th Place: Shotan Hussein - Iran

Male Heavyweight:

- 1st Place: Kunly Shin - China
- 2nd Place: Alexey Frostotsov - Russia
- 3rd Place: Danil Dromin – Ukraine
- 4th Place: Abilson Moreira - Brazil

Female Lightweight:

- 1st Place: Levuma Novosad - Ukraine
- 2nd Place: Erica Andre Paula - Brazil
- 3rd Place: Jacqueline Wooster – New Zealand
- 4th Place: Bengue Elmir – Tunisia

Female Middleweight:

- 1st Place: Olgaesh Chuck - Ukraine
- 2nd Place: Shannyn Johnson-Ward - Australia
- 3rd Place: Zola Gumede – South Africa
- 4th Place: Victoriya Pampura – Ukraine

Female Heavyweight:

- 1st Place: Ysobel Yarjoura - Australia
- 2nd Place: Kwanele p Mbongwa – South Africa
- 3rd Place: Leah Haar – Australia
- 4th Place: Degree Radusim – South Africa

Please excuse any names miss-spelt – this is as supplied:

Sempai Jarjoura – World Champions:

To celebrate Sempai Jarjoura winning the World Heavyweight Championships, the Bondi Junction dojo organized a dinner with an open invitation. It was a pleasant surprise to have so many instructors and students coming along to both congratulate Sempai Jarjoura to enjoy the night with her. You can see photographs of the night at the following link:

<http://www.kyokushin-coogee.com.au/component/content/article/80-world-champion-from-bondi-inct>

Under 40 years of age:

If you are under 40 years of age, you should see this, if you have kids, you should show them this.... to recapture your life and to recapture a sense of reality...

<http://www.youtube.com/watch?v=JBG5svaCq8g>

IKO-Matsushima organisation site:

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

Quote of the Month:

Government is the great fiction, through which everybody endeavors to live at the expense of everybody else.

Frederic Bastiat, French economist(1801-1850)

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

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

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

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.

Love your coffee; - Read on:

http://www.youtube.com/watch?v=4Y0wEqGykDM&feature=player_embedded

Do you know:

Did you know 11% of people are left handed.

2014 NSW Camp & grading:

The John Taylor (NSW) branch had their Spring camp over the last weekend, what a great camp it turned out to be, with two days of non-stop training ending in a senior belt grading. The results are as follows. The camp was enhanced by the fact that three of the South Australian Instructor travelled to participate in both the camp and the grading, along with some of their students. It was great to see how far the South Australian branch has progressed in the last few years, a huge leap in quality.

Alexander Kondakov:	Sandan
Andrew Oxenham	Nidan
Brad Wagner	Nidan
Eiko Oki	Nidan
Ai Ikeda	Nidan
Ysobel Jarjoura	Nidan
Sarah Moses	Shodan
Jan Shepley	Shodan
Ben Warwick-James	Shodan
Chris Kobari	Shodan
Adam Abela	Shodan
Junji Fukuta	Shodan
Jayden Brain	Shodan
Nicholas Taprell	Shodan
Steve McLean	Shodan
Mariusz Kaminski	Shodan
Ruwand Talibani	Shodan
Abbas Tefaili	Shodan
Vishishta Ramanathan	Shodan
Natalie Rutkowski	Shodan
Caroline Greenwood	1 st Kyu
Nelson Roberto Rodrigues	1 st Kyu
Tracey Whitehead	1 st Kyu
Marcus Salvestrain	1 st Kyu
Gelcimar Freire	1 st Kyu
Nicholas Poulos	1 st Kyu
Scott Feng	1 st Kyu
Ben Castillio-Ronen	2 nd Kyu
Robert Somera	2 nd Kyu
Nogi Kojiro	2 nd Kyu
Dale Mannell	2 nd Kyu
Benedict Connors	2 nd Kyu
Riddick Smith	3 rd Kyu
Susumu Toyooka	3 rd Kyu
Craig Bardney	3 rd Kyu
Lou Irvine	3 rd Kyu
Miki Moubray	3 rd Kyu
Evan Moubray	3 rd Kyu
Trent Pittaway	3 rd Kyu
Mark Somera	3 rd Kyu
Lance Somera	3 rd Kyu

John Williams	3 rd Kyu
Jason Homa	4 th Kyu
Michelle Kaminski	4 th Kyu
Aimee Morris	4 th Kyu
Leslie Hans	4 th Kyu
Dylan Walters	4 th Kyu
Ben Hoadley	4 th Kyu
Cooper Moran	4 th Kyu
Ivonne Schidenbach	4 th Kyu
Sophie Mitchell	4 th Kyu
Cherie Golding	4 th Kyu
Ruby Cooney	4 th Kyu
Paul Mellross	4 th Kyu
Tom Portelli	4 th Kyu
Nelly Jasinska	4 th Kyu
Arnold Luppi	4 th Kyu
Jarah Weinstein	4 th Kyu
Josephine Iirilli	4 th Kyu
Henry Naseby	4 th Kyu
James Naseby	4 th Kyu
Karyn Wagner	5 th Kyu

Camp photographs:

<https://www.facebook.com/media/set/?set=a.796504400411665.1073741857.647340985328008&type=1&l=af988c036>

Do you Know: Myths: White elephants

White elephants were once considered highly sacred creatures in Thailand—the animal even graced the national flag until 1917—but they were also wielded as a subtle form of punishment. According to legend, if an underling or rival angered a Siamese king, the royal might present the unfortunate man with the gift of a white elephant. While ostensibly a reward, the creatures were tremendously expensive to feed and house and caring for one often drove the recipient into financial ruin. Whether any specific rulers actually bestowed such a passive-aggressive gift is uncertain, but the term has since come to refer to any burdensome possession—pachyderm or otherwise.

This month’s bad joke: I start a new job in Seoul next week. I thought it was a good Korea move.

Exercise doesn’t work:

The physical response to exercise is highly individual. Some people can simply step onto a treadmill and body fat drops off. Others can pound away for miles for less return on effort. When a healthy amount of exercise doesn’t work - say 3-5 sessions a week - adding more activity or upping the intensity is not always a good idea due to two potential negative consequences. Exercise can trigger an appetite response resulting in cravings to replace the calories you have just burnt. The typical scenario is grabbing a 500 Cal muffin on the way home from a 350 Cal workout. The net result is you get fatter rather than leaner. Overtraining, especially combined with a low-calorie intake can elevate levels of the hormone cortisol. This is the stress hormone that can cause your body to hang onto body fat. You are flogging yourself in a circuit class to burn extra fat, but cortisol is preventing you from losing that fat. You are certainly not wasting your time exercising as its still building your metabolic fitness, muscle mass and endurance. But for fat loss, easing back down from a heavy workout schedule in combination with good appetite management and the right calorie intake can achieve breakthrough results. In summary, don’t get mythed off by confusing nutrition information. Get the facts; make them flexible, but make sure the science still works for you. Like a metabolically matched diet plan *from Channel 7 Sunrise Nutritionist, Matt O’Neill*

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