



# KyokushinSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au  
January 2015 IKO-Matsushima Organisation - From Hanshi Taylor's Branch



## 2015:

It looks like the 2015 year will be one spent on getting ready for the IKO-Matsushima World Open weight Championships in 2016. After the huge success of the 2014 World Cup in South Africa, I am sure every one is looking forward to another great event in 2016 in Japan. Nevertheless we need to prepare for a full Australian calendar. With that in mind our first event is the New South Wales camp being held in Heathcote (Sydney) on the 20<sup>th</sup> – 22<sup>nd</sup> March, which will end with a black belt grading. The camp and all the AKKA events in 2015 are open to all Kyokushin members, regardless of their organisation. Applications can be obtained by contact Hanshi Taylor at [shihantaylor@ozemail.com.au](mailto:shihantaylor@ozemail.com.au)

## The AKKA calendar is as follows:

Monday 2nd March	Bondi Junction Under Green belt Grading:
Friday- Sunday 20th–22nd March:	New South Wales Camp:
Sunday 26th April:	Victorian Championships:
Sunday 31st May:	New South Wales Full Contact & Non Contact Championships:
Monday 15th June	Bondi Junction Under Green belt grading
Saturday 15th August:	Australian Non Contact & Kata Open Championships:
Sunday 16th August	Australian Full Contact Open Championships
Sunday 13th September	NSW AKKA Black belt grading
Monday 7th September	Bondi Junction Under Green belt grading
Sunday 4th October:	Riverina Non Contact & Full Contact Open Country Championships Griffith
17th of October	European Championships–Sweden
Sunday 8th November:	New South Wales Non Contact Open Team & Individual Kata Championships:
Monday 7th December	Bondi Junction Under Green belt Grading:

## The Bondi Junction Grading: 1<sup>st</sup> December 2014:

Adrian Brajkovic	5 <sup>th</sup> Kyu
Maxim Goloubev	6 <sup>th</sup> Kyu
Pamelia Tungkasiri	6 <sup>th</sup> Kyu
Ruben Rubio Rey	6 <sup>th</sup> Kyu
Estelle Depayre	6 <sup>th</sup> Kyu
Joel Hasson	7 <sup>th</sup> Kyu
Jason Shen	7 <sup>th</sup> Kyu
Xavier Quinn	7 <sup>th</sup> Kyu
Laura Casas	7 <sup>th</sup> Kyu
India Bertoli	8 <sup>th</sup> Kyu
Liam Crispin-Scott	8 <sup>th</sup> Kyu
Damian Polous	8 <sup>th</sup> Kyu
Kirby Corthine	8 <sup>th</sup> Kyu
Ananda Rey	9 <sup>th</sup> Kyu
Laszlo Vodopivec	9 <sup>th</sup> Kyu
Daniel Gordon	9 <sup>th</sup> Kyu
Corey Linker	9 <sup>th</sup> Kyu
Amaryl Van de Weegh	9 <sup>th</sup> Kyu
Rohan Britton	9 <sup>th</sup> Kyu

Claire Davidson  
Melanie Poulos  
Kaio Davidson  
Nicholas Mayer  
Sterling Quinn  
Mark Sharp  
Charlie Rosenblum  
Ilya Trachtenberg-Ray  
Ravi Trachtenberg-Ray  
Thomas Ellison  
Jake Holzman

9<sup>th</sup> Kyu  
9<sup>th</sup> Kyu  
9<sup>th</sup> Kyu  
10<sup>th</sup> Kyu

## Kids health & Fitness - 8 tips to keep kids healthy and active:

In Australia, an estimated 1.5 million people under the age of 18 are considered overweight or obese which is nearly 25 per cent of Australian children. If this trend continues, by the year 2020, 80 per cent of all Australian adults and 33 per cent of all children will be overweight or obese. It is also very disappointing to note that in Australian schools, physical education is being reduced (due to the importance school principals are placing on having pupils focus more on numeracy and literacy for NAPLAN testing), without fully appreciating its importance. There are a myriad of reasons to explain why kids are piling on the kilos; however, the primary cause of obesity in children and young adolescents is an energy imbalance and reduction in the amount of exercise. An intake of high energy foods, combined with a low level of exercise is the main cause of such an energy imbalance. So, here are a few tips to help keep your kids live a healthy and active life, without breaking the bank.

- 1: **Exercise together:** Parents should not sit on the sidelines, instead, lead your family's physical activities, especially when younger kids are involved. Try to make exercise a fun family event everyone will want to participate in, such as a backyard game of touch football, tag, badminton or a family bike ride, dare I say it "Kyokushin Karate"
- 2: **Use consequences – and be consistent:** If your child agreed to limit screen time to two hours a day, but isn't sticking to the deal, take away the mobile phone, iPod, video games (whatever stings the most) to help send the message that your family's healthy lifestyle plan is not up for negotiation.
- 3: **Encourage outdoor activities** as much as possible. Most young children are active learners, so games like Hopscotch and Four Square will help them learn their numbers while also keeping them physically fit.
- 4: **Explore the "world around you"**, dig in the dirt, chase after shadows, throw sticks in a puddle. Plant a garden, the world is your playground.
- 5: **Make TV time active time**, kids do not need to slump on the couch as they watch favourite programs. Encourage them to sing, march and dance along as they watch characters like The Wiggles, Hi Five or Barney. Also, limit TV time.
- 6: **Provide healthy snacks:** Active kids need the right fuel for their growing bodies. You'll find kid-friendly recipes for nutritious snacks like Ants on a Log and Grapecircles that

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

you can make together just by searching the Internet for healthy kids snacks.

7 **Do home jobs together:** Wash the car, dust, sweep, wipe off the table, give dolls and trucks a bath. Not only will you stay active, you'll make your child feel like a grown up, responsible member of the family.

8 **Get more sleep:** Kids need 9 to 10 hours of sleep to rejuvenate and restore their systems, so get them to bed at a reasonable hour. Sleep is when we detoxify and recharge ourselves so our systems can perform.

Kevin Moultrie <http://www.transformersfitnessforkids.com.au>

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

#### **Quote of the Month:**

"Be true to the strength within your own heart then you can never go wrong." Dainere Anthoney, 1998-2013

#### **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

#### **Facebook - Join the group...**

##### **"Bondi Junction Kyokushin karate"**

Join the Bondi Junction dojo on Face book friends.

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

#### **The dojo:**

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

**Do you know:** August has the highest percentage of births

#### **Crocodile tears Myth:**

Modern English speakers use the phrase "crocodile tears" to describe a display of superficial or false sorrow, but the saying actually derives from a medieval belief that crocodiles shed tears of sadness while they killed and consumed their prey. The myth dates back as far as the 14th century and comes from a book called "The Travels of Sir John Mandeville." Wildly popular upon its release, the story recounts a brave knight's adventures during his supposed travels through Asia. Among its many fabrications, the book includes a description of crocodiles that notes, "These serpents slay men, and eat them weeping, and they have no tongue." While factually inaccurate, Mandeville's account of weeping reptiles later found its way into the works of Shakespeare, and "crocodile tears" became an idiom as early as the 16th century.

#### **This month's bad joke:**

It's OK to miss your ex-wife, as long as your aim is improving. John Laws

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

**Robbing banks is bad business:** Dr Karl weighs up the risks versus returns of crime. By [Karl S. Kruszelnicki](#)

**Crime doesn't pay: most bank robbers earn less than the average wage:** At some stage, you might have heard the old cliché: "Crime doesn't pay". Well, when it comes to bank robbery, it appears that crime actually does pay — but not very much. The movie version of bank robbery often looks pretty exciting. The hard yards consist of a few hours of planning, followed by a few minutes of adrenaline-charged fun. And then you can retire to some tropical island tax haven that does not have an extradition agreement with your country. At least, that's what Professor Barry Reilly from the Department of Economics at the University of Sussex, and his

colleagues, found out. They were able to access data from the British Bankers' Association. In 2007, out of the roughly 10,000 high-street bank branches in the United Kingdom, 106 got robbed. So about one in every hundred bank branches had some kind of attempted raid or robbery. From the banks' point-of-view, while they definitely don't want to lose any money, they are very concerned about "trauma to customers and employees and bad publicity". But from another point of view, you can regard bank robbery as an economic activity. So it has its own risks and returns, inputs and outputs, and profits and losses. So looking at economics of bank robbery, let's examine the output. In the United Kingdom, the average return for a bank job was about £20,000. Mind you, in one third of cases, the bank robbers got nothing at all. Another output is the possibility of getting caught and being sent to jail. This happens about 20 per cent of the time. But what about the inputs for the bank robbers? Inputs include, as with any economic activity, both labour and capital. These include how many robbers were in the gang, did they have any firearms, and so on. Then we have to consider another economic consideration — "efficiency". How efficient are these inputs at getting the robbers the output — the big bag of money? There are many factors that affect the efficiency — whether the bank's secret alarm activated, how close the bank was to the nearest police station, how many customers were in the bank at the time of the raid, and so on. It turns out that there are three main factors that affect the financial return. First, the number of robbers. Each extra gang member raises the take by about £9,000. Maybe this is because they are better organised. Maybe they have more efficient division of labour. So some people check out the bank lobby, others carry the money out of the vault, they have a dedicated wheelman to drive the getaway car and so on. Unfortunately the statistics tell us that even though the amount of stolen money goes up, the take-home pay per person goes down. The second factor that increases the size of the booty is if the bank robbers are armed — that reaps an extra £10,000. But suddenly the stakes are higher, because the penalties for armed robbery are significantly greater than for an unarmed robbery. The third factor is whether the bank has fast-rising security screens that typically pop up within half a second. This alone reduces the size of the booty. But going back to the average bank robbery of £20,000 — on average it involved 1.6 bank robbers. The return was only about £13,000 per bank robber. That's about half the average UK full-time wage of around £26,000. So our bank robber would not be set for life in wanton luxury in the Bahamas — all they get is a modest lifestyle for half a year. But associated with each bank robbery is an 80 per cent chance of not being caught. After one a half years, or three bank robberies, the odds of being out of jail are  $0.8 \times 0.8 \times 0.8$  which is roughly equal to 0.5. In plain English, after three bank robberies, the chance of getting caught by the cops and ending up in jail is 50 per cent. After four robberies, it's 60 per cent. As a career path and an economic activity, robbing banks is rubbish. The lessons are obvious. Economic rationalism is quite clear on this — either go straight, or change over to white collar crime. Published 27 May 2014 © 2014 Karl S. Kruszelnicki Pty Ltd

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<http://www.facebook.com/hanshi.taylor>

#### **AKKA Programs:**

1979–1981–1995–1996–1997–1998 If you have any the above programs, we are prepared to give a five DVD set of the 2006 Sydney World Cup in exchange or whatever fee is reasonable.