



# KyokushinSHIN Karate

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

## 2015 autumn camp:

The 2015 autumn camp was a great success which as usual ended in the normal senior grading, which was also a great success. The camp had one unusual aspect in that it was also used to raise money for the McGrath Foundation (a breast cancer foundation) which the AKKA proudly supports and very proud to have raised \$700.00 for a really worthwhile charity. The training was great, however, the weather as not very kind and we were forced to train inside on a number of sessions. The Saturday night "No-Talent-night was fantastic with some of the students actually proving they have talent? All-on-all a great camp and we thank all of the students on behalf of the McGrath Foundation. The grading results from the camp are as follows:-

Name:	Grade
Elliott Wong	Shodan
Harold Gerrero-T	Shodan
Nicholas Poulos	Shodan
Thomas Zambon	Shodan
Nicholas Williams	Shodan
Leif King	Shodan
Ben Castillo-Ronen	1 <sup>st</sup> Kyu
Sebastien Troccaz	1 <sup>st</sup> Kyu
Riddick Smith	2 <sup>nd</sup> Kyu
Ari Slamer	2 <sup>nd</sup> Kyu
Cooper Abela	2 <sup>nd</sup> Kyu
Susumu Tooyooka	2 <sup>nd</sup> Kyu
Ben Hoadley	3 <sup>rd</sup> Kyu
Aime Morris	3 <sup>rd</sup> Kyu
HarveyGreen	3 <sup>rd</sup> Kyu
Ethan Trenaman	4 <sup>th</sup> Kyu
Samara Trenaman	4 <sup>th</sup> Kyu
Gary Trenaman	4 <sup>th</sup> Kyu
Oliver Moore	4 <sup>th</sup> Kyu
Sara Kennedy	4 <sup>th</sup> Kyu
Tadeo Gale	4 <sup>th</sup> Kyu
Oscar Tenbrink	4 <sup>th</sup> Kyu
Daniel Curran	4 <sup>th</sup> Kyu
Djordje Vezmar	4 <sup>th</sup> Kyu
Reiner De Leon	4 <sup>th</sup> Kyu

## Kihon:

Because you are only as good as your foundation. anon

## 2015 NSW Championships:

The deadline is almost here, time is fast running out to entre. Those who are putting in kids into the contact (with padding, head guard and shin guards) should know that there are no head punches, no front kicks to the face and only a touch with a round house kick to the head, which will result in a wazari (half point) and two wazari will get an ippon (full point) win. Applications can be obtained at:-

NSW Full & Non Contact: link to event details

[http://www.akka.com.au/theEvent.php?the\\_event\\_id=169](http://www.akka.com.au/theEvent.php?the_event_id=169)

application form:

<http://www.akka.com.au/form/2015%20NSW%20Full%20and%20Non%20Contact%20Application.pdf>

Rules at: via web site: <http://www.akka.com.au>

## Bondi Junction Grading:

The Bondi Junction grading will be held on the 15<sup>th</sup> June, Applications can be obtained on the Bondi junction web site which is at:- <http://easternsuburbskarate.com.au>

Or by using the following link:

<http://easternsuburbskarate.com.au/forms/GradingApplicationGeneral.pdf>

## IKO-Matsushima organisation site:

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



## This month's quote:

"The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, ecology, or the president. You realize that you can control your own destiny"... Albert Ellis

## Does light instantly reach the speed of light?

When you turn on a torch, does the light instantly reach the speed of light? Or does it accelerate up to that speed very quickly? — The short answer is that light coming out of your torch instantly reaches the speed of light. Light doesn't accelerate to the speed of light, is 'born' at that speed. Light can only ever travel at the speed of light — 300,000,000 metres per second in a vacuum and a bit slower in air because it bumps into molecules. So why is light only allowed to travel at that one speed?

"There are two ways to answer that question" says David Jamieson, professor of physics at the [University of Melbourne](http://www.unimelb.edu.au). "The speed of light is the speed of light in order to guarantee the [Lorentz transforms](http://www.unimelb.edu.au), but that's too deep". Thankfully he has a better way — with an analogy to waves in string. "Imagine you've got a tight string and you pluck it and a wave goes shooting down the string. The speed of the wave depends on the tension in the string and a few other things, like how heavy it is". But there's a big difference between light waves and these waves. Light waves travel in empty space — a vacuum. They don't need to travel through a medium like string. The physicist James Clerk Maxwell worked out that all light is made of oscillating electric and magnetic fields, coupled together and reinforcing one another, and the speed limit on light is set by two constants that affect those electric fields and magnetic fields: the permittivity of the vacuum ( $\epsilon_0$ ), and the permeability of the vacuum ( $\mu_0$ ). Two constants make another constant "These two parameters — as a loose analogy — describe the 'tension' of the vacuum to carry a wave if you 'pluck' it. Permittivity describes the 'tension' for the electric

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fields and permeability describes the 'tension' for magnetic fields" says Jamieson. "The rising electric field generates a magnetic field and these two things are self-sustaining" says Jamieson. "Maxwell showed that when you put these two constants (permittivity and permeability of the vacuum) together to describe light, that then describes how fast that self-sustaining coupled pair of fields will travel through the medium that the fields exist in". And the number you get is another constant — 300,000,000 metres per second, or c, the speed of light. There's nothing magical about the number itself — like all constants "it's just something that humans have to put in (to our equations) to get all the units to come out right" says Jamieson. For an even more in-depth explanation, Jamieson suggests enrolling in a bachelor of science in physics. "When you get to third year we'll give you the real story". Professor David Jamieson spoke with Bernie Hobbs

#### Space travel:

For those who are interested in aliens and space travel, the nearest star which is **Alpha Centauri**, is approximately 4.2 light years away, or to put it in language that we normal people can understand about 42 trillion kilometers (a long way). If you are going make sure you take a packed lunch!

#### Jargon buster Epidemiological studies

Studies on human populations, which attempt to link human health effects (eg heart disease) to a specific cause or causes

#### Resting on laurels:

The idea of resting on your laurels dates back to leaders and athletic stars of ancient Greece. In Hellenic times, laurel leaves were closely tied to Apollo, the god of music, prophecy and poetry. Apollo was usually depicted with a crown of laurel leaves, and the plant eventually became a symbol of status and achievement. Victorious athletes at the ancient Pythian Games received wreaths made of laurel branches, and the Romans later adopted the practice and presented wreaths to generals who won important battles. Venerable Greeks and Romans, or "laureates," were thus able to "rest on their laurels" by basking in the glory of past achievements. Only later did the phrase take on a negative connotation, and since the 1800s it has been used for those who are overly satisfied with past triumphs.

#### The Australian AKKA calendar is as follows:

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:



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Join the Bondi Junction dojo on Facebook 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.*

#### DUTY – GIRI:

A strong sense of Duty, faithfulness for that given, (parents, Sensei and country) selflessness duty in delivering your best without expectation of reward.

#### Do you know?

The average person falls asleep in 7 minutes

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

**Body posture:** "If the stance is weak, the fighting is weak"

**If you are stung by a jellyfish someone should urinate on the sting: - MYTH!** This is an old wives' tale. Doing it could actually make matters worse. **ORIGIN:** If you have someone urinate on the sting, it may appear to be working at first. This is because the acid in the urine may neutralize the stinging sensation for a short period. This relief is temporary at best. Furthermore, because of toxins in the urine, the sting could become infected. If you are stung by a jellyfish, the recommended advice is to check for and remove any loose tentacles that may still be on your skin, and then immerse the affected area in warm water.

#### How to make war (fight):

The secret of all victory lies in the organization of the non-obvious. [Marcus Aurelius](#)

1. Concentrate every minute like a Roman – like a man – on doing what's in front of you with precise and genuine seriousness, tenderly, willingly, with justice. And on freeing yourself from all other distractions. Yes, you can – if you do everything as if it were the last thing you were doing in your life, and stop being aimless, stop letting your emotions override what your mind tells you, stop being hypocritical, self-centred, irritable.
2. How to act: Never under compulsion, out of selfishness, without forethought, with misgivings. Don't gussy up your thoughts. No surplus words or unnecessary actions. Let the spirit in you represent a man, an adult, a citizen, a Roman, a ruler. Taking up his post like a soldier and patiently awaiting his recall from life. Needing no oath or witness. Cheerfulness. Without requiring other people's help. Or serenity supplied by others. To stand up straight – not straightened.
3. Your ability to control your thoughts – treat it with respect. It's all that protects your mind from false perceptions – false to your nature, and that of all rational beings. It's what makes thoughtfulness possible and affection for other people, and submission to the divine.
4. Forget everything else. Keep hold of this alone and remember it: Each one of us lives only now, this brief instant. The rest has been lived already, or is impossible to see. The span we live is small – small as the corner of the earth in which we live it. Small as even the greatest renown, passed from mouth to mouth by short-lived stick figures, ignorant alike of themselves and those long dead.

#### 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

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