



# KyokushinSHIN Karate

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“Everybody falls, but we get back up because the ground is no place for a champion” “



## 2015 In retrospect:

The 2015 Australian Championships was a very successful for the Bondi Junction Kyokushin Dojo.

**The Bondi place getters are as follows:**

### Full Contact Results:

1<sup>st</sup> Place: Ysobel Jarjoura

### Female Middleweight Open Division:

2<sup>nd</sup> Place: Lissa Hodder

### Female Lightweight Open Division:

1<sup>st</sup> Place: Ai Ikeda

### Male Heavyweight 3<sup>rd</sup> & 4<sup>th</sup> Kyu Division:

1<sup>st</sup> Place: Djordji Vezmar

### Female Lightweight 5<sup>th</sup> Kyu & Under Division:

2<sup>nd</sup> Place: Pamela Tungkarisi

### Non Contact Results:

#### Male Open Division:

1<sup>st</sup> Place: Nick Williams

2<sup>nd</sup> Place: John Williams

3<sup>rd</sup> Place: Susumu Toyooka

#### Male 10 – 12 Years Division:

3<sup>rd</sup> Place: Nicholas Poulos & Harold Gerrero-T

#### Female 8 & 9 Years Division:

3<sup>rd</sup> Place: Laura Casas

#### Male & Female 6 & 7 Years Division:

1<sup>st</sup> Place: Daniel Gordan

3<sup>rd</sup> Place: Cory Linker

The Bondi Junction dojo fighters can be very proud of the great effort they put up. Even those who were unplaced can be proud of their effort. It is fantastic to see the confidence that the kids fight with. Looking back from their starting days, they were hardly able to put one foot in front of the other. It makes us proud to see the results of training and tournaments.

I tell everyone, the tournament are a big part of producing quality confident fighters, students should enter every tournament they can, if they want to make big improvements in fighting technique. I know I “push” everyone into taking part, that is because I know what a difference it makes!

It would be amiss of me not to mention the four Bondi Junction fighters selected to represent Australia in the 2015 European Championship in Lund, Sweden. Congratulations to

- Sempai Ysobel Jarjoura - Sempai Ai Ikeda –
- Sempai Sarah Moses - Sempai Lisa Hodder

Special congratulations to Sempai Jarjoura who come 3<sup>rd</sup>. All of the Australian (Bondi) team put up a great showing which is a great lead-up to the 2016 World Championships in Japan on the 26<sup>th</sup> & 27<sup>th</sup> November. Keep your eyes open for information on a great supporter's package to the World Championships and the tour.

### 2016 AKKA Calendar

Friday 11th – 13<sup>th</sup> March: NSW Camp & grading  
Sunday 20<sup>th</sup> March Kempo Ryu Open (NSW)  
Open Championships  
Sunday 17<sup>th</sup> April Victorian AKKA Full & Non  
Contact Open Championships  
Sunday 22nd May: NSW AKKA Full & Non Contact

Saturday 20th August: Championships  
Australian No contact & Kata  
Championships  
Sunday 21st August: Australian Full Contact  
Championships  
Saturday & Sunday 26<sup>th</sup> & 27<sup>th</sup> November  
World Open Kyokushin Championships (Maebashi – Japan)

## 2016 Australian Championships:

The 2016 Australian Kyokushin Open Championships being held on the 20<sup>th</sup> & 21<sup>st</sup> August is the 40<sup>th</sup> Championships and a milestone for the Australian Kyokushin Karate Association and Australian karate in general.

### The Bondi Junction Team:

The Bondi Junction dojo is the Headquarters for the Australian Kyokushin Karate Association and a premier Kyokushin karate club and no doubt once again we will show the way at the 40<sup>th</sup> Kyokushin Open Championships. To this end we ask that every-one make a big effort in 2016 and either, compete, officiate or be a member of the working staff.

Due to the significant of the 2016 Australian Championships, Kancho Matsushima, has decided to be the guest of honour. Whilst here he will be running a seminar that everyone can attend, do not be put off by thinking you would not be able to keep up, Kancho runs a very participant friendly seminar that everyone can follow, so do not miss out on a great opportunity to train with Kancho, who knows when he will come back and you will get another opportunity? Or you may have to travel to Japan to be so a privileged.

**Bondi Junction dojo effort:** To make our mark in the Bondi Junction dojo at the Australian Championships, you should plan your year, of course, in the first instance, “train hard” next “plan your tournaments”, perhaps starting with the Kempo Championships in March, a very good event to kick off (no pun intended) your tournament year followed by the NSW Kyokushin Open Championships on Sunday 22<sup>nd</sup> May. Keep in mind that all the tournaments are both Full Contact and Non Contact, so everyone is able to participate. Some fighters do both, and that is truly to be admired for the great effort that it is. If you are really keen or looking to make the Australian Team to the World Championships on the 26<sup>th</sup> & 27<sup>th</sup> November in Japan, then you should plan on doing the Victorian, New South Wales and National championships. The Australian team will be selected from these three events!

**Overseas fighters:** To make the 40<sup>th</sup> Australian Championships more exciting, is the fact that we expect a number of overseas fighters, including a South African team. For those that were lucky enough to see the 2014 World Championships in Durban, (Sempai Jarjoura came 1st) will know what exciting fighters the South African are!

### Karate Tournaments:

Have you or your child ever competed in a karate tournament? There are many great benefits to competing in a karate tournament. Here are our top 5 favorite reasons to try it out:  
1. You're done practicing. Now it's time to play!  
In team sports, you spend a lot of time sharpening your skills

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

through training so that you can perform well when you compete against another team.

It's no different in martial arts, except that instead of playing a game, we compete in karate tournaments.

You've spent so much time during your karate classes practicing your kicks and punches, working on your flexibility, learning effective sparring combinations and strategies. Why not put that work to use and see how you do in a karate tournament?

2. Improve your skills by going against new competitors.

Chances are, you've spent so much time sparring with your classmates that you already know all their strengths and weaknesses: this person has a powerful roundhouse kick but a tendency to drop their hands, another person has a great attack but all you have to do avoid it is change your angle.

You can only improve as much as the best person you compete against. That's why competing in a karate tournament is so powerful. It exposes you to other karate students whom you have never trained with before, which forces you to up your game.

3. Open your eyes to a whole world of martial arts

One of the most exciting aspects about going to a karate tournament is getting to watch performances from the best martial artists from around the State - or in the case of national tournaments, from around the country.

It can really open your eyes to the fact that karate is not just what goes on at your karate school — there's a whole world of martial arts out there.

4. You'll bond with your classmates like never before.

Even though karate is an individual sport, there is such a strong sense of teamwork among the Bondi Junction students, and something about the setting of a karate tournament enhances that sense of togetherness even more.

In past tournaments we've been to, anytime one student was sparring, the entire group would come out and cheer them on. If one of them got hurt, the entire group would rush to comfort and console that person.

It's being able to experience those ups and downs together as a group that really makes you feel like you're part of our family.

5. Whether you win or lose, it'll make you stronger

There's a famous quote by Sosai Oyama, who founded kyokushin karate that says: "A human life gains luster and strength only when it is polished and tempered."

That sentiment extends to karate tournaments. While you should always go into a tournament with the goal of winning, you should understand that no matter what the eventual outcome, you will learn a great deal from the experience.

We've seen talented students who lost in the first round of their first tournament who were so humbled by the experience that they intensified their training and took their skill level even higher. We've also seen students initially wracked with self-doubt who walked away with trophies, which gave them the confidence boost they needed to keep improving.

Whether you decide to compete or come as a spectator.

**I hope you'll join us at 40<sup>th</sup> Australian Kyokushin Open Karate Championships on the 20<sup>th</sup> & 21<sup>st</sup> August. It'll be an experience you will not forget**

#### **Karate students:**

1) They are always working on improving themselves.

Each training day brings new challenges for karate students.

Whether it's learning a new technique or perfecting one,

Kyokushin students know that there is always room for improvement. Not only does this bring them closer to their goals, but it transfers into their daily lives as well. They just

want to keep on getting better, at least 1% a day!

2) They are happy.

There's no doubt that Kyokushin karate is a great stress reliever. Where else can you kick pads, spar or hang out with equally awesome people all day long? It's easy to do when you love what you do – it's always endorphin city, 24 hours a day, 7 days a week!

3) They are loyal.

The more time you spend with the same people, the more tightly knit you become. Kyokushin students feel this way about their teammates, the people who they constantly train with throughout the week. They become part of a big family, where being related by blood becomes irrelevant. They are always there for each other, no matter what, because that's what families do.

4) They are ready to learn new things.

Kyokushin students are pretty much up for anything – why wouldn't they be? They've signed up for practically a lifetime of learning. They know that there are always new techniques to learn, new methods to follow, new challenges to face – it's all part of continuous self-improvement. This brings them closer to their goals; not only in karate but in their daily lives.

5) They are willing to take risks.

Kyokushin students know that they cannot get anywhere playing it safe. They know that sometimes they have to take risks. Whether it is in sparring or in their everyday lives, they need to take that plunge that could possibly lead to greatness. They know what happens if they refuse to take risks—nothing!

6) They are passionate.

Kyokushin students always put 100% of themselves into anything and everything that they do. Whether it is trying to perfect technique, preparing for competition or even trying to meet deadlines at work, Kyokushin students stop at nothing to pursue their goals. "That" is what makes them awesome!

7) They are courageous.

Not everyone has the power to defend themselves in compromising situations or know that they can face their opponent in front of hundreds of screaming supporters. This is the power of Kyokushin Karate, it brings you courage beyond belief. Through training in Kyokushin karate, Kyokushin students have developed the confidence to take control of their lives, way beyond the tournament mat, or the dojo.

8) They never lose their cool.

Kyokushin students know the value of mental strength. It is what pushes them to go beyond their limits. Whether it's during those last few seconds of punching a pad when you can barely breathe or when you've been beaten to the point over and over again and still willing to fight afterwards takes quite a bit of mental strength. As you can see, there's no doubt that mental strength will help you get through the toughest times!

9) They are dedicated.

Kyokushin students are definitely not lazy. They know that if they procrastinate in training someone's eventually going to get ahead of them, bringing them further away from accomplishing their goals. Instead, they put in the extra hours for training and do the necessary strength and conditioning for peak performance. They know that discipline what is needed To take them to the next level! It's not hard to see that Kyokushin karate is truly the best platform to unleash the greatness within us all. Let's continue being awesome and improve our lives, just a little bit everyday!

#### **This is unbelievable:**

<https://www.facebook.com/671078782982137/videos/892327400857273/?fref=nf>