

KyokushinSHIN Karate

Hanshi Taylor's Branch - Newsletter – shiantaylor@ozemail.com.au

January 2017 IKO-Matsushima Organisation

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

2016 in retrospect:

Looking back at the 2016 year, it was a great year for both the Hanshi Taylor Branch and the Bondi Junction dojo. We started the tournament calendar by winning the female Open Heavyweight Division, thanks to a great effort by *Sempai* Jarjoura and another Bondi Junction fighter in Djordje Vezmar, an up-coming young Bondi Junction heavyweight fighter who came second in the Male 4th & 3rd Kyu (Green belt) division. Tamworth fighter, Steven Hill from the *Shihan* Tyson dojo, another strong dojo in the Hanshi Taylor Branch won the Male Middleweight Green belt division. The Bondi Junction kids contact fighters were on fire with Brothers Scot and Edward Feng getting placed with Scott steaming through to get second place in the 10-12 Years Middleweight division and Edward going just one better in the 10-12 Years Heavyweights. Other Bondi Junction kids who cleaned up in the 2016 Kids contact are Amaryl Vanderweegh - Summer Crispin-Scott - Daniel - Valient Liu and not forgetting Junji Fukuta who cleaned up in the Male Middleweight 13-15 years group. Along with a whole stack of success in the NSW Non contact it was great day for our branch.

2017 Nationals:

The 40th Australian Kyokushin Karate Association Nationals no doubt an outstanding success, made even more so by the attendance of *Kancho* Matsushima. Day one started the very successful weekend with the Non Contact Divisions as well as the children's Contact Padded Divisions. The certificate ceremony on day two was a huge success with *Kancho* presenting many of the past champions and place getters over the last 39 years of AKKA Open Full Contact Champions with specially created beautiful certificate. The presence of so many past champions seemed to lift the atmosphere as well and the fighting. All-in-all great day and a great event.



KARATE is not
about being
better than
someone else,
it's about being
better than
you were
the day before.

New Bondi Junction members:

I would like to welcome to the dojo the new members to the Bondi Junction dojo in 2017.

Kobe Bloom
Dean Martanas
Summor Nam
Julian Tay
Michael Dennis
Ryota Suzuki
Dionne Kalleyer
Arthur Pach

2017 the first Asian Pacific Championships:

As many would be aware, the first Asian Pacific Championships will be held on 21st 24th May 2017 in Jakarta Indonesia. The event will have 1st, that being a junior (kids) contact padded division.

The tournament schedule is as follows:-

Friday 19th May: Arrival and welcome party.
Saturday 20th May: Briefing, weigh-in and match officials seminar.
Sunday 21st May: Tournament & Sayonara Party.
Monday 22nd May: Asian Pacific meeting and Seminar.
A one day city tour will be available for those not attending the Asian Pacific meeting.
Tuesday 23rd May: Grading by *Kancho*.
Wednesday 24th May: Departure date.

For those that would like to join the Australian team to the 1st IKO-Matsushima Asian Pacific Championships. I can provide the following information to for a rough calculation of the likely costs. I can give a more detailed costing once we know how many are interested in joining us. For those that would like to have a stop-over in Bali on the way back, I will also source a hotel in Bali and provide more detailed information at a later date.

For those that do wish to spend a few days in Bali on the way back, the airfare is the same regardless of having a stopover in Bali or not. With that in mind here are the approximate costs.
\$750.00 Airfare (Garuda) via Melbourne or Sydney (Brisbane information not available at the time)
\$500.00 @\$100.00 per person per night
\$1,250.00 Approximate cost

The above cost does not include any stop-over the hotel costs. This information is as provided to me by the Kyokushin Indonesia and not to be relied on.

Match officials:

If any Australian internationals accredited official wish to officiate at the Asian Pacific, you should obtain the officials application signed by your branch Chief and forward it to setia@mitrainfosarana.co.id

Kancho Matsushima: Like to see *Kancho* in 1984, giving a demonstration, follow this link.

<https://www.facebook.com/t.f.o.a.i.k.o/posts/913618228757421>

2017 AKKA & Bondi Junction Calendar

10th – 12th March: NSW Camp & Green Belt & over Grading
19th March: Kempo Ryu tournament Sydney
30th April: Victorian Championships
21st May: Asian Pacific Championships - Jakarta (*Hanshi* attending)
25th June: NSW Non Contact & Full Contact (Adults) & Children's Padded Divisions
14th – 17th July: German training camp (*Hanshi* attending)
19th August: Australian Open Non Contact Open Championships & Children's Padded Div.
20th August: Australian Open Full Contact Open Champs

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

8th - 10th Sept: NSW camp & Green Belt & Over Grading
1st October: NSW Country Championships - Griffith
28th – 29th Oct: European Championships – Barcelona Spain
(Hanshi attending)
4th December: Bondi Junction Under Green belt grading
22nd December: Last training session for 2017
23rd December: End of year party
3rd January 2018: Bondi Junction returns to training.

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Kyokushin recommends the following medical services:

Chiropractic advice:

Healthy Life Chiropractic
Dr. George Pappalo - Daceyville Ph: 93142999

Physiotherapy advice:

David Hawkins:- The Physiotherapy Clinic
Bondi Junction Ph: 9387 1011

Great truths about life that children have learned:

- 1) No matter how hard you try, you can't baptise cats.
- 2) When Mom is mad at Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back, they always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandpa's lap.

Quick Look at Reflexes: What happens when your healthcare provider taps on your knee with a rubber mallet? Your leg kicks forward, seemingly on its own. And in a sense, your leg has a mind of its own — in your spinal cord. When the mallet hits your knee, it stretches the tendon just below the kneecap. That causes a signal to travel along a nerve to your spine, where a waiting motor neuron sends out an automatic command to contract the muscle attached to the tendon. When the muscle contracts, your leg kicks. You are born with such “hard-wired” reflexes. Most are located in the spinal cord, but some are in the motor centers of your brain. They work to protect your body from injury. And they also form the basis for more complicated physical activities, like standing, walking, or riding a bike. Your brain's role: Your brain gets involved by modifying and fine-tuning reflex actions. For example, when you trip and fall, reflexes automatically command your hands and arms to reach out and break your fall. Muscles will contract throughout your body to minimize injury. But what if you were carrying a priceless object, say, a Ming vase? Would you drop the vase in order to use your hands to break the fall? Not necessarily, experts say. Within 10 to 30 milliseconds after tripping, the conscious motor centres of the brain would take control of the fall, weighing the chances of breaking the vase versus breaking your neck. If the object in your hands is important enough to you, you can modify the reflex action and keep a grip on the vase. Modifying reaction time: Reflexes do play a role in reaction time. Some people are born with faster reflexes. Electrical impulses actually travel more quickly through their nerves. But you can also speed up nerve conduction through practice. A soccer player, for example, can improve his running or kicking, and in the process, his knee jerk might get faster. But those kinds of improvements are specific to the activity. A soccer player's feet and legs

might develop faster nerve conduction than average. But if that same soccer player were to engage in a contest of finger speed with a classical pianist, the pianist would win, hands down. The real key to reaction time is practice. By repeating the same movements, you make them almost automatic. That's why professional baseball players can dive to catch a sizzling line drive. And it's also why once you learn to ride a bike, you never forget. These actions aren't classical reflexes, but with so much practice, your movements almost mimic a reflex. They are motor skills that have been etched into your nerves and brain so that those motor pathways are almost reflexive. Reflexes and age: Reflexes do slow with age. Physical changes in nerve fibers slow the speed of conduction. And the parts of the brain involved in motor control lose cells over time. But the effect of age on reflexes and reaction time varies tremendously from person to person. You can actually slow down — even reverse — the effects of aging by staying physically active. Remember the saying: If you don't use it, you'll lose it. Medical Reviewers: Jasmin, Luc, MD

Private Lessons with a Black Belt:

Private lessons are a great way to get your martial art path off to the quickest start and/or to gain early results or event brush up on your kata! Call *Hanshi* on 0418284100 for a lesson with one of the Bondi Junction black belts.

Lightning never strikes in the same place twice MYTH!

This is a long-standing myth, but there is no truth in it. Lightning tends to strike the tallest object around, so tall buildings, bridges, etc. get many strikes. Towers or skyscrapers that reach or exceed 1,000 ft/305m are virtually guaranteed to take at least one direct hit during any thunderstorm that passes overhead.

ORIGIN: When people quote this saying, they are probably thinking of flat, open country. If a storm passes over such terrain, lightning is just as likely to strike in one place as another, so the chances of two strikes occurring on exactly the same bit of ground are small. However, even in such conditions it could happen. A strike to any location does nothing to change the electrical activity in the storm above, which will produce another strike as soon as it 'recharges'. And a previously hit location is then just as likely to be struck as any other spot. But it is really television towers and skyscrapers that blow the 'lightning never strikes twice' myth out of the water. *The Sears Tower in Chicago*, for example, is struck by lightning 40 to 90 times a year. So if anyone in future tells you 'lightning never strikes the same place twice', just say 'yes it does' and quote this example to them!

2018 IKO-Matsushima World Cup:

At the recent IKO-Matsushima Internationals Committee meeting it was decided that the 2018 World Cup will be held in Shanghai, China. It is the first time that the IKO-Matsushima organisation has held an international event in China and the Chinese delegation should be congratulated on a great a proposal which was both professionally put together and presented. Several countries put in bids for the 2018 event including Chile, who also put in a fantastic bid, however, it was felt that the Chilean organisation needed more time to build up before they would be ready for host such a large event. The next World Cup after 2018 will be in 2022, hopefully the Chileans will make another great bid for that.

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: Australia \$50.00 (postage Australia \$5.00)

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