

# KyokushinSHIN Karate

Hanshi Taylor's Branch - Newsletter – [shiantaylor@ozemail.com.au](mailto:shiantaylor@ozemail.com.au)

February 2017 IKO-Matsushima Organisation

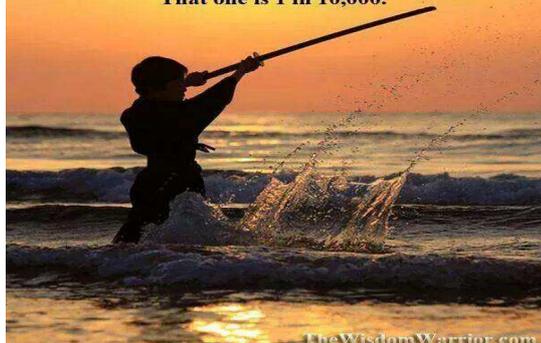
**"Everybody falls, but we get back up because the ground is no place for a champion"**

## How hot can it get?

We are now in the hottest February on record in the Sydney area and no doubt everywhere else in Australia, it has been a tough summer to train in. Some nights it had been over 40° in the dojo, in saying that I am amazed that the classes have been so full especially the kids' classes. Kids are really keen and tough. Of course we had to give more drink breaks, but all-in-all the kids have handled it just fine! With the NSW Summer camp not far away, let's hope the weather relents and gives us some normal temperatures? All you in the Northern Hemisphere who are not suffering extreme cold, no doubt can feel a little sympathy for us poor Australians boiling to death! While you freeze to death, and a Strange world it is?

### THE BLACK BELT

For every 10,000 people who start martial arts, half drop out within the first six months. Of those remaining students, about 1,000 will complete one year of training, then quit. 500 will study for two years, and only 100 will make it three years. On average, only 10 will earn their 1st degree black belt, and only 1-2 will earn their second degree black belt. Only one will go on to become an instructor and teach others the way.  
That person is the black belt.  
That one is 1 in 10,000.



## AKKA & Bondi Junction Calendar

- 10<sup>th</sup> – 12<sup>th</sup> March: NSW Camp & Green Belt & over Grading
- 19<sup>th</sup> March: Kempo Ryu tournament Sydney
- 30<sup>th</sup> April: Victorian Championships
- 21<sup>st</sup> May: Asian Pacific Championships - Jakarta (Hanshi attending)
- 25<sup>th</sup> June: NSW Non Contact & Full Contact (Adults) & Children's Padded Divisions
- 14<sup>th</sup> – 17<sup>th</sup> July: German training camp (Hanshi attending)
- 19<sup>th</sup> August: Australian Open Non Contact Open Championships & Children's Padded Divi.
- 20<sup>th</sup> August: Australian Open Full Contact Open Champs
- 8<sup>th</sup> - 10<sup>th</sup> Sept: NSW camp & Green Belt & Over Grading
- 1<sup>st</sup> October: NSW Country Championships - Griffith
- 28<sup>th</sup> – 29<sup>th</sup> Oct: European Championships – Barcelona Spain (Hanshi attending)
- 4<sup>th</sup> December: Bondi Junction Under Green belt grading
- 22<sup>nd</sup> December: Last training session for 2017
- 23<sup>rd</sup> December: End of year party
- 3<sup>rd</sup> January 2018: Bondi Junction returns to training.

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## Bad joke of the month: Conversation:

This conversation between a man and his wife. Please note that she asks five or six questions which he answered quite simply, but then she is speechless after answering only one question. I bet this happens more often than not to most husband out there:

Woman: Do you drink beer?

Man: Yes

Woman: How many beers a day?

Man: Usually about three

Woman: How much do you pay per beer?

Man: \$5.00 (this is where it gets scary!)

Woman: And how long have you been drinking?

Man: About 20 years, I suppose

Woman: So a beer costs \$5 and you have three beers a day which puts your spending each month at \$450. In one year, it would be approximately \$5400 correct?

Man: Correct

Woman: If in 1 year you spend \$5400, not accounting for inflation, the past 20 years puts your spending at \$108,000 correct?

Man: Correct

Woman: Do you know that if you didn't drink so much beer, that money could have been put in a step-up interest savings account and after accounting for compound interest for the past 20 years, you could have now bought an airplane?

Man: Do you drink beer?

Woman: No.

Man: Where is your airplane?

## New Bondi Junction members:

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

Noelle Nakan

Theodore Michalopoulos

William Prior

Winston Lu

## Medical jargon:

Anaemia: A condition where there is insufficient red blood cells in the body. It can cause tiredness and fatigue.

## 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

## Congratulations:

To *Sempai* Prue McSweeney on the birth of her second baby "Chloe Violet" The older members will remember Prue as the Bondi Junction Lightweight fighter who in 2000 won the IKO-Matsushima World Championships in Maine (USA). I am sure you all join me in congratulating *Sempai* and wishing both her and Chloe the very best.

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

### Water:

Water is the best choice for quenching your thirst. Coffee and tea, without added sweeteners, are healthy choices, too. Some beverages should be limited or consumed in moderation, including diet drinks, fruit juice and milk. Alcohol in moderation can be healthy for some people, but not everyone. Avoid sugary drinks like soda, sports and energy drinks. There are many options for what to drink, but for most people who have access to safe drinking water, water is the best choice: It's calorie-free, and easy to find as the nearest tap. Water provides everything the body needs—pure H<sub>2</sub>O—to restore fluids lost through metabolism, breathing, sweating, and the removal of waste. It's the perfect beverage for quenching thirst and re-hydrating your system. How much water do I need? There is no one estimate for how much water the average person needs each day. Instead, the Institute of Medicine has set an adequate intake of 125 ounces / 3.7 litres (about 15 cups) for men and 91 ounces / 2.7 litres (about 11 cups) for women, note that this is not a daily target, but a general guide. In most people, about 80% of this water volume comes from beverages; the rest from food. Water is an excellent calorie-free, sugar-free choice. For some people who are accustomed to drinking sweet beverages, water can initially taste bland.

### 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)

### Read the riot act

These days, angry parents might threaten to "read the riot act" to their unruly children. But in 18th-century England, the Riot Act was a very real document, and it was often recited aloud to angry mobs. Instituted in 1715, the Riot Act gave the British government the authority to label any group of more than 12 people a threat to the peace. In these circumstances, a public official would read a small portion of the Riot Act and order the people to "disperse themselves, and peaceably depart to their habitations." Anyone that remained after one hour was subject to arrest or removal by force. The law was later put to the test in 1819 during the infamous Peterloo Massacre, in which a cavalry unit attacked a large group of protestors after they appeared to ignore a reading of the Riot Act

### Shakespeare's plays feature the first written instances of hundreds of familiar terms.

William Shakespeare is believed to have influenced the English language more than any other writer in history, **coining—or, at the very least, popularizing—**terms and phrases that still regularly crop up in everyday conversation. Examples include the words "fashionable" ("Troilus and Cressida"), "sanctimonious" ("Measure for Measure"), "eyeball" ("A Midsummer Night's Dream") and "lackluster" ("As You Like It"); and the expressions "foregone conclusion" ("Othello"), "in a pickle" ("The Tempest"), "wild goose chase" ("Romeo and Juliet") and "one fell swoop" ("Macbeth"). He is also credited with inventing the given names Olivia, Miranda, Jessica and Cordelia, which have become common over the years (as well as others, such as Nerissa and Titania, which have not).

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

### Join me on face book:

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

### Camels store water in their hump: MYTH!

Many of us, when looking at camels in the zoo, still believe their humps are filled with water. That's not the case, though. A camel's hump or humps - some species have two - is actually a food reserve.

**ORIGIN:** It's common knowledge that camels can survive for many days in the hot desert without access to water. So many of us simply assume they carry a supply of water around in their hump. This is easily disproved by cutting into it. Such an action would reveal that the hump is mostly fat which is absorbed as nutrition when food is scarce. So how do camels survive so long without water? The answer is that when camels find water, they drink a lot of it. A camel can consume 80-100 liters/17.5-22 gallons of water in just ten minutes. The camel's gut releases this water slowly over time, so as not to overload the animal's metabolism. Camels also have an exceptional ability to minimize their water losses. They don't sweat, for example, and produce very little urine. Although it's a myth that their humps are filled with water, this does not alter the fact that camels are amazing animals, wonderfully adapted to living in harsh, desert conditions.

### My favorite fact:

The statistics on sanity say that one out of every four persons is suffering from some sort of mental illness. Think of your three best friends. If they are all OK, **then it's you.**

### The Journey of Grades and Grading in the Kyokushin Way: By *Shihan* Bowden

#### Part One:

Some styles I have come across say that they do not worry about grades but in my mind they are a very important part of your karate training.

#### Kyu Grades: by *Shihan* Bowden

In Kyokushin we have a *kyu* grade system comprising a 10<sup>th</sup> *Kyu* ladder leading to a Dan Grade system. The grading system is to show your instructor and yourself that you are progressing along the path of training. This path has another side effect and that is one of respect, for the grade that you carry this applies from white belt to the highest Black Belt it also creates a pecking order in the class with the senior grades at the front through to junior grades at the back. The early *kyu* grades are to give you ground work or foundation for which to build the rest of your karate on. When you reach 4th *kyu* to me it is your first challenge as this is by most instructors the turning point of your training by passing this grade you have said to yourself and your instructor that you are on the track to achieving your first main goal your Black Belt. To this end your 4th *kyu* grading will be your first physical and technical grading showing you what you will expect in future gradings, in most cases your instructor will be less forgiving of any mistakes that you might make especially in your basic techniques.

#### A teachers question to a kid's class:

##### What is the right age to get married?

No age is good to get married at.

You got to be a fool to get married.

Freddie, age 6

##### How can a stranger tell if two people are married?

You might have to guess, based on whether they seem to be yelling at the same kids.

Derrick, age 8

##### What do you think your Mum and Dad have in common?

Both don't want any more kids.

Lori, age 8

##### What do most people do on a date?

Dates are for having fun, people should use them to get to know each other. Even boys have something to say if you listen long enough.

Lynnette, age 8 (ouch)