

Kyokushin SHIN Karate

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

April 2017 IKO-Matsushima Organisation

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

2017 NSW Summer camp:

There's nothing quite like the feeling of watching the sun set over a beautiful national park after a long day of hard training. The body finally resting with a satisfying exhaustion. As you look out at the long row of dogi slung over a wire fence, the delicious smell of a hearty meal drifts out from the kitchen: a reward for the day's efforts. There's nothing quite like the bliss of Karate Camp.

The Australian Kyokushin Karate Association's NSW Grading Camp is held in Heathcote twice a year, and brings together karateka from around Australia for a weekend of training. Now in its' 21st year, it has provided generations of students not only with intensive training and an opportunity to test themselves in a grading, but a chance to get to know other karateka from all walks of life. This year was no exception, with the March camp attracting over a hundred participants from Kangaroo Island, Freshwater Creek, Tamworth, Sydney and beyond. Arriving on the Friday night, there's always an excitement in the air as everybody reunites with old friends and meets new faces. Beds are made and dogi laid out in anticipation for the early start. Away from the hustle and bustle of the city, and the stresses of everyday life, a tranquility spreads across the camp as everybody settles into sleep. With nothing but National Park around us, it's an incredibly peaceful experience. That is until a high pitched screech pierces through the dark at 5am! Hanshi John Taylor, 9th Dan in Kyokushin Karate and President of the AKKA, gleefully makes his way through the camp with his trusty whistle. It's time to get ready for the first session. Most are barely awake as they drag themselves into the hall, but by the end of the hour and a half session, everybody leaves with a spring in their step and an appetite for a massive breakfast. And the kitchen staff deliver in spades. Every meal is lovingly prepared by a team consisting of members of the karate community, and they do an incredible job of keeping us fuelled and happy. There are two more sessions on the Saturday, usually held outside as long as the weather permits. Students are split up in groups according to grade, and taken through a mix of *kihon*, *idogeiko*, *kata* and self defence techniques. The sticks, gumnuts and uneven ground make for a sometimes challenging terrain, but are soon forgotten. After the last session of the day, the grading candidates are put through their paces in a series of fitness and strength tests, before hitting the showers and relaxing with some dinner as the sun sets. After dinner, it's (no)Talent Night! These Saturday nights have seen everything from bad jokes, worse karaoke, puppet shows and dance numbers, to the occasional display of actual talent. From the kids as young as 7 to the more mature ones at 75, everybody gets up in a night that often has a few cringe moments, but brings everybody closer together in laughter. This camp, however, was a very special one. By request from one of the students, *Hanshi* recounted some of his experiences along his karate journey thus far. From memories of his early experiences with combat sport in boxing as a kid, through his time training as an *uchi deshi* under *Sosai Mas Oyama* at *Honbu* in Japan to the early years of bringing Kyokushin to Australia and running the first

National Full Contact Karate tournament: it was an exciting mixture of inspiring stories and hilarious anecdotes. It was a tiny glimpse of the incredibly rich history of Australian Karate that *Hanshi* has created. An experience we will all no doubt treasure for many years to come.

The second morning is a little rougher than the first, with the fatigue setting in, but when you're in a hall with over a hundred other humans who share a love for karate, it doesn't take long for your energy levels to lift. After two more sessions, the whole weekend culminates in a grading for those wanting to attain their next belt. The 5 hour grading, covers everything from *kihon* to escape techniques and finishes off with *kumite*. As always, we witnessed great displays of technique, knowledge, courage and spirit: a fitting finale for the incredible weekend. As the camp drew to a close, we all packed our cars and headed on the road towards our various homes, with weary but smiling faces. No doubt, everyone created some fond memories and will eagerly await the next camp in September. **By Sempai Ai Ikeda**

Confidence

Confidence is feeling good about yourself and your belief in succeeding at what you do. When you are confident, it is easier learning a new skill, meeting new people or facing difficult situations.

To be a confident person, you must first, believe in yourself! Find the things you are good at and focus on them by spending more time developing these interests. Occasionally, you will fail or become discouraged, but look at setbacks creatively. Each time something doesn't quite go your way, don't criticise yourself, learn from the experience and move on! An example is if you lose at a tournament, do not put negative thoughts on your loss, everyone wins in a tournament, it is just that some get rewarded for going further than the rest. Learn from the experience and come back stronger and better next time, whatever happens “Do not give up”

Be positive:

Did you know there are twice as many words in the English language to describe negative or bad emotions, than there are for positive or good ones? Words are tools for thought, therefore we have more tools to think and feel bad about ourselves than we have to think and feel good. So it's easier to become an insecure and negative person.

Defeat Negative Thoughts with Black Belt Mental Discipline!

- ✓ Put this up in to your bedroom with quotes like, “I'm special”, “I'm okay”, “I can accomplish things” or whatever goals you want to achieve. This will stamp on your mind a mental picture of you succeeding and cancel out the negative thoughts of doubt.
- ✓ Do more things for yourself and try to do them better.
- ✓ Improve on your homework.
- ✓ Have a clean and tidy appearance.
- ✓ Speak in front of groups.
- ✓ Train to be better in karate

Follow these simple exercises **now** and your confidence will continue to grow. **Believe you can do it, act and very soon you will be doing it....** **Hanshi Taylor**

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

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

AKKA & Bondi Junction Calendar

- 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 Divi.
20th August: Australian Open Full Contact Open Champs
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.

Bad joke of the month:

I told my son "you will marry the girl I choose" he said "no"
I told him "she is Bill Gates daughter" he said "yes"
I called Bill Gates and said "I want your daughter to marry my son" Bill Gates said "No" I told him "my son is the C.E.O. of the World Bank" he said "okay" I called the president of the World Bank and asked him to make my son the C.E.O. he said "no" I told him my son is Bill Gates son-in-law" he said "okay" **This is exactly how politics works....**

New Bondi Junction members: I would like to welcome the following new students to the dojo:

- Joshus Gottling
- Agnes Curries
- Max – Jack & Harry Merky
- Summon Nam
- Robert Greig
- Kai Evens
- Emma Landon
- Bianca Horne
- Ana Da Silver
- Oscar Xiz

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

Join me on face book:

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

"All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident." - Arthur Schopenhauer

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

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.

Dan Grades:

By now you have spent several years perfecting your karate and are now ready to take on your Shodan Grading this will be one of your most memorable gradings as it will be the hardest thing that you have ever done in your life, you will end up bruised and battered and it won't worry you in the slightest as whether you do 40 or 15 fights the result will be the same.

I AM NOW A BLACK BELT:

Once a person achieves their Shodan they seem to want to rush to get the next grade. When you enter the Dan Grade System grades should not be your main concern, your main concern should be to still try and perfect your training and to try and put back something to the style and your Instructor

A teachers question to a kid's class:

How do you know who person is right for you to marry:

- (1) You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. - Alan, age 10
- (2) No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. - Kristen, age 10

What is the right age to get married?

- (1) Twenty-three is the best age because you know the person FOREVER by then. - Camille, age 10
- (2) No age is good to get married at. You got to be a fool to get married. - Freddie, age 6 (very wise for his age)

What would you do on a first date that was turning sour?

- (1) I'd run home and play dead. The next day I would call all the newspapers and make sure they wrote about me in all the dead columns. -Craig, age 9

When it is okay to kiss someone?

- (1) When they're rich. - Pam, age 7 (I could not have said it better myself)
- (2) The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do. - Howard, age 8 (Who made that rule?)

One Explanation of a "Zen" State of Mind – *Mushin*: By

Sensei Lukich: There is a Japanese term often used in Karate called *mushin*, meaning "empty mind". This term does not strictly imply any thought, but rather no attachment to any one thought or emotion. To obtain this state of mind *mushin*, you must let go your fears, doubts, your ego, and any preconceived thoughts of action, or the mind will not react openly. There is a famous *Zen* saying called *mizu no kokoro* that may help to clarify this term. This translates as A mind like water. Everyone understands how the water of a pond can be calm and clear. In this state, it will reflect all around it truthfully, much like a mirror. In Karate and in life we strive to have a calm mind that reflects everything around us accurately. Therefore, the mind must be clear like the glass surface of a still pond, reflecting everything accurately and without distortion. If the mind gets attached to any thoughts, this is analogous to throwing a large stone into the tranquil pond. The ripples that the stone creates (or thought) will interfere with the smooth surface of the pond making the reflection (mind) distorted. If your mind is cluttered with thoughts, how can it possibly react quickly in stressful situations? Only when the mind is clear and calm will you act instantly without hesitation or fear.

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