



KyokuSHIN Karate

Australian Newsletter – shihantaylor@ozemail.com.au

February 2019 IKO-Matsushima Organization from Hanshi Taylor's Branch

Intra -dojo tournament

The Coogee dojo is hosting an exciting new concept in tournaments, that being a local tournament in a dojo vs dojo format. The idea being the we only have to travel (in this case) to Coogee to get that very important training item, tournament experience. So, let's give it all of our support, it is great concept and let's not let it die through lack of support. So, let's have everyone giving it their best. Applications are available at the dojo.

In tournaments, the **mental game** is half the battle of any victory. You can train all you want, practice all you want, and run through every technique or combination, but you still will not win if you are not mentally prepared.

Great truths that adults have learned:

- 1) Raising teenagers is like nailing Jell-O to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the toy.

Julia Bishop bought a house on the beach

Tim Flannery bought a waterfront house

Friday night Cardio / Bag Fighting Training: "Training Considerations for bag workouts and focused on technique"

Throwing a few quick jabs at a punching bag may not seem too hard, but if you've never used a heavy bag during a workout, you are in for a challenge. Most heavy bags are "very" heavy, so when you hit the bag, your fist, foot, or knee is met with significant resistance. and it won't take long to realise you can't get away with throwing soft punches. You have to engage your entire body, including your core, shoulders, and hips, to effectively control your movements as you hit the bag. Any exercise that requires total-body engagement will help torch calories and strengthen major muscle groups. Even more, fighting against a heavy bag is one of the only cardiovascular exercises that provides upper body, bone-building repetitive impact. Also, it will:-

1. Improve kicking and punching power.
2. Improve co-ordination, balance and core stability, improve body shape via weight loss and muscle development.
3. Improve mental posturing and alleviate stress.
4. Incorporating punching, kicking, footwork and evasive maneuvers.
5. Training and aerobic, strength and stamina conditioning.
6. Provides an excellent target for karate fighters, allowing for strikes to the head, torso & legs.
7. Circle the bag practicing punches and kicks in singular repetition or as combinations, focusing on technique and accuracy. Technique drills can be very hard, or scaled

back to a lesser intensity, depending on fitness level to provide chance to improve skills and muscle tone.

8. The ability to sustain an intense workload for a period of time on the heavy bag is a measure of performance, fitness and physical improvement. This is achieved by working on the heavy bag over successive timed rounds.
9. Circle the bag throwing punches and kicks at regular intervals, keeping the intensity high, without pre-maturely exhausting yourself. Work this way over two-to-three-minute rounds, with break in-between.

Punching Bag training tips:

(Beginners should pay special attention to this)

- 1) Bag mitts are essential to avoid wrist and hand damage.
- 2) Begin the bag session with a light round, focusing on punching and or kicking, rather than power.
- 3) Never hit the bag hard at the expense of proper technique. Hitting the bag without consideration for technique will increase the likelihood of injury, and stifle the benefits of your workout.
- 4) Focus on throwing punches and kicks from fighting stance, maintaining good distance and guard.
- 5) The heavy bag parallels a real-life opponent well with respect to size and target areas, so it's important to keeping all fundamental precepts the same.
- 6) Breathe by exhaling (kiai) when punching or kicking, maintaining balanced and control to help increase your power and timing.
- 7) Use only minor foot adjustments
- 8) Do not chase the bag
- 9) Always start and stay in a fighting stance

How do you decide who to marry (written by kids)

Is it better to be single or married? It's better for girls to be single but not for boys. Boys need someone to clean up after them. - Anita, 9 (bless you child)

How would the world be different if people did not get married? There sure would be a lot of kids to explain, wouldn't there? - Kelvin, age 8

And the #1 Favourite is.....

How would you make a marriage work?

Tell your wife that she looks pretty, even if she looks like a truck. - Ricky, age 10 (The boy already understands)



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

Learning is finding out what you already know. Doing it is demonstrating that you know it. Teaching is reminding others that they know just as well as you. You all are learners, doers, teachers. – Richard Bach

DID YOU KNOW:

Mercury, the solar system's smallest planet, rotates so slowly that a day there lasts 4,222 hours – more than 175 earth days! I wonder how the trade unions would handle that?

Hope for the fight against Asthma:

Do not hold your breath for the cold vaccine. A multi-institutional team of scientists recently analyzed the genomes of 99 strains of cold-causing rhino-viruses. They found a wide range of diversity among the strains, leaving little hope for a blanket inoculation. Another revelation, says University of Wisconsin virologist and lead study author Ann Palenberg is the news that humans can be infected with two strains of virus at once? The work could have implications for Asthma which scientists believe can be triggered by certain rhinovirus strains. Studying the protein sequences of these strains could eventually lead to drugs to prevent infection by them, which could in turn keep people from developing asthma.

Bad jokes:

An Arab Sheikh's son goes to Germany to study. A month later, he sends a letter to his dad saying: "Berlin is wonderful, people are nice and I really like it here, but I'm a bit ashamed to arrive to school in my gold Mercedes when all my friends arrive by train."

Sometime later he gets a letter from his dad with a million dollar cheque saying: "Stop embarrassing us any more, go and get yourself a train"

WHY WE TEACH WHAT WE TEACH

How to increase arm speed / Acceleration

What is arm Speed?

Arm speed: Arm speed is measured in kilometers per hour (KPH) and considers only the highest speed of the arm (peak velocity) through the target. Only the martial artist reach their highest bat speed just PRIOR to contact with the target. Most fighters produce high speeds through their mechanical efficiency. However, a fighter can also produce higher speed with more strength (specific resistance training program).

What is Quickness / Acceleration?

Quickness / Acceleration: quickness is measured IN TIME (1/100th of a second) and shows how quickly the fist or foot travels from initial movement (launch) to contact. Speed and Quickness is a result of Bio-Mechanical Efficiency & Torque (Rotational Force). Strength is one variable that contributes to this goal.

Dynamic Balance:

Dynamic balance is knowing and controlling your center of gravity from start to finish. Controlling the center of gravity means going from one foot to the other while keeping the posture stable with the head directly over the center of gravity. At this point the fighter will be at his strongest balanced position and ready to produce a turning or rotary force called torque. Torque produces rotational acceleration.

Kinetic link / Sequential Rotation:

Some call it sequential rotation; others refer to it as torque (rotational acceleration) and scientists often call it the kinetic link principle. Regardless of the language, what it amounts to is producing kinetic energy (KE) from the ground forces to the lower half of the body and sequentially transferring that energy from the feet, into the lower torso, up into the upper

torso and finally into the hands & bat. Optimal transfer of energy will only take place when the previous segment is moving at its maximum velocity.

Lag:

Lag is the final link of the rotation sequence; feet first and hands last. The arm/leg lags behind and is delivered by the entire body, to and through the target. The arm/leg itself is the very last link to rotate.

Resistance Training To improve velocity:

Research shows that velocity can be increased through a specific resistance training program. As previously discussed, the strike/kick starts at the feet and ends at the fist/foot. As such a martial artist cannot just strengthen one muscle group and expect to see a dramatic increase in speed. The martial artist must build a good balance of functional as well as absolute strength from the lower torso up through the core and into the upper torso and arms to see an improvement. Strength is only the foundation. The key components are Torque (rotational force), Force (mass x acceleration) & Kinetic Energy (1/2 mass x velocity). Power is the measuring tool at which the above rate of work is done. A martial artist who engages in resistance training and is trying to train his muscles to fire faster must also maintain good flexibility throughout the entire body. If a martial artist does nothing but add bulk to his/her body he will become inflexible. The more inflexible the player is, the smaller the displacement between segments and the slower the transfer of energy from one segment to another. Therefore, a martial artist must not only add strength but must also maintain or add flexibility.

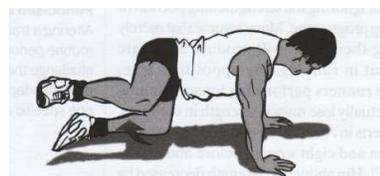
Time is not of the essence:

It is so often the case, that when a student gets to Shodan or even further, they seem to feel that all they now need to do is learn a few extra kata, wait for the minimum time to expire and stick their hand up to attempt the next grade. It seems to me that so many do not read the grading syllabus, which states, giving Nidan as an example: -

“Applications for Nidan must be made in writing, giving the full history of what has happened, or changed since the last grading to render such an application successful. The applicant should bear in mind that the applicant's character and general ability as an instructor (i.e. standard of student produced by an instructor) will be taken into account. If the student is not running a dojo, then the student should demonstrate a general contribution to Kyokushin”

Just to give everyone some guidelines as to the kind of thing we expect.

1. Participating in most, if not all, of the AKKA activities; if not as a fighter, by officiating or assisting in the running of the event.
2. Attending camps, and **not just when their grading is being attempted.**
3. By attending and supporting the AKKA formal functions.



Hydrant exercise:

On all fours, lift knee until thigh is parallel to the floor. Hold for a count of three. Return to starting position and repeat 10 times each side.