



KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au
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Is Martial Arts an Answer to Bullying? by Sarah Keoghan

Martial arts could be an antidote to bullying in schools, with a new study showing it improves students' resilience and self-confidence.

Research conducted by Macquarie University has found children who participate in self-defense programs are better equipped to deal with aggressive behaviour, prompting calls for the sport to be introduced into schools.

Lead researcher Brian Moore, who conducted a 10-week program across five schools in the Blue Mountains, said the results were "overwhelmingly positive", with all 283 students in the study achieving higher levels of resilience.

"There was actually one child who was in tears at the first session about engaging in this process and found it quite daunting to perform in front of people," he said.

"At the end of the 10 weeks they came straight up to me and talked to me about how they enjoyed the program, and it was a really positive thing to see."

During the program, each child was taught theory, as well as moving from a white belt to a yellow belt throughout the study. The results were compared with a control group. "From my perspective, martial arts training is not about fighting, it's about self-developments" Moore said. "While fighting is arguably part of martial arts training, the emphasis here is on self defence and avoiding aggressive conflict."

Chris Fatcher-Coles, who runs Sydney Self Defence Centre, works with 60 high schools across NSW to include arts in their antibullying programs.

"Ninety-seven per cent of kids will be bullied at school, so it's not really a question of if, it's a question of when," he said.

"It's not about fighting, it's about if anyone is hitting you how do you defend yourself."

Siblings Nikita, 16, and Marcus Stavrou, 11, recently started at the centre, with mother Georgina pushing for the program to become a permanent part of the curriculum. "It teaches them life lessons, it's an amazing outlet and I wish it was in my kids' school." Ms. Stavrou said she is no longer nervous about Marcus heading into high school next year, as he knows how to defend himself from bullies.

"I know he will be fine, as he already knows right from wrong" she said.

"Martial arts training is not about fighting, it's about self-development."

Dr Brian Moore

Continue the conversation at our SMH Student Facebook group.

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I want my daughter to be kind, but I also want her to know that she can throat-punch someone if she needs to.



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

The Mental game:

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.

Summer Camp & Grading:

I would like to congratulate everyone on their success at the recent Hanshi Taylor camp grading. With the camp once again a capacity (110), it was once again a great success. a lot of the success down to the great help of *Shihan* Mark Tyson, *Shihan* Jim Sklavos, *Sensei* Cirillo and *Sensei* Wagner. The weather was perfect and the effort from every on at the camp was outstanding. Congratulations to everyone who attended, a really good effort. The grading was very tough and long, as are all Kyokushin gradings, but it was an effort to be proud of. Here are the results.

Name	Grade	Dojo
Sophie Taylor	Shodan	Kangaroo Island
Bryce Thornhill	Shodan	Naracoorte
Mitchell Cwojdzinski	Shodan	Hawksbury
Lachlan Cwojdzinski	Shodan	Hawksbury
Ruby Cooney	1st Kyu	Bondi Junction
Tony Liu	1st Kyu	Bondi Junction
David Hawkins	1st Kyu	Bondi Junction
Adriana Pelegrin	1st Kyu	Hawkesbury
Stephen McAllister	1st Kyu	Maroubra
Paul Wooton	1st Kyu	Coogee
Kazutaka Ohno	1st Kyu	Bondi Junction
Dror Liraz	2nd Kyu	Bondi Junction
Linda Brooker	2nd Kyu	Tamworth
David Dinkin	2nd Kyu	Maroubra
Anthony Spurgeon	3rd Kyu	Coogee
Cameron Cwojdzinski	3rd Kyu	Hawksbury
Demetrios Paparsenos	3rd Kyu	Maroubra
Ishtar Odisho	3rd Kyu	Maroubra
Brooke Soleos	3rd Kyu	Bondi Junction
Michael Soleos	3rd Kyu	Bondi Junction
Mirari Wilcher	3rd Kyu	Coogee
Rebecca Antonio	3rd Kyu	Tamworth
Christiana Stassi	3rd Kyu	Maroubra
Md Faizul Kabir	3rd Kyu	Maroubra
Tracy Mortimer	3rd Kyu	Maroubra
David Goble	4th Kyu	Kangaroo Island
Candice Shields	4th Kyu	Tamworth
Noah Cardenas	4th Kyu	WSKK
Michael Monaghan	4th Kyu	Tamworth
Akito Nippatcharoen	4th Kyu	Crows Nest
Nina Coleman	4th Kyu	Kangaroo Island
Essaih Youssef	4th Kyu	WSKK
Laila Youssef	4th Kyu	WSKK
Jon Paparsenos	4th Kyu	Maroubra
Sophia Paparsenos	4th Kyu	Maroubra
Nilla Canto	4th Kyu	Maroubra

Children's grading - Bondi Junction - 11th March 20

Dean Martalas	5 th Kyu
Jack Boykin	9 th Kyu
Jerry Yeung	9 th Kyu
Akira Maeda	10 th Kyu

Michael Gauci-Cook	10 th Kyu
Lachlan Collins	12 th Kyu
Nelson Harvey	12 th Kyu
Tommy Sharp	12 th Kyu
Tommy Cauchi-Cook	12 th Kyu
Claudia Loughlin	12 th Kyu

How to win:

50% of winning karate tournaments, is experience, so the more tournaments you compete in the better you will get. To often competitors drop out because they “do not win” the sad part is had the persevered they would have learnt how to win.

DID YOU KNOW:

In a match, the fighter who solely "counters", and never attacks is in SERIOUS trouble!

You've got to "Make it Happen", not simply "Let it Happen".

Importance of Fitness

Since childhood we have heard our elders saying that ‘health is wealth’, however, only a few of us have actually realise the importance of physical fitness and made it part of our lifestyle. Good health does not only mean to have a body free from diseases but it refers to complete mental, physical, spiritual, and social well-being of a person.

In today's competitive world people find it very hard to take time out of their hectic schedule and take up any form of beneficial physical activity. Many people work under stressful conditions and neglect their health. This has resulted in an increase in the number of diseases among individuals such as cancer, obesity, diabetics, depression, and hypertension, etc.

Physical fitness is crucial for a healthy body and mind. Physical health is the key to success in everyday life. Without health and physical fitness, no individual can achieve their goals or become a productive member of a society. A healthy and stress-free life is only possible through physical fitness. Physical fitness can be achieved by a healthy diet, regular exercise and an uninterrupted sleep of at least 8 hours.

1. A balanced diet

A healthy diet is very important for maintaining a healthy body. We should follow a simple diet with lots of vegetables and fruits. Junk food and fizzy drinks should be kept to a bare minimum. Fried and greasy foods should be avoided at all costs. Parents should try to instill good eating habits in their children from an early age. Breakfast should be considered the most important meal of the day and should not be skipped. Making these small changes in your eating habits will prevent a lot of diseases. If your body is healthy then your mind will also feel fresh.

1. Importance of exercise

Many successful people owe their success to regular exercise and physical activities. Exercise is not only important for physical health but also for mental health. If you are active from an early age you can be sure to enjoy life and be independent even as you grow old. Many health experts advise that individuals should exercise at least five days a week so that they can fully enjoy the benefits that come with physical activity.

There are a number of exercises that can help you to stay healthy. But the best exercise is where you use every part of your body, for example, running, swimming, skipping, weight lifting, cycling etc. Exercise increases the basic metabolism rate of a person due to which food is absorbed more quickly. Regular exercise burns all of the excess fat in a person's body and allows vital organs to function properly. Physical exercise releases endorphins which relieves stress and improves the mood thus, helping the person from falling into depression.

1. A relaxing sleep is very important

People nowadays do not put much importance in sleeping for at
INTERNAL USE ONLY

least 7 to 8 hours due to late night parties, busy schedules or other reasons. Such people also get irritated and depressed if they do not get enough sleep. Sleep is important for the mind so that it can properly control all the body functions. Proper sleep will help you feel energized and ready to face the day in a positive manner.

Physical fitness should be enforced from an early age. Physical fitness is very important for every individual. Schools should educate their students about the importance of physical fitness and encourage them to incorporate some physical activity into their daily life so that they can become productive members of the society. If a person sticks to eating healthy and exercising daily, then soon it will become a habit for them and they can live a life with reduced risk of developing diseases linked with being inactive.

DID YOU KNOW?



Quote of the month:

Your limitations are always set by someone.... “YOU”

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.

Beer by 7-year-olds:

"My Mum and Dad talk funny when they drink beer and the more, they drink the more they give kisses to each other, which is a good thing.' Toby, 7 years old

Bad joke of the month:

Why do Seagulls fly over the sea?

Because, if they flew over the bay, they'd be Bagels!

About Increasing Your Flexibility

As you already know we are born with fantastic range of movement when it comes to flexibility. For example, baby sucking its toes etc. So, what happens? Most of us don't bother to keep up with that type of range of movement as we get older, which means we lose our flexibility. When you think about it the average person doesn't exercise that much at all, let alone go out of their way to train for flexibility.

Dancers and Gymnasts undergo large amounts of training and stretching to increase and maintain flexibility, as do athletes. You may have seen sports people at events or games where they have performed a warm up (say a jog for instance) around the oval. They warm their muscles up, and then stretch them. This offers them better flexibility while they are playing and prepares their muscles for the game ahead. They will then perform stretches after the game as well.

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

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