



# KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – [hanshi@akka.com.au](mailto:hanshi@akka.com.au)  
April 2019 IKO-Matsushima Organisation From Hanshi Taylor's Branch

## Coogee Championships:

The Coogee dojo hosted the first AKKA local tournament for a very long time, as over the last few years we have concentrated our efforts on the State and National Championships, it turned out to be a great success with over 60 competitors and a very exciting event for what was intended to be small local tournament, congratulation to both Senpai Ai and Senpai Hodder for having the foresight to make it happen. The results are as follows:

### Male & Female 5-6 Years Division:

1st Place: Hiroto Fletcher	Bondi
2nd Place: Thomas Gauci-Cook	Bondi
Equal 3rd Place: Sofia Sklavos	Maroubra
Equal 3rd Place: Brayden Shiels	Maroubra

### Male 7-8 Years Division:

1st Place: Taka Maven	Maroubra
2nd Place: Akira Maeda	Bondi

### Female 8-9 Years Division:

1st Place: Ava Reijasse	Coogee
2nd Place: Angelina Kostic	Coogee
Equal 3rd Place: Sofia Hartcher	Coogee
Equal 3rd Place: Aaliyah Aziz	Western Sydney

### Male 9-10 Years Division:

1st Place: Jerry Yeung	Bondi
2nd Place: Harvey Wooton	Coogee
3rd Place: Michael Gauci-Cook	Bondi
3rd Place: Max Ziazaris	Coogee

### Female 10-12 Years Division:

1st Place: Melanie Poulos	Bondi
2nd Place: Thea Adams	Southern Highlands

### Male 11-12 Years Division:

1st Place: Zachariah Aziz	Western Sydney
2nd Place: Michael Soleas	Bondi
3rd Place: Brendan Balk	Southern Highlands
3rd Place: Caspian Adams	Southern Highlands

### Female 13-15 Years Division:

1st Place: An Maeda	Bondi
2nd Place: Dror Liraz	Bondi

### Male 13-15 Years Division:

1st Place: Oliver Moore	Coogee
2nd Place: Ethan Trenaman	Coogee
3rd Place: Alexander Glen	Ballan
3rd Place: Tadeo Gale	Coogee

### Male 5th Kyu & Under Division:

1st Place: Richard Withycombe	Southern Highlands
2nd Place: Phillip Russell	Coogee

### Female Open Division:

1st Place: Mirari Bartho-Wilcher	Coogee
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### Male Open Division:

1st Place: Matthew Mulcahy	Crows Nest
2nd Place: Gary Trenaman	Coogee
3rd Place: Phillip Russell	Coogee
3rd Place: Paul Wooton	Coogee

Not to be seen a sitting back on their "Laurels" after the success of the Coogee tournament Senpai Ai and Senpai Lisa put on a "fight seminar" again, it was huge success with over 30 fighters turning up on the day. It was a seminar consisting of six one-hour classes, each one with a different instructor that turned into

a very informative day and no doubt a big learning curve for those who attended.

### The next event:

The NSW AKKA Open Championships will be held on the 19<sup>th</sup> May, get your application in ASAP the deadline is close. On-line applications are at [www.ikomatsushima.com.au](http://www.ikomatsushima.com.au)

### 5th IKO-Matsushima Kyokushin World Cup:

CHINA 2018 was held on 18th November 2018. 2018 World Open Championships were held at Suzhou Citizen Gymnasium. Suzhou City is an old city even by Chinese standards and located to the west of Shanghai. The venue is new and very modern building and we are so happy that we were able to organize this international championship in such a great venue. The participants gathered from all over the World, however only Afghanistan team could participate from Middle East with only one fighter attending from Iran. It seems difficult for the Iran fighters to get visa into China. The Afghanistan team did very well to get several places considering they arrived on the day of the tournament and must have been exhausted from the long flight and deserve to be congratulated on a great effort. South African showed they are now a power to be reckoned with, no doubt having a previous World Cup in South Africa has gone a long way to in lifting them their abilities. Of course, Chinese fighters were demonstrably outstanding, as you would expect after seeing their power at the 2018 when they won the AKKA Australian Championships. Sadly, it was not the best event for Australia, but with the 2nd Asian Pacific in June, we hope to redeem ourselves.

### Do you know:

Getting good at Kyokushin, is a slow process, but quitting won't speed it up?

### Do you know:

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

You have got to "Make it Happen", not "Let it Happen".

### Quote of the month:

It's kind of fun to do the impossible. Walt Disney

### Bad joke of the month:

Q: How do you catch a squirrel?

A: Climb up and tree and act like a nut!

### Great truths about growing old:

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

### Kinetic link / Sequential Rotation:

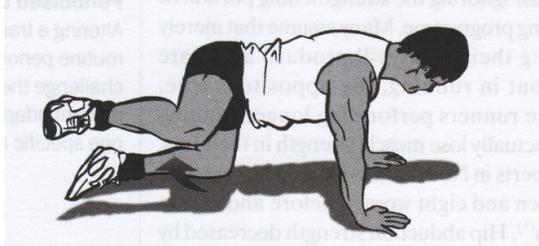
Some call it sequential rotation; others refer to it as torque (rotational acceleration) and scientists often call it the kinetic link principle. Regardless of the language, what it amounts to is

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

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.



**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.

**The meaning of Kyokushin:**

"Kyokushin" is comprised of two Japanese words, "Kyoku" (ultimate, extreme) and "Shin" (reality or truth from within). The full name is Kyokushin KaiKan, where "Kai" means meet, join or associate, and "Kan" school/building. The official dogi (karate uniform) used by a Kyokushin practitioner has the word KyokushinKai embroidered on the left side of the dogi-jacket, this calligraphy is called "Kanji". The internationally recognized symbol of Kyokushin Karate.

**About Increasing Your Flexibility**

As you already know we are born with fantastic range of movement when it comes to flexibility, 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 karate students and most 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, 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.

**REMEMBER TO STRETCH!**

**Ten reasons to train:**

Why is exercise a necessity? Why do we need to exercise? There is not one reason why we should exercise. The reasons are many. Take a look at the top ten reasons to exercise.

At times I wonder why we even need to find reasons to exercise. Exercise, as we all know from school science, is an essential requirement of our physical and mental well-being. Physical activity is absolutely necessary for the maintenance of a good health. A certain amount of daily exercise is essential for keeping ourselves fit and fine. It is important for each of us to engage in a suitable amount of exercise to be able to lead a healthy life. Here are the top ten reasons to exercise. Before moving on, you might like to read all about physical exercises, exercise and fitness

activities.

**To Look Good**

I am sure each one of you will agree with me on this. All of us want to look good. We all want to be in shape. Regular exercise is the key to a healthy look and an attractive body. Internal health is the key to a pleasant external appearance.

**To Reduce the Risk of Heart Diseases**

Daily exercise helps in strengthening of heart muscles. It helps maintain desired cholesterol levels. Daily physical activity reduces one's chances of stroke and the risk of heart disease.

**To Lower Blood Pressure**

Daily exercise lowers blood pressure and improves blood circulation. Exercise helps in reduction of excess body weight and thus helps lower the blood pressure. Exercise results in the burning of calories. If supplemented with proper nutrition, exercise is sure to prevent obesity.

**To Reduce the Risk of Diabetes**

Daily exercise helps reduce the fat percentage of the body, thus reducing the risk of diabetes.

**To Reduce the Risk of Osteoporosis**

Regular exercise promotes bone growth. It strengthens the bones and tissues of the body and helps in increasing the bone density. Thus, exercise serves as an effective means to reduce the risk of osteoporosis.

**To Increase Longevity**

Daily physical activity is the key to a long life! Regular exercise helps in the prevention of obesity, which is one of the important factors responsible for many severe diseases. Exercise helps in reducing the risk of diabetes, blood pressure and heart diseases. Research has shown that people engaging in a daily physical activity live longer than those who do not exercise at all.

**To Improve Balance and Reduce the Risk of Injuries**

Exercise is found to improve the balance and coordination of the body. As regular exercise strengthens the muscles and connective tissues of the body, the risk of severe injuries is reduced to a great extent.

**To Remain Productive**

Regular exercise reverses the natural decline in the metabolism that sets in after the age of thirty. Those who exercise regularly are found to remain more productive and energetic during the day. Increased energy levels help remain active during the day. A 30 minute-exercise every morning can help a person feel fresh throughout the day.

**To Increase Overall Strength**

Exercise is found to increase overall strength of the body. Rigorous exercise brings about an increase in stamina of the body. It also increases body's endurance, thus resulting in an increase in a person's physical capacity.

**To be Happy**

Higher energy levels resulting from exercise help a person in remaining fresh and happy. Following a suitable exercise program can add some fun and brightness to the day. Being active greatly causes a reduction in stress levels. Exercise is believed to generate 'happiness molecules' in a person's body, thus helping him/her stay happy.

The importance of exercise cannot be stressed enough. The top ten reasons to exercise should convince you of the importance of including exercise in your daily schedule. Have you decided to do it? I hope you have.

**Masutatsu Oyama (Kyokushin founder & Master)**

"Personal greed and egoism are things that cause human beings to forget respect for others and to violate rules that have been established for the sake of peace and friendship."