



KyokuSHIN Karate

Australian Newsletter – hanshi@akka.com.au

October 2019 IKO-Matsushima Organisation - Hanshi Taylor's Branch

The 2019 AKKA Spring camp was once again very successful, apart from the cold weather which restricted our outside training. The wind was so strong (and cold) it was hard to stand up outside, no doubt if we had trained outside, we would certainly have a few students getting hyperthermia. Fortunately the camp has several halls and they were put to good use over what was a very cold weekend. Nevertheless, everyone had a great time combined with lots of hard training, The Saturday night “no talent” time was again a lot of fun, I am always surprised with some of the ideas that they come up with to entertain everyone, all-in-all, very entertaining.

We had a very successful grading on Sunday afternoon, five hours of hard but successful efforts from 40 plus hopefuls going for green belt and up to Nidan.

Here is the results from the 2019 AKKA Spring Camp from both the Hanshi Branch and the Shihan Tyson Branch.

2019 Spring Camp Grading:

David Taylor	Nidan	Kangaroo Island
Stephen Hill	Nidan	Tamworth
Thomas Shaw	Nidan	Tamworth
Dylan Ross	Nidan	Werribee
Timothy Smith	Nidan	Hawksbury
Lachlan Morrissey	Shodan	Maroubra
Adrian Peligrin	Shodan	Hawksbury
Daniel Rogers	Shodan	Tamworth
Zachariah Aziz	1 st Kyu	WSKK
Linda Brooker	1 st Kyu	Tamworth
Michael Soleas	2 nd Kyu	Bondi Junction
Demitris Paparsenos	2 nd Kyu	Maroubra
Christiana Stassi	2 nd Kyu	Maroubra
Ishtar Odisho	2 nd Kyu	Maroubra
Tracey Mortimer	2 nd Kyu	Maroubra
Rebecca Antonio	2 nd Kyu	Tamworth
Lucas Ciccica	2 nd Kyu	Maroubra
Christopher Mae	2 nd Kyu	Crows Nest
Davis Goble	3 rd Kyu	Kangaroo Island
Kirby Corthine	3 rd Kyu	Coogee
Jon Paparasenos	3 rd Kyu	Maroubra
Sophie Paparsenos	3 rd Kyu	Maroubra
Tristin Dean	3 rd Kyu	Maroubra
Michael Monaghan	3 rd Kyu	Tamworth
Laila Assaih	3 rd Kyu	WSKK
Yousef Essaih	3 rd Kyu	WSKK
Aaron Waterford	3 rd Kyu	Hawkesbury
Kurt Dean	3 rd Kyu	Maroubra
Harvey Wooton	4 th Kyu	Coogee
Eugen Nam	4 th Kyu	Bondi Junction
Dean Martalas	4 th Kyu	Bondi Junction
Yoshitaka Nakayama	4 th Kyu	Bondi Junction
James Picos	4 th Kyu	WSKK
Aisha Aziz	4 th Kyu	WSKK
Aaliyah Aziz	4 th Kyu	WSKK
Vashna Sen	4 th Kyu	WSKK

Bad joke of the month:

Q: How do you catch a squirrel?

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

Bondi Junction Junior Grading:

Theodore Michalopoulos	6 th Kyu
Melanie Poulos	6 th Kyu
Zarina George	7 th Kyu
Endre Kollo	8 th Kyu
Summon Nam	8 th Kyu
Akira Maeda	8 th Kyu
Agnes Curry	8 th Kyu
Michael Gouci-Cook	9 th Kyu
Christian Alsted	10 th Kyu
Ze Sou	10 th Kyu
Shia Sou	10 th Kyu
Zy Sou	10 th Kyu
Cloudia Loughlin	10 th Kyu
Thomas Gouci-Cook	11 th Kyu
Max Cantelo	12 th Kyu
Peiran Dong	12 th Kyu

New Zealand:

I just returned from the New Zealand's 50th Championships, it was an outstanding success with some great fights. Saturday was kata and Non-Contact kumite and Sunday was the Full Kyokushin events. It was both a very exciting and very sad, with the retirement of Shihan Solomon Purcell, due to ill health. Shihan Purcell was one the pioneers of Kyokushin in New Zealand and has been the main driving force behind the IKO-Matsushima New Zealand, since its conception. I am sure you will all join with me in wishing Shihan Purcell, the very best of health in his retirement. His place will be taken by Shihan Richard Wooster, whom I am sure will continue the great legacy that Shihan Purcell did so well, I wish him lots of success in his new position.

Quotes of the Month:

- 1) The fear of responsibility is the fear of failing. Accept failure and you will never fail...
- 2) The mark of your ignorance is the depth of your belief in justice and tragedy. What the caterpillar calls the end of the world the “master” calls the butterfly...
- 3) The master is in us all but you must seek and accept and let the master grow. Like all life, it starts as a seed and needs nurturing...

I love this quote:

"There are only 2 mistakes one can make along the road to truth: 1. not going all the way; and 2. not starting." Buddha

Importance of proper exercise for Karate.

By Sensei Lorne Bruch, 2nd dan Article Commentary by Sensei Jason Armstrong:

Fitness: Is it necessary for a real fight?

If one does encounter a real fight should fitness be an issue? The answer is no - as we train in karate to end any encounter within seconds. If the fight last longer that we have not performed well. Despite this fitness is a key part of mind and body development, and it allows one to push the body, and hence the mind, in training to develop technique and determination under physical hardship. Therefore, despite having little relevance to most street fight scenarios it is an important part of our training as Sensei Lorne describes below.

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

Main Article by Sensei Lorne Bunch follows....

Conditioning exercises play an important role in all styles of Martial Arts, and yet are often disregarded in many dojo in an effort to make more time for basic training. Many modern day schools have eliminated exercise from their training regiment completely. As well as being a huge fundamental error in Karate training, this is dangerous to the student and over time will most likely cause serious injury. Conditioning the body before karate training is an absolute necessity, and each exercise should have a direct correlation to the motions in practice. There are four basic fundamentals in respect to executing proper form in exercise - breathing, technique, relaxation and tension. If all basic fundamentals do not enter harmoniously into the exercise, the necessary elements of speed and force in all motions will suffer. Although often overlooked as an essential part of any exercise, breathing plays an important role to those who study Karate-Do. Not only does proper breathing technique help relax and focus the student's efforts but it also plays a key role in timing the oxygenation of cells and the expulsion of carbon dioxide. This factor alone aids in the minimization of fatigue and undue stress on the body. Controlled breathing helps regulate the heart as the intensity of the exercise increases, helping to increase stamina. Each exercise begins with the body in a relaxed state yet upright and alert. Before the stretch is executed a quick breath in through the nose taking in as much air as possible is required and simultaneously a slight tightening of the abdominal area occurs. As the stretch begins, air is forced out by the diaphragm in a controlled manner. When dynamic tension is required at the end of the stretch the air is expelled "almost" completely at the exact moment of tension. It is this principle of timing breathing, relaxation and tension with proper technique that enables a student to develop extremely fast and powerful motions. Proper technique begins first and foremost with proper instruction and continuous effort on the part of the student. As well as maximizing the positive effects of an exercise a commitment to proper form maintains the integrity of the motions involved. Because of the direct correlation of exercise to motions performed during practice, if the integrity of a stretch relating directly to the form of a side kick is compromised, then the form required for the kick is also compromised. There are no exceptions to this basic rule of martial art exercise. In Karate no motion is useless, wasted or without purpose, and all have a logical relation to practical training. Relaxation and tension are the most important training elements utilized to produce both tremendous speed and force. Stretching the bodies' muscles over time leads to relaxation of the muscle tissue. A relaxed muscle carries with it no resistance when performing a motion thus, resulting in speed. Proper timing of dynamic tension at the end (or impact point) of the motion results in tremendous power. Motions are practiced diligently using fast relaxed execution until the impact point. By tensing the body at impact and relaxing immediately after, the force of the entire body is delivered through the weapon (hand foot etc.) into the target. It is important to note that delivering the motion in this manner causes the target to receive all the force, the deliverer receives very little. In Karate, most schools of thought follow the premise that during an altercation, the attacker's motion is blocked and an opportunity for a counter attack is created by the defender. Combining force as outlined above personifies the idea that only one counter attack is necessary to end the altercation. If both exercise routines and motions are practiced in this manner, the effectiveness of all training is maximized, bringing out the full potential of the student's skill.

Relating Physiology to Karate & Zen for Fighting Stretching:

"I never stretch, I don't have enough time and I can't be bothered lying around all over the floor stretching when I am in a hurry to get home from the gym?" Or "I train at home, I can barely squeeze my weights or cardio in - so I skip my stretches"... Sound familiar?! I hear it often! And even though it sounds funny when you hear it out aloud, it is often the case for many people that carryout an exercise regime. I can't tell you enough how important stretching is. As stupid as you may feel stretching may be, it plays a major part in assisting healthy training results and gains.

Stretches help prevent injuries while training PLUS increase flexibility.

How? By making your muscles more flexible by lengthening them. For example, when you perform a bicep curl you bend your arm and raise your hand towards your shoulder. When you watch this movement you will see the bicep muscle shortening. When you extend your arm back to starting position it would be lengthening your bicep muscle.

Often when muscles have been trained hard, or if they haven't been trained in years (that is lack of exercise in general) they tend to seize up, contract / shorten when you do put them under strain such as moving house, playing an occasional game of football at the park etc. So stretching these muscles helps lengthen them to give your body and limbs a better range of motion or movement.

When was the last time you either trained or did something strenuous to the point where your muscles were sore for days? Remember the sheer pain you went through? That's your muscles contracting. So you need to stretch or lengthen them to help repair them and increase flexibility.

About Increasing Your Flexibility

As you already know we are born with fantastic range of movement when it comes to flexibility. Eg baby sucking their 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, 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.

About Stretching

There are many types of stretches from partner stretches to sports specific stretches. Whatever your activity, it is important to make sure you take a small amount of time out, while your muscles are still warm, to stretch. Try not to stretch on cold muscles because you may damage them further if they are already sore and injured. I could go on about the benefits of stretching for pages, so instead of rambling on, I have just given you a general explanation so you gain a better understanding of why it is so important to REMEMBER TO STRETCH!

Tournaments:

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.