



KyokuSHIN Karate

Australian Newsletter – hanshi@akka.com.au

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



2019 has been a successful year for the AKKA once again, with great success in the NSW AKKA Championships, the Australian Open AKKA Championships and to top it off we had greater success in the 2019 2nd Asian Championships in Myanmar. Congratulations to all of the Australian team. We ended the tournament year on a high note with some success in the KIKO tournament with the Bondi Junction fighters Melanie Poulos coming 1st and Nicholas Poulos getting 2nd, great family outcome.

We are hard at work on next year's events, with the Autumn Camp in March already well, over 50% full. That will be a truly worthwhile camp to attend, not just for the training and great weekend of Kyokushin, but for the first time in Kyokushin history (world-wide) we have four females attempting 3rd Dan Black belt. Sorry, no visitors (the hall is too small) - only camp participants, grading fighters and family can watch. That will no doubt be a fantastic grading to watch! We should acknowledge the other Kyokushin members going for other Black belt grades, that no doubt will add to the excitement to watch a unique grading. It is great to see just how far the females have come since the early days of Kyokushin Karate, when we were lucky to get one female in the class. To top off 2020 the IKO-Matsushima Organisation (our International Organisation) will be running the 2020 World Championships in Bali. This is as close as an Open Full Contact World Championships is going to get to Australia. We ran this event in Sydney 2006, so it is very unlikely to ever return to Australia, so, if you want to see the excitement of a World Championships without great expense, a long trip and have a great holiday **"here is your chance"**

December:

The Bondi Junction grading is the first "cab off the rank" in December, followed by the Japanese Festival week demonstration. We successfully have done this demonstration every year for a long time and we hope this year we will make it bigger and better than ever. If you are a junior grade, still come along and join in, you will not be ask to do anything you do not already know. The following weekend will be the end of year Bar-B-Q. I hope you can all make it along to the Dolphin Street dojo in Coogee all dojo and AKKA students are welcome and have a very enjoyable day.

Here is the 2020 AKKA calendar, please leave these dates free:

2020 AKKA & IKO-Matsushima Calendar

6th – 8th March: NSW Autumn Camp and grading
3rd May: Victorian Championships
31st May: New South Wales Championships
10th – 13th April: Easter weekend
24th – 25th April: 2020 IKO-Matsushima European Championships (Kiev, Ukraine)
15th August: Australian Non Contact Open Kyokushin Championships
16th August: Australia Open Kyokushin Full Contact Championships
10th – 13th Sept: NSW Spring Camp and grading
26th & 27th Sept: World Cup Bali
Saturday Oct: Riverina Championships

GETTING GOOD AT KYOKUSHIN, IS A SLOW PROCESS,

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

BUT QUITTING WON'T SPEED IT UP?

Q: Is exercising in the morning best for your body?

A: Not necessarily. The time of day is less important than exercising regularly. By Kym Guelfi

When do you exercise? We all know that exercise is good for us. But if the sound of your early morning alarm leaves you more likely to hit the snooze button than slip on some sneakers, are you missing out on the best time of day to get active? Not necessarily, says A/P Kym Guelfi, an exercise physiologist at the University of Western Australia. Given that most of us aren't active enough anyway, getting moving is more important than when we do it, she says. Morning exercise and weight loss. While there's a popular belief that exercising in the morning may be more effective for weight loss, Guelfi says we still don't have the scientific evidence to back that up. "If you exercise first thing in the morning before you eat, you mobilise a greater level of fatty acids. Basically, you burn more fat," she says. "Now that can be useful. But then on the other side of the coin, there's some suggestion that in the afternoon or in the evening, we tend to be able to push ourselves a bit more." Studies have shown we can exercise harder later in the day because our "perceived exertion" is lower; that is, the exercise feels easier to us. "If you feel it's easier, you might be inclined to push yourself that bit harder, which is going to be better in the long term for weight loss," says Guelfi.

So, if shedding kilos is your goal, you could argue the case in favour of either end of the day. But what about exercise's ability to kick start your metabolism? Isn't that a reason to drag yourself out of bed in the early hours? "When you exercise your metabolism does stay elevated for a period after that. But I would say that you get the same benefit whether [you exercise] in the morning or the evening," says Guelfi. A morning workout however might be more likely to "enhance other aspects of your life throughout the day, for example your mental awareness [and] your alertness". Guelfi was also a contributor on a recent study which looked at whether exercising in the morning or afternoon had any effect on how much healthy men ate throughout the day. "Whether they had exercised in the morning or the evening, their overall food intake throughout the day wasn't different," she says. "So, you get more support for this notion that it probably doesn't matter what time you exercise." **Exercise and heart attack risk.**

Another common idea is that because heart attacks and other cardiac events occur more frequently in the morning, people who are at increased risk should exercise vigorously only in the afternoon. However, in a 2007 scientific statement, the American Heart Association said cardiac events during exercise were relatively rare. Given that regular exercise reduces your overall risk of these events, it was probably more important to exercise at a convenient, rather than a specific, time of day, the statement said. **Australia's Heart Foundation agrees.**

Training:

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

GIRI – DUTY:

A strong sense of duty and faithfulness for that which has been given, (Parents, Sensei and country). Selfless duty in delivering your best without expectation of reward.

The meaning of "Osu"

In Kyokushin, we say this all the time, but just in case here is what it actually means!

The literal meaning of the expression "Osu!" can be

determined from the *kanji* (Chinese characters) from which the term is derived. *Osaе* means "to press" and *shinobu* means "patience" or "steady spirit". These two symbols are combined in the traditional Japanese martial arts to form *Osu*, which translates as "persevere while pushing oneself to the absolute limit".

So, when greeting fellow students or responding to the *Sensei* in the *dojo*, saying "*Osu!*" announces that, even if you do not feel 100 percent today or even if you do not fully understand a training concept, you are present and giving everything, you have. In this way, you are preparing yourself to be receptive to the spiritual growth in which the practice of karate has to offer.

Think before you act?

- Changing you mind is changing your future!
- The bond that links your true family is not one of blood but of respect in each other's life...
- Argue your limits and sure enough they are yours...
- Your limitations are always set by someone.... "YOU"
- A strike or a kick is like marriage, the initial action is easy, and it's the back-up that makes it work...

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 reaches their highest 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. A martial artist cannot just strengthen one muscle group and

expect to see an increase in speed. The martial artist must build a balance of functional as well as absolute strength from the lower torso up through the core 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 maintain flexibility throughout the entire body. If a martial artist does nothing but add bulk to his/her body they 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.

Resistance Training Drills:

Much of the resistance training to increase speed will be done in the weight room. That's for another article.

Only two mistakes:

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

How to Use the Perceived Exertion Scale

While doing physical activity, we want you to rate your perception of exertion. This feeling should reflect how heavy and strenuous the exercise feels to you, combining all sensations and feelings of physical stress, effort, and fatigue. Do not concern yourself with any one factor such as leg pain or shortness of breath, but try to focus on your total feeling of exertion.

Look at the rating scale below while you are engaging in an activity; it ranges from 6 to 20, where 6 means "no exertion at all" and 20 means "maximal exertion." Choose the number from below that best describes your level of exertion. This will give you a good idea of the intensity level of your activity, and you can use this information to speed up or slow down your movements to reach your desired range.

Try to appraise your feeling of exertion as honestly as possible, without thinking about what the actual physical load is. Your own feeling of effort and exertion is important, not how it compares to other people's. Look at the scales and the expressions and then give a number.

1. No exertion at all
2. Extremely light
3. Very light - (easy walking slowly at a comfortable pace)
4. Light
5. Somewhat hard, an effort; you feel tired but can continue)
6. Hard (heavy)
7. Very hard (very strenuous, and you are very fatigued)
8. Extremely hard (You cannot continue for long at this pace)
9. Maximal exertion

Happy exercising and enjoy! [Paige Waehner](#) (Personal Trainer)

Bad joke of the month:

A newly married man asked his wife, 'Would you have married me if my father hadn't left me a fortune?' The woman replied sweetly, 'I'd have married you, no matter who left you a fortune!'

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.