



KyokuSHIN Karate

Shihan Taylor's Branch – Australian Newsletter – shihantaylor@ozemail.com.au
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2008 Happy New Year:

I would like to wish everyone a great and successful 2008, and I hope the festive season was full of joy and fun. Mine certainly was and, of course, with that came too much eating and drinking and the inevitable weight gain. But never mind, I am already back in hard training and hope to be the slim and trim karate teacher you know and love. OK, so I can't remember the last time I was slim and trim but a guy can dream can't he? I hope to see you all back in training soon. Regards, Hanshi Taylor.

2007 IKO– Matsushima European Championships:

180 fighters entered the 2007 European Championships which were once again a great event. This year the Russians and the Ukrainians dominated, taking all the first places between them. Iran was a little disappointing, but of course they always have a problem getting their best team out of Iran due to visa problems. All in all, it was a great event with some fantastic fights and something all promoters should look at when putting on entertainment as well. The Shihan Zhylin and the Ukrainian IKO–Matsushima organisation should be applauded for a job well done. Here are the results.

Male – 70 kg category:

1st Place Aleksandr Afanasev – Russia
2nd Place Evgeniyb Solomnnikov – Russia
3rd Place Olseksandr Ppokopenko – Ukraine
3rd Place Jabari Asghar – Iran

Male – 80 kg category:

1st Place Vusal Ismailov – Ukraine
2nd Place Andrey Borisov – Russia
3rd Place Oleksandr Prodan – Ukraine
3rd Place Parvarioghani Essa – Iran

Male – Over 80 kg category:

1st Place Semen Garan – Ukraine
2nd Place Csaba Orehoovszki – Hungary
3rd Place Aleksander Remenko – Ukraine
3rd Place Aleksander Karshigeev – Russia

Female – 55 kg category:

1st Place Anna Kuraina – Russia
2nd Place Natalia Yourkain – Russia
3rd Place Lilla Herczeg – Hungary

Female – 62.5 kg category:

1st Place Maria Zhukovskaya – Russia
2nd Place Yolia Syelina – Russia
3rd Place Marina Dudina – Ukraine
3rd Place Maria Pryhodka – Ukraine

Female – Over 62.5 kg category:

1st Place Elena Galoyan – Ukraine
2nd Place Mamokete Moleme – South Africa
3rd Place Anika Szabo – Hungary
3rd Place Claudia Szerezla – Hungary

Tamashwari:

Male: 1st Place Semen Goran – Ukraine – 20 pieces
Female: 1st Place Marina Dudina – Ukraine – 10 pieces

2007 AKKA National Non Contact Championships:

The AKKA Non Contact Championships lived up to the reputation of great fights and a large number of fighters. More than a 120 fighters took part with so many fighters and close fights, it was hard work for the officials to separate many of the fighters. Nevertheless, all the fights were without injury and the officials did a great job selecting some very worthy

winners.

The results are as follows:

Male Open Division:

1st Place Trevor Purcell
2nd Place Nathan Agnew
3rd Place Ronnie Chand & George Papallo

Female Open Division:

1st Place Leticia Ferris
2nd Place Wendy Walsh

Male 5th Kyu & Under Division:

1st Place Benjamin Raso
2nd Place John Stass
3rd Place Mark Coleman & Graham Drew

Female 5th Kyu & Under:

1st Place Luisa Scuderi
2nd Place Chloe Woodcock

Male 13 – 15 Year Division:

1st Place Jahmal Davies
2nd Place Michael Flores
3rd Place Kayln Davies & Lachlan Jackson

Female 13 – 15 Year Division:

1st Place Jordan Podbreznik
2nd Place Emily Kink
3rd Place Tamasin Walsh & Rowena Fuller

Male 10 – 12 Year Division

1st Place Kauri Davies
2nd Place Jin Kato
3rd Place Marko Orlovic & Jonathan Pacchiarotta

Female 10 – 12 Year Division:

1st Place Holly Ives–Ware
2nd Place Alysha Janssen
3rd Place Janine DuFour & Jordan Price

Male 8 & 9 Year Division:

1st Place Zane Gorlin
2nd Place Jaedon Salvatore
3rd Place Jeremy Price & Emmitt Jarjoura

Female 8 & 9 Year Division

1st Place Kayla Brindley
2nd Place Louise Cooke
3rd Place Alanah Jeffrey & Rachelle Morrissey

Male & Female 7 Years & Under Division

1st Place Breanna Palmer
2nd Place Marcus Lymberis
3rd Place Kayne Kotevski & Premo Davies

RHINO MOUTHGUARDS

“WORN BY CHAMPIONS”

**Recommended by Kyokushin Full Contact
& Non Contact fighters
Professionally custom made to achieve perfect fit
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Early Morning Class:

We now have a 6am class at the Bondi Junction dojo on Tuesday and Thursday for those who **LIKE AN EARLY START**. The class is run by Sempai Volkerts

This month's quote:

I do not know the formula for success, but I know the formula for failure – “trying to please everyone”

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

Sportsnet Holidays
For sports travel to major sporting events
such as the 2008 Kyokushin Karate Championships
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at products@sportsnet.com.au
or see the website at www.sportsnet.com.au
for a the best deals tell them you're a member of the
AKKA or a supporter of the AKKA

This month's bad joke: Gotta love those women!!!!

A man and his wife are dining at a table in a plush restaurant, and the husband keeps staring at a drunken lady swigging her drink as she sits alone at a nearby table.

The wife asks, 'Do you know her?'

'Yes,' sighs the husband, 'She's my ex-girlfriend. I understand she took to drinking right after we split up seven years ago, and I hear she hasn't been sober since.'

'My God!' says the wife, 'who would think a person could go on celebrating that long?'

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AKKA Website:

Thanks to Sempai Wong, we have a new and great AKKA website. You can check it at <http://www.akka.com.au>

New Members:

I would like to welcome the following new members to the Bondi dojo: Sandy Hartono – Nicholas Baltino – Tony Ingleton – Jessica Gold – Lilly Rust – Alison Younan – Robert Duncan – Robert Spicer – Karlos Hando

AKKA 2008 Calendar:

The 2008 year is gearing up to be a big year with the Nationals being held at the Nida Theatre and Kancho Matsushima coming out for a National teaching tour in early March, plus the World Championships being held in Japan at the end of the year. Other dates for AKKA events are currently being organized and will be in the February issue of the SHIN.

3rd March – Bondi Junction under green belt gradings

4th March – Bondi Junction adults beginners grading

4th March – Bondi Beach kids grading

14th-16th March – NSW Grading and training camp

30th-31st May & 1st June – National Camp Queensland

12th July – National Non Contact championships

13th July – National Full Contact Championships

5th-7th September – NSW Grading and training camp

2008 World Championships – Japan – **Date to be advised**

2006 WORLD CUP DVD'S

A five set pack professionally produced of every fight over the two days. A great series & not to be missed. Five DVD's \$50.00 including mailing cost.

"Beginner to Black Belt" Kyokushin Kata.

NOW INCLUDES A KATA DVD:

A Kyokushin Karate Manual with over a 100 pages of Kata with complete and detailed explanations, including the correct count for Kyokushin Kata. A comprehensive book that takes a student from "beginner to black belt" By Shihan John Taylor
 Kata included:

Taikyoku ichi & San – Taikyoku sokugi Ichi, Ni, San & Yon
Pinan Ichi, Ni, San, Yon & Go – Tsuki No Kata – Gekisai Dai,
Gekisai Sho – Yantsu – Tensho – Saiha – Sanchin
Sanchintensho – Seipai.

Cost: Australia: \$32.00 (plus postage \$2.00)

International: US\$32.00 (plus postage)

Instructor's discounts available

Ebay:

Kata book from Ebay: Due to the cost of International bank transfers, some may prefer to purchase the book from Ebay. You will need these details: The Ebay user name is dougo177 The link is <http://stores.ebay.com.au/strongestkarate>

Things kids say:

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

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. — Kristen , age 10

Now let me see have I got this right?



GRADING SYLLABUS:

With the students working toward gradings, they should think about buying a grading syllabus. This way you will be sure of exactly what is required to get your next grade. At only \$20.00, the newly printed syllabus is in two parts (booklets), the first part is packed full of karate techniques and diagrams and the second part contains the requirements and terminology up to San Dan and is well worth the price. The syllabus can be obtained through your AKKA dojo or by mail to Hanshi Taylor or on Ebay. Dojo operator's discounts are available.

Jargon buster: Concentric muscular action

A concentric muscular action occurs when a muscle shortens as it contracts, as is the case during the lifting phase of a biceps curl

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AKKA Restructure:

The AKKA has slightly restructured itself with Shihan Saunders moving across from Shihan-cho Viccars' Branch to the Hanshi Taylor's Branch. This will allow Shihan Saunders to assist the Ballarat and other dojos aligned with Sensei Hardy to get the benefit of his teaching,

"Exercising is the closest thing to a "magic pill"

To ensure longevity and an improved quality of life". Regular exercise is known to prevent a decline in physical strength and flexibility as we age, as well as warding off disease such as diabetes and heart problems. The hearts pumping capacity decreases with age, however those who exercise experience only one third of the decline of sedentary people whose efficiency declines by 1 to 2 percent a year beginning at the age of forty. "If you're committed, exercise in combination with a sensible diet can help provide an overall sense of well being", According to Colin Milner, CEO of the International Council on Active Aging, "Most of the issues we look at as aging really are **disuse**. We are meant to move."

Kata tips:

It is better to know one kata perfectly than a 100 badly.

Contributions to the "SHIN"

All contributions welcome and should be emailed to: shihantaylor@ozemail.com.au

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