



KyokuSHIN Karate

Australian Newsletter – hanshi@akka.com.au

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

Many thanks to all the fighters fighters who made the 2019 Australia AKKA Open Championships such a success, not to ignore the many workers, match Officials and the many instructors who put their students into the tournament and also contributed in such a huge way, to make it the success it was.

I would also like to thank the overseas competitors, especially Shihan Takahashi who brought Senpai Matsuba to the championships and who made it to a credible 3rd place, congratulations to Senpai Matsuba, and to all the overseas fighters for making the long journey to Australia. A special thanks to those in the Veterans Divisions who turned that into the success it was with some very strong fighting (one for the oldies). Next year, now that we know the Veterans Division will work, we will put at least two (three if we get enough fighters) weight Divisions in the Veterans Divisions so that the smaller fighters have a better chance of winning. The 2020 Australian AKKA Open Kyokushin Championships will be on the 15th & 16th August I hope I see you all there again.

Here are the results from the 2019 AKKA Australian Open Championships:

Full-Contact:

Male Heavyweight Open Division:

- 1st Place: Mohammad Reezai
- 2nd Place: David Weir-Smith
- 3rd Place: Timothy Smith

Female Heavyweight Open Division:

- 1st Place: Lisa Hodder
- 2nd Place: Adriana Pelegrin
- 3rd Place: Astrid McNally

Male Middleweight Open Division:

- 1st Place: Samuel Shields
- 2nd Place: Ben Gampa
- 3rd Place: Kataro Marsuba

Female Middleweight Division:

- 1st Place: Amber Moore
- 2nd place: Roji Ojha

Male Lightweight Open Division:

- 1st Place: Michael Dent
- 2nd Place: Julius Wolfe

Male Open Veterans Division 1

- 1st Place: Scott Hunt
- 2nd Place: Jason Lindley
- 3rd Place: Kurt Dean

Male Open Veterans Division 2

- 1st Place: John Paparsenos
- 2ND Place: Christopher Horaishi Mae
- 3rd Place: Jeremy Anderson

Female Veterans Open weight Division:

- 1st Place: Penita Davies
- 2nd Place: Astrid McNally
- 3rd Place: Christina Naraynan

Male Lightweight 4th & 3rd Kyu Division:

1st Place: Daniel Sagvrit

2nd Place: Daniel Kummer

Male Heavyweight 5th Kyu & Under Division:

1st Place: Jack Evans

2nd Place: Nick Swan

3rd Place: Rhoy Tarnata

Female Heavyweight 5th Kyu & Under Division:

1st Place: Kellie Tanner

2nd Place: Alison Denman

3rd Place: Reakeeta Morgan

Male Middleweight 5th Kyu & Under Division:

1st Place: Jai Wadwell

2nd Place: Raehan Honotapu

3rd Place: Craig Drever

Female Middleweight 5th Kyu & Division:

1st Place: Fiona Christie

2nd Place: Jessica Belot

Male Heavyweight 16 – 17 Years Division:

1st Place: Thomas Coleman

2nd Place: Nicholas Poulos

3rd Place: Joseph Airton

Female 16 – 17 Years Division:

1st Place: Shayla McEwan-Robertson

Male Middleweight 16 – 17 Years Division:

1st Place: Aaron Lindsay

2nd Place: Junji Fukuta

2019 Australian Children's Padded Divisions:

Male 8 & 9 Years Heavyweight Padded Division:

1st Place: Cameron Cwojdzinski

2nd Place: Wyatt Carter

Female 8 & 9 Years Middleweight Padded Division:

1st Place: Shaynika Lai

Male 8 & 9 Years Lightweight Padded Division:

1st Place: Edward Sulktanov

2nd Place: Ovin Angamma

3rd Place: Kingsley Xian

3rd Place: Brandon Pearson

Female 8 & 9 Years Lightweight Padded Division:

1st Place: Aaliyah Aziz

2nd Place: Ayurvi Chaudhary

3rd Place: Chloe Xian

3rd Place: Joanne Ngan

Male 10 – 12 Years Heavyweight Padded Division:

1st Place: Dylan Noble

2nd Place: Daniel Tanner

3rd Place: Luca Vecchiarelli

3rd Place: Max Mijocevic

Male 10 – 12 Years Middleweight Padded Division:

1st Place: Kaurosh Nadery

2nd Place: Mitchell Cwojdzinski

3rd Place: Zachariah Aziz

3rd Place: Kobi Stenhouse

Female 10 – 12 Years Heavyweight Padded Division:

1st Place: Talia Afungis

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

Female 10 – 12 Years Middleweight Padded Division:

1st Place: Sophia Paparsenos
2nd Place: Farah Sideg
3rd Place: Tessa Mawby
3rd Place: Addisonb Baulch

Male 10 – 12 Years Lightweight Padded Division:

1st Place: Tyler McDerott
2nd Place: Chiaki Lin
3rd Place: Liam McEvoy
3rd Place: Killain McEvoy

Female 10 – 12 Years Lightweight Padded Division:

1st Place: Alyssa Narayanan
2nd Place: Sierra Taylor
3rd Place: Georgis Tiligadis
3rd Place: Charlottew Wong

Male 13 -15 Years Heavyweight Padded Division:

1st Place: Damian Poulos
2nd Place: Demetrios Paparsenos
3rd Place: Conor Hatzinikolaou

Female 13 -15 Years Heavyweight Padded Division:

1st Place: Christiana Stassi
2nd Place: Amelia Cain

Male 13 -15 Years Middleweight Padded Division:

1st Place: Tadeo Gale
2nd Place: Jaedon Stenhouse
3rd Place: Brendan Lawson
3rd Place: Jaydeon Collins-Steet

Female 13 -15 Years Middleweight Padded Division:

1st Place: Lily Shields
2nd Place: Niamh Elliott

Female 13 – 15 Years Lightweight Padded Division:

1st Place: Ava Christie
2nd Place: Annaliese Blumhardt

2019 Australia AKKA Non-Contact Results:

Male Open Non Contact Division:

1st Place: Nicholas Poulos
2nd Place: Timothy Smith
3rd place: Neil Wheatley
3rd Place: Richard Withycombe

Female Open Non Contact Division:

1st Place: Aimee Morris
2nd Place: Jessica Adams
3rd Place: Eva Sklavos
3rd Place: Carrie-Anne Burt

Male Open Non Contact Veterans Division:

1st Place: Heath Smith
2nd Place: Paul Wooten
3rd Place: Tony Liu
3rd Place: Joseph Ciccia

Female Open Non Contact Veterans Division:

1st Place: Penita Davies
2nd Place: Eva Sklavos
3rd Place: Tracy Mortimer
3rd Place: Carrie-Anne Burt

Male Non Contact 5th Kyu & Under Division:

1st Place: Jack Evans
2nd Place: Anthony Sampson
3rd Place: James Tyrrell
3rd Place: Steven Tjan

Female Non Contact 5th Kyu & Under Division

1st Place: Fiona Christie

2nd Place: Zarina George
3rd Place: Karrie Goodwin
3rd Place: Kellie Tanner

Female 13 – 15 Years Non Contact Division:

1st Place: Isabel Mousa
2nd Place: An Maada
3rd Place: Tara Olah
3rd Place: Hanna Mitchell

Female 16 – 17 Year Non Contact Division:

1st Place: Shayla McEwan-Robertson

Male 13 -15 Years Non Contact Division:

1st Place: Tadeo Gale
2nd Place: Damian Poulos
3rd Place: Jaydn Collins-Steet
3rd Place: Kai Evans

Female 10 – 12 Years Non Contact Division:

1st Place: Farah Sudeg
2nd Place: Caitlin Elliot
3rd Place: Charlotte Wong
3rd Kyu: Melanie Poulos

Male 10 - 12 Years Non Contact Division:

1st Place: Kurosh Nadeery
2nd Place: Mitchell Cwojdzinski
3rd Place: Zacharia Aziz
3rd Place: Tyler McDermott

Male 8 & 9 Years Non Contact Division:

1st Place: Sydney Liu
2nd Place: Edward Suktanov
3rd Place: Summnon Nam
3rd Place: Blake Collins Steet

Female 8 & 9 Years Non Contact Division:

1st Place: Aaliyah Aziz
2nd Place: Sofia Hartcher
3rd Place: Charlee Maddicks
3rd Place: Ava Reijasse

Male & Female 6 & 7 Years Non Contact Division:

1st Place: Kingsley Xian
2nd Place: Hailey Tung
3rd Place: Holly Shennan
3rd Place: Jack Boykin

Male & Female 5 Years & Under Non Contact Division:

1st Place: Sofia Sklavos
2nd Place: Siena Collins

Obesity:

The National Obesity Taskforce in Australia has applauded a new study from the US Institute of Medicine that says to stay fit and reduce weight, you need to be exercising 60-90 minutes a day seven days a week.

Dr Tim Gill from the NSW Centre for Public Health states that 60 minutes per day should be an absolute minimum. He highlighted that one out of every five adults are obese and 60% are overweight and that Australian adults watch an average of 3.5 hours of TV every night.

Dr Tim Gill also went onto say that the environment in which we live is so stacked against us either increasing our physical activity or decreasing our food intake that it's probably easier to become a millionaire in Sydney than it is to lose weight and keep it off.

Training:

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