



# BONDI SHIN

Hanshi Taylor's Branch – Bondi Junction Dojo Newsletter – shihantaylor@ozemail.com.au  
November 2012 IKO-Matsushima Organisation - From Hanshi Taylor's Branch

## Hi Guys, Osu

This is the first edition of the "Bondi Shin" the normal Shin, that you will still receive, is an Australian and international newsletter and some of the stuff may be the same, such as the 2012 NSW Team and Kata tournament, however most of the "Bondi Shin" will be dedicated to the Bondi Junction members. That can only happen if you guys send in printable items so hopefully (for it to succeed); it will be well supported by the members and their families by contributing to the publication, with your own stories and news items. It would also be great if you have stories that outline how much Kyokushin karate has done for you, your family or effected your life! So do not be shy, if you have something to say, send it in! If you are having a birthday party or have just been on, or going on, a great holiday such Vicky Richards who is going around Europe for two months or Nicholas Poulos who missed out on the teams event due to going to Hawaii or even a garage sale or you just want to promote your business or something that is going on in your life. We are always looking for contribution to our "Bad joke of the month" or little snippets of information, feel free to send it in!

## 2012 Teams Kumite & individual and kata Championships

The 2012 Teams & kata Championships was an outstanding success for the Bondi Junction teams. In the kata divisions the Bondi Junction dojo came first and second in the Female Open when Sempai Ai Ikeda come in first followed by Sempai Narayan coming in second, when of the Bondi black belts gave a great display of kata, this was followed by a clean sweep in the Male 5<sup>th</sup> Kyu and Under when Jay Volkerts came in first place, followed by Michael Brooke second and Shaun Brooke in third, not to rest on their laurels the Male Junior Division was on by Elliott Wong. The squad was just as successful in the fighting divisions with a clean sweep in the Male 8 & 9 Years Division were the Bondi Colts came in first place, followed by the Bondi Tigers in second place and the Bondi Bandits completing the clean sweep by coming in third. Not to be outdone by their younger dojo members the Male & Female 6 & 7 Years Division won their division, when the Bondi Bears gained first place against a very strong team in the Mount Druitt Hawks! The Bondi Bullets in the Male 13 – 15 Years Division had a narrow lose to be pushed into a very credible third place. The Bondi Junction squad almost completed another clean sweep in the Male 5<sup>th</sup> Kyu & Under Division by gaining a first and third place with the first place going to the Bondi Eagles and the Bondi Slayers being beaten into third place by the North Sydney Bears. To complete a great day for the Open Bondi Junction squad, they achieved another 1<sup>st</sup> & 2<sup>nd</sup> when the "Bondi Roosters" come first with a win over the Bondi Crushers.

## Results: Teams

### Male open Division:

1<sup>st</sup> Place: Bondi Roosters  
2<sup>nd</sup> Place: Bondi Crushers

### Male 5<sup>th</sup> Kyu & Under Division:

1<sup>st</sup> Place: Bondi Eagles  
3<sup>rd</sup> Place: Bondi Slayers

### Male 13-15 Years Division:

3<sup>rd</sup> Place: Bondi Bullets

### Male 8 & 9 Years Division:

1<sup>st</sup> Place: Bondi Colts  
2<sup>nd</sup> Place: Bondi Tigers  
3<sup>rd</sup> Place: Bondi Bandits

### Male & Female 6 & 7 Years Division:

1<sup>st</sup> Place: Bondi Bears

### Result Kata Divisions:

#### Female Open Division:

1<sup>st</sup> Place: Ai Ikeda Bondi Junction  
2<sup>nd</sup> Place: Karina Narayan Bondi Junction

#### Male 5<sup>th</sup> Kyu & Under:

1<sup>st</sup> Place: Jay Volkerts Bondi Junction  
2<sup>nd</sup> Place: Michael Broroke Bondi Junction  
3<sup>rd</sup> Place: Shaun Brooke Bondi Junction

#### Male 12 Years & Under Division:

1<sup>st</sup> Place: Elliott Wong Bondi Junction

### Missed out on the 2012 Team & Kata event?

For those that could not make the 2012 Teams and kata event and need the tournament points to grade in December and or March, there will be a make-up event on Sunday the 25<sup>th</sup> November at the Young Tigers dojo in Smeaton Grange, even if you do not need the tournament points, I recommend as a great tournament and well worth entering. We had a great outcome at the Teams and kata event lets follow this up with a strong team to the Young tigers dojo. Currently the Bondi Junction dojo is the holder of the annual perpetual trophy that goes with this event, so lets all pull together again and make sure we keep it. Applications are at the dojo. If you need a lift let me know.

### DUTY – GIRI:

A strong sense of duty, faithfulness for that given, (parents, Sensei and country) selflessness duty in delivering your best without expectation of reward.

### Schools with fitter children perform better:

26<sup>th</sup> September 2012 [Anna Salleh](#) ABC:  
The findings are down to school cultures that nurture both physical activity and academic achievement, say the researchers. Schools with fitter children achieve better literacy and numeracy results, according to Australian research. The study by physiologist Dr Dick Telford, of the [Australian National University](#), and colleagues, was published in a recent issue of the journal [Pediatric Exercise Science](#). "A school that has, on average, high fitness levels will have, on average, higher literacy and numeracy levels," says Telford. Previous research in animals and humans has suggested greater fitness and physical activity leads to changes in the brain activity and better performance in cognitive tests and concentration. "It took scientists by surprise to a certain degree that there was a consistent relationship," says Telford. Telford and colleagues followed 800 children from age 8 to age 12 in 29 schools to see if physical fitness and activity affected academic performance. The randomised cluster study measured physical activity (using pedometers), physical

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fitness (using a multistage running test), and body fat percentage of each child. This was then compared to the children's academic performance in the National Assessment Program - Literacy and Numeracy (NAPLAN) test. The study found a relationship between academic performance and the fitness of the child, confirming findings from other studies. But, uniquely, this study found that the relationship between fitness and academic performance was particularly strong at the school level. Telford says while fitness may affect performance through physiological changes, the findings show there is also a parallel effect of school culture on academic performance. "Our results certainly show there's a relationship between physical activity and fitness and the academic performance," says Telford. "But because it's stronger at the school level, I'm saying a major reason for this is a cultural effect at the school." Telford says school culture involves the principal, the parents' association as well as the teachers all encouraging fitness as well as academic achievement. "The best teachers of literacy and numeracy happen to be the very same teachers that understand how important it is for a kid to be physically active for their health," says Telford. In a separate study, Telford and colleagues looked at the effect of children being taught physical education by special PE teachers, instead of general classroom teachers. They found those students taught by specialised PE teachers scored 10 to 13 points higher on the NAPLAN test scores.

#### CONGRATULATIONS AND HAPPY BIRTHDAY TO:

Eric Andrew	Emily Smith	Jonathan Chew
Jody Dodds	Luan Freire	John Williams
Nicholas Poulos	Paul Carrol	Riddick Smith
Scout King	Xavier Quinn	Ravi Trachernberg-Ray

#### Jargon buster

##### Enzymes:

Large protein Molecules in the body that helps biochemical reactions to occur that would not otherwise occur rapidly enough to sustain life

##### last months Shin:

<http://www.akka.com.au/newsletters/Shin201210.pdf>

<p><b>Training:</b> "When you're not training somebody else is and when you meet, they'll win"</p>
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#### Bad joke of the month:

My neighbour knocked on my door at 2:30am this morning, can you believe that, 2:30am?! Luckily for him I was still up playing my Bagpipes.

#### Persistence:

"Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination are omnipotent. The slogan 'press on' has solved and always will solve the problems of the human race." - Calvin Coolidge

#### Quote of the month:

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face"  
Dainere Anthony:

#### Why:

Why, Why, Why do we press harder on a remote control when we know the batteries are getting weak?

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#### Kata book:

Kyokushin Karate Manual with over 100 pages of Kata with complete detailed explanations, including the correct count. A comprehensive book that takes a student to black belt grade. The kata includes: *Taikyoku ichi & San*, *Taikyoku Sokugi kata Pinan 1- 5*, *Tsuki No Kata*, *Gekisai Dai*, *Gekisai Sho*, *Yantsu*, *Tensho*, *Saiha*, *Sanchin*, *Sanchintensho & Seipai*.  
Cost: \$35.00

#### IKO-MATSUSHIMA 2006 WORLD CUP:

Two days of knock-down fighting in a boxed set of five DVD's a great package of exciting bouts. Hailed as the best full contact weight division tournament ever.

**A great Christmas gift:** Cost: \$50.00

#### New Bondi Junction Members:

Michal Kot  
Max Fitzpatrick  
Ronan Sheppard  
John Intervale  
Maxim Goloubev  
Alyssh Jenssen  
Kashef Shamsaddiny  
Alex Fonseca  
Jonathan Levy

#### Return to training:

And great to see **Kendra Hancock** back at training

#### Rules to train by:

1. Never tire of learning. A good student can learn anywhere, anytime. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and instructor. Many students feel that their training is a commodity bought with monthly fees and are unwilling to take part in demonstrations or tournaments, teaching, and working around the dojo. An instructor can afford to lose this type of student.
3. Always set a good example for lower ranking belt students. It is only natural they will attempt to emulate senior students.
4. If an instructor teaches a technique, practice it and attempt to utilize it.
5. Remember that a student's conduct outside the dojo reflects on the dojo, the other students and instructor.
6. Never be disrespectful to the instructor. Though a student is allowed to disagree with the instructor, the student must first follow the instruction and then discuss the matter later.
7. A student must always be eager to learn and ask questions.
9. Never break a trust.
10. Your word should be your bond

#### Hope for the fight against Asthma:

Do not hold your breath for the cold vaccine. A multi-institutional team of scientists recently analyzed the genomes of 99 strains of cold-causing rhino-viruses. They found a wide range of diversity among the strains, leaving little hope for a blanket inoculation. Another revelation, says University of Wisconsin virologist and lead study author Ann Palenberg is the news that humans can be infected with two strains of virus at once? The work could have implications for Asthma which scientists believe can be triggered by certain rhinovirus strains. Studying the protein sequences of these strains could eventually lead to drugs to prevent infection by them, which could in turn keep people from developing asthma.