



# BONDI SHIN

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

*Family is the only true wealth:*

## Summer Grading Bondi Junction:

Scott Feng	5 <sup>th</sup> Kyu
Ben Castilli-Ronon	6 <sup>th</sup> Kyu
Sean Fogarty	6 <sup>th</sup> Kyu
Tom Pearce	6 <sup>th</sup> Kyu
Susumu Toyooka	6 <sup>th</sup> Kyu
Mariko Toyoda	7 <sup>th</sup> Kyu
Bobby Fray	8 <sup>th</sup> Kyu
Ben Prochazka	7 <sup>th</sup> Kyu
Tommy Portelli	8 <sup>th</sup> Kyu
Shaun Brooke	8 <sup>th</sup> Kyu
Michael Brooke	8 <sup>th</sup> Kyu
Chris Marshall	8 <sup>th</sup> Kyu
Alejo Pintos-Lopez	9 <sup>th</sup> Kyu
Riddick Smith	9 <sup>th</sup> Kyu
Anton Djioev	9 <sup>th</sup> Kyu
Kashef Shamsaddiy	8 <sup>th</sup> Kyu
Patrick O'Gara	9 <sup>th</sup> Kyu
Arbis Wilson	9 <sup>th</sup> Kyu
Martin Ngo	9 <sup>th</sup> Kyu
Jody Dodds	10 <sup>th</sup> Kyu
Robert Mullins Yiannake	10 <sup>th</sup> Kyu
Jamie Jackson	10 <sup>th</sup> Kyu

Congratulations to all the students in the grading for a very good effort and passing into the next grade. The next Bondi Junction grading will be on the 11<sup>th</sup> March. The children should work towards getting all of their stripes and keep in mind the difficulty of doing the due to the holiday period. I would recommend that the children take every opportunity to get in extra lasses during the school holidays.

## Tigers tournament:

Congratulations to the Bondi Junction fighters in the Young Tigers tournament, every one did really well. Unfortunately Riddick and Chi met in the semifinal and Riddick eliminated Chi who came in 3<sup>rd</sup> and Riddick went on to come second. Hugo and Ben also fight very well but lost in the preliminaries. In the Male Open Adult Division both Ben and Robert came in equal third! Well done every one... Another tournament success for the Bondi Junction dojo!

## New Baby:

Congratulations to Clem on the birth of Olivia!

## Congratulations and happy birthday to:

Hugo Walcott/Hassim	Ilya Trachenberg-Ray
Vicky Richards	Kendra Hancock
Chad Bernard-Chandler	Marco Arambasic
Tiryon Williams	Nick Williams
Eiko Oki	Imamura Yusuke
Ysobel Jarjoura	Ben Hoadley
Micool Brooke	

## Jargon buster: Enzymes:

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

## Last months Shin:

<http://www.akka.com.au/newsletters/Shin201211.pdf>

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

## Welcome to the new Bondi Junction Members:

Orlando Webster  
Shelly Hyman

Jonathan Levy  
David Bayliss

## 2013 NSW AKKA & IKO-Matsushima Calendar

8 <sup>th</sup> – 10 <sup>th</sup> March	NSW Camp and grading
16 <sup>th</sup> March	VKKA Knockdown Camp, Eumeralla
14 <sup>th</sup> April	Victorian Championships
19 <sup>th</sup> – 21 <sup>st</sup> April	Victorian camp – (Hanshi branch)
3 <sup>rd</sup> May	National camp Queensland
12 <sup>th</sup> May	AKKA Ballarat Open Country Championships
26 <sup>th</sup> May	NSW Full Contact Championships
23 <sup>rd</sup> June	NSW Individual Non Contact
3 <sup>rd</sup> August	Australia Open Non Contact Championships
4 <sup>th</sup> August	Australian Open Full Contact Championships
30 <sup>th</sup> – 1 <sup>st</sup> Sept	Victorian Camp & grading (Hanshi Branch)
30 <sup>th</sup> Aug–1 <sup>st</sup> Sept	Victorian camp – (Hanshi branch)
13 <sup>th</sup> – 15 <sup>th</sup> Sept	New South Wales Camp & Grading
28 <sup>th</sup> & 29 <sup>th</sup> Sept.	New Zealand National Championships
5 <sup>th</sup> & 6 <sup>th</sup> October	NSW Country Championships (Griffith)
2 <sup>nd</sup> & 3 <sup>rd</sup> October	Chinese Championships (Nanjing)
October	European Championships
3 <sup>rd</sup> November	NSW Non Contact Teams and kata
30 <sup>th</sup> November	John Taylor Branch Meeting
1 <sup>st</sup> December	NSW Country Championships (Full & Non Contact) Griffith

## 2013 Year:

The 2013 year will be a big year for the Australian Kyokushin Karate Associations and Bondi Junction members. For those that are not aware, the AKKA run an "Australian Full Contact squad", which is open to any member over the age of 16, if you wish to be a member of the Australian squad, can you let me know and I will give you further details. From this squad we expect to select a fully funded team of six males and six females, which includes airfare and hotels costs so that they can participate in the 2013 Chinese Championships on the 2<sup>nd</sup> & 3<sup>rd</sup> October. Unlike the Australian championships, the Chinese Championships also has a children's Full Contact Division, however they have to wear head guards, gloves, chest guards and gloves. Both Scott and Edward Feng have indicated that they would like to participate in this event. So if any of the Bondi junction members, both children and adults would like to participate, the airfare will be about \$1,000.00 plus hotel costs.

## Do not be a crime statistic:

Assaults continue to represent the majority of recorded violent crimes. The overall trend since 1996 has been upward, with an increase of 55 percent between 1996 and 2007.

***The greatest compliment you can give is to refer us to your family and friends. Thank you for your trust.***

### Dr Karl's Great Moments in Science

#### **Do you need eight glasses of water a day?**

Bottles of water, it seems, are an absolutely essential part of many people's lives. You see them everywhere, those ubiquitous bottles of water, it seems, are an absolutely essential part of many people's lives. Presumably, without this life-giving bottled water, people wither up, die and turn into a pile of dust waiting to be blown away by the next breeze. You come across the exhortation to "drink at least eight glasses of water a day" everywhere. This advice has been in a health column in the New York Times, and published by many writers in the popular press. It even appears in a pamphlet from the University of California Los Angeles, which advises the students to "carry a water bottle with you. Drink often while sitting in class..." Another part of the "eight glasses of water per day" story is that we are all chronically dehydrated, and yet our bodies are not sensitive enough to correct this by making us thirsty. From a physiological point of view, this is rubbish. Henry Valtin from the Department of Physiology at the Dartmouth Medical School in New Hampshire decided to look for any scientific evidence supporting the drinking of eight glasses of water each day. He looked through the peer-reviewed literature in modern electronic databases, as well as in the older printed literature. He also consulted with nutritionists who specialised in the fields of 'thirst' and the 'drinking of fluids'. In all of this research, he found no evidence to support drinking of eight glasses of water per day. Despite this lack of evidence, the typical advice is: "According to most authorities, a sedentary person should drink at least eight glasses of water (about eight ounces each) per day. That totals a whopping half-gallon for the average couch potato". In metric land, eight glasses works out to roughly 1.9 litres. But does it matter what fluid you drink? Does it have to be pure water, or can it include tea or coffee? And where did this advice come from? Well, back in 1945, the US Food and Nutrition Board of the National Research Council wrote: "A suitable allowance for adults is 2.5 litres daily in most instances. Most of this quantity is contained in prepared foods". So, that's right, most of the water you need is already there in the food you eat. It seems that this last important sentence: "Most of this quantity is contained in prepared foods" just got ignored. Let's be brave and look at some numbers. Each day, an adult human in a temperate climate will typically take some two and-a-half litres of water into their body, and then pass it out again. Most of the time, this will be made up of about 1,220 millilitres of water in some kind of fluid, and another 1,000 millilitres of water contained in the food. Inside your body, you 'manufacture' another 300 millilitres of water as so-called 'metabolic water'. So that works out to 2,520 millilitres of water 'entering' your body. Then you lose about 1,520 millilitres of water in your urine, and another 100 millilitres in your faeces. And when you add in another 900 millilitres for so-called 'insensible' losses (water that is lost through sweating or breathing) you get a total output of 2,520 millilitres of water. Usually, there is nothing wrong with drinking lots of water. Mind you, if you drink excessive amounts of water that can be fatal. In January 2007, a mother-of-three, Jennifer Strange, entered a contest run by the Sacramento, California, radio station KDND-FM. The person who could drink the most water without going to the toilet would win a Nintendo Wii game console. She drank about 7.5 litres of water, suffered severe swelling of the brain and died. She drank in a few hours three times as much as she normally took in over a whole day. On the other hand, some studies show that drinking lots of water reduced the incidence

of cancer of the bladder, colorectal cancer, urinary tract infections and urinary stones. Should it be this hard to get it just right? Well, as the Harvard Men's Health Watch wrote: "It's getting to be quite a chore: tracking grams of fat and fiber, adding milligrams of sodium, counting calories, and now watching water." What is the next stage? Will parents send their children off to school with the anxious advice of: "Now make sure you breathe enough air"?

#### **Bad joke of the month:**

A mate of mine recently admitted to being addicted to brake fluid. When I quizzed him on it he reckoned he could stop any time....

#### **Quote of the month:**

Your Grandkids are your reward for not strangling your own kids: Anon

#### **Why:**

Why do banks charge a fee due to insufficient funds when they already know you're broke?

#### **Facebook:**

Join the Bondi Junction dojo on facebook. "**Type Bondi Junction Kyokushin karate**"

#### **How to Eliminate Muscle Cramps (by Liz Noelcke)**

Muscle cramps can be a very painful side effect of exercise. You work out to benefit your body and overall health, and are punished with a sharp pain in your muscles. It's easy to get frustrated and even apprehensive when a "charley horse" occurs, but they are usually harmless and there are several tricks to help alleviate the pain.

Cramps occur when a muscle contracts and doesn't relax.

They are involuntary and you can often see or feel your muscle twitching. Even after the muscle does relax, it will remain fatigued and possibly sore. Cramps can last anywhere from a few seconds to 25 minutes or more. While some people experience cramps during exercise, they can also happen while sitting or even sleeping. They most commonly occur in the leg, especially in the calf, hamstring and quadriceps.

**Why me?** There are many reasons why cramps may occur.

Inadequate stretching and overexertion might lead to a build up of lactic acid in your muscles. Muscle fatigue and dehydration may also contribute. Cramps are also more likely to happen in hot weather since you tend to lose more fluids.

**Make it stop!** When cramps do strike, instead of grimacing in pain, try a few tricks to help the muscle relax. Start by gently stretching the area. Don't reach too far; just lightly push the muscle until you feel a stretch. Learn specific stretches to use. Another way to reduce the pain is to delicately massage the cramped muscle, without rubbing too hard. You might also try to ice the affected area for 15 minutes at a time. This will increase the circulation to the muscle.

#### **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

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