



BONDI SHIN

Hanshi Taylor's Branch – Bondi Junction Dojo Newsletter – shihantaylor@ozemail.com.au
January 2013 IKO-Matsushima Organisation - From Hanshi Taylor's Dojo
Family is the only true wealth:



Welcome to 2013:

We survived the end of the world so the last training session for 2012 went ahead as planned and came off very well, considering that it was the last day of work for most people. The kids class of 22 was outstanding and congratulations to all of them for making a big effort to get there. The adults as you would expect did not meet the same numbers as the kids, no doubt for the same reason, that being, many would have still been at work functions. So thanks to those that made it along. We hope to see you all on the 2nd January.

Not trained for a while:

The New Year is a good time to restart and a great New Years resolution "getting back to training" would be?

Black belt presentation:

Saturday 22nd December saw the presentation dinner for the Bondi Students who graded to black belt at the September camp and grading receiving their black belt and international certificates. Congratulations to *Sempai* Narayan on receiving her second degree black belt and certificate and *Sempai* Mitsunari Tamazawa for receiving his 1st degree black belt and certificate. I am sure we will have many more after the March camp and grading.

2013 a full year ahead:

As always the Bondi Junction dojo has a full year in 2013. It all starts with the camp in March. If you intend to grade to Green Belt or over, you should have put in your camp application. If you are thinking of attempting Green Belt or over at the September camp, it is not a bad idea to go the March camp and get a feel of what to expect when you are there to actually grade. After the camp we look to the next event which is the National camp on the Gold Coast. This is great camp to attend. Applications are at the dojo and if you book your airfare early, you can get some good deals. The camp is situated on the beach and students come from around Australia for a great weekend of sun, fun and great training. Then it is on to the NSW Full Contact Championships. This is a great event for those who want to start in the full contact tournaments or as warm up for the Australian Championships on the 4th August. The next event is the NSW Non Contact Championships. Bondi had lots of success in this event last year, not just because of the Bondi Junction student's great fighting technique and spirit, but much of the success was due to the fact that we had all of our fighters participating. So let's do the same this year and have everyone participating. We then move on the Australian Championships on 3rd & 4th August. Once again the Bondi students were outstanding in this event in 2012 and I am sure we can repeat that success this year. For those who want to try their hand on the international stage, the first event is the New Zealand Championships on the 28th & 29th September. The NZ tournament has divisions to suit everyone - kid's non contact, kid's full contact (gloves, shin guards and head guards used) and the same in the adult divisions, so if you want make the trip across the ditch for a great event, put the September

tournament down as a must. As far as international tournaments go, the Chinese Championships in Nanjing on the 2nd & 3rd October is hard to beat. It is a full contact event with children's divisions. The kids wear body armour, head guards, gloves and shin guards. It will be a great event coupled with all of the excitement of China. Adult full contact fighters should think about this event. The AKKA will be taking a team of 12 fighters, made up of 6 males and 6 females; however, they will be selected exclusively from the Australian Squad. So all of you full contact fighters should get yourself in the squad and try to make the team! If you are interested in training in the National squad, you need to be nominated by an instructor, so you need to see me.

AKKA Branch meeting: (tournament points)

At a recent meeting of the AKKA it was decided to change the tournament points system. Effective after the March grading the following points system will apply. It should be noted that the main difference is that points accumulated prior to grading to 4th Kyu are cancelled and the student must recommence accumulating points for a black belt grade. The problem in the past has been that many students left their tournament points until the very last and often it not only caused undue stress on the student trying to accumulate points in a hurry, but in many cases they left it too late and there was not enough tournament left to get the points prior to the grading. I should say that this was never a problem at the Bondi Junction dojo because as you are all aware, we insist that students start from very early in their training that they compete. Not only because of the points, but tournaments participation makes better fighters.

To grade to 4th Kyu (Green belt):

A student needs to accumulate 7 points.

To grade to Shodan (Black Belt):

A student needs to accumulate a further 10 points

How points are allocated!

- One point for regional events
- Two points for State events
- Three points for National events
- Non contact is not eligible for points unless under 16 or over 40 years

South African trip: (well worth a look)

https://www.youtube.com/watch?v=XxDz7-h4i_Y&feature=g-upl

Previous Bondi Shin:

Dec 2012

<http://www.easternsuburbskarate.com.au/BondiShin/BondiShin201212.pdf>

Last months Shin:

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

Demonstration:

The Japanese week demonstration at Darling Harbour went of really well, about 56 students turned up to take part and the demonstration was fantastic. The Kids did a great kata, as did the adults. Bondi Junction's *Sempai* Tamazawa did a very good breaking demonstration with timber and your truly did the baseball bat break. It all ended well with a display of

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some outstanding kumite (sparring). Thanks every one for a great effort and I am sure you would be happy to know we got good feedback from the audience.

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 –

Persistence personified:

I recently awarded a number of black belts in Victoria. What struck me was how most of them had actually made it through with sheer persistence. Of course there were some who were very talented and made it by just being brilliant at Kyokushin. However; one had lost a huge amount of weight, another had bad wrists, another had a bad heart, another had a very bad back and another couple with other problems to overcome! I am not suggesting that any of them did not have good technique, it is just that they overcame their own great handicaps and health problems and succeeded only by persistence. While I may not have been a brilliant student, I was blessed with a strong body and good health and I am not sure if I could have succeeded if I had any of the problems that these students had and so I really admired each and every one. To me this is where Kyokushin really succeeds...

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

Welcome to the new Bondi Junction Members:

An Maeda Mathew Angells

The Importance of Warming Up: (www.sparkpeople.com)

A warm up is the act of preparing for an athletic event or workout by exercising or practicing for a short time beforehand. Warming up helps reduce your risk of injury and the aches and pains that come with exercise. The physiological reason to warm up is to assist your circulatory system in pumping oxygen-rich blood to your working muscles. The idea is to increase circulation throughout the body in a gradual manner. A proper warm up safely prepares the body for the increased demands of exercise. Cold muscles do not absorb shock or impact as well, and are more susceptible to injury. A warm-up helps you prepare both mentally and physically for exercise and reduces the chance of injury. During a warm up, any injury or illness you have can often be recognized, and further injury prevented. Other benefits of a proper warm up include: Increased movement of blood through your tissues, making the muscles more pliable. Increased delivery of oxygen and nutrients to your muscles. This prevents you from getting out of breath early or too easily. Prepares your muscles for stretching, prepares your heart for an increase in activity, preventing a rapid increase in blood pressure, prepares you mentally for the upcoming exercise, and primes your nerve-to-muscle pathways to be ready for exercise, improved coordination and reaction times

Easing in (ED): Easing-in is why the Kyokushin system is the way it is, which is amazing when you think of how long ago it was created. The sessions start with a slow stretch and then into hand technique rather than using the very large muscles that are required for kicking. By the time the kicks come around, the body is well warmed up and ready for the larger muscles to swing into action.

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Congratulations and happy birthday to:

Sam Nemirovaky	Tom Pearce	Koki Yano
Nia Bellear	Anton Djioev	Maxim Goloubev
Owen Magee	Thomas Lyons	Daniel Weiss
Robert Lauretti	Koki Yano	Carfian Ganawan
James Robinson	Kengo Takahashi	

Jargon buster:

Aerobic metabolism

The process of liberating energy in cells using oxygen

2013 NSW AKKA & IKO-Matsushima Calendar

8 th – 10 th March	NSW Camp and grading
11 th March	Bondi grading under Green belt
19 th – 21 st April	Victorian camp – (Hanshi branch)
3 rd May	National camp Queensland
12 th May	AKKA Ballarat Open Country Championships
26 th May	NSW Full Contact Championships
3 rd June	Bondi Junction under green belt grading
23 rd June	NSW Individual Non Contact
3 rd August	Australia Open Non Contact Championships
4 th August	Australian Open Full Contact Championships
13 th – 15 th Sept	New South Wales Camp & Grading
16 th September	Bondi Junction under green belt grading
28 th & 29 th Sept.	New Zealand National Championships
2 nd & 3 rd October	Chinese Championships (Nanjing)
3 rd November	NSW Non Contact Teams and kata
1 st December	NSW Country Championships (Full & Non Contact) Griffith
2 nd December	Bondi Junction Under Green Belt Grading
22 nd December	Last training session Bondi Junction

Why?:

Why is it that when someone tells you that there are one billion stars in the universe, you believe them but, if they tell you there is wet paint, you have to touch it to check?

Why we teach what we teach:

How to increase arm speed / Acceleration

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 reach 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).

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 centre of gravity from start to finish. Controlling the centre of gravity means going from one foot to the other while keeping the posture stable with the head directly over the centre 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.

Bad joke of the month:

Q: How do you catch a squirrel?

A: Climb up and tree and act like a nut!