



BONDI SHIN

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

School Holidays:

The holidays are over and lets get every on back into training with the Under Green belt grading being held on the 11th March and every one who is interested in participating should make sure that they get their hours up and the *kata*, not to forget their technique, up to scratch. Do not go into the grading un-prepared, it is not only a sure fire way of failing, but it puts a lot of unnecessary pressure on the student-.

March camp & grading:

The March camp is getting very close and those in the grading should be hard into their preparation that means lots of time in the *dojo* and home *kata* practicing!

The Bondi Junction *dojo* has large number of members attending the camp and grading at the camp including Jonathan Chew who is attempting *Shodan*, I am sure you will all wish all of them success. With 23 members from Bondi Junction, we have a great number of students going to the camp which relates to over 15% of those attending. A grade effort from the Bondi Junction members and if you hope to grade at the camp or just go for the experience, you need a book now as the camp is almost full.

Name:	Grade attempting:
John Volkerts	Not grading (training only)
Jonathan Chew	Shodan (Black Belt)
Edward Feng	1 st Kyu (Senior Brown Belt)
Nick Williams	1 st kyu (Senior Brown Belt)
Alysha Jenssen	1 st Kyu (Senior Brown Belt)
Leif King	2 nd Kyu Undecided if grading
Antonio Casas	2 nd Kyu (Brown Belt)
Elliott Wong	2 nd Kyu Undecided if grading
Jan Shepley	2 nd Kyu (Brown Belt)
Harold Guerro-T	3 rd Kyu (Senior Green Belt)
Christopher Kobari	3 rd Kyu (Senior Green Belt)
Nichols Polous	4 th Kyu (Green Belt)
Scott Feng	4 th Kyu (Green Belt)
Campbell O'Neill	4 th Kyu (Green Belt)
Sarah Moses	4 th Kyu Not grading (training only)
Jay Volkerts	5 th Kyu Not grading (training only)
Dylan Walters	8 th Kyu Not grading (training only)
Alexander Zaiden	9 th Kyu Not grading (training only)
George Vizmar	9 th Kyu Not grading (training only)
David Bayless	Not grading (training only)
Kobie Hannah	Not grading (training only)
Shelley Hyman	Not grading (training only)
Ravi Ray	Not grading (training only)

Welcome back to training:

Dylan Walters after a long break from training. It is good to not only see Dylan back, but he is also attending the camp... Well done...

Congratulations and a happy birthday to:

Sean Fogarty Oliver Spira
Tyler Dale Julien Michelsen

Welcome to the new Bondi Junction Members:

Jason Shen Samantha Watkins

Jargon buster – DNA (deoxyribonucleic acid)

A double helix shaped molecule containing the genetic code that instructs cells how to behave. Damage to DNA is believed to play a major role in the formation of cancer and other degenerative diseases

Science Myths Exploded:

“A Goldfish as a memory of only three seconds”

This is a commonly-held belief that has proven to be completely false. Researchers in the University of Plymouth (England), in 2003 demonstrated that goldfish could learn to remember daily routines. The goldfish in the Plymouth study were trained to push a lever in the tank to earn a food reward. When the lever was set to work for only one hour per day, the fish soon learned to operate it at the correct time each day. Other studies have shown that goldfish have a memory of at least three months, and can distinguish between different shapes, colours and sounds.

ORIGIN: One (slightly tongue in cheek) theory is that this myth arose as a method of making goldfish-owners feel less guilty about keeping their pets in a very small bowl. If the fish can not remember anything that happened more than three seconds ago, as this theory goes, they will never get bored with their tiny homes! In fact, goldfish are more intelligent than we give them credit for. They can even be taught tricks such as swimming through a hoop, using the same reward based training methods used with circus animals.

Quote of the month:

"If you can let go of that fear in life then you can do anything. It allows you to really let go and chase the things you really want to do in your life and live out the life you were born to live " - Jim Stynes, AFL Brownlow medalist, philanthropist, youth worker

Congratulations to Tyler Dale on coming 7th in the Australian Sailing Championships (Sabo Class) which was recently held in Victoria. A great effort and I am sure we will see even better results from Tyler in the future as he benefits from the Australian Championships experience.

Leaving the dojo:

It is a sad day for the Bondi Junction dojo, *Sempai* Oki and her partner, Derek are moving to Melbourne for at least a year. Hopefully the rotten Victorian weather and being forced to watch AFL every day will get too much for both of them and they will return to beautiful Sydney and the Bondi Junction dojo. We will all miss *Sempia's* smiling face around the dojo. Nevertheless, we wish both well on there new venture.

Previous Bondi Shin:

January 2013

<http://www.easternsuburbskarate.com.au/BondiShin/BondiShin201301.pdf>

January 2013

Last months Shin:

<http://www.akka.com.au/newsletters/Shin201301.pdf>

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

New Years Special: 2006 World Championships:

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.

**Cost: \$30.00 (including postage within Australia)
Save \$20.00**

Stickers:

Any one interested in having stickers made can contact Shihancho Viccars for a great Kyokushin deal at:-

<http://www.facebook.com#!/pages/Vickers-Stickers/372178612854123?sk=info> or <http://www.vickers-stickers.com>

Congratulations to the Bondi junction fighters:

The NSW Division of the Australian Full Contact squad got off the a great start on the 12th January with a Sempai Jajoura, Ben Warrick-James, Alysha Jossen and Sarah Moses all from the Bondi Junction dojo are part of the squad. It is from the squad that a fully sponsored team will be selected to participate in the Chinese Championships on the 2nd & 3rd October. Lets hope they get selected as not only will they go to China, but the Chinese Championships is seen a precursor to the World Weight Division Championships in Durban, in October 2014. We should also congratulate Edward and Scott Feng as they will be participating in the Children's Full Contact Division of the championships. Of course the children's division has head and guards as well and gloves to protect them from injury. Any of the kids who would like to participate, need stop let me know. However, they need to be accompanied by an adult.

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

Bad joke of the month:

Prospective husband: Do you have a book called 'Man, The Master of ?

Salesgirl: The fiction department is on the other side, sir.

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

Bondi Shin Contributions:

If you have something for the Bondi Shin, either a birthday, and event, an interesting article or even your business to

promote, feel free to send it in. We especially like supporting each other business's, after-all, that is what are friends for!

Grading points:

As you will recall from the last "Bondi Shin", the AKKA has increased the tournament points for gradings, so let's have everyone bring their AKKA Memberships and grading book up to date, then bring it to the *dojo* to have it signed.

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.

Perks of reaching 50 or 60 and heading towards 70 or over

1. Kidnappers are not very interested in you.
2. In a hostage situation, you are likely to be released first.
3. No one expects you to run - anywhere.
4. People call at 9 pm and ask, 'Did I wake you?'
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat supper at 4pm.
9. You can live without sex, but not your glasses.
10. You get into heated arguments about pension plans.
11. You no longer think of speed limits as a challenge.
12. You quit trying to hold your stomach in no matter who walks into the room.
13. You sing along with elevator music.
14. Your eyes won't get much worse.
15. Your investment in health insurance is finally beginning to pay off.
16. Your joints are more accurate meteorologists than the weather service.
17. Your secrets safe with your friends because they can't remember them either.
18. Your supply of brain cells is finally down to a manageable size.
19. You can't remember who sent you this list.

The Fat Loss 90/10 Rule: - By Matt O'Neill, BScMSc(Nut&Diet), APD, AN (Nutritionist)

They say it's not what you know, it's what you know to ignore that builds success. This definitely applies to nutrition, and I call it the 90/10 Rule. It's a challenge to know what to believe about nutrition and therefore, where to focus your attention on effort to deliver results. Should I only eat organic? Should I stop eating carbohydrates after 8pm? Should I do exercise before breakfast to burn more fat? Getting caught up in the finer detail of these topics can constipate your actions and your results. What gets 90% of your results? Hitting your food targets by the end of the day. Eating your 5 exchanges of vegetables. Keeping under your daily calorie cap with flexible meal timing, limiting Carbohydrates to match your metabolism. What gets 10% of your results? Obsessing about the last gram of sugar. Only allowing you to eat organic vegetables. Worrying about eating after 8pm. Counting every carb to eat low carb. Sure, for some people the 10% items can make a difference, consider where you are putting your energy and tick off that you are doing the 90% results list first. For your metabolically matched diet plan, report and program from Matt O'Neill - Channel 7

Facebook - Join the group...

"Bondi Junction Kyokushin karate"

Join the Bondi Junction *dojo* on Facebook friends.

<https://www.facebook.com/BondiJunctionKyokushinKarate>

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