



**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 12<sup>th</sup> 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 2<sup>nd</sup> & 3<sup>rd</sup> 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 <sup>th</sup> – 10 <sup>th</sup> March	NSW Camp and grading
11 <sup>th</sup> March	Bondi grading under Green belt
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
3 <sup>rd</sup> June	Bondi Junction under green belt grading
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
13 <sup>th</sup> – 15 <sup>th</sup> Sept	New South Wales Camp & Grading
16 <sup>th</sup> September	Bondi Junction under green belt grading
28 <sup>th</sup> & 29 <sup>th</sup> Sept.	New Zealand National Championships
2 <sup>nd</sup> & 3 <sup>rd</sup> October	Chinese Championships (Nanjing)
3 <sup>rd</sup> November	NSW Non Contact Teams and kata
1 <sup>st</sup> December	NSW Country Championships (Full & Non Contact) Griffith
2 <sup>nd</sup> December	Bondi Junction Under Green Belt Grading
22 <sup>nd</sup> 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.**