



BONDI SHIN

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

Bondi Junction Fighters sweep the NSW Full Contact Championships

The recent NSW Kyokushin Open Full Contact karate championships, held at the Coogee Diggers, with over 50 fighters it was going to take a huge effort to take the top spot, but that is exactly what the Bondi Junction Kyokushin karate did, coming doing an almost clean sweep of the event by winning or being placed in every division. The first final was in the Male Yellow Belt Lightweight Division final between two Bondi Junction fighters Ben Prochazka and Susumu Tooyoka was worth the price of the entry, the fact that they were dojo mates made no difference and both fighters held nothing back and put up a great and very close fight, without either fighter able to score it was up to the judges to pick a winner and they gave Ben a points win.

The Yellow Belt Middleweight final was the next up got into action was an all Sydney affair with North Shore fighter Kevin Williams fighting Ari Slamer from Bondi Junction Club. Ari scored with a half point and look like he had it in the bag until he penalised for an illegal technique and his title hopes looked shaky, however, the judges thought the half point was enough and gave him the Yellow Belt Middleweight Title.

It was another North Shore verses Bondi Junction affair in the Male Lightweight Green Belt Division when Kojiro Nogi out fought Bondi Junction's Gel Freire. Gel had beat Victorian Julius Wsol in the Semi-Finals in a "monster bout" Julian drove Gel with some huge hits. However, it was not enough to beat the very sharp Gel who was skilled enough to wear Julius down and come home strong. The final between Gel and Kojiro was just as nail biting, but this time it was the North Shore Kojiro that came home strong for a great win.

It was on to the main events when the event then moved into the "Open Divisions". The Male Open Lightweight Division Final had Bondi Junctions Kengo Takahashi up against Patrick Balk from Griffith. A typical Kyokushin style bout followed with lots of strong low kicks mixed in with even strong body blows, another tough choice for the judges, but it was Kengo who was stronger and dominated the fight enough for the judges to give him a points win.

Victorian fighter Jacque Jabonska travelled to Sydney looking for stronger opponents and she certainly found one when she faced off against Ysoble Jarjoura and strong Bondi Junction fighter, Ysobel took the fight to Jacque who put a great fight was outclassed by Ysoble who won on points. Ysobel then went into the final against the Smeatons Grange fighter Tiani Smith, before the tournament the smart money would have been on Ysoble, however, Tiani was looking impressive and it was going to be hard one to pick. That was exactly how it turned out, a very close bout with Tiani doing enough to get the win putting Ysobel into second place. The very last fight of the day between Bondi Junction's Nick Williams and Maroubra's Sebastian Traccaz was a great fight to finish the day on with two big men slugging it out, when the smoke cleared and the flags went up it was Nick Williams that was the NSW Heavyweight Open Champion.

2013 New South Wales Full Contact Karate results with Bondi Junction winners or place:

Male Open Heavyweight Division:

1st Place: Nick Williams Bondi Junction
2nd Place: Sebastian Traccaz Maroubra

Female Open Heavyweight Division:

1st Place: Tiani Smith Smeatons Grange
2nd Place: Ysobel Jarjoura Bondi Junction

Male Open Lightweight Division:

1st Place: Kengo Takahashi Bondi Junction
2nd Place: Patrick Balk Griffith

Female Open Lightweight Division:

1st Place: Fiona O'Neil Tamworth
2nd Place: Alysha Jenssen Bondi Junction

Male Open 4th & 3rd Kyu Middleweight Division:

1st Place: Jordan Wallis Ballarat
2nd Place: Chris Kobari Bondi Junction

Male Open 4th & 3rd Kyu Lightweight Division:

1st Place: Kojiro Nogi Crows Nest
2nd Place: Gel Freire Bondi Junction

Male 5th Kyu & Under Middleweight Division:

1st Place: Ari Slamer Bondi Junction
2nd Place: Kevin Williams Crows Nest

Male 5th Kyu & Under Lightweight Division:

1st Place: Ben Prochazka Bondi Junction
2nd Place: Susumu Toyooka Bondi Junction

Male Heavyweight Colts Division:

1st Place: Dale Mannell Griffith
2nd Place: Jay Volkerts Bondi Junction

Kids Demonstration:

The "Waverley Public School" had a Chinese day and as we have a number of students attending the school they ask that we give a karate demonstration and what a great job the kids did (as young as 5 years). Even the occasional miss-hap such as their boards not breaking the very first time went down well, as the audience realised that it was not a trick and the kids actually did something that was difficult. The kata was great and their fighting was spectacular, which only shows what an audience will do which the other school kids just loved, almost as much as the board breaking. Great job kids...

Australian Kyokushin Open Championships:

The 3rd & 4th August are the biggest two days on the Australian Kyokushin Karate Calendar, with the Non Contact on the 3rd (Saturday) and the Full Contact on the 4th (Sunday). This event has been running since 1977 and is the longest running karate event in Australia and will be run at the Sydney University Aquatic Centre in Codrington Street Darlinghurst (Sydney). The tournament is open to all karate styles, other Kyokushin organisations and all martial arts. Applications for AKKA members can be through their dojo instructor. Non Kyokushin participants can obtain applications through the AKKA web site at www.akka.com.au and follow the prompts.

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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

Jargon buster – In vitro

Studies conducted in cells in the lab rather than in live organisms

Science Myths Exploded:

A dog's mouth is cleaner than a human's MYTH!

This is a common claim (and a popular theme for science fair projects). It's almost certainly untrue, however. Dogs use their mouths for a wide range of things humans don't, including many that have high potential for picking up bacteria. These include washing themselves, chewing and eating items from the trash, and drinking muddy water. And, unlike human beings, dogs also use their mouths as toilet paper. It's highly unlikely that any dog's mouth would be cleaner than a human's, therefore. **ORIGIN:** One reason for this notion was the belief, once widely accepted, that dog bites were less likely to become infected than human bites. Recent studies have cast doubt on this, however. Apart from bites on the hand (where other considerations apply), the rate of infection for both human and dog bites is about 10 per cent. A further factor is that scientists have found that humans are more at risk of acquiring an illness if they come into mouth-to-mouth contact with another human, and the same for dogs whose mouths come into contact with those of other dogs. The reason is that there are few infections that can be transmitted between the two species, so a human being is more likely to get ill from contact with another human. So, if you're a dog owner, you can take comfort in knowing that a kiss from your dog may be unpleasant, but unlikely to cause you health problems!

Recommended Authentic Japanese Restaurants:

“BUSSHARI”

119 McLeay Street Potts Point Ph9357455

“KUJIN”

41b Elizabeth Bay Road Elizabeth Bay Ph: 93897531

2013 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.

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Stickers:

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

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

2013 NSW AKKA & IKO-Matsushima Calendar

3rd August Australia Open Non Contact Championships

4th August Australian Open Full Contact Championships

13th – 15th Sept New South Wales Camp & Grading

16th September Bondi Junction under green belt grading

28th & 29th Sept. New Zealand National Championships

2nd & 3rd October Chinese Championships (Nanjing)

13th October NSW Country Championships (Full & Non Contact) Griffith

3rd November NSW Non Contact Teams and kata

2nd December Bondi Junction Under Green Belt Grading

22nd December Last training session Bondi Junction

Bad joke of the month:

Local Police hunting the 'knitting needle maniac, who has stabbed six people in the village in the last 48 hours, believe the attacker could be following some kind of pattern.

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!

Training: “When you're not training, some one else is and when you meet, they'll win

The Pope's salary: By [Matthew King](#)

Pope Francis has declared that he "would like to see a church that is poor and is for the poor". At one level these are simple words, but on another it may herald a transition in the relationship of the Church towards its followers and the wealth that it has amassed over the centuries. While a Pope receives no remuneration during his reign, he is buried with a token salary. Pope John Paul II received one gold, silver, and copper euro coin for each year of service, about €100. The household of the reigning Pope is more like that of a King or Queen. Any personal items required by the Pope are sourced and paid for by the Papal Household. His personal accommodation, a bedroom, bathroom and study, is similarly provided for within the Vatican Palace. When Pope John XXIII was once asked, "How many people work in the Vatican?" he allegedly answered, "About half". All jokes aside, the Roman Curia has about 3,000 staff, who co-ordinate more than 3,000 dioceses across the world. In addition to the administrative, security and support staff of the Curia, a Pope is also provided with a small personal retinue. Benedict XVI was known for running a modest household and, aside from having access to a personal secretary and assistant, he had four "German sisters" to care for his personal needs. In his retirement, Benedict is likely to move to a former nunnery within the Vatican and be provided with a small staff. While his new home is reportedly quite Spartan, he might again have money in his cassock pocket. As Italian news outlets have reported, retired clerics can receive up to €2,500a month.

Tired muscles? Don't blame lactate By Hannah Kim
Lactic acid, produced in the muscles from intense exercise, enhances performance rather than reducing it as commonly believed, according to a new study. Lactic acid has long been associated with muscle fatigue, the loss of force and power with repeated muscle contractions. 'Everybody thinks lactic acid is a bad thing and that it's deleterious to performance but what we're showing is that it's a help,' says researcher Professor Graham Lamb of Melbourne's La Trobe University. 'It actually reduces fatigue.' Lactic acid is produced when a muscle works so hard it is forced to convert glucose to energy without enough oxygen. Less energy is produced per molecule of glucose but it's a way of the body squeezing the last ounces of energy out of glucose despite there being enough oxygen. Lamb comments that sports commentators and trainers often say athletes need to 'warm down' after intense exercise to wash out lactic acid. 'The reason people thought lactic acid caused fatigue is that when muscles fatigue they see lactic acid increase,' Lamb, a muscle physiologist, told ABC Science Online. 'It turns out it's a correlation but not the cause. Not only does lactic acid not cause fatigue, it improves the conditions for muscle contractions.'

Why is that so?

- Why did Kamikaze pilots wear helmets?
- Why is it that no plastic bag will open from the first end you try?
- Why do you never hear father-in-law jokes?

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