



SHO SHIN

BULETIN BLACK BELT IKKA



Edisi Mei 2016

A black belt is a white belt who never gave up, just enjoy the journey.

Oshi Shinobu,

Pada tahun 2017, perguruan kami berkesempatan untuk menjadi tuan rumah Asia Pacific Tournament 2017. Wah tentunya kita ingin menampilkan yang terbaik untuk acara ini, begitu juga dengan tim peserta dari Indonesia. Mari, kita berlatih lebih giat lagi agar dapat mempersiapkan acara ini dengan baik. Selamat membaca!

ELEVEN MOTTOS OF MASUTATSU OYAMA (I I)

" Following the Martial Way is like scalling a cliff. Continue upwards without rest. It demand absolute and unflattering devotion to the task at hand"

Mengikuti jalan keperwiraan seperti mendaki tebing. Terus memanjat tanpa henti. Jalan keperwiraan menuntut pengabdian yang mutlak dan menyeluruh terhadap tugas yang diberikan.

AGENDA IKKA 2016	
1. Mei	◆ 25 : Refreshing Instruktur / Etiket dojo
◆ 22 : Kejuaraan Antar Dojo Kumite + Kata	6. Oktober
2. Juni	◆ 2 : Seminar tentang Gizi dan Penyakit diikuti Instruktur dan terbuka untuk orang tua warga
◆ 12 : Ujian Semester I Kyu 4 keatas	16 : Match Karate Semi Open
3. Juli	◆ 6 : Kejuaraan Antar Dojo Kumite + Kata
◆ 24 : Seminar P3K + Sertifikasi	8. Desember
4. Agustus	◆ 11 : Ujian Semester II Kyu 4 keatas
◆ 7 : Ujian Kwartal II Kyu 5 kebawah	◆ 18 : Ujian DAN
◆ 20-21 : Gasshuku/Camp	
5. September	
◆ 11 : HUT IKKA	

Berada di jalan seni keperwiraan seperti Karate Do yang kita jalani bukan hanya untuk mereka yang mempunyai fisik kuat, berbakat dan bertingkatan tinggi, tetapi untuk semua orang yang mencoba mengatasi tantangan demi tantangan, ujian demi ujian, yang pada akhirnya akan menjadikan kita lebih kuat, baik dari segi fisik, terutama juga dari segi mental.

Tebing bukit yang didaki akan berbeda ukuran ketinggian nya bagi masing masing pendaki, namun semua orang akan mengerahkan kemampuan masing masing untuk mencapai tujuan, dan bila sudah mencapai tempat yang dituju, akan mencoba lagi bukit yang lebih tinggi.

Jalan keperwiraan adalah sebuah perjalanan seumur hidup, sama dengan segi segi lain dalam hidup ini.

Sekali kita merasa diri sendiri sudah mempunyai cukup ilmu, teknik dan pengetahuan, maka saat itu pula lah kita mengalami kemunduran. Ketika kita diam, orang lain akan belajar dan melatih diri, mereka akan mendapat kemajuan, dan akan dengan mudah mengalahkan kita dalam segala hal.



(Oleh Sensei Setia Purnama)

Dear Kyokushin student, Osu

Here is the copy of the latest "Shin" I hope you will have time to read it and perhaps forward it to your friends. If you would like to contribute to the "Shin" please feel free to do so, but is it only a small newsletter, so please keep it short!

<http://www.akka.com.au/newsletters/Shin201603.pdf>

Regards
Hanshi
Vice President
IKO-Matsushima

REDAKSI

Penanggung Jawab :

Hadi Sunyoto

Andy Susila

Setia Purnama

Troy Sabini

Rusdi Ngudjiharto

Editor :

Cindy Natalia Wijaya



KyokushinSHIN Karate

Hanshi Taylor's Branch - Newsletter – shiantaylor@ozemail.com.au
March 2016 IKO-Matsushima Organisation

"Everybody falls, but we get back up because the ground is no place for a champion" "



2016: It has been a very busy start to 2016 with the New South Wales Camp and Senior grading on the 11th – 13th March, followed by the Kempo Ryu Championships the following weekend:

The Camp and grading: By any standard it was a very hot camp, no doubt it is the hottest camp we have ever had. The ground was so hot that we had to go inside as there was a danger of blistered feet and not only could they not train, but not be able to grade either. Nevertheless, I think everyone agreed it was one of the best camps ever, with a great group of students who created a great atmosphere with some hard training, mixed with fun and games. The camp had the added bonus of some guests, with the Darren Jordan group participating and all his students fitted and mixed in really well with the AKKA Members. On Friday night, as you would expect, we could not get the kids to sleep they were so excited to be away from home, however, getting them up at 5am on Saturday morning and having three training sessions, certainly worked better than sleeping pills as they were very quiet on Saturday night! The Saturday night talent night, some say it should be called the "no-talent night", but I would not be so cruel. In saying that, it was a very entertaining with some great acts, great jokes and some very bad jokes as well, but, that is all part of the fun of the night. The training over the weekend was tough especially with the heat, which had every one taking in lots of fluid just to stop dehydration. Sunday morning was again a 5am start followed by a day of training and the grading. To say it was a hot, is huge understatement, we had two of the "Yudansha" dropping out with heatstroke. The grading lasted in 4 hours, which was difficult in the heat, subsequently we had to constantly give drink-breaks" just to get them through. They did get through they did and in fine style, most as you would expect were very tired but happy to pass the grading. The results are as follows:

Eva Sklavos	Nidan
Michelle Brain	Nidan
John Stassi	Nidan
Marcus Salvetrin	Shodan
Albert James Seria	Shodan
Chase verri	Shodan
Ben Castillio-Ronen	Shodan
Riddick Smith	Shodan
Tim Smith	1 st Kyu
Chad Bernard-Chandler	1 st kyu
Tadeo Gale	2 nd Kyu
Oliver Moore	2 nd Kyu
Sarah Kennedy	2 nd Kyu
Gary Trenaman	2 nd Kyu
Ethan Trenaman	2 nd Kyu
David Taylor	2 nd Kyu
Jarah Weinstein	2 nd Kyu
Trent Pittaway	2 nd Kyu
Ivonne Scheidenbach	2 nd Kyu
Dri Kuro Lyell-Kaaho	3 rd Kyu
Jason Homa	3 rd Kyu
An Meada	3 rd Kyu
Luke Smith	3 rd Kyu

Paul Wooton	4 th Kyu
Pamelia Tungkasiri	4 th Kyu
Ruben Rubio Rey	4 th Kyu
Adrian Brajkovic	4 th Kyu
Estelle Depayre	4 th Kyu
Orlanda Hiraishi Mae	4 th Kyu
Kai Ivens	4 th Kyu
William Akiyama	4 th Kyu
Titus Macharia	4 th Kyu
Shuto Fukui	4 th Kyu
Jonah Barrett-Fungalei	4 th Kyu
Jackson Williams	4 th Kyu
Kaio Davidson	4 th Kyu
Claire Davidson	4 th Kyu
Chelsea Homa	5 th Kyu
Charlie Craig	8 th Kyu

2016 Kempo Ryu Australian Championships:

It was a very busy day at the Kempo Ryu Championships, starting off the Sifu Chuck Fai dragon group doing a fantastic Dragon Dance on high poles, it was both spectacular and dangerous and certainly compelling to watch. The tournament was a success with lots of participants, in fact an increase from last year. From an AKKA point of view, it was great to see the Richmond AKKA dojo taking part for the first time and very successfully. I am sure it is not the last we have seen of the "Richmond" fighters and look like they have a big future in the tournament scene. I am sure Kancho Peter Mylonas would be very happy with the success of the championships.

The AKKA results are:

Lisa Hodder (M/W) 1st Place Full Contact: Bondi Junction
Sarah Moses (M/W) 2nd Place Full Contact: Bondi Junction
Ali Slamer (H/W) 1st Place Full Contact: Bondi Junction
Tim Smith 2nd Place Full Contact: Richmond
Aashwin Varshney 1st Place Intermediate Lightweight

Full Contact: Maroubra

Eva Sklavos 3rd Place Tap Contact Open Grade:- Maroubra
Pamelia Tungkasiri 1st Place Tap Contact:- Bondi Junction
Pamelia Tungkasiri 1st Place Points system:- Bondi Junction
Ruben Rubio Rey 3rd Place Tap contact:- Bondi Junction
Ruben Rubio Rey 3rd Place Points system:- Bondi Junction
Ben Webb 1st Place Tap Contact 11-13 Years:- Richmond
Ben Webb 2nd Place Point System 11 -13 Years:- Richmond
Josh Webb 1st Place Tap Contact 7 Years & Under
Sharon Webb 2nd Place Tap Contact:-

17 Years & Over:- Richmond

Sharon Webb 3rd Place Point System:-

17 Years & Over:- Richmond

2016 AKKA Calendar:

Sunday 17th April Victorian AKKA Championships
Sunday 22nd May: NSW AKKA Full & Non Contact
Saturday 20th August: Australian No Contact
Sunday 21st August: Australian Full Contact
Saturday & Sunday 26th & 27th November World Open Kyokushin Championships (Maebashi – Japan)

64 Million Dollar Question:

How willing are you to give up all that you are, in order to receive all that you can become?

A black belt is a white belt who never gave up – Just enjoy the journey

Please join me on face book:

<http://www.facebook.com/hanshi.taylor>

Medical jargon:

Allogenic: Tissue from a matched donor (often referred to with bone marrow transfusions).

2016 Australian Championships:

The 2016 Australian Kyokushin Open Championships being held on the 20th & 21st August is the 40th Championships and a milestone for the Australian Kyokushin Karate Association and Australian karate in general.

New Members:

I would like to welcome the following new members to the Bondi Junction dojo:

Mattia Brunetti – Luca Mazzucco – Novetti Mnisi – Ana & Micala Grbic – Joshua Skelin – Charlie Birgiolas – Adrian Kovacic – Kai Bo Zhang – David & Nela Firtik

Patellofemoral Pain:

The diagnosis of Patellofemoral pain is descriptive of pain and symptoms reported in or around the patella, more typically in the retro-patella region. This is caused by an imbalance of forces acting upon the patellofemoral joint. As a consequence, the patella drifts laterally, resulting in excessive loading of the lateral structures of the femoral trochlea and retro-patellar surface.

The onset of patellofemoral pain is commonly insidious, but may present secondary to acute trauma (e.g. a fall on to the knee or PCL injury) or knee surgery. Often the patient will describe a diffuse ache, sometimes with intermittent sharp pain, which is aggravated by loading activities – commonly walking up or down stairs or hills, running, sitting down or standing from a seated position. The patient may also report crepitus in the patellofemoral joint, and in cases of instability, the patient may have a sensation or apprehension of the patella subluxating laterally. Giving way of the symptomatic knee can occur as a result of muscular inhibition associated with pain and/or swelling and usually occurs when the knee is loaded in the same activities which aggravate pain. Usually there is no significant swelling associated with patellofemoral pain, although a small effusion may be present.

The management of patellofemoral pain should include interventions to reduce pain and inflammation, in addition to reducing load from intrinsic and extrinsic factors. Initially, treatment may require relative rest or at least modification of aggravating activities. In addition, a short course of NSAIDs and other pain-reducing modalities, including ice, massage, dry needling and taping are recommended. Physiotherapy is indicated from the initial onset of symptoms and beyond their resolution to reduce the risk of recurrence. The physiotherapist should consider all forms of load – intrinsic and extrinsic factors and address these within the treatment plan.

Intrinsic factors may include patella positioning and tracking, muscle length and strength, neuromuscular control, joint range of motion, and whole body alignment, both static and dynamic. The physical examination should not be limited to the knee joint alone, but should include assessment of the whole body.

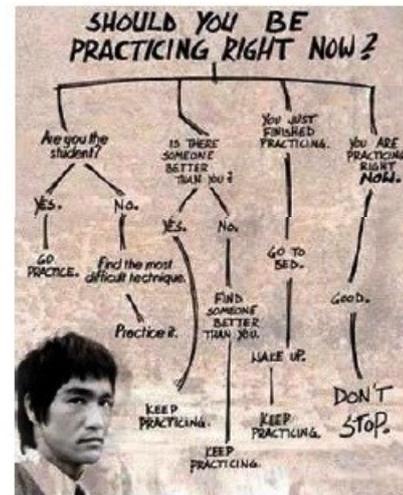
Extrinsic factors include training/gameplay volume and frequency, speed or cadence, ground reaction forces, etc. These can be moderated by changing footwear, technique, bodyweight, and by manipulating training variables of frequency, volume and rest periods, and activity replacement or avoidance. Physiotherapy should include consideration and manipulation of these variables to reduce the loads placed on

the patellofemoral joint to reduce sign and symptom provocation and to improve the efficacy of other treatments provided.

If you think you are suffering from patellofemoral pain and would like a thorough physiotherapy assessment and management plan, please contact:

David Hawkins - The Physiotherapy Clinic
Level 9, Suite 904 3 Waverley Street,
Bondi Junction NSW 2022 (02) 9387 1011

Bondi Junction dojo effort: To make your mark for the Bondi Junction dojo at the Australian Championships, at which, Kancho Matsushima the World President of the International Karate Organisation is the "Guest of Honour". You should plan your year, of course, in the first instance, "train hard" next "plan your tournaments", starting with the New South Wales Kyokushin Open Championships on Sunday 22nd May. Keep in mind that all the tournaments are both Full Contact and Non Contact, so everyone is able to participate. Some fighters do both, and that is truly to be admired for the great effort that is. If you are really keen or looking to make the Australian Team to the World Championships on the 26th & 27th November in Japan, then you should plan on doing the Victorian, New South Wales and National championships. The Australian team will be selected from these three events!



Marcus Aurelius

Waste no more time arguing about what a good man should be. Be one.

Marcus Aurelius

You have power over your mind - not outside events. Realize this, and you will find strength.

Marcus Aurelius

Accept the things to which fate binds you, and love the people with whom fate brings you together, but do so with all your heart.

Marcus Aurelius

The happiness of your life depends upon the quality of your thoughts: therefore, guard accordingly, and take care that you entertain no notions unsuitable to virtue and reasonable nature.

Marcus Aurelius

You have power over your mind - not outside events. Realize this, and you will find strength.

Do you Know:

Did you know a bear has 42 teeth

Did you know an ostrich's eye is bigger than its brain

Did you know most lipsticks contain fish scales

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UJIAN KENAIKAN TINGKAT

10 APRIL 2016

Hari Minggu tanggal 10 April 2016, IKKA mengadakan Ujian kenaikan tingkat yang dilaksanakan di Sho Shin Gym, BSD, Tangerang. Ujian yang diikuti mulai dari kyu 10 sampai kyu 5 berjumlah 100 peserta dari seluruh Dojo IKKA, yang terdiri dari 23 peserta Karate Kid, dan 77 peserta Karate Dewasa.

Hal pertama yang dilakukan bersama-sama adalah Gerakan Basic, yang dilakukan selama kurang lebih 30 menit, dan di pimpin oleh Senpai Bambang. Setelah gerakan Basic selesai, peserta diberikan waktu istirahat selama kurang lebih 5 menit untuk kemudian dibagi per tingkatan untuk dilanjutkan ke Gerakan Basic berjalan, Gerakan Kumite yang di atur, dan KATA selama kurang lebih 60 menit.



Karate Kid dipimpin dan diawasi oleh Senpai Rusdy, Senpai Himawan dan Sensei Sugi.

Kyu 10 dan kyu 9 di pimpin dan diawasi oleh Senpai Aufra, Senpai Rita, Senpai Budi dan Senpai Cun Po

Kyu 8 dan kyu 7 dipimpin

dan di awasi oleh Senpai Margareth, Senpai Antonius Nardi, Sensei Suryanto, Sensei Andreas dan Senpai Richard.

Kyu 6 dan kyu 5 dipimpin dan diawasi oleh Senpai Purwanto, Senpai Bambang, dan Sensei Wisnu.

Setelah itu dilanjutkan dengan Kumite yang dimulai dari Kyu 8 sampai Kyu 5. Per Kumite diberikan waktu selama satu setengah menit.



Untuk kyu 8 dan kyu 7 harus menyelesaikan 2 kumite, sedangkan kyu 6 dan kyu 5 harus menyelesaikan 3 kumite.

Setelah semua selesai, peserta ujian kenaikan tingkat kyu 5 ke kyu 4 dilanjutkan dengan ujian fisik yang terdiri dari push up sebanyak 30 kali, sit up sebanyak 50 kali, dan squad sebanyak 50 kali.

Saya sendiri mengikuti ujian kenaikan tingkat dari kyu 6 ke kyu 5.

Menurut pendapat saya, selain di nilai tentang Teknik Karate, kita juga di nilai tentang Disiplin dan Sikap.

(Oleh Senpai Lina Jap Dojo Menteng)

REFRESHING INSTRUKTUR MARET 2016

Oss, Pada hari Minggu 20 Maret 2016 telah berlangsung refreshing training for instructors yg dipimpin langsung oleh Sensei Setia Purnama selaku Branch Chief IKO Matsushima, dihadiri 16 instructor aktif dan calon instructor yang sudah membantu di dojo masing-masing.

Latihan berlangsung 2 sesi.

Sesi I dari pukul 09.00-12.00 membahas etiket dojo dan Ido Kihon.

Setelah istirahat makan siang latihan dilanjutkan ke Sesi II yang membahas KATA dan Bunkai.

KATA yang dibahas diantaranya adalah Pinan 4 dan Pinan 5 dalam Ura dan Tate.

Selanjutnya KATA GARYU, Seienchien, Seipai dan Sushiho.

Diakhir sesi II Senpai Purwanto selaku koordinator kelas kumite memberikan sharing apa saja yang biasa diajarkan di kelas kumite, untuk disampaikan ke warga yang berminat

ikut, bahwa kelas kumite bukan kelas dimana warga datang langsung kumite, tapi banyak hal yang dipelajari dan dipersiapkan supaya seorang warga dapat yang mengikuti kelas kumite dapat melakukan kumite dengan lebih baik.

Secara keseluruhan semua peserta menikmati latihan ini, berikan haman lebih dalam aspek dojo dan KATA.



hari mememayangmenatas Etiket bunkai

Sesi selanjutnya dari training ini akan diadakan kembali menjelang akhir tahun 2016 nanti.

(Oleh Sensei Wisnu Suryadi)

PERLENGKAPAN BAGI PESERTA DALAM PERTANDINGAN IKKA—22 MEI 2016

Usia Sampai 9 tahun

- Pelindung; kepala, gigi/mouthguard, badan, selangkangan, tulang kering dan punggung kaki
- Sarung tinju (tebal)

Usia 9 Sampai 12 tahun

- Pelindung; kepala, gigi / mouthguard, selangkangan, tulang kering dan punggung kaki
- Sarung tinju (tebal)

Usia 13 tahun sampai dengan 18 tahun (bias juga

diberlakukan bagi dewasa kyu 5 kebawah dan usia 45 tahun keatas)

- Pelindung; gigi/mouthguard, tulang kering dan punggung kaki, selangkangan, dan dada bagi putri dengan standard internasional
- Sarung tinju (tipis)

Usia 19 dan lebih

- Pelindung; gigi/mouthguard, selangkangan (pilihan bagi putri), dada bagi peserta putri dengan standard internasional

(Oleh Panitia Kejuaraan Antar Dojo Mei 2016)