



KyokuSHIN Karate

Australian Newsletter – hanshi@akka.com.au

July 2019 IKO-Matsushima Organisation - Hanshi Taylor's Branch

The 2019 Asian Pacific Championships

Hosted in Myanmar and, without doubt, one of the best organised tournaments I have seen. The IKO-Matsushima Myanmar should be congratulated on a great effort. It was the first International Karate tournament in Myanmar and a great success. Australia, unusually, took a small team of six fighters, in saying that, overall it was a success for Australia, taking out three of the six Open Divisions, especially as we only entered four divisions. It was good to see Korea, coming out of Korea and into the international tournaments, managing to get third place with Jang Yong Gwan. I am sure the experience will have done him a lot of good and no doubt he will be a force to be reckoned with in the future? The children were spectacular, giving it everything they had. I would have liked to have seen some of our kids in the event. I am sure they would have acquitted themselves well. In the adult's division, China, again was the team to beat. It would seem that China are fast becoming the country to beat in the international arena. The Heavyweight Division was won by the current World Champion Kun Liu, who some of the Bondi Junction students might remember from few years back when he trained at the Bondi Junction. Sadly, we cannot claim to have turned him onto a champion as he was good when he arrived. Congratulation to our three winners, Samuel Shields, Michael Dent and Adriana Pelligrin. To top off a great event, Kancho (the President) and I, along with the Myanmar Branch Chiefs, headed off the Inle lake in the "Shan" State, it was truly a beautiful and interesting place and well worth a visit.

Male Heavyweight Division (+80Kg)

- 1st Kun Liu (China)
- 2nd Yekaz Shi (China)
- 3rd Lin Htike Aung (Myanmar)
- 3rd Soe Myint Tun (Myanmar)

Male Middle weight Division (70.01-80Kg)

- 1st Samuel Shields (Australia)
- 2nd Chenghuan Lu (China)
- 3rd Kyaw Thein Aung (Myanmar)
- 3rd Jang Yong Gwan (Korea)

Male Lightweight Divisions (-70Kg)

- 1st Michael Dent (Australia)
- 2nd Fei Long (China)
- 3rd Xiao Long Lu (China)
- 3rd Aung Moe (Myanmar)

Female Heavyweight Division (+62.5Kg)

- 1st Andriana Pelegrin (Australia)
- 2nd Thet Mon Khin (Myanmar)
- 3rd Olga Skvortsova (Russia)

Female Middleweight Division (55-62.5Kg)

- 1st Jingwen Zhao (China)
- 2nd Jiayuc Zhou (China)
- 3rd Khine Sulab Thar (Myanmar)
- 3rd Hnin Wai Soe (Myanmar)

Female Lightweight Division (-55Kg)

- 1st Li Tang Ni (China)
- 2nd Meng Chen (China)
- 3rd Moe Theingi Kyaw (Myanmar)
- 3rd May Htet Aung (Myanmar)

Male (15-17) - (+65Kg)

- 1st Ben Andru Jean (Indonesia)

- 2nd Aung Kaung Myat (Myanmar)

- 3rd Zay Yar Htut (Myanmar)

- 3rd Kaung Waiyan Hein (Myanmar)

Male (15-17) - (60-65Kg)

- 1st Yu Tong Sheng (China)

- 2nd Shein Khant Ko (Myanmar)

- 3rd Wine Htet (Myanmar)

- 3rd Hein Thaw Zin (Myanmar)

Male (15-17) - (55-60Kg)

- 1st Ilia Klinov (Russia)

- 2nd Ye Min Naing (Myanmar)

- 3rd Kaung Myat (Myanmar)

- 3rd Abhiray Gupta (India)

Male (15-17) - (-55Kg)

- 1st Kexi Liu (China)

- 2nd Saw Myo Aung (Myanmar)

- 3rd Hlaing Bwar (Myanmar)

- 3rd Myo Min Khant (Myanmar)

Female (15-17) - (-55Kg)

- 1st Naomi Bawi Hnen Par (Myanmar)

- 2nd Eingine Myine (Myanmar)

- 3rd Abinaya VC Chinnadurai V (India)

- 3rd Hsu Yi Htet (Myanmar)

Male (12-14) - (+45Kg)

- 1st Stuart Yaw (Indonesia)

- 2nd Vivek Yadav (India)

- 3rd Moe Myint Maung (Myanmar)

- 3rd Samir Khagi (Nepal)

Male (12-14) - (40-45Kg)

- 1st Sanjai Selvakumar (India)

- 2nd Thaw Zin Htoo (Myanmar)

- 3rd Tarun Vijaya Kumar (India)

- 3rd Myo Min Htet (Myanmar)

Male (12-14) - (35-40Kg)

- 1st Saw Khaw Bot Kyal (Myanmar)

- 2nd Oakar Min (Myanmar)

- 3rd Saw Arr Buu Thal (Myanmar)

- 3rd Saw Lin Htet Oo (Myanmar)

Male (12-14) - (-35Kg)

- 1st Sai Bhone Myat Oo (Myanmar)

- 2nd Sit Bo Aung (Myanmar)

- 3rd Saw Kyar Nue (Myanmar)

- 3rd Than Aung (Myanmar)

Female (12-14) - (+45Kg)

- 1st Mya Young Sin (Myanmar)

- 2nd Hay Thi (Myanmar)

- 3rd Aye Mya Yatanar (Myanmar)

- 3rd Wai Thuzar Lin (Myanmar)

Female (12-14) - (40-45Kg)

- 1st Thadar Nyo (Myanmar)

- 2nd Yoon Sint (Myanmar)

- 3rd May Thadar Myat Nor (Myanmar)

- 3rd Naw Phaw Lel Say Poe (Myanmar)

Female (12-14) - (35-40Kg)

- 1st Poonthalir Senthil Kumar (India)

- 2nd Su Htet Hnin San (Myanmar)

- 3rd Ei Paing Htwe (Myanmar)

- 3rd Nanaini B Babsubramani B (India)

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

Focused:

If you have ever faced an opponent who seemed to look past you, eyes fixed, unfocused and slightly narrowed, the experience can be unnerving. Now it turns out that this look has a tactical advantage too.

Students are always taught that when facing an opponent, you should never focus (fix your gaze, attention or thoughts) on any specific attack, once it is launched. This leaves you more vulnerable to a secondary attack because you then have to shift attention and focus (or worse, your thoughts) to what comes next, and this takes time. Instead students are taught to focus on the entire opponent, and if an attack comes to keep a general focus (dealing with the attack in peripheral vision and reacting spontaneously) so that you are alert to what might come next. This way you are able to pick up secondary attacks sooner, sometimes even before their initiation, since your focus (awareness) is general and always alert.

The four stages if life:

- 1) You believe in Santa Claus.
- 2) You don't believe in Santa Claus.
- 3) You are Santa Claus.
- 4) You look like Santa Claus.

The meaning of "Osu "

The literal meaning of the expression "*Osu!*" can be determined from the *kanji* (Chinese characters) from which the term is derived. *Osa*e means "to press" and *shinobu* means "patience" or "steady spirit". These two symbols are combined in the traditional Japanese martial arts to form *Osu*, which translates as "persevere while pushing oneself to the absolute limit".

Age:

It turns out, does have a least one physical advantage over youth the ability to grasp the big picture visually. Research has shown that older people have improved skill in tracking peripheral movement. This translates to being able to comprehend the total image of events unfolding around them to better track movement, things and people around them. This allows them to potentially perform better in some situations. This skill also gives an advantage in a multi-person confrontation. It can also make older people more aware of potential dangers on the street since you are more aware of things around you.

A strike or a kick is like marriage, the initial action is easy, it's the back-up that makes it work...

Do you know:

Getting good at Kyokushin, is a slow process, but quitting won't speed it up?

Quote of the Month:

Aspirations:

"Aspirations must be pure and free of selfishness. Arising from the depths of the soul, aspirations are spiritual demands penetrating all of a human life and making it possible for a person to die for their sake. A person without aspirations is like a ship without a rudder or a horse without a bridle. Aspirations give consistent order to life."

Masutatsu Oyama

Momentum:

The quality of motion possessed by the body: Momentum + mass x velocity – important in sports of impact. The quantity of motion possessed by a body: Momentum = mass x velocity important in sports of collision - Bigger and Faster is usually Better

Bad joke of the month:

SOLICITOR: Doctor, before you performed the autopsy, did you check for a pulse?

WITNESS: No.

SOLICITOR: Did you check for blood pressure?

WITNESS: No.

SOLICITOR: Did you check for breathing?

WITNESS: No.

SOLICITOR: So, then it is possible that the patient was alive when you began the autopsy?

WITNESS: No.

SOLICITOR: How can you be so sure, Doctor?

WITNESS: Because his brain was sitting on my desk in a jar.

SOLICITOR: I see, but could the patient have still been alive, nevertheless?

WITNESS: Yes, it is possible that he could have been alive and practicing law

The meaning of Kyokushin:

"Kyokushin" is comprised of two Japanese words, "Kyoku" (ultimate, extreme) and "Shin" (reality or truth from within). The full name is Kyokushin KaiKan, where "Kai" means meet, join or associate, and "Kan" school/building. The official dogi (karate uniform) used by a Kyokushin practitioner has the word KyokushinKai embroidered on the left side of the dogi-jacket, this calligraphy is called "Kanji". The internationally recognized symbol of Kyokushin Karate.

Training:

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

Your total feeling of exertion:

Feeling should reflect how heavy and strenuous the exercise feels to you, combining all sensations and feelings of physical stress, effort, and fatigue. Do not concern yourself with any one factor such as leg pain or shortness of breath but try to focus on your total feeling of exertion.

Look at the rating scale below while you are engaging in an activity; it ranges from 1 to 9 where 1 means "no exertion at all" and 9 means "maximal exertion." Choose the number from below that best describes your level of exertion. This will give you a good idea of the intensity level of your activity, and you can use this information to speed up or slow down your movements to reach your desired range.

Try to appraise your feeling of exertion as honestly as possible, without thinking about what the actual physical load is. Your own feeling of effort and exertion is important, not how it compares to other people's. Look at the scales and the expressions and then give yourself a number.

1. No exertion at all
2. Extremely light
3. Very light (easy walking at a comfortable pace)
4. Light
5. Somewhat hard (It is an effort; you feel tired but can continue)
6. Hard (heavy)
7. Very hard (very strenuous, and you are very fatigued)
8. Extremely hard (You cannot continue for long at this pace)
9. Maximal exertion

[by Paige Waehner](#) (Personal Trainer)

Any contributions to the "SHIN"

Would you like to sell your car, looking for a flat mate, or you just have something to say. All contributions welcome and should be emailed to: hanshi@akka.com.au