



KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shiantaylor@ozemail.com.au
June 2010 IKO-Matsushima Organisation From Hanshi Taylor's Branch



Quote of the Month:

“Meet with triumph and disaster and treat these two imposters just the same: Rudyard Kipling

Competition anxiety need not get you down:

When a competitor “freezes” in the big moment or commits an inexplicable error, anxiety in one of its many guises, is often one of the root causes. The precise impact on of anxiety on sporting performance depends on how you interpret your world. Unfortunately, far too many athletes accept high level of anxiety as an inevitable part of the total experience and fail to reach their potential. Anxiety is a natural reaction to the threats in the environment and part of the preparation for “Fight or Flight” response. This is our bodies primitive and automatic response that prepares it to the “Flight or Flee” from perceived harm or attack. It is **“a hardwired”** response that ensures survival of the human species. Sporting competition promotes similar psychological and bodily response because there is often a threat posed towards the “ego” your sense of “self-esteem”. Essentially, when the demands of training or competition exceeds one’s perceived ability, anxiety is the inevitable outcome. Sport places a wide variety of stressors upon participants; it can be physically exhausting, it pitches you against superior opponents, hostile supporters of your opponent might be intimidating, the elements may need to be overcome and your emotional frailties are consistently laid bare for all to see. Despite this, sport offers participants an opportunity for growth - a chance to push back personal boundaries and a means by which to liberate your body and mind. Ostensibly, there is nothing damaging about the stress associated with a sporting contest and in fact stress can be a very positive influence that leaves us with the ability to tackle the challenges that make life far more rewarding. However, when we perceive stress to be negative, it causes anxiety and therefore, much depends on how we PERCEIVE the demands placed upon us.

The Main Cause of Anxiety: At the same time as providing challenges and stimulation, sport also provides considerable uncertainty. At the precise moment the Olympic archer release the arrow, or the karate-ka releases a kick, the outcome is unknown. The stress that sport provides therefore is inevitable linked with its inherent uncertainty. Sport is a cultural focal point because it is in the theatre of unpredictability. While stress and uncertainty may motivate some athletes, they induce anxiety in others. There are some distinct factors that increase athletes’ level of anxiety. For example, the more important the contest, the greater the stress and the more likely is that a competitor may be prone to anxiety. Also, spectators can have a huge impact on how athletes feel. In fact, studies of the “home advantage” phenomenon show that teams playing at their home venue, win an average of 56-64% of the time, depending on the sport. The impressive medal count of host nations during the Olympic Games, is also notable, in particular the record breaking haul of medals won by Australia in the 2000 games. Participants in individual sports have been shown generally to suffer more anxiety before, during and after competition than participants in team sports. This is because of the sense of isolation and exposure in individual sports such as the martial

arts than team sports. For athletes in high-contact sport such as the martial arts, the possibility of getting hurt can also be a source of anxiety. Typically, this anxiety causes some critical changes in technique. For example fighters will often lean too far forward, be clumsy in their kick and leg movement or fight defensively, any of which may result in them getting knocked out... The irony being that the fear of being knocked out actually gets them knocked out!

The symptoms of anxiety:

Anxiety can be recognized on three levels

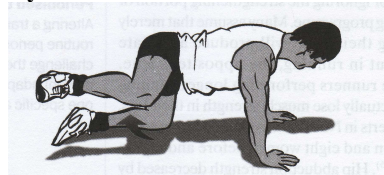
1: On the cognitive level: *i.e.* by particular thought processes.

2: On the somatic level: By physical response

3: On the behavioral level: *i.e.* by certain patterns of behavior.

Not all of the responses are a cause for alarm, increases in heart rate, perspiration and adrenaline production can be a very positive influence on performance. British Sports psychologist Graham Jones contended that it is the **perception of our ability to control our environment** and ourselves that determine the anxiety response. Hence, if you believe you can cope with a particular sporting situation, you will tend strive to achieve your goals with a positive expectation of success. Having a positive expectation will invariably mean that you are more confident and therefore more likely to perform at your best!

Hydrant exercise:



On all fours, lift knee until thigh is parallel to the floor. Hold for a count of three. Return to starting position and repeat 10 times each side.

The 2010 New South Wales Non Contact Championships:

It was once again a very large event with 145 fighters in the draw. With two fighting areas in use, we were hopeful that such a large draw could be handled within the allotted time. The lack of officials meant that those who did attend had very few breaks but did a great job in keeping the day running on time and smoothly. Both areas, as usual, started with the children’s division and the problem of trying to get a whole bunch of under fives lined up and facing the correct opponent ensued, nevertheless, it was finally managed and we were off and running. One of the great parts about the day was the lack of contact and consequently very few fouls were given and even less disqualifications and even those that were handed out were not with malice or injury to the opponent. Without exception the fighting and technique was exceptional and all the dojo instructors should be congratulated on producing such great teams. The final went down to one area and the atmosphere certainly picked up. No doubt one of the highlights was the veterans divisions and the final proved the value of getting the “old guys” back on the mat. It was especially good to see one of our newest dojo in Camden

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

Haven getting into the medals. The results are as follows:

Male Open Veterans Division:

1st Place: Frank Cirillo Riverina
2nd Place: Jamie O'Neil Charnwood

Male Open Division:

1st Place: John Stassi Coogee
2nd Place: Ronnie Chand Mt. Druitt

Female Open Veterans Division:

1st Place: Sacha Morrissey Charnwood
2nd Place: Vanessa Anderson Bondi Junction

Male 5th Kyu & Under Division:

1st Place: Nicholas Williams Bondi Junction
2nd Place: Raphael Traccaz Coogee
3rd Place: Chris Kouvos Illawarra
Adel ismail Illawarra

Female 5th Kyu & Under Division:

1st Place: Karen Cirillo Riverina
2nd Place: Eva Sklavos Coogee

Male 15 – 17 Years Division:

1st Place: Kauru Igarashi Bondi Junction
2nd Place: Karl Davies Bondi Junction

Female 15 – 17 Years Division:

1st Place: Janine Defour Riverina
2nd Place: Alira Perre Riverina

Male 12 – 14 Years Division:

1st Place: Michael Cirillo Riverina
2nd Place: Daniel Scheider Young Tiger Dojo
3rd Place: Joshua Diaz Young Tiger Dojo
Cameron Milne Illawarra

Female 12 – 14 Years Division:

1st Place: Allannah Jeffreys Riverina
2nd Place: Sharni Xureb Young Tiger Dojo

Male 10 & 11 Years Division:

1st Place: Cameron Letby Illawarra
2nd Place: Reece Xureb Young Tiger Dojo
3rd Place: Jeremy Sterjovski Illawarra
Jordan Garbuoi Riverina

Female 10 & 11 Years Division:

1st Place: Talia Cirillo Riverina
2nd Place: Rochelle Hamilton Illawarra

Male 8 & 9 Years Division:

1st Place: Luke Morris Coogee
2nd Place: Alvin Rateragari Daceyville
3rd Place: Lachlan Milne Coogee
Flynn Gordon Coogee

Female 8 & 9 Years Division:

1st Place: Hannah Morrissey Charnwood
2nd Place: Talia Garbuoi Cirillo

Male & Female 6 & 7 Years Division:

1st Place: Carla Van Nida Young Tiger Dojo
2nd Place: Robert Duncan Bondi Junction
3rd Place: Hannan Wise Camden Haven
Louis Fontaine Bondi Junction

Male & Female 5 Years & Under Division:

1st Place: Asmaa Holali Young Tiger Dojo
2nd Place: Amelie Vincent Young Tiger Dojo

Dumb:

The dumb get confident, while the intelligent get doubtful. That's the conclusion that David Dunning and Justin Kruger came to when studying people's perceptions of their own talents. What has now become known as the Dunning-Kruger effect helps describe why lay people often act as experts and inept polliques get our votes.

(<http://www.abc.net.au/rn/scienceshow/stories/2010/2893602.htm>)

Beer by seven year olds:

A handful of 7 year old children were asked what they thought of beer. There were some interesting responses.
'I think beer must be good. My dad says the more beer he drinks the prettier my mum gets.' -Tim, 7 years old

2010 Australian Non Contact tournament details:

http://www.akka.com.au/theEvent.php?the_event_id=111

Entry form:

<http://www.akka.com.au/form/2010%20Australia%20Non%20Contact%20Application.pdf>

2010 Australian Full Contact details:

http://www.akka.com.au/theEvent.php?the_event_id=112

Entry form:

<http://www.akka.com.au/form/2010%20Australian%20Full%20Contact%20application.pdf>

NEW BONDI MEMBERS:

I am sure you will all join me in making welcome the new members to the dojo: Luca Rossi – Oliver Boscoe – Angus Merritty – Zoe Wilkinson – Costa Patsusalis.

Previous issue of the Shin – May 2010 –

<http://www.akka.com.au/newsletters/Shin201005.pdf>

Another Quote of the month:

Experience only teaches the teachable. Aidus Huxley

2010 Calendar:

1st June: Bondi White Belt grading
2nd June: Bondi, Under Green Belt Grading
31st July – 1st August: Victoria (Hanshi Taylor Branch) Winter Camp and 4th Kyu & over grading and training camp.
15th August: NSW Non Contact Teams & Individual kata Championships
10th – 12 September: NSW Spring camp and grading
30th October: Australian Kyokushin Open Non Contact Championships
31st October: Australian Kyokushin Open Full Contact Championships

THE KATA BOOK NOW INCLUDES A DVD:

A Kyokushin Karate Manual with over 100 pages of Kata with complete detailed explanations, including the correct count. A comprehensive book that takes a student to
Kata included: Taikyoku ichi & San , Taikyoku Sokugi kata Pinan 1- 5, Tsuki No Kata, Gekisai Dai, Gekisai Sho, Yantsu, Tensho, Saiha, Sanchin, Sanchintensho & Seipai.
Cost: Australia: \$35.00 (postage \$5.00)
International: US\$35.00 (postage US\$10.00)

IKO-MATSUSHIMA 2006 WORLD CUP:

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: Australia \$50.00 (postage \$5.00)
Cost: International US\$50.00(postage \$10.00)

Instructor's discounts available on all items available

Ebay sales:

IKO-Matsushima 2006 World Cup, the AKKA grading syllabus and Kyokushin kata book are all available on Ebay: Due to the cost of International bank transfers, some may prefer to purchase the book from Ebay. You will need these details: The Ebay user name is sempaidoug the link is: -
<http://stores.ebay.com.au/strongestkarate>

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