



BONDI SHIN

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

March Camp:

The March camp was a huge success, once again it was completely booked out and to add to that success, with 84 students attempting to grade to green belt or over, the grading on Sunday was very intense. All those who participated should be congratulated on a great effort, especially the seven students who graded to Black belt. The quality of the students in both the camp and the grading was much better than the September camp, it was very obvious that every student had prepared well for the grading and the camp and whilst there will always be some who are better at a particular technique and not to great at another, overall the standard was very high.

Bondi Grading:

On the Monday night following the camp, camp, the Bondi dojo held a grading for the students who were going for grades under Green Belt, again it was big success. The standard was exceptionally high and every lone worked hard for their grade and fully deserved to pass. When we combine the Camp grading with the dojo gradings, 49 Bondi students graded from the Bondi Junction dojo, certainly a record number for Bondi Junction. The results are as follows and Sempai Chew should be congratulated on grading to Black Belt

Jonathan Chew	Shodan
Alysha Jenssen	1 st Kyu
Edward Feng	1 st Kyu
Nick Williams	1 st Kyu
Leif King	1 st Kyu
Edward Feng	1 st Kyu
Antonio Casas	2 nd Kyu
Jan Shepley	2 nd Kyu
Harold Guerro-T	3 rd Kyu
Christopher Kobari	3 rd Kyu
Sarah Moses	3 rd Kyu
Nicholas Poulos	4 th Kyu
Campbell O'Neill	4 th Kyu
Scott Feng	4 th Kyu
John Williams	5 th Kyu
Ben Castillo-Ronen	5 th Kyu
Tyler Dale	5 th Kyu
Susumu Toyooka	5 th Kyu
Stefan Lie	6 th Kyu
Ben Prochazka	6 th Kyu
Mariko Toyoda	6 th Kyu
Harvey Green	7 th Kyu
Michael Brooke	7 th Kyu
Shaun Brooke	7 th Kyu
Tom Portell	7 th Kyu
Chris Marshall	7 th Kyu
Harrison Cafarelli	7 th Kyu
Harley Cafarelli	7 th Kyu
Alexander Zaiden	7 th Kyu
Travis Lowe	8 th Kyu
Harley Lowe	8 th Kyu
Alejo Pintos-Lopez	8 th Kyu
Noah Fraser	8 th Kyu
Riddick Smith	8 th Kyu

Olivia Spira	8 th Kyu
Goerge Vezmar	8 th Kyu
Robert Mullins-Yiannake	9 th Kyu
Micool Brooke	9 th Kyu
David Bayless	9 th Kyu
Shelley Hyman	9 th Kyu
Chi Kelly	9 th Kyu
Hugo Walcott	9 th Kyu
Ruby Cooney	9 th Kyu
Maxim Goloubev	10 th Kyu
Hamish Begg	10 th Kyu
Jonathan Levy	10 th Kyu
An Maeda	10 th Kyu
Matthew Angelis	10 th Kyu
Owen Magee	10 th Kyu
Jason Shen	10 th Kyu

Chatswood Demonstration:

The demonstration for the Chinese New year went very well and while there were lots of students from other Kyokushin dojo the Bondi Junction dojo were the largest group. We hired a bus to take every one from the Bondi Junction dojo to the demonstration, however, we were very worried as we set of due the a huge rain storm and I mean a HUGE rain storm, nevertheless, as we do in Kyokushin, we are not easily put off and NEVER give up, so we headed of the demonstration site. Providence smiled on use and "BEHOLD" when we arrived the rain stopped. All I can say is God must really like Kyokushin! "and why not". A whole bunch of us from the many dojos around metropolitan Sydney turned out to participate and as we only had a small stage, getting every one on the stage was a challenge in its self. We did and fortunately, not one hit each other, (that was a relief) even though we were all squashed in together. Strangely enough it actually looked good, being so packed in. After a short basic technique demonstration we moved on to multiple self defence by some of the Bondi Junction kids, being Elliot Wong, Edward Feng and Harold Guerro-T. They were certainly a big hit and they can be proud of their effort, they did a lot of practice and it went well, also *Pinan Yon* by Edward and Elliott looked great. *Sensei* Yoshida (Saturdays class) and *Sempai* Mitsunari both did a great baseball bat break and *Sensei* Sklavos from the Maroubra dojo did some spectacular board breaks. All the kids then preformed *Taikyoku Ichi kata* then the Adults followed with *Pinan Ichi*. *Sensei* Smith (Smeaton's Grange dojo) and *Sempai* Mohammed both did a great senior grade *kata* and yours truly along with Ben from the Bondi Junction dojo and *Sensei* Sklavos did a knife defence. I would like to congratulate and thanks all of those that took part and who obviously put in a lot of practice to help turn it into such a great demonstration...

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chasnaharper@gmail.com to arrange a time.

The greatest compliment you can give is to refer us to your family and friends. Thank you for your trust.

New South Wales Full Contact Championships:

(No fighting rule)

Due to a venue problem, we are forced to hold the NSW Full Contact on the 2nd June, subsequently we have moved the winter grading to the 27th May, however as the 2013 NSW Full Contact Championships is very close to the tournament, the AKKA have decided that all fighters who are in the 2013 NSW Full Contact Championships, will be excused the fighting section of the grading. It was felt that fighting in the grading so close to the tournament, could be detrimental to the student,

Previous Bondi Shin:

<http://www.easternsuburbskarate.com.au/BondiShin/BondiShin201302.pdf>

Last months Shin:

<http://www.akka.com.au/newsletters/Shin201302.pdf>

Congratulations and a happy birthday to:

Vanessa Anderson – Michael Brooke – Shaun Brooke
Paul Crisford – Gelcimar Freire - Kobie Hannah
Patrick O’Gara – Prescott Palmer – Mitsunari Tamazawa
Oliver Bowling – Edward Bowling – Mackenzie Callan
Antonio Casas – Harley Cagarelli – Noah Fraser –
Alex Fonseca – William Lynch.

Jargon buster – Aerobic metabolism

The process of liberating energy in cells using oxygen

Science Myths Exploded:

Adults do not grow new brain cells

MYTH!

Admittedly, most brain cell growth takes place during our early years, but we continue to grow new brain cells until well into old age. Severe mental decline is usually caused by disease. By contrast, most age-related losses in memory and Cognitive skills simply result from inactivity and a lack of mental exercise and stimulation. In other words, use it or lose it!

ORIGIN: Until quite recently it was widely believed that we didn't grow new brain cells but recent scientific studies have disproved that. In fact America scientists have identified chemicals which stimulate new growth, vital for treating mental disabilities. However, the main brain growth after childhood and adolescence comes in the dendrites - tiny nerve fibres that connect our brain cells with one another. They are closely associated with memory and learning. Evidence suggests that when we use our brains, more dendrites grow, connecting our brain cells with one another in complex patterns. Throughout life, your brain cells reorganize themselves in response to new experiences.

This interaction between your mind and your body is what stimulates brain cells to grow and connect with one another. Until your early teens, various windows of opportunity open when you can most easily learn language and writing, music and mathematics, as well as the coordinated movements used in sports and dance. But whatever your age, you can - and should - continue to build your brain and expand your mind.

Recommended Authentic Japanese Restaurants:

“BUSSHARI”

119 McLeay Street Potts Point Ph9357455

“KUJIN”

41b Elizabeth Bay Road Elizabeth Bay Ph: 93897531

Quote of the month:

Fear is a good thing and long as it is your consular not you gaoler - Anthony Robins

Welcome to the new Bondi Junction Members:

Jasper Hill Max Audley Sabastien Cacommo
Dror Liraz Joshua Duncan Skye Ebeyer
Nathan Jessiman Sean Orr

On the negative side:

The dojo lost Martin Ngo, who has taken a break from training due to school pressures. Martin was doing great and we will all miss his contribution to the dojo...

Welcome back to training:

It is great to see Ben Hoadley back into training, after a break due to an injury and also great to see Robert Duncan back after a break, even better that he brought his brother Joshua to train with him, Joshua is doing really well, also from the Children’s also from the Children’s class, Conor Coleman after spending time overseas.

How are your life standards:

Most people’s standards are a direct reflection of the expectations of their peer group.
(If you want to be a success, have successful friends).

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.

Cost: \$30.00 (including postage within Australia)

Save \$20.00

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

19 th – 21 st April	Victorian camp – (Hanshi branch)
3 rd May	National camp Queensland
12 th May	AKKA Ballarat Open Country Championships
27 th May	Bondi Junction under green belt grading
2 nd June	NSW Full Contact Championships
23 rd June	NSW Individual Non Contact
3 rd August	Australia Open Non Contact Championships
4 th August	Australian Open Full Contact Championships
13 th – 15 th Sept	New South Wales Camp & Grading
16 th September	Bondi Junction under green belt grading
28 th & 29 th Sept.	New Zealand National Championships
2 nd & 3 rd October	Chinese Championships (Nanjing)
3 rd November	NSW Non Contact Teams and kata
1 st December	NSW Country Championships (Full & Non Contact) Griffith
2 nd December	Bondi Junction Under Green Belt Grading
22 nd December	Last training session Bondi Junction

Bad joke of the month:

The wife has been missing a week now. Police said to prepare for the worst. So I have been to the charity shop to get all her clothes back.

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!

The greatest compliment you can give is to refer us to your family and friends. Thank you for your trust.