



KyokuSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shihantaylor@ozemail.com.au
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KARATE BREATHING TECHNIQUES

Breathing is indispensable to human life, an obvious fact, but what is not so obvious is that correct breathing methods are mainly lost to the modern world. The first place to look for the perfect breathing system is nature; look at a baby when it breathes or an animal. Both breathe using the diaphragm and not the chest, as we are taught when we get older. Not for the baby the large expansion of the chest in an effort to fill it with air, but the more stronger abdomen muscles to work the lungs. A way to test the power and effectiveness of this type of breathing is to try and cough without using the diaphragm. Karate breathing is merely an extension of this technique. Breathing methods vary among martial art schools, but karate is the only one to put so much emphasis into the proper breathing methods. Of these Kyokushin Karate is probably the strictest on this technique. There are a variety of ways in karate of inhaling and exhaling. The most basic and the one most used of all is the "kiai" or yell, but to liken the karate kiai to simply a yell, is to say walking is only putting one foot in front of the other. Like the "kiai", learning to walk requires a whole series of co-ordinated muscular action, and requires a large amount of training and practice. This breathing exercise is one of the most essential phases of Kyokushin Karate training. Unlike other sports - karate breathing is a deep lower abdomen type of breathing, designed not only to refresh the respiratory system and to conserve body energy, but it is a means of strengthening the lower abdomen area so that the maximum internal strength of the body, together with the external power, will be delivered when a kiai is uttered. Simply put a Kiai is used when maximum power is required. "Kiai" properly executed is the very essence of karate power. The basic method of kiai is to breathe in through the nose taking the air down to the lower abdomen by using the diaphragm, then opening the mouth, and through a relaxed throat, push the air out of the lungs using the abdominal muscles. This is done by tightening the diaphragm as well as the whole body and forcing the air through the respiratory system to achieve a strong but short kiai. From the very first lesson this is taught to the new student and during a normal training session the student would kiai on an average of 900 times. This is done at a set pace, forcing the student into a controlled breathing rhythm. This, we feel, is the reason karate has proved successful in helping asthma sufferers. A more advanced breathing method is "Ibuki" and is a long method of breathing. In other words the air is allowed to come out in a slow controlled manner. The reason it is used in karate is both long and complex. To outline it would achieve nothing at this stage; suffice to explain how it is performed. The method used is to stand in a stable position, although it could be done if necessary from a sitting position. Breathe in through the nose, slowly and quietly so that no one can tell whether you are breathing or not, all the way to the lower abdomen using the diaphragm. When the maximum amount of air has been inhaled, tense the abdomen and force the air out in a long breath through a relaxed throat. When it feels as if all the air is out of the lungs, tense the abdomen even further force out the last of the air. Throughout this method the mouth should be wide open.

Stability:

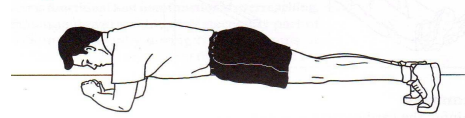
If you had to choose just two core exercises that would produce the biggest results for the least time and effort, it would be the "plank" and the "side hold". Research has shown these two stabilisation exercises, result in more recruitment of core muscles than more traditional exercises such as "sit-up".

The plank:

The plank is a static exercise for strengthening the abdomen, back and shoulders:

1. Position yourself on your elbows and toes (elbows under your shoulders).
2. Keep your ankles, hips and shoulders in line.
3. Maintain you back head and body in a neutral position – think about squeezing your glutes together, tightening your abdominal muscles and pushing your chest away from the floor.
4. This is a static position – so do not move.
5. Hold for 30-60 seconds.

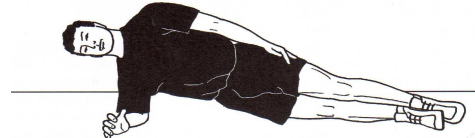
The plank



Side hold:

1. Start by lying down on your side, legs straight, feet stacked on top of each other;
2. Support yourself on your elbow, keeping it in line below the shoulder and place free hand on your hip. Balance on side of feet (feet are stacked) – squeeze your glutes and tighten up through your stomach.
3. Do not allow your hips to drop towards the ground.
4. Again, this is a static position – so do not move!
5. Hold for 30-60 seconds

Side hold



RHINO MOUTHGUARDS –

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This month's quote:

Great leaders throughout history have been inspired to uplift the world. Poets, musicians, artists, and authors have shared their works of inspiration poetically, it is said that inspiration is the breath of God. Each and every one of you is surely an inspiration for the communities you live in. On Martin Luther King's day, I can't miss the opportunity to bow my head in front of you, all those who fight racism. Be blessed and encouraged in everything you do! Ioana Niang

Things kids say:

How can a stranger tell if two people are married?
You might have to guess, based on whether they seem to be yelling at the same kids. -- Derrick , age 8

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

Sportsnet Holidays

For sports travel to major sporting events
such as the 2008 Kyokushin Karate Championships
Contact Daniel de Poi at

products@sportsnet.com.au

or see the web site at www.sportsnet.com.au

For the best deals tell them you're or supporter of the AKKA

This month's bad joke:

Wife: Darling today is our anniversary, what should we do?

Husband: Let us stand in silence for 2 minutes.

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AKKA Website:

Thanks to Sempai Wong, we now have a great new AKKA website. You can check it at <http://www.akka.com.au>

New Members:

I would like to welcome the following member new members to the Bondi dojo: Kendra Hancock – Nick Williams – Jack Dye – Jason Howe – Vova Gizatlin – Ryoichiro Mitsui – Chris Perry – Joy Cheng – Daniel-Luke Amos

Birthday Party:

Robert Duncan a member of the Bondi Junction dojo had his 5th birthday party at the dojo. It was a great success with 22 of Robert's friends as guests. Everyone had lots of fun with party games and a short karate lesson lead by Robert. It seems to me the most popular game was the sumo wrestling. Happy birthday Robert.

AKKA 2008 Calendar:

3rd March - Bondi Junction under green belt gradings
4th March – Bondi Junction adults beginners grading
4th March - Bondi Beach kids grading
8th March Kancho's Gold Coast Seminar
9th March Kancho's Sydney Seminar
12th March Kancho's Seminar Geelong
14th March Kancho's Training Seminar Hobart
14th – 16th - March NSW Grading and training cap
6th April NSW Individual Non Contact Championships.
20th April ACT Kata & Demonstration Championships
25th & 26th April New Zealand camp Hanshi Taylor attending
30th – 31st - May & 1st June National Camp Queensland
12th July - National Non Contact Championships
13th July - National Full Contact Championships
17th August NSW Non Contact Team & Kata Championships
5th – 7th September - NSW grading and training camp
20th September New Zealand Nationals
5th October – Riverina Championship (Griffith)
29th & 30th November 2008 World Championships – Japan

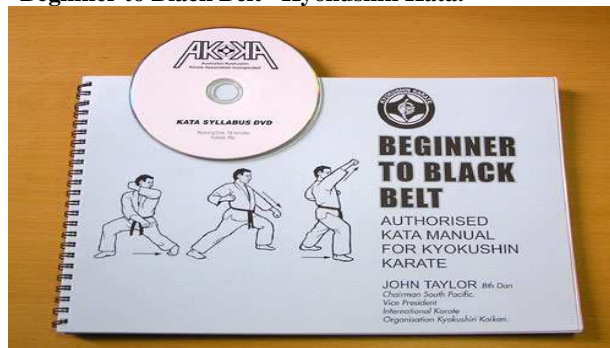
2006 WORLD CUP DVD'S

A five set pack professionally produced of every fight over the two days. A great series, not to be missed. Five DVD's \$50.00 including mailing cost.

Congratulations Bob Holland:

Another Victorian stalwart from the Shihan-Cho Viccars branch, who was successful at the recent grading and certainly deserves a mention, is Sensei Bon Holland. who graded to 4th Dan Sensei Holland is not only a great all round hard working member of the AKKA but has proved to be a great producer of champions. Sensei Holland's students, Dean Hinch, Daniel Larkins and Luke Argento were in the Australian team at the 2006 World Cup. Four from one dojo..... Not bad Sensei.

"Beginner to Black Belt" Kyokushin Kata.



NOW INCLUDES A KATA DVD:

A Kyokushin Karate Manual with over a 100 pages of Kata with complete and detailed explanations, including the correct count for Kyokushin Kata. A comprehensive book that takes a student from "beginner to black belt" by Shihan John Taylor

Kata included:
Taikyoku ichi & San -Taikyoku sokugi Ichi, Ni, San & Yon
Pinan Ichi, Ni, San, Yon & Go - Tsuki No Kata - Gekisai Dai,
Gekisai Sho - Yantsu – Tensho – Saiha – Sanchin
Sanchintensho – Seipai.

Cost: Australia: \$35.00 (plus postage \$5.00)

International: US\$35.00 (plus postage \$10.00)

Instructor's discounts available

Ebay:

Kata book, World Kyokushin Championships DVD (5 set) and grading syllabus 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 dougo177

The link is <http://stores.ebay.com.au/strongestkarate>

Jargon buster - Pre-conditioning:

A training programme designed to allow the athlete to train intensely with minimum risk. It runs in the background to the more direct performance enhancing conditioning routine throughout the training period.

Kata tips:

Better to know one kata very well than a 100 badly

Grading Syllabus:

Students working toward gradings should think about buying a grading syllabus. This way you will be sure of exactly what is required to get your next grade. At only \$20.00 the newly printed syllabus is in two parts (booklets), the first part is packed full of karate techniques and diagrams and the second part contains the requirements and terminology up to San Dan. The syllabus can be obtained through your AKKA dojo The syllabus can be ordered direct from Shihan Taylor (instructor's discount do apply) at 130 Hewlett Street Bronte NSW Australia 2024 or overseas students can obtain the syllabus through Ebay at dougo177 The link is:-

<http://stores.ebay.com.au/strongestkarate>

Change of instructors:

Due to the retirement of Graham Early and Phil Smith both their dojos will have new instructors. They are as follows:-

Adelaide North: Andrew Oxenham

Millicent: Michael Smith, Greg Stuppel & Tony Smith

I would like to express my deepest thanks to both Sempai Early and Sempai Smith for their loyal support of myself and the South Australia branch of the AKKA. We will greatly miss their loyal contribution. I wish them well and a long and successful retirement. Regards Hanshi Taylor.

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