IFKKA NEWS

International Federation of Karate Kyokushinkai Australia Inc. (IFKKA)

December 2010 Edition

End of Year Karate Christmas Party and Awards night

A great night was had by all who attended this year's EOY Karate Christmas Party and Awards Night; this was our biggest turnout yet with 129 tickets sold and nearly that many turning up on the night.

The weather was a bit blustery, but I don't think the kids noticed as they were having a great time running around outside on the bowling greens, and at times actually bowling!! Which I think they enjoyed.

The food was great, really tasty and we thank Lizzie and her staff from the Bistro at Petersham Bowling Club as they did a great job ensuring everyone had enough to eat. But also don't forget Tom behind the bar who was so helpful, throughout the whole evening.

The night is a celebration for the IFKKA and its Sydney based dojos, providing and an opportunity to get together, have fun, and thank the students and families who have supported the clubs and for each club to recognise their students who have performed well during the year.

A highlight of the evening is the awarding of the Sydney based IFKKA Interclub Tournament Series Awards. These are the interclub champions for their divisions, which is based on points accumulated during the tournament series and the pinnacle of our organisation the Awarding of the Spirit of OSU Award.

Spirit of OSU Award is for the IFKKA student who at the interclub tournament series consistently displays the essence and spirit of karate, not necessarily the person who wins the event, but the person who displays good sportsmanship, fighting spirit and respect for themselves, the officials and their competitors. Points are awarded by the tournament officials at each event; each official has one vote per junior & senior division regardless of age.

Spirit of OSU Award Recipients for 2010

Junior: Jade Lucas - Tempe Dojo
Senior: Kyoko Millar – KKC Five Dock

IFKKA Interclub Tournament Series Division Winners

Interclub Champion Junior up to 16 years of Age:

Novice up to 8th Kyu: Xavier Stocca (Newtown)
Intermediate 7th to 5th Kyu: Robbie Simmons (KKC Five Dock)
Advanced 4th & 1st Kyu: Eddie Noujaim (Dulwich Hill)

Interclub Champion Senior 17 years & Older:

Novice up to 8th Kyu: Leandro Borlandelli (Tempe)
Intermediate 7th to 5th Kyu: Michael Mc Loughlin (Dulwich Hill)
Advanced 4th & 1st Kyu: Tie–Tony Le (Tempe) & Franc Pujono (Tempe)

Sydney Dojo Award Recipients

Tempe Dojo	*Dulwich Hill Dojo*
Junior Most Improved: Duc Vu	**Junior Most Improved:** Anthony Faris
Junior Most Spirited Student: Jane Phu	**Junior Most Spirited Student:** Alex Noujaim
Senior Most Improved: Thanh Pham	**Senior Most Improved:** Michael Mc Loughlin
Senior Most Spirited Student: Jade Lucas	**Senior Most Spirited Student:** Eddie Noujaim
KKC Five Dock Dojo	*Newtown Dojo*
Junior Most Improved: Lauren Moniaci	**Junior Most Improved:** Soraya Newlyn
Junior Most Spirited Student: Matthew Basile	**Junior Most Spirited Student:** Hagar Gal
Senior Most Improved: Alejandro Urquijo	**Senior Most Improved:** Marcin (Marty) Bak
Senior Most Spirited Student: Max Walker	

Congratulations to all prize recipients on the night and not to forget the winners of the lucky door prizes. All lucky door prizes are donated by the respective dojos.

For photos of the event go to www.learnkarate.com.au and follow the links.

Junior Grading Results November '10

The IFKKA junior grading was held at Tempe Dojo on Monday 22nd November 2010 listed are the students and the grades obtained, congratulations to all on achieving your new grade.

Name	Dojo	Grade Attained
Dora Lee	Tempe	5th Kyu
Alex Urquijo	KKC Five Dock	6th Kyu
Ryan Tang	KKC Five Dock	6th Kyu
Matthew Basile	KKC Five Dock	7th Kyu
Douglas Chhor	KKC Five Dock	7th Kyu
Alex Noujaim	Dulwich Hill	7th Kyu
Taiki Millar	KKC Five Dock	8th Kyu
Tom Keogh	KKC Five Dock	8th Kyu
Kiran Phuyal	Newtown	8th Kyu
Patrick Edmonds	KKC Five Dock	8th Kyu
Anthony Faris	Dulwich Hill	9th Kyu
Edward Lee	Tempe	9th Kyu
Mary Phu	Tempe	9th Kyu
Lauren Moniaci	KKC Five Dock	9th Kyu
Noah Mardoquio	KKC Five Dock	9th Kyu
Tomi Omage	KKC Five Dock	9th Kyu
Kiera Kismitro-Kaminski	KKC Five Dock	9th Kyu
Ofer Gal	Newtown	9th Kyu
Patrik Borlandelli	Tempe	9th Kyu
Natalie Ilievska	Tempe	9th Kyu
Ella Colhoun	KKC Five Dock	10th Kyu
April Moniaci	KKC Five Dock	10th kyu
Harry Colhoun	KKC Five Dock	10th Kyu
Felix Newey	Newtown	10th Kyu
Fergus Gibson	Tempe	10th Kyu
Daniel Ilievski	Tempe	10th Kyu
Ryan Chomphunut	Newtown	10th Kyu
James Nguyen	KKC Five Dock	10th Kyu
Gary Huang	KKC Five Dock	10th Kyu
Daniel Firgau	KKC Five Dock	10th Kyu
Marco Ilievski	Tempe	9th Kyu
Leandro Borlandelli	Tempe	9th Kyu
Kyoko Millar	KKC Five Dock	9th Kyu
Margaret Phu	Tempe	9th Kyu

The next Junior & Senior gradings will be held in March 2011, if this is something you are planning to attend you should be talking to your instructor now. Remember hours are not the only requirement to be ***INVITED*** to attend a grading.

Just a thought:

Dare to Do

If you think you're beaten you are.
If you think you dare not, you don't
If you'd like to win and think you can't,
It's almost certain you won't.

If you think you'll lose, you're lost,
for out in the world we find,
success begins with a person's will.
It's all a state of mind.

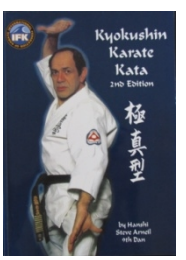
If you think you're outclassed you are.
You've got to be sure of yourself
before you can win the prize.

Life's battles don't always go
to the stronger or faster person.
But sooner or later the person who wins,
is the one who thinks they can.

Author unknown.

Retail Corner

Christmas Special Ladies slim fit IFKKA T-shirts RRP $30. Special offer **$15** while stocks last. Talk to your dojo operator.



IN STOCK NOW IFK Kata Books are now available from Senpai Jenny; some copies have been signed by Hanshi Steve Arneil. For details contact Senpai Jenny directly by phone 0410 339 842 or email jfuller@learnkarate.com.au

Sensei Shah also has unsigned copies available you can contact him on 0414 777 251 or shah@learnkarate.com.au

AMAC Nationals 20th & 21st November 2010

The AMAC National Championships was a great event, held over 2 days in Sydney with competitors flying in from around the country to compete. Congratulations to all IFKKA students who were invited to attend, as this is a great achievement in itself.

Marco and Xavier Stocca from Newtown Dojo competed in two of the largest divisions in the tournament both boys did really well infields displaying a very high standard of skill and competition with Xavier achieving a third place in Points Sparring 8-10 years Beginner/Intermediate.

TEMPE DOJO
Tony Le – 3rd place Points, Adv/Black 13-15yrs
Tony Le – 3rd place Freestyle All grades 13-15yrs
Peter Le – 3rd place Freestyle Adv/Black Adult Male
Tony Le – 2nd place Full Contact Middleweight Male Colts
Thanh Pham – 2nd place Lightweight Adv/Black Male

Well done to all who competed.

Results as submitted by the individual dojo instructor.

Round 3 & Final round IFKKA Interclub Tournament held at KKC Dulwich Hill on Sunday 31st October

Round 3 and final round of the IFKKA Interclub Championship was held as Dulwich Hill Dojo, it was a great day seeing some very good kata being performed and some excellent clicker style sparring. Below are the results for all of the divisions. Can't wait for next year's events.

Kata	Clicker Kumite
Kata 8 yrs & under - Novice up to 9th Kyu	**Clicker 8 yrs & under-Novice up to 9th Kyu**
1st Taylia Newlyn – Newtown Dojo	1st Kiran Phuyal – Newtown Dojo
2nd Soraya Newlyn – Newtown Dojo	2nd Klim Tsoutsman – Newtown Dojo
3rd Klim Tsoutsman – Newtown Dojo	3rd Taiki Millar – KKC Five Dock
Kata 8 yrs & under - Novice–7th & 8th Kyu	**Clicker 8 yrs & under-Novice 7th & 8th Kyu**
1st Xavier Stocca – Newtown Dojo	1st Xavier Stocca – Newtown Dojo
2nd Alex Noujaim – Dulwich Hill Dojo	2nd Christian Mc Loughlin – Dulwich Hill Dojo
3rd Christian Mc Loughlin – Dulwich Hill Dojo	3rd Alex Noujaim – Dulwich Hill Dojo
Kata 9-13 yrs - Novice up to 9th Kyu	**Clicker 9-13 yrs - Novice up to 9th Kyu**
1st Patrik Borlandelli – Tempe Dojo	1st Jade Lucas – Tempe Dojo
2nd Hagar Gal – Newtown Dojo	2nd Patrik Borlandelli – Tempe Dojo
3rd Natalie Ilievska – Tempe Dojo	3rd Hagar Gal – Newtown Dojo
Kata 9-13 yrs - Novice – 7th & 8th Kyu	**Clicker 9-13 yrs - Novice – 7th & 8th Kyu**
1st Robbie Simmons – KKC Five Dock	1st Robbie Simmons – KKC Five Dock
2nd Bethany Walker – KKC Five Dock	2nd Shane Areni – Newtown dojo
3rd Matthew Basile – KKC Five Dock	3rd Matthew Basile - KKC Five Dock
Kata 9-14 yrs - Advanced – 4th to 1st Kyu	**Clicker 9-14 yrs - Advanced – 4th to 1st Kyu**
1st Marco Stocca – Newtown Dojo	1st Marco Stocca – Newtown Dojo
2nd Sophie Paterson – Newtown Dojo	2nd Sophie Patterson – Newtown Dojo
3rd Eddie Noujaim – Dulwich Hill Dojo	3rd Eddie Noujaim – Dulwich Hill Dojo
Kata Senior - Novice up to 8th Kyu	**Clicker Senior - Novice up to 8th Kyu**
1st Leandro Borlandelli – Tempe Dojo	1st Leandro Borlandelli – Tempe Dojo
2nd Marco Ilievski – Tempe Dojo	2nd Kyoko Millar – KKC Five Dock
3rd Kyoko Millar – KKC Five Dock	3rd Marco Ilievski – Tempe Dojo
Kata Senior - Intermediate 7th to 5th Kyu	**Clicker Senior - Intermediate 7th to 5th Kyu**
1st Andrew Keenan – Newtown Dojo	1st Simon Allaway – Newtown Dojo
2nd Michael Mc Loughlin – Dulwich Hill Dojo	2nd Andrew Keenan – Newtown Dojo
3rd Simon Allaway – Newtown Dojo	3rd Michael Mc Loughlin – Dulwich Hill Dojo
Kata Senior - Advanced 4th to 1st Kyu	**Clicker Senior - Advanced 4th to 1st Kyu**
1st Tony Le – Tempe Dojo	1st Tony Le – Tempe Dojo
2nd Franc Pujono – Tempe Dojo	2nd Ciaran Doyle – Perth
3rd Ciaran Doyle – Perth	3rd Karl Murr – Tempe Dojo

Queensland December Grading Results

Tuesday 7th December saw Shihan Doug Turnbull conduct a grading for Senpai Paul Till at his dojo in Redcliffe Qld. Shihan Doug was impressed with the standard of techniques demonstrated by the Qld students. Congratulations to all who participated and the grades they achieved.

Mick Staples	8th Kyu
Michelle Jackson	10th Kyu
Kurtis Stephens	10th Kyu
Brendan Harvey	10th Kyu
Nathan Harvey	10th Kyu
Jason Jackson	10th Kyu
Ryan Peato	9th Kyu
Josie Elisara	9th Kyu
Destiny Osborne	10th Kyu

Merry Christmas and a safe & happy new year from all of the IFKKA Dojos, we look forward to seeing you all next year and training hard

Christmas Training Time for Sydney Dojos

Tempe Dojo will be having their last training session for 2010 on Thursday 23 December and will start again on Monday 3 January, 2011.

KKC Five Dock last classes for 2010 will be held on Thursday 23rd December and we start back on Thursday 27th January 2011.

Dulwich Hill Dojo last training session at Dulwich Hill is on Wednesday 22nd December 2010 and will resume training on Saturday 8th January 2011

Newtown Dojo last kids training has occurred. Adults will train on the 17th - and if three or more people commit to training on the 21st and Jan 4th, I will train on those days too. Otherwise, we close after 17th and restart on Fri 7th.

For all dojo training times see www.learnkarate.com.au

Kyokushin Belt Colours

This information on Kyokushin Belt colours has been either paraphrased from Shihan Cameron Quinn's book the Budo Karate of Mas Oyama, and taken from West Island Karate Quebec Canada Website http://www.westislandkarate.com/beltcolours.html with some editing and ideas by Senpai Jenny.

Black Belt – Achievement

Often one associates achieving a black belt with making it and the end of the journey, whilst achieving a black belt is the pinnacle in ones karate career, for those who have achieved this grade they will attest that it is a great achievement; however it is really the beginning.

The grade of Shodan translates to *beginner's grade*; you now have learnt the basics to allow you to practise karate. In no means do I make light of this achievement as sometimes in the quest to achieve this grade you can be unsure of what lies ahead. Then you realise how little you know and this is really the true beginning.

Shodan can be referred to as a state of being, and the beginning of another journey. As it does not just end here, there is so much more to learn, achieve and grow. I do not wish to put you off but with many journeys in personal achievement / development the end is not always clear, as one is always striving to achieve more and better themselves.

Many students start this journey. Not so many achieve the grade of shodan and even fewer go further. This can be for many reasons. Personally when I achieved this grade I did not know what was expected once I got there, I was still the same person but for a few aches and pains from the grading, I was very fit from the preparation and it wasn't until much later that I realised I had missed the point. One should think of achieving their black belt as the beginning not the end as the personal growth and satisfaction that comes after is far more rewarding and than anything you have experienced previously in your karate, then when you become a teacher the satisfaction of watching your students improve and grow that feeling of satisfaction if further intensified.

A white belt represents purity and innocence and is not a colour. The black belt is the nearest representative of the spirit of the karate-ka. It is the colourless colour, black is the colour that takes all colours to form it has absorbed all of your belt colours along the way forming this spirit. From here the black belt assumes the motto of "everyone is my teacher". This is probably one of the hardest aspects to grasp as there are a lot of people practising karate wearing black belts who do not understand this concept.

The black belt then has a further ten levels as outlined below:

Dan Grade	Colour (Chakra)	Level	Propensity	Element	Energetic Channel
Judan	Violet	Absorption above & within all levels	Universal, Love, Oneness	Beyond the elements	Conscious, Infinite Expansion
Kyudan	Indigo	Spiritual	Compassion, Understanding	Void	Interiorisation
Hachidan Nanadan	Sky Blue	Spiritual Intellectual	Experience, Attunement	Wind / Air	Perfect Relaxation
Rokudan Godan	Yellow / Blue	Intellectual	Awareness	Fire	Body/Mind Coordination
Sandan Yondan	Yellow	Intellectual Physical	Timing, speed	Water	Focused Relaxation
Shodan Nidan	Red	Physical	Fitness, Power	Earth	Muscle & Joints

Around the Dojos

Tempe – NSW Shihan Doug wishes all IFKKA students, parents and friends a very Happy Christmas and a Safe New Year. Also looks forward to seeing everyone back Healthy and Happy for the start of a fresh year of good hard training!

KKC Five Dock – NSW has lots planned for 2011 with the introduction of ***Kinder Karate Club*** classes for children aged 3 to 5 years. Plus splitting their existing children's classes into age based groups for 6 to 8 years and 9 to 12 years, plus introducing a specialist class for all students who are graded 7th kyu and higher, attendance to this class is by invitation only. For more information go to our newly launched website ***www.KKCKarate.com.au***

Christmas week training for classes on Tuesday 21st & Thursday 23rd December make sure you get into the festive spirit by wearing Reindeer Antlers, Santa Hats, Tinsel etc. but no Santa suits as we still have to train. Also for these children's classes kids can bring a parent to karate to train with them. If you are interested please contact Senpai Jenny on 0410 339 842 or email jfuller@learnkarate.com.au it will be great fun parents training with their children.

Also just a reminder if you haven't booked your places in Kids karate Classes for 2011 you better get a wriggle on as classes are filling.

Newtown – NSW Adult classes will cease to operate at Newtown dojo in 2011, with all adult students transferring to the upcoming new full time dojo in Petersham. Only children with Newtown North PS affiliations will be accepted in Newtown Dojo from January 2011

Contributions: the editor takes no responsibility for information not included in the IFKKA Newsletter. If you wish to submit information & / or photo's please forward documents in a word format to; **jfuller@learnkarate.com.au** . Next issue is due out in March; all inclusions need to be submitted by the first week of March.