



IFKKA NEWS

International Federation of Karate Kyokushinkai Australia Inc. (IFKKA)

June 2010 Edition



KARATE 6-10th 2010

What a weekend!

The Karate Camp 2010 was fabulous, starting on Friday 14th with the first training session at 6.30pm and taking us up to dinner at 8pm. This gave a glimpse of what we would be in for the rest of the weekend and boy we sure knew we were alive.

Saturday started bright and early up at 6am to be ready for the first session at 6.30am everyone full of enthusiasm, with lots crammed in for the day finally finishing up at 6pm with dinner a well earned rest (for some) and a camp fire sing along. Then the brown & black belts had a evening training session that finished at around 10.30pm. No rest yet, as Sunday started bright and early again up at 6am for a 6.30am start, maybe not quite as much enthusiasm, but just as keen.



The camp is a great opportunity for students from the various dojo to socialise, much was covered from Bo to kihon, kata, bag work, general fitness & stretching. To fun activities and relays when the younger karateka got a bit tired.

The camp wrapped up at 4pm on Sunday 16th May after round 1 of the IFKKA Interclub tournament championships for 2010. This was a great weekend, just ask anyone who attended so make sure you mark this in your diary for next year, **definitely a not to be missed event**. So much was covered, a big thank you to Shihan Doug & Sensei Shah for all of their hard work. Also where would we be without Sharon Turnbull (AKA Mrs Shihan) food, food glorious food, not a chance anyone would go hungry and all the parents who came along and helped out, we couldn't have this camp without your assistance, thank you to you all.

Senpai Jenny received a SMS Monday morning "the kids wanted me to let you know they had an amazing time, they wished it (the camp) was longer and they can't stop talking about it. They also want to know when the next camp is." So see you next year.

Round 1 IFKKA Interclub Tournament was held at the camp, this has become an annual event to kick off the IFKKA Interclub series with the Interclub champion awards presented at the End of Year Christmas Karate Party. All participants receive points for participating at the tournament and bonus points for placing. The tournament officials on the day award 1 vote each for the junior and senior student who best exemplifies the Spirit of Osu. The Spirit of Osu award is awarded at the end of year to the student who through the Interclub tournament series consistently displays the essence and spirit of karate. This is not necessarily the person who wins every event, but the person who displays good sportsmanship, fighting spirit, and respect for themselves, the officials, and their opponents.

Round 1 - Clicker Kumite Results:

8yrs and under - Novice- up to 8th Kyu	9-13 yrs - Novice- up to 8th Kyu
1 st Alex Noujaim - Dulwich Hill Dojo	1 st Shane Areni - Newtown Dojo
2 nd Christian McLoughlin - Dulwich Hill Dojo	2 nd Xavier Stocca - Newtown Dojo
3 rd Louis Kosta - Tempe Dojo	3 rd Bianca Basile - KKC Five Dock
9-13 yrs - Intermediate- 7th to 5th Kyu	Senior - Intermediate- 7th to 5th Kyu
1 st Eddy Noujaim - Dulwich Hill Dojo	1 st Peter Le - Tempe Dojo
2 nd Dora Lee - Tempe Dojo	2 nd Hong Bui - Tempe Dojo
3 rd Andrew Kellett - Dulwich Hill Dojo	3 rd Daniel Snitzer - Newtown Dojo
Senior - Advanced - 4th To 1st Kyu	Senior - Black Belt / Open
1 st John Le - Tempe Dojo	1 st Alexander Yussuf - Newtown Dojo
2 nd Tony Le - Tempe Dojo	2 nd Andre Noujaim - Dulwich Hill Dojo
3 rd Yoko Waterson - Newtown Dojo	

OSU! What does it mean?



The word OSU is considered by many karateka, both Japanese and non-Japanese to be a crude word, not acceptable for use in the dojo. This is because it is interpreted as a contraction of "Ohayo gozaimasu", and through its use in the docks and barracks it is therefore the Japanese equivalent of "Wazzup man!"

The OSU! in Kyokushin however does not have the same origin. It comes from the expression "Oshi shinobu!" which means to push oneself to the limit of one's ability and yet to continue, to persevere under pressure, and to endure.

It is used as a word of many meanings, expressing the willingness to strive against all odds, to persevere on the road to physical, mental, and spiritual strength, an expression of respect of ones seniors and responsibility to ones juniors.

It is pronounced "OSS!", with a long "O", and not "Oosh" or "Oos" as is commonly heard outside of Japan.

In the Kyokushin school of Karate it is also a greeting and can be used to replace words such as "yes", "alright", "good", "I'll do it" and "excuse me". It is also used to mean "hello", "goodbye", "have patience with me", "I'm trying", "well done!" and just about anything else. Unlike many other karate styles, a student is never expected to say "yes sir" (HAII) when given a command in the Kyokushin dojo but to use the word "OSU" instead.

As students of Karate, we are all expected to strive and develop this positive attitude (spirit) of perseverance, determination and respect for others in our training as well as in our daily life (i.e. business, work, studies etc). But you don't have to be a karateka to have spirit of Osu! Any competitor in the Paralympics has it; probably more than any karateka, simply for not letting their physical incompleteness stop them from doing their best. A parent, doing three jobs to feed his or her children has OSU!

If it is at all possible to express the philosophy of Kyokushin Karate in a single word, then "OSU" would be that word.

Taken from <http://www.australiankyokushin.com/osu.shtm>

The 8th IFKKA Australian Open Championships

It's on again! Our annual **IFKKA Open Championships**, comprising of **Non-contact Teams Tournament, Forms division as well as the traditional Kyokushin Full Contact division**. This event will take place on the **27th June 2010**, at the **Debbie and Abbey Borgia Centre**, in **Marrickville**.

We invite you and your **International Federation of Karate Kyokushinkai Australia** students to participate in our traditional Teams Round Robin tournament event, where **every team gets to fight every team** in the non-contact divisions. This is an experience that one usually doesn't get in normal elimination events unless one makes it to the finals!

This year the Full Contact division has an additional attraction! Thanks to our sponsors, we are offering **cash prizes of up to \$500 for the winners of any of the Open Full Contact Divisions, male or female!** Conditions apply, and you can find out more on our website www.learnkarate.com.au

The full contact event is sponsored by

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HELPERS NEEDED We would appreciate any assistance from parents and or students in the set-up, running eg table officials and pack up of the event. Remember this is worth hours to every student who lends a hand and the hours go toward your next grading.

NEW for winter: IFKKA hoodies – ONLY \$35

Available only on a pre order basis. Orders need to be in by Friday 18th June. So don't miss out, **order now!! Colours – Black or White**



Also don't forget there are adult IFKKA singlets available to wear under your dogi for winter

March 2010 Senior Grading Results

The senior grading was held at KKC Five Dock Dojo on Sunday 28th March 2010. The level of the students grading was very high, so be sure to congratulate all karateka who have been awarded their grades. There is a lot of hard work that goes into preparing oneself for any Grading so each student should feel very proud of their efforts. Listed are the students and the grades obtained:

Sensei Shaharin Yussof	Newtown	Yondan
Senpai Andre Noujaim	Dulwich Hill	Nidan
John Le	Tempe	1 st Kyu
Tony Le	Tempe	1 st Kyu
Karl Murr	Tempe	3 rd Kyu
Franc Pujono	Tempe	3 rd Kyu
Yoko Waterson	Newtown	3 rd Kyu
Taeko Pegios	Newtown	3 rd Kyu
Simon Allaway	Newtown	5 th Kyu
Dora Lee	Tempe	6 th Kyu
Peter Le	Tempe	6 th Kyu
Michael Mc Loughlin	Dulwich Hill	6 th Kyu
Alejandro Urquijo	KKC Five Dock	7 th Kyu
Hong Bui	Tempe	6 th Kyu
Daniel Switzer	Newtown	10 th Kyu
Toby Mc Casker	Newtown	10 th Kyu
Troy Garner	Newtown	10 th Kyu
Hagar Gal	Newtown	10 th Kyu
Ofer Gal	Newtown	10 th Kyu
Mie Garner	Newtown	10 th Kyu

The grading certificate presentation dinner was held on Saturday 10th April at Atom Thai Restaurant reports are the food was great and all had a great time, so next time you are in Newtown give them a try.

Kyokushin Belt colours- continued from the previous Newsletter

This information on Kyokushin Belt colours has been either paraphrased from Shihan Cameron Quinn's book *The Budo Karate of Mas Oyama*, or derived from the personal experience of Sensei Shaharin Yussof and can be found on the following web site:
<http://www.australiankyokushin.com/belts-meaning.htm>

Blue — Fluidity and Adaptability

While the red belt aspects of training must be continued, now the karateka begins to work on the upper body, strength, flexibility, and coordination. It is here that you learn to overcome the urge to "Take it easy", and if successful, training becomes a pleasure. The student begins to feel the benefits of training with an increased sense of well-being, a bigger bounce in ones step, and overall better fitness.

Here the karateka must start taking control of mind and body. This might take the form of not showing the pain of being hit during sparring, not showing exhaustion during training, not wiping the drop of sweat of one's nose because one hasn't yet been told to, not yawning despite extreme tiredness etc...

Yellow — Assertion

Here you learn to focus your power, by concentrating it on the *hara* (the general area of the lower abdomen) or even the *tanden* (the single point in the lower abdomen that more or less is located at the centre of gravity of the body). Fortunately for most of us, this point is just behind where we tie the knot of our belts.

This is the first level where training begins to concentrate the psychological aspects of training, with an emphasis on mind-body coordination. It is here that the karateka must begin to develop both power and speed when performing techniques. The yellow belt is the last of the "raw beginners" belts and the karateka begins to take control of his or her life, body, and environment.

You should also be familiar with dojo etiquette and setting a good example for the newer and / or younger students at this stage. If not, I suggest you read your student manual.

AROUND THE DOJO

Tempe Dojo - Shihan Doug Turnbull At the recent Round 2 of AMAC in Sydney, Thanh Pham from the Tempe dojo achieved 2nd place in the Contact Points Division. "He beat his nemesis, Steven Sharpe of Kempo Ryu, with the best Jordan Mawashi Geri I have ever seen him do", Shihan Doug commented. Bearing in mind Steven is much taller than Thanh by about 20cm and yet he still managed to get a kick to the head and score on Steven. Shihan commented, "I don't see Thanh perform like this in our normal Dojo training, is he hiding something from us or just not letting on of his potential ability. Well done Thanh!" By the way Thanh came 2nd place to a 3rd Dan Black Belt which is no dishonour to his abilities. When Shihan was driving Thanh home his comment was "Shihan can I go in the full contact division in our own IFKKA tournament in June? I think after my performance today I can take the prize money on offer for that division!"

Another Tempe dojo athlete who should also receive recognition for his efforts, is Peter Le who travelled to Round 1 of AMAC in ACT on the 2nd May and competed in Advanced/Black Belt Division (keeping in mind Peter is only a 6th Kyu Yellow belt) in both Points and Freestyle Sparring and also the Middle Weight Full Contact Division. Peter placed 1st in the Freestyle Division and 2nd Place in the Full Contact Division only being narrowly beaten by a Kyokushinkai 1st Kyu Brown Belt from Canberra. Good effort Peter!

Newtown Dojo – Sensei Shaharin Yussof Newtown dojo has had a good run lately! Marco and Xavier Stocca both went to the first ACT AMAC round, and performed outstandingly! Despite having earlier injured a thumb due to an altercation with a car door, Marco managed to come 1st place in both Points and Forms, and Xavier too ended up with 1st place in both Points and Forms, and then went on to take 2nd place in Freestyle. Marco withdrew from Freestyle because of his thumb which, it turned out, had been fractured.

Xavier's winning streak continued at our Inter-club Clicker tournament at the Annual Camp, where he came second against fellow Newtowner Shane Areni, despite competing in the age group above his own!

All that practice paid off at AMAC Sydney Round 2, where Xavier came third in his forms division, and placed 1st in Freestyle! Having only just turned 8 a week earlier, and this being the

8-10yrs division, he was very much one of the "young'uns"! Couple this with the fact that the division was also one of the largest AMAC has had, with about 36 competitors, he would have had to go through 5-6 rounds to win! What can I say but OSU!!!

Marco unfortunately was only able to compete in the forms division, because he was suffering from a perforated eardrum (in addition to his fractured thumb), - "I was a bit wobbly", he said.

Dulwich Hill Dojo – Senpai Andre Noujaim Senpai Andre has been running full contact training classes in preparation for the 8th Annual IFKKA Australian Open Championships Full Contact Division. This will be a great event, so make sure you all come and support Senpai and all of the students in their bouts.

KKC Five Dock Dojo Senpai – Jenny Fuller Not content with the early starts and hard work outs of the IFKKA Camp at Heathcote recently Senpai Jenny will be off to the UK in August to attend the British Kyokushinkai Karate (BKK) Camp, where she will be training three times a day with the BKK's top instructors led by Hanshi Steve Arnel (9th Dan) assisted by Shihans Liam Keaveney (6th Dan), Nick Da Costa (6th Dan) and David Pickthall (6th Dan) - Junior Camp Instructors led by Shihan Andrew Turner (5th Dan) and Sensei John Moulden (4th Dan). Senpai is sure to come back with a wealth of knowledge.

Senpai Ali Aryan joins Kids Karate Club Five Dock as an instructor to assist Senpai Jenny on Tuesday & Thursdays. Senpai Ali has been participating in Kyokushin Karate for more than 15 years and has just recently returned from overseas and is keen to get back into his karate training, so make him welcome.

Redcliffe Kyokushin Karate – Senpai Paul Till Our club has now been active for 4 months with new members joining each month. That makes our training more enjoyable as the new students are able to follow the older students, compete against them and look towards them for guidance.

The club consists of 14 students with 7 students going for their first grading on the 14th June

Our students ages range from 10 years old to 61 years old both male and female. Everyone is enjoying their training and attendance is good

I will send you photos, promise.

Qld Redcliffe training times

Mon & Thu: 8-12 yrs: 5:30 - 6:30 pm, Adults: 6:30pm to 8:30pm
CWA Hall Cnr Georgina St & Victoria Av, Woody Point Redcliffe Qld
Mobile: 0418 747 247 Email: paul@learnkarate.com.au

Have you moved?

Changed your email or phone numbers recently?

Make sure you keep your contact details up to date. Let us know if you have changed your details so we can keep them up to date.

Important Dates for Your Diary 2009

2010 International Federation of Karate Kyokushin (IFKKA) Calendar

June	Mon 7 th	Junior Grading	Tempe Dojo – 7 pm
	Sun 6 th	Kempo Ryu Tournament	Hall of Legends, Homebush Sydney
	Sun 27th	IFKKA Tournament	Debbie & Abbey Borgia Centre 531 Illawarra Road, Mville
July	Sun 25 th	AMAC Round 3	Anne Clarke Netball, Centre, Lidcombe
Aug	Sun 1 st	IFKKA Interclub Tournament Round 2	Five Dock Dojo – 9 am to 1pm
	Sun 1 st	Black Belt Seminar – Black Belts Only	Five Dock Dojo – 1pm to 5pm
Sept	Sun 5 th	AMAC State Titles	Anne Clarke Netball Centre, Lidcombe
	Mon 6 th	Junior Grading	Tempe Dojo -7pm
	Sun 26 th	Senior Grading	Five Dock Dojo – 9 am to 1pm
Oct	Sun 3 rd	Grading Dinner	6.30pm - Venue TBC – Dulwich Hill Area
	Sun 31 st	IFKKA Interclub Tournament Round 3 (Final Round)	Dulwich Hill – 2pm to 6pm
Nov	Sat 20 th , Sun 21 st	AMAC Australian Titles	Venue TBC
	Mon 22 nd	Junior Grading	Tempe Dojo -7pm
	Sat 27 th	EOY Karate Christmas Party & Awards Night	Petersham Bowling Club

If you can only participate in a couple of events for the year then the highlighted events are the ones strongly recommended.

Contributions: If you would like to contribute the IFKKA News please send copy to jfuller@learnkarate.com.au

Quotable Quotes

“It’s what you learn after you know it all that counts.”

John Wooden