



# IFKKA NEWS



International Federation of Karate Kyokushinkai Australia Inc. (IFKKA)

June 2011 Edition

## The 9<sup>th</sup> IFKKA Australian Open Championships

The Championships were held on Sunday 1<sup>st</sup> May 2011 and this proved to be the most successful IFKKA Tournament to date with 150 entries. It was a great day with strong representation from all of the Sydney IFKKA Clubs, a day packed with some really exciting exhibitions of karate. Thank you to everyone who helped make this day a success. Without all of our dedicated volunteers we would not be able to stage this event, thank you very much. Results are listed below.

<b>Sanbon Shobu</b> <b>8yrs and under</b> 1 <sup>st</sup> Anthony Faris & Alex Noujaim (Dulwich Hill) 2 <sup>nd</sup> Christopher Abraham, Marc Aiello & Pietro Mikhael (Dulwich Hill) <b>9-11 Novice Intermediate</b> 1 <sup>st</sup> Matthew Basile, Bianca Basile & James Kell (KCC Five Dock / Newtown) <b>12-14 Novice-Intermediate</b> 1 <sup>st</sup> Alison Solidarios, Daniel Firgau & Robbie Simmons (KRC / KCC Five Dock) 3 <sup>rd</sup> Tahnee Lucas, Jade Lucas & Alan Sanderson (Tempe / ?) <b>12-14 Advanced-Black Belt</b> 1 <sup>st</sup> Christopher Abela & Alex Vij (?/ Petersham) <b>15-17 Yrs Advanced-Blackbelt</b> 2 <sup>nd</sup> Ciaran Doyle, Marco Ilievski & Tony Le (Tempe) <b>Men's Novice Intermediate</b> 2 <sup>nd</sup> Tom van Leijenhorst & Mathew Taylor (KRC / KCC Five Dock) <b>Women's Advanced-Blackbelt</b> 3 <sup>rd</sup> Shigemi Nakamura-Simms, Taeko Pegios & Jenny Fuller (Petersham / KCC Five Dock)	<b>Sanbon Shobu Cont. Men's Advanced-Blackbelt</b> 3 <sup>rd</sup> Ben Cunningham, Samuel Toms & Karl Murr (Mixed / KCC Five Dock) <b>Kata</b> <b>6 yrs and under</b> 1 <sup>st</sup> Soraya Newlyn (Newtown) 2 <sup>nd</sup> Jack Taylor (KCC Five Dock) 3 <sup>rd</sup> Murray Cooper (Newtown) <b>8 yrs and under</b> 3 <sup>rd</sup> Anthony Faris (Dulwich Hill) <b>9-11 Novice-Intermediate</b> 3 <sup>rd</sup> Xavier Stocca (Newtown) <b>Combined Junior Advanced/Black belt</b> 3 <sup>rd</sup> Alex Vij (Petersham) <b>15-17 Novice Intermediate</b> 1 <sup>st</sup> Marco Ilievski (Tempe) 2 <sup>nd</sup> Dora Lee (Tempe) <b>Contact</b> <b>15-17 Colts Heavyweight</b> 1 <sup>st</sup> Tony Le (Tempe), 3 <sup>rd</sup> Ciaran Doyle (Tempe) <b>14 yrs Colts Lightweight</b> 3 <sup>rd</sup> Alex Vij (Petersham) <b>Men's Intermediate Middleweight</b> 2 <sup>nd</sup> Simon Allaway (Newtown)
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Congratulations to all and we hope to see you next year. We are already planning that event which will be very special as it is our 10<sup>th</sup> Annual Championships.

## IFKKA Fundraising Raffle

The fundraising raffle was drawn at the 9<sup>th</sup> IFKKA Championships and the winners were Victoria Basile who won the \$1,000 travel voucher, Casey Mardoquio won the 32 inch LCD HD TV, Ashrini Ambi won the \$300 Travel Voucher and Victoria Basile won the Blu-Ray DVD player.

The prize for the overall best Salesperson went to Linda Vij who received a Nintendo DSI for her efforts.

Congratulations to the winners



Victoria receiving her travel voucher



Casey receiving her TV



Ashrini receiving her travel voucher



Victoria receiving her Blu-Ray

We are very happy with the result of the raffle but we still have a lot further to go after expenses we have raised around \$6,700 Great effort thank you everyone for your support, but we are short of our target if you can help please contact Senpai Jenny on 0410 339 842.

## Bunning Barbeque Fundraising Sausage Sizzle

To help raise further funds we have been lucky enough to secure a booking with Bunning's Ashfield to hold a sausage sizzle. This will be on **Sunday 13<sup>th</sup> November** and is an all day event. If you can help for the day or just a couple of hours please contact Senpai Jenny on 0410 339 842 or [jfuller@learnkarate.com.au](mailto:jfuller@learnkarate.com.au)

**Chocolate & Snake Drive;** we are currently running a very low key Cadbury chocolate and Natural Confectionary Company snake drive, if you feel you can sell a box then please talk to your local dojo operator or call Senpai Jenny on 0410 339 842. Many thanks to those who have already taken a box or 2.



The 2011 Annual IFKKA Camp will be held from **Friday 14<sup>th</sup> October to Sunday 16<sup>th</sup> October.**

Again this will be held at the Heathcote Scout Camp and there will also be a **special edition camp T-shirt included**, so you will have a memento of the occasion. Make sure you put this date in your diary as you don't want to miss out.

The camp is a good opportunity to get to know the instructors, other Karateka (students of karate), and their families from the other clubs. Parents and partners are also welcome to attend the camp; you can participate in the classes, help out or use the opportunity to rest and relax amongst beautiful country side on the edge of the Royal National Park and if you like go bush walking.

Alternatively you can give the kids to us for the weekend and have a well-earned rest whilst the kids are participating in their favourite activity.

*This is a not to be missed event, just ask all who have attended previous camps, it's good fun, good karate, and good food for the whole weekend, set with a breathtaking backdrop!*

## IFKKA Sydney Interclub Championships Round 1

The IFKKA Interclub tournament series for 2011 commenced on Sunday 17<sup>th</sup> April, round 1 was held at the IFKKA newest Sydney Dojo Sensei Shah's Kuro Obi dojo in Petersham. Results are listed below;

Kata Results	1st Place		2nd Place		3rd Place	
Novice-8 years & under	Soraya Newlyn	Kuro Obi	Alex Noujaim	Dulwich Hill	Anthony Faris	Dulwich Hill
Novice-9-13 yrs	James Kell	Kuro Obi	Patrick Borlandelli	Tempe	Jade Lucas	Tempe
Intermediate-9-13yrs	Robbie Simmons	KCC	Eddy Noujaim	Dulwich Hill	Ryan Tang	KCC
Novice - 14-16 yrs	Leandro Borlandelli	Tempe	Marco Ilievski	Tempe	Tahnee Lucas	Tempe
Novice - Adults	Kyoko Millar	KCC	Leah Benson	Tempe	Matthew Taylor	KCC
Advanced - Adults	Shigemi Nakamura-Simms	Kuro Obi	Alex Vij	Kuro Obi	Karl Murr	KCC
<b>Kumite Results</b>						
Novice-8 years & under	Alex Noujaim	Dulwich Hill	Jack Taylor	KCC	Anthony Faris	Dulwich Hill
Novice -9-13 yrs	Daniel Ilievski	Tempe	James Kell	Kuro Obi	Patrick Borlandelli	Tempe
Intermediate 9-13yrs	Eddy Noujaim	Dulwich Hill	Robbie Simmons	KCC	Ryan Tang	KCC
Novice-14-16 yrs	Leandro Borlandelli	Tempe	Alex Vij	Kuro Obi	Marco Ilievski	Tempe
Novice - Adults	Kyoko Millar	KCC	Michael Mity	Tempe	Matthew Taylor	KCC
Advanced-Adults	Alex Vij	Kuro Obi	Karl Murr	KCC	Shigemi Nakamura-Simms	Kuro Obi

## AUSTRALIAN TEAM

IFK JUNIOR WORLD CHAMPIONSHIPS 2011



As you should all be aware by now we have been raising funds to send a team to the IFK 3<sup>rd</sup> World Junior Championships 23<sup>rd</sup> July 2011. The team to travel to the UK are pictured above left to right Sensei Shah Yussuf (Country Representative) Robbie Simmons, Jade Lucas, Alex Vij, Ciaran Doyle and Senpai Jenny Fuller. Tony Le was not available at the time of the photo shoot.

To assist the team, squad training sessions are being conducted at Petersham dojo for Clicker and Dulwich Hill Dojo for knockdown on Saturdays from 3 to 5pm and boy have the team members been getting put through their paces. These are great sessions if you have been invited to attend this training and assist the team you should take advantage of this special training as it is not open to all students. .

*We wish the team well in the UK*

## Quotable Quotes

*"Today's preparations determines tomorrow's achievement"*

*Author unknown*

## From the President & Chairman of the IFKKA

As our Australian IFKKA organisation continues to grow in size so does the quality of our students/athletes improve. We are now seeing more of our people wanting to participate in tournaments and challenge themselves for further growth both physically and mentally. We have seen a greater participation from our ranks into the Australian Martial Arts Championships (AMAC) and this year a larger contingent of competitors in our own IFKKA Championships that were held locally at Marrickville on 1<sup>st</sup> May this year. It pleases me to see our own members looking to improve and broaden their abilities. I see a growth of confidence stemming from this competition and a noticeable improvement in abilities. Keep up that positive attitude for future growth!

On another issue I would like to thank everyone for their support towards our fund raising efforts in helping our junior team of competitors that have been chosen to represent Australia in UK on 23 July this year at the 3<sup>rd</sup> World IFK Junior Championships. With a special thank you to Centrum Printing of Mascot for sponsoring the uniforms for our team. The travelling costs are large for Australians to travel to Europe and with your support in our fund raising efforts the costs are minimised for our team. I'm sure you will all be with me in wishing our team comprising of Tony Le and Jade Lucas from Tempe dojo, Alex Vij from Petersham dojo, Robbie Simmons from KCC Five Dock dojo and Ciaran Doyle from Western Australia all the very best of success at the World Tournament.

Kind Regards

*Shihan Doug*

President & Chairman of the IFKKA Inc

## Australian Martial Arts Championships (AMAC) Round 2

AMAC round 2 was held on Sunday 22<sup>nd</sup> May 2011; this was a great day, it was a smaller event than round 1 but the competition was fierce. It is great to watch the students show what they have been learning in the dojo. With some student's doing their personal bests. We look forward to seeing more of our students participating and qualifying for the State and even National Titles to be held later this year.

Attendees from the IFKKA dojo are listed; Tempe; Jade Lucas, Petersham / Newtown; Alex Vij and KKC Five Dock; Robbie Simmons, Liam Rice, Matthew Basile, Bianca Basile, Joshua Lyras and Kristian Lyras.

Results	
<b>Forms Traditional Hard (kata)</b>	<b>Weapons - Traditional</b>
<b>11-13yrs beginner / Intermediate</b>	<b>Open - All Grades</b>
3 <sup>rd</sup> - Robbie Simmons - KKC	4 <sup>th</sup> - Jade Lucas - Tempe
<b>14-15yrs All Grades</b>	<b>Sumo</b>
3 <sup>rd</sup> - Alex Vij - Petersham	<b>10-12yrs Male</b>
<b>Point Sparring</b>	3 <sup>rd</sup> - Kristian Lyras - KKC
<b>11-13yrs Beginners / Intermediate</b>	<b>10-12yrs Male / Female</b>
2 <sup>nd</sup> - Robbie Simmons - KKC	3 <sup>rd</sup> - Robbie Simmons - KKC
<b>13 - 15yrs Adv/Black Male</b>	<b>13-17yrs Male</b>
2 <sup>nd</sup> - Alex Vij - Petersham	1 <sup>st</sup> - Alex Vij - Petersham
<b>Freestyle Sparring</b>	<b>Sword Combat</b>
<b>8-10yrs Beginners</b>	<b>8-9 yrs</b>
4 <sup>th</sup> - Kristian Lyras - KKC	4 <sup>th</sup> Kristian Lyras - KKC
<b>11-13yrs Beginners / Intermediate</b>	<b>10-12yrs</b>
3 <sup>rd</sup> - Jade Lucas - Tempe	2 <sup>nd</sup> - Joshua Lyras - KKC
4 <sup>th</sup> - Robbie Simmons - KKC	3 <sup>rd</sup> - Robbie Simmons - KKC
<b>13-15yrs All Grades</b>	<b>13-17yrs</b>
2 <sup>nd</sup> - Alex Vij - Petersham	1 <sup>st</sup> - Alex Vij - Petersham

## 16<sup>th</sup> Annual Karate Championships Kempo Ryu Sydney Junior Games

Was held on Sunday 5<sup>th</sup> June at Hall of Legends State Sports Centre Sydney Olympic Park this is an annual event that the IFKKA supports. This year we had 14 students Pictured from our Sydney dojos attend the event with some great results



<b>Kata</b>	<b>Points Sparring Continued</b>
<b>10-12 yrs Beginner Male</b>	<b>Veterans All grades Female</b>
2 <sup>nd</sup> Matthew Basile - KKC	3 <sup>rd</sup> Taeko Pegios - Petersham
<b>10-12 yrs Beginner Female</b>	<b>Freestyle Sparring</b>
2 <sup>nd</sup> Natalie Ilievskva - Tempe	<b>8-9 yrs Beginners M/F</b>
3 <sup>rd</sup> Jade Lucas - Tempe	3 <sup>rd</sup> Bianca Basile - KKC
<b>Adult Adv/Black Male</b>	<b>10-12 yrs Beginner Female</b>
1 <sup>st</sup> Shaharin Yussof - Petersham	1 <sup>st</sup> Jade Lucas - Tempe
<b>Adult Adv/Black Female</b>	2 <sup>nd</sup> Natalie Ilievskva - Tempe
3 <sup>rd</sup> Shigemi Nakamura-Simms - Petersham	3 <sup>rd</sup> Anna Bui - Tempe
<b>Veterans Adv/Black M/F</b>	<b>13-15yrs Adv/Black M/F</b>
1 <sup>st</sup> Shaharin Yussof - Petersham	2 <sup>nd</sup> Alex Vij - Petersham
<b>Points Sparring</b>	<b>16-17 yrs Adv/Black M/F</b>
<b>8-9 yrs Beginners M/F</b>	3 <sup>rd</sup> Tony Le - Tempe
1 <sup>st</sup> Bianca Basile - KKC	<b>Veterans All grades Female</b>
<b>10-12 yrs Beginner Male</b>	1 <sup>st</sup> Shigemi Nakamura-Simms - Petersham
3 <sup>rd</sup> Matthew Basile - KKC	2 <sup>nd</sup> Taeko Pegios - Petersham
<b>10-12 yrs Beginner Female</b>	<b>Veterans Adv/BB Male</b>
1 <sup>st</sup> Jade Lucas - Tempe	3 <sup>rd</sup> Shaharin Yussof - Petersham
2 <sup>nd</sup> Natalie Ilievskva - Tempe	<b>Full Contact</b>
3 <sup>rd</sup> Anna Bui - Tempe	<b>16-17yrs Adv/Black Male</b>
<b>13-15yrs Adv/Black M/F</b>	2 <sup>nd</sup> Tony Le - Tempe
1 <sup>st</sup> Alex Vij - Petersham	
<b>16-17 yrs Adv/Black M/F</b>	
3 <sup>rd</sup> Tony Le - Tempe	

<b>Points Sparring Continued</b>
<b>Veterans All grades Female</b>
3 <sup>rd</sup> Taeko Pegios - Petersham
<b>Freestyle Sparring</b>
<b>8-9 yrs Beginners M/F</b>
3 <sup>rd</sup> Bianca Basile - KKC
<b>10-12 yrs Beginner Female</b>
1 <sup>st</sup> Jade Lucas - Tempe
2 <sup>nd</sup> Natalie Ilievskva - Tempe
3 <sup>rd</sup> Anna Bui - Tempe
<b>13-15yrs Adv/Black M/F</b>
2 <sup>nd</sup> Alex Vij - Petersham
<b>16-17 yrs Adv/Black M/F</b>
3 <sup>rd</sup> Tony Le - Tempe
<b>Veterans All grades Female</b>
1 <sup>st</sup> Shigemi Nakamura-Simms - Petersham
2 <sup>nd</sup> Taeko Pegios - Petersham
<b>Veterans Adv/BB Male</b>
3 <sup>rd</sup> Shaharin Yussof - Petersham
<b>Full Contact</b>
<b>16-17yrs Adv/Black Male</b>
2 <sup>nd</sup> Tony Le - Tempe



Videos of some of the action will be on Sensei Shah's Youtube channel, and linked in the new website [www.kuro-obi.com.au](http://www.kuro-obi.com.au), Kuro Obi Facebook Page, and the IFKKA video's page on the website [www.ifk-australia.com](http://www.ifk-australia.com)

## Sydney JUNE Grading Results

The junior grading was held at Tempe dojo on Monday 6<sup>th</sup> June 2011 and the general comments from all of the instructors were of the high standard demonstrated by the students of their techniques. Listed are the students and the grades obtained, congratulations and well done to all.

Name	Dojo	Kyu	Name	Dojo	Kyu
Chris Spencer	Tempe	6 <sup>th</sup>	Klim Tsoutsman	Newtown	9 <sup>th</sup>
Joel Fitzgibbons	KKC	6 <sup>th</sup>	Colleen Estigoy	KKC	10 <sup>th</sup>
Xavier Stocca	Newtown	6 <sup>th</sup>	Oscar Mc Mullin	Tempe	10 <sup>th</sup>
Patrick Borlandelli	Tempe	7 <sup>th</sup>	Noel Zeidon	Tempe	10 <sup>th</sup>
Bianca Basile	KKC	7 <sup>th</sup>	Tom Fishwick	Dulwich Hill	10 <sup>th</sup>
Leah Benson	Tempe	8 <sup>th</sup>	Jessica Milburn	KKC	10 <sup>th</sup>
Margaret Phu	Tempe	8 <sup>th</sup>	Nisha Hewitt	KKC	10 <sup>th</sup>
Daniel Firgau	KKC	8 <sup>th</sup>	Kristian Lyras	KKC	10 <sup>th</sup>
Natalie Ilievskva	Tempe	8 <sup>th</sup>	Kris Parekh	KKC	10 <sup>th</sup>
Lauren Moniaci	KKC	8 <sup>th</sup>	Tia Sweeney	KKC	10 <sup>th</sup>
Toby Sullivan	Newtown	8 <sup>th</sup>	Shaam Gupta	Tempe	10 <sup>th</sup>
Kojo Mintah-Owusu	Newtown	8 <sup>th</sup>	Shaun Morrison	Tempe	10 <sup>th</sup>
James Kell	Newtown	8 <sup>th</sup>	Robbie Morrison	Tempe	10 <sup>th</sup>
Noah Mardoquio	KKC	8 <sup>th</sup>	Arnaud Muscat	Newtown	10 <sup>th</sup>
Indi Maytta	Newtown	8 <sup>th</sup>	Sam Waddington	KKC	10 <sup>th</sup>
Matthew Taylor	KKC	9 <sup>th</sup>	Jack Taylor	KKC	10 <sup>th</sup>
April-Rose Moniaci	KKC	9 <sup>th</sup>	Daniel Milburn	KKC	10 <sup>th</sup>
Callum Whaites	Newtown	9 <sup>th</sup>	Claudia Moniaci	KKC	10 <sup>th</sup>
Murray Cooper	Newtown	9 <sup>th</sup>	Keagan Tran	KKC	10 <sup>th</sup>

## Training & Diet

I am often asked by my adult students about diet and eating after training as we don't finish the adult class until late at night, as usually it is not recommended to eat a heavy meal late at night, but you do need to eat something after training.

I usually try to have my main meal at lunchtime on the days that I train/teach and a snack before training with a light meal after. Sometimes I will have a banana or a muesli bar in my bag to have between classes. After training/teaching I want something tasty and light that will help my body recover and that is also easily digested such as baked beans, soup or fish & salad in summer. One of my post training meals is a big bowl ( I mean big ) of vegetable soup with a fresh wholemeal roll and cheese. Soup is a great way to help you rehydrate too. This is one that I found and is so easy to make and tasty taken from "the CSIRO total wellbeing diet"

### Light Vegetable Soup

1 litre good quality Vegetable stock	2 carrots, sliced
2 stick celery, chopped	1 onion, roughly chopped
¼ cup roughly chopped parsley	1 x 400 gram tin crushed tomatoes
¼ cup shredded basil	1 tablespoon rosemary, finely chopped

### Method:

Bring stock to boil in a large saucepan. Add carrot, celery, onion, parsley and tomatoes simmer gently for 30 minutes. Stir through basil and rosemary and season to taste. *My method is to just chop it up and throw it all in the pot with loads of ground pepper simmer for 30 minutes.*

### Variation Beef soup:

To make beef soup, add 400 gram diced beef with the vegetable, parsley and tomato. Simmer for 1 hour, or until beef is tender. Or I sometimes add zucchini, corn, cannellini beans or kidney beans. Either or all or use beef stock or chicken stock.

If you have any other suggestions please send through. Next issue I will put my favourite Banana bread recipes in for snacks.

## AROUND THE DOJOS

### KKC Five Dock

**Tournament Training Classes:** started and we have now had our second class, this class will be run on various Sunday morning's 9.30 to 11.30am with dates listed on [www.kkckarate.com.au](http://www.kkckarate.com.au). The cost will be \$15 per class per student and is NOT covered by the student's usual monthly karate tuition fees. The class is open to all current financial IFKKA students (excluding Kinder Karate Club), regardless of grade, age, ability or whether they attend tournaments or not. These classes will cover the following disciplines plus any others that may be necessary:

- Kata (Forms) for competition AMAC & IFKKA Rules
- Point Sparring under- AMAC & IFKKA Rules
- Freestyle Sparring -AMAC Rules
- Clicker Sparring - IFKKA Rules
- Sumo - AMAC Rules - from Pee Wees (under 7yrs) up to 16 yrs of age
- Sword Combat - AMAC Rules - from Pee Wees (under 7yrs) up to 16 yrs

Next Class is scheduled for **Sunday 19<sup>th</sup> June 9.30 to 11.30am**, for full list of dates go to [www.kkckarate.com.au](http://www.kkckarate.com.au) Kyokushin Karate events calendar or if you have any questions or would like to register your interest please contact Senpai Jenny on 0410 339 842 or email [jfuller@kkckarate.com.au](mailto:jfuller@kkckarate.com.au)

**Senpai Ali is back at KKC** after a break Senpai Ali has returned to KKC Five Dock where he has been teaching Wednesday classes.

**AMAC ACT** Matthew & Bianca Basile recently went to Canberra to compete in the regional ACT AMAC tournament on Sunday 29<sup>th</sup> May. What a day they both had, Matthew 4<sup>th</sup> Place Kata, 2<sup>nd</sup> place point sparring, 3<sup>rd</sup> place freestyle, 2<sup>nd</sup> place advanced black belt 11-12 years points, 2<sup>nd</sup> place sword combat, 2<sup>nd</sup> place Sumo and Bianca got a 3<sup>rd</sup> place in point sparring, 4<sup>th</sup> place freestyle. Well done.

### Petersham/Newtown "Kuro Obi"

Petersham Dojo "Kuro Obi" now has a new website - [www.kuro-obi.com.au](http://www.kuro-obi.com.au) (also [www.blackbeltkarate.com.au](http://www.blackbeltkarate.com.au)) and a Facebook page. Nothing much on the latter yet, but it's only new. Please feel free to "like" it! There's a link to it on the website.

## Important Dates for Your Diary 2011

International Federation of Karate Kyokushinkai Australia Inc (IFKKA) Calendar 2011			
<b>July</b>	Sat 23 <sup>rd</sup>	IFK 3 <sup>rd</sup> Junior & Cadet World Tournament K2	K2 Crawley UK
	Sun 24 <sup>th</sup>	AMAC Round 3	Anne Clarke Netball Centre, Lidcombe
	Sun 31 <sup>st</sup>	IFKKA Interclub Tournament Round 2	Dulwich Hill Dojo
<b>Aug</b>	Wed 17 <sup>th</sup> - Sun 21 <sup>st</sup>	British Kyokushinkai Karate (BKK) Camp	Felsted Essex UK
<b>Sept</b>	Mon 5 <sup>th</sup>	Junior Grading	Tempe Dojo
	Sun 11 <sup>th</sup>	AMAC State Titles	Anne Clarke Netball Centre, Lidcombe
<b>Oct</b>	14 <sup>th</sup> to 16 <sup>th</sup>	IFKKA Camp & Senior Grading	Heathcote Scout Camp
	TBC	Grading Dinner	TBC
<b>Nov</b>	Sun 6 <sup>th</sup>	IFKKA Interclub Tournament R - 3	KKC Five Dock Dojo
	<b>Sun 13<sup>th</sup></b>	<b>Bunning's Fundraising Sausage Sizzle</b>	<b>Bunning's Ashfield</b>
	Sat 19 <sup>th</sup> - Sun 20 <sup>th</sup>	AMAC Australian Titles	Gold Coast Old
<b>Dec</b>	Mon 5 <sup>th</sup>	Junior Grading	Tempe Dojo
	Sat 10 <sup>th</sup>	EOY Karate Christmas Party & Awards Night	The Jets Sports Club, Holbeach Ave, Tempe.

Again if you can assist with the Bunning's barbeque please let your dojo instructor know or contact Senpai Jenny directly on 0410 339 842 or email [jfuller@learnkarate.com.au](mailto:jfuller@learnkarate.com.au)

**Contributions:** If you would like to contribute the IFKKA News please send copy to [jfuller@learnkarate.com.au](mailto:jfuller@learnkarate.com.au)