



IFKKA NEWS

International Federation of Karate Kyokushinkai Australia Inc. (IFKKA)

June 2012 Edition



10th Annual IFKKA Australian Open Championships 6th May 2012



What a great day, with 138 competitors entered and the IFKKA making up most of these entries, the competition was exciting in all divisions resulting in some very close results. Thank you to all of the students and their efforts as this resulted in the IFKKA winning back the Perpetual Shield from Kempo Ryu well done. Next year should be bigger and better with extra events being added. IFKKA Student results are listed below.

Congratulations to Marco Ilievski who won the **Most Spirited Senior Fighter Award** and to Shaam Gupta who won the **Most Spirited Junior Fighter Award** both students are from Tempe Dojo. These awards are handed to the competitors who show exceptional spirit in their competition. Congratulations and well done.

Well done to all who competed, and I would like to thank the people who assisted as without you we could not put this event on, so thank you very much.

The raffle for the Chocolate Hamper was won by Victoria Basile, this is the second year Victoria has won the raffle, maybe I should give her the money to buy a ticket in Lotto for me!

FULL CONTACT Colts Middleweight 1st Tony Le Adults Novice 1st Gary Huang Adults Middleweight 2nd John Le Adults Heavyweight 2nd Simon Allaway	KATA 6 yrs and under 1st Soraya Newlyn, 2nd Julian Martinelli, 3rd Anabel Caristo 15-17 yrs Novice/Intermediate 2nd Dora Lee 15-17 yrs Advanced 2nd Marco Ilievski
SANBON SHOBU Individual 15-17 yrs Male Advanced 1st Alexander Vij Male Adult Novice/Intermediate 1st Kurnia Syahputra 3rd Danny Diaz Female Adults 2nd Colleen Estigoy, 3rd Kyoko Millar	Adult Novice/Intermediate 1st Kyoko Millar, 3rd Gary Huang Adult Advanced/Black Belt 3rd Ben Osland SANBON SHOBU Individual 15-17 yrs Female Advanced 2nd Dora Lee
SANBON SHOBU Teams	
Adult Male Advanced/Black Belt 1st Karl Murr 1st Peter Le Vaccaro 1st Marco Ilievski 2nd Albertus Mitchell 3rd Michael McLoughlin 3rd Ben Osland 3rd Simon Allaway 7-8 yrs 1st Murray Cooper 1st Klim Tsoutsman 1st Taylia Newlyn 3rd Marci Aiello 3rd Luka Welchman 9-11 Male Novice/Intermediate 1st Alex Thomas 2nd Anthony Faris 2nd Christian McLoughlin 2nd Alex Noujaim 3rd James Kell 3rd Jack Anderson 3rd Jacob Wright-Cunow 9-11 yrs Advanced Mixed 1st Ryan Tang 1st Bianca Basile 1st Matthew Basile	9-11 Female Novice/Intermediate 1st Lauren Moniaci 1st April Moniaci 1st Nisha Hewitt 2nd Antoinette Dagher 2nd Tessa McClean 3rd Greer Newey 3rd Merjan Chebli 12-14 yrs Mixed 1st Ryan Bondfield 1st Liam Foster-Constable 2nd Jade Lucas 2nd Natalie Ilievski 3rd Oscar Sweeney 3rd Aidan Bondfield 6 yrs and under 1st Anabel Caristo 1st Kyle Tran 1st Nathan Dagher 2nd Julian Martinelli 2nd Soraya Newlyn 2nd Kai Ehrenbrandtner 3rd Louie Hewitt 3rd Lujane Chebli 3rd Mateo Mendes

Volunteers needed - Sunday 24th February 2013 for Fundraising Barbeque at Bunning's Ashfield. Please contact Senpai Jenny if you can help out for a couple of hours on the day or assist in preparation or help with the supply of 1,000 sausages, bread rolls, onions, soft drinks, ice etc. All help is encouraged and needed. Please don't be shy we had a great day last year raising \$2,336.45.

FROM SHIHAN DOUG TURNBULL

To all of you that like travelling and training we have a new Dojo opened in Victoria. Senpai Marcel Saunders has joined our organisation and started a new IFKKA Dojo located at the Walker Close Community Centre and Brooklyn Hall Association details below. Senpai Marcel has come back to Australia after a stint in the UK where he trained with Hanshi Steve Arneil and has brought with him a bundle of knowledge from the UK. Do yourself a favour next time you are travelling around the Melbourne area and drop in to see Senpai Marcel.

To all the parents out there! Have you noticed a change in your child's attitude since starting up their karate training? Well I have had a pleasing story told to me from the parents of young 7 year old Joel Xipakis. Joel's parents have told me that Joel has become a leader at his school (St Paul of the Cross, Dulwich Hill). His school have commenced a new program called Care Now and Joel was recognised by his teachers and principal as a caring and considerate role model. One of his duties as a leader is to look after a kindergarten class making sure the children are happy and have no problems. Joel's parents have said to me that since Joel has started his karate training they have seen great improvements in Joel and believe the influence and dedication that he gets from his karate has lead to him becoming a leader at his school. Well done Joel!!

Stop Press

New IFKKA Dojo in Melbourne

KARATE KYOKUSHIN

Phoenix Youth Centre, 72 Buckley St, Footscray

From: Monday 23rd July 2012

Time: 5:15pm to 6:30pm

Costs: \$8 (Stu & Con), \$10 (Adu)

Age Group: Strictly 12 to 25 years old

Contact Senpai Marcel on 0477 183438

Kaizen Dojo Kyokushinkai It has been an exciting time for our club, with the launch of our first junior dojo in Altona North. I would like to take this opportunity to thank Shihan Doug, Sensei Shah and Senpai Jenny for all their help and support with the set up and successful establishment of the Associations first club in Victoria.

Over the past two months we have been running classes for children aged 5 to 12 years old at the Walker Close Community Centre on Millers Road on Monday and Wednesday evenings. We have had plenty of interest and support from local schools, parents, students and friends. We are looking forward to continued growth during the second half of the year.

As part of our growth strategy we are working with the Phoenix Youth Centre in Buckley Street, Footscray to broaden our offering to provide classes to teenagers and adults aged 12 to 25 years old. Classes will commence on Monday 23rd of July and run from 5:15pm to 6:30pm. A copy of the flyer is below for your reference. So if you are in town and interested in training please feel free to visit and train with us.

About Senpai Marcel Saunders (1st Dan) Following in his father's footsteps, Senpai Marcel started his training as a junior at age 5 in Geelong under the then Sensei Gary Vickars, where he achieved a grade of 3rd Kyu before he was ten years old. A noticeable achievement during this time was performing an outstanding demonstration in 1982 Australian Kyokushinkai Open Full Contact Karate Tournament. After many years away from martial arts, he resumed his training in London at the Haringey Kyokushinkai Karate (HKK) Dojo under Sensei Savio Santimano. He was part of HKK team that fought in the 2009 British Kyokushinkai Karate Regional Knockdown Championships and was award 1st place in the Men's Novice Lightweight Division. He passed his Shodan (black belt) in 2010 and was graded by Hanshi Steve Arneil. Being based in the UK for over 6 years Marcel was fortunate to have the opportunity to attend a number of instructor courses and training camps. During this time in London, Marcel trained with leading instructors in the IFK and BKK including Hanshi Steve Arneil, Shihan Liam Keaveney, and other of his distinguished instructors. In 2011 Marcel and his family migrated back to Australia and in 2012 he founded the Kaizen Dojo (Kyokushinkai).

The Japanese word kaizen means "Improvement, Betterment; Incremental and continuous improvement." When applied to Kyokushinkai karate, the martial way, the budo way, it means that each karate-ka (student) should follow the path of determined self improvement through hard training which tests their minds, body and spirit and leads towards the ultimate truth.

IFKKA Interclub tournament Series Round 2 Sunday 17th June



Well what can we say but this event just seems to be getting bigger and better. The number of students entering the Interclub tournament means we now need to run 2 rings. The level of competition is great. Well done to all, the results below do in no way reflect how close some of the scores were in Kata and in Clicker Kumite. Keep up the good work and we will see you all at the 3rd and final round for 2012 to be held on Sunday 11th November, venue yet to be confirmed.

IFKKA Interclub Tournament Round 2 - Sunday 17 th June 2012				
Kata Results	1st Place	2nd Place	3rd Place	
7yrs & under Novice up to 9 th Kyu	Julian Martinelli Kuro Obi	Kyle Tran KKC Karate	Max Rogers Tempe	
8yrs & under Novice 8 th & 7 th Kyu	Chloe Harman Kuro Obi	Taylia Newlyn KKC Karate	Keagan Tran KKC Karate	
8yrs to 11 years Novice 10 th & 8 th Kyu	Greer Newey Tempe	April Moniaci KKC Karate	Arnauad Muscat Kuro Obi	
9-13 years Intermediate 7 th - 5 th	James Kell Kuro Obi	Daniel Ilievski Tempe	Natalie Ilievski Tempe	
14 to 18 years Novice up to 8 th Kyu	Genevieve Lee Dulwich Hill	Charlotte Tipple Kuro Obi	Jade Giacoppo Kuro Obi	
Senior Novice up to 7 th Kyu	Jack Britton Kuro Obi	Tom Britton Kuro Obi	Danny Diaz Kuro Obi	
Senior Advanced 4 th to 1 st Kyu	Alex Vij Kuro Obi	Robbie Simmons KKC Karate	Marco Ilievski Tempe	

IFKKA Interclub Tournament Round 2 - Sunday 17 th June 2012				
Clicker Kumite Results	1st Place	2nd Place	Equal 3rd Place	
7yrs & under Novice up to 9 th Kyu	Max Rogers Tempe	Luka Welchman Dulwich Hill	Kyle Tran KKC Karate	Alexander Page KKC Karate
8yrs & under Novice 7 th & 8 th Kyu	Chloe Harman Kuro Obi	Shaam Gupta Tempe	Keagan Tran KKC Karate	Taylia Newlyn Kuro Obi
8yrs to 11 years Novice 10 th & 8 th Kyu	April Moniaci KKC Karate	Jazz Foy Kuro Obi	Tessa Mc lean Kuro Obi	Juliette Lee Dulwich Hill
9-13 years Intermediate 7 th - 5 th	Jade Lucas Tempe	James Kell Kuro Obi	Daniel Ilievski Tempe	Natalie Ilievski Tempe
14 to 18 years Novice up to 8 th Kyu	Jade Giacoppo Kuro Obi	Genevieve Lee Dulwich Hill	Charlotte Tipple Kuro Obi	
Senior Novice up to 7 th Kyu	Jack Britton Kuro Obi	Danny Diaz Kuro Obi	Tom Britton Kuro Obi	Max Walker KKC Karate
Senior Advanced 4 th to 1 st Kyu	Karl Murr Tempe	Alex Vij Kuro Obi	Marco Ilievski Tempe	Robbie Simmons KKC Karate

AMAC Round 2 Sydney – Sunday 20th May

Round 2 of the Australian Martial Arts Championships (AMAC) was very exciting and once again the IFKKA had good representation with students from Tempe, Kuro Obi, and KKC Karate Five Dock competing. Results of the IFKKA students are listed below. Well done to you all. Don't forget round 3 will be on Sunday 22nd July this will be the last chance to qualify for State titles to be held later this year on Sunday 16th September.

Australian Martial Arts Championships - Round 2 NSW - May 20 2012	
Forms Traditional -Hard Peepees 7 yrs and under 3rd Keagan Tran KKC Karate 8-10 yrs Beg/Intermediate 3rd Bianca Basile KKC Karate 11-13 yrs Beg/Intermediate 4th Robbie Simmons KKC Karate 14-15yrs Adv/Black 3rd Alex Vij Kuro Obi Adult Beginner 3rd Colleen Estigoy KKC Karate 4th Chi-Jui Gary Huang KKC Karate Showmanship 13 yrs & under All grades 3rd Bianca Basile KKC Karate 4th Matthew Basile KKC Karate 14 yrs & above All grades 1st Robbie Simmons KKC Karate Sumo Pee Wees 7 yrs & under 1st Keagan Tran KKC Karate 10-12 yrs Male/Female 3rd Matthew Basile KKC Karate 13-17 male/female yrs Male 2nd Robbie Simmons KKC Karate 3rd Jade Lucas Tempe	Freestyle Sparring 13-15 yrs Beg/Inter Male 3rd Robbie Simmons KKC Karate 13-15 yrs All grades Female 2nd Jade Lucas Tempe 13-15 yrs Adv/Black Male 2nd Alex Vij Kuro Obi Adult Beg/Inter Male 2nd Tom Britton Kuro Obi 4th Chi-Jui Gary Huang KKC Karate Adult Beg/Inter Female 1st Colleen Estigoy KKC Karate Points Sparring Pee Wees 7 yrs and under 2nd Keagan Tran KKC Karate 11-12 yrs Beg/Intermediate 1st Matthew Basile KKC Karate 13-15yrs Beg/Inter Male 2nd Robbie Simmons KKC Karate 13-15 yrs Adv-Black Male 1st Alex Vij Kuro Obi Adult Beg/Inter Male 1st Chi-Jui Gary Huang KKC Karate Adult Beg/Inter Female 2nd Colleen Estigoy KKC Karate Full Contact Adult Male Open 3rd Chi-Jui Gary Huang KKC Karate Weapons - Traditional 13 yrs & under All grades 2nd Robbie Simmons KKC Karate 4th Jade Lucas Tempe



Annual IFKKA Karate Camp 2012 It is nearly that time again. The Annual IFKKA Camp will be held from **Friday 19th to Sunday 21st October** 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. 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 students 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, its good fun, good karate, and good food for the whole weekend!

Junior Grading Results June 2012

The June grading results from the Sydney Dojo are listed below;

Name	Kyu	Name	Grade
Douglas Chhor KKC Karate	5th kyu	Louie Hewitt KKC Karate	9th kyu
Daniel Ilievski Tempe	5th kyu	Genevieve Lee Dulwich Hill	9th kyu
Gary Huang KKC Karate	6th kyu	Julian Martinelli Kuro Obi	9th kyu
Jade Lucas Tempe	6th kyu	Frances Moore KKC Karate	9th kyu
Jack Britton Kuro Obi	7th kyu	Arnaud Muscat Kuro Obi	9th kyu
Tom Omege KKC Karate	7th kyu	Kyle Tran KKC Karate	9th kyu
Nick Chia Kuro Obi	8th kyu	Aidan Bondfield Kuro Obi	10th kyu
Shaam Gupta Tempe	8th kyu	Ryan Bondfield Kuro Obi	10th kyu
Chloe Harman Kuro Obi	8th kyu	Frank Caristo Dulwich Hill	10th kyu
Nisha Hewitt KKC Karate	8th kyu	Thomas Duckworth KKC Karate	10th kyu
Daniel Milburn KKC Karate	8th kyu	L Foster-Constable Kuro Obi	10th kyu
Robbie Morrison Tempe	8th kyu	Jade Giacoppo Kuro Obi	10th kyu
Shaun Morrison Tempe	8th kyu	Benjamin Granger Kuro Obi	10th kyu
Felix Newey Tempe	8th kyu	Thomas Harris KKC Karate	10th kyu
James Nguyen KKC Karate	8th kyu	Khoder Hassan Dulwich Hill	10th kyu
Hamish Prott Kuro Obi	8th kyu	Dean Kos Tempe	10th kyu
Keagan Tran KKC Karate	8th kyu	Bradley Lewis KKC Karate	10th kyu
Sam Waddington KKC Karate	8th kyu	Anastacia Morcos KKC Karate	10th kyu
Max Walker KKC Karate	8th kyu	Louis Parrett KKC Karate	10th kyu
Tom Britton Kuro Obi	9th kyu	Max Rogers Tempe	10th kyu
Diane Deller KKC Karate	9th kyu	Oscar Sweeney Kuro Obi	10th kyu
K Ehrenbrandtner Kuro Obi	9th kyu	Kurnia Syahputra Kuro Obi	10th kyu
Colleen Estigoy KKC Karate	9th kyu	Grace Wilson KKC Karate	10th kyu
David Green KKC Karate	9th kyu		

Congratulations & well done to all on achieving your new grade

General information for gradings the next junior grading for Sydney will be held in the first week of September and the next senior grading will be held on Sunday 30th September.

Junior grading are for students attempting grades up to an including 5th Kyu. Senior grading are for students attempting 4th kyu and higher. Please note if you are anticipating attending a senior grading your grading application must be submitted to your instructor minimum of 3 months prior for all grades up to 1 kyu and black belt applications must be submitted 6 months prior depending on the grade and must have the support of your instructor. For all senior grades-please ensure you have or are in the process of meeting the requirements for the stated grading. Check your syllabus for details.

Note: you are invited to grade, it is not an automatic right, hours of attendance are not the only prerequisite, talk to your instructor to be sure you are on track for your next grading.

The 4th IFK World Tournament England 6th-7th of April 2013



The 4th IFK World Tournament will be taking place on 6th-7th of April 2013. This is full-contact event only. It will be a combined tournament, incorporating both the Adult tournament, and another Junior tournament (16-17yrs only) like the one Senpai Tony Le competed at in 2011. There will be three weight categories for males and 2 for females in each tournament. Details to come later. If you would like to be considered for the Australian Team selection for this event please talk to your instructor and be prepared for a lot of hard work in the coming months.

The IFK is looking for sponsors. One of the ways to improve the chances of sponsorship is to have 1000s of "likes" on your Facebook page. They would appreciate it if every IFK member with a Facebook account to "like" the IFK page, in order to bring the page up to kind of numbers that will bring in the sponsors. They're just over 1000 at the moment.

You can find the page at: <http://www.facebook.com/IFKKyokushin>

Do your part to help our parent organisation!

It's also a good way of finding out what the international scene is like for the IFK - it's very busy and shows that we in Australia are not alone

Important Dates for Your Diary 2012

July	Sunday 15 th	Brisbane/Gold Coast Round 3	Shailer Park
	July 15 th	AMAC Melbourne Round 3	Parkville
	Sunday 22 nd	AMAC Sydney Round 3	Auburn
Aug	Wednesday 15 th to Sunday 19 th	British Kyokushin Karate Summer Camp	Felsted, Essex – United Kingdom
	Sunday 26 th	Demonstration Drummoyne Public School	Drummoyne Public School
Sept	Monday 3 rd	IFKKA Junior Grading	Tempe Dojo
	Sunday 9 th	AMAC Qld State Titles	Shailer Park
	Sunday 16 th	AMAC NSW State Titles	Venue TBC
	Sunday 16 th	AMAC Victoria State Titles	Parkville
	9 th to 16 th	2012 Gasshuku – Shihan Cameron Quinn talk to your instructor	Gold Coast
	Sunday 30 th	IFKKA Senior Grading	Petersham Dojo
Oct	Fri 19 th - Sun 21 st	IFKKA Camp Heathcote	Heathcote
Nov	Sunday 11 th	IFKKA Interclub Series Round 3	Venue TBC
	Sat 17 th –Sun 18 th	AMAC Australian Titles	Sydney
	TBC Saturday 24 th	6pmish -IFKKA Sydney EOY Karate Christmas Party	Venue TBC.
Dec	Monday 3 rd	IFKKA Junior grading	Tempe Dojo

Important Dates for 2013

Feb	Sunday 24 th	Bunning Fundraising barbeque	Bunnings Ashfield
March	1 st week	Sydney IFKKA Junior Grading	TBA
	Sunday 31 st	IFKKA Senior Grading Sydney	Venue TBC
April	Saturday 6 th & Sunday 7 th	4 th IFK World Tournament	K2 Crawley, England
August		British Kyokushin Karate Summer Camp	United Kingdom
October		IFKKA Camp Heathcote	Heathcote

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, or derived from the personal experience of Sensei Shaharin Yusoff 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 karetakea 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 beginner's" 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 DOJOS

Queensland

Queensland dojo had their first student compete in Round 2 of the Australian Martial Arts Championships (AMAC) Queensland series held on the 27th May 2012. Michelle Jackson competed in her first AMAC tournament coming away with some great results; 1st Place Female Beginner / Intermediate Freestyle Sparring, 2nd Place Female Beginner / Intermediate Points Sparring and 2nd Place Adult Beginner / Intermediate Hard Forms (Kata).

Well done Michelle. I also have it on good authority that she has started the ball rolling with more students ready to enter Round 3 AMAC Queensland, hopefully there will be some photos for the next newsletter.

Dulwich Hill

Senpai Andre has introduced a women's self-defence class at Dulwich Hill Dojo on Monday nights 7-8:30pm. The class is targeted for girls & women 14 years & over. The class is based on karate structured warm ups, stretches, strengthening exercises, then self defence techniques with partners to practise and refine your skills, plus the added benefit of practising on foam matts. For more information contact Senpai Andre phone: 0415 770 585 or email andre@learnkarate.com.au

Kuro Obi

I'd like to congratulate all the Kuro Obi participants, both Newtown and Petersham, who contributed to the success of the 10th IFKKA Championships, and helped the IFKKA win back the shield.

Well done also to Senpai Shigemi, Alex Vij, Taeko Pegios, and Simon Allaway from Kuro Obi, and all those from the other dojo, who all officiated for the first time at our tournament, thereby making us almost self-sufficient with regard to officials! We haven't been able to do that for 10 years, since the start of the Annual Tournament, and the dedication shown by those who officiated was encouraging, to say the least!

Natalie Belousova, one of our students, has been off in Europe recently, and managed to get a training session in with Hanshi. You can see her with Hanshi on the Kuro Obi FB page at <http://www.facebook.com/KuroObiMartialArts>

KKC Karate Five Dock

British Kyokushinkai Karate (BKK) Summer Camp August 2013 Well their bags may not be packed, but their tickets have been booked and their camp forms submitted, this year Albertus Mitchell, Matthew Basile and Bianca Basile (pictured) will be joining Senpai Jenny attending the BKK Summer camp, to be held from 15th to 19th August at Felsted in Essex UK. Victoria (Matthew & Bianca's mum) will also be travelling with them. You never know we might get her into a gi as well; maybe I should take a spare one!!!



What a fabulous opportunity to train with 10th Dan Hanshi Steve Arneil and his top instructors. This is an annual event so if you want to join Senpai Jenny start saving now for August 2013.

Russel Lea Infants School Demonstration Thank you to all of the KKC Karate Students Sensei Shah and a couple of extra's Michael McLoughlin and his son Christian from Dulwich Hill Dojo and Peter Le from Tempe who participated in the karate demonstration at Russel Lea Infants School's Annual Fete. It was a beautiful day and we had more than 30 students from KKC Karate participating. Be sure to check out the photo's on KKC Karate website in the photo gallery and also there are videos on **KKC Karate Facebook** page. <https://www.facebook.com/KKC.Karate>

We have already had requests for more demos, will keep you posted. Thank you once again to all who gave their time to participate, it was good fun and the gelato after was also popular!

Pictured below participants at the Russel Lea Demonstration



So popular were we on the day that we have been asked to do another demonstration at **Drummoyne Public School Fete**, so please keep **Sunday 26th August free.**

Ultra Marathon Man or is it Max! Mild mannered Max Walker is the Ultra Marathon Man, Max recently competed in a Ultra Marathon unfortunately for Max this was just before the June grading, Shihan commented at the grading "gee Max looks a bit stiff with some of his techniques", wonder why!

The Ultra Marathon is The North Face 100 (19-20th May) - apparently Australia's premier Ultra Marathon. It's 100 km through the Blue Mountains area of NSW, beautiful countryside. Max finished in 17 1/2 hours - Max was happy with that considering at the 30km mark he had a lot of cramping in the quads and could not walk properly. But with some fluids, pain relief and persistence he was able to work through it over the next 20 Kms. Started at 0700 and finished just after midnight. Very challenging, but also very satisfying to finish the race. Under 14 hours is a Silver Belt Buckle and under 20 hours is a Bronze Belt Buckle - so he is happy to get the bronze buckle.



This was Max's first run over 50kms, having done the Mansfield to Mt Buller 50 km twice before and couple of other marathons over the years. The winner finished NF 100 in 9 and a half hours. Just over 1000 entered, 350 pulled out and Max finished mid-field in the 600 odd who were left, which pleasantly surprised him. Well done Max great effort.

Shihan Cameron Quinn Presents 2012 Gasshuku Gold Coast 10th Anniversary National Training Conference 9th to 16th September, 2012

Open to all Students and Instructors, Seven days of ever-new, ever-expanding levels of training, information, learning, brain-storming, growth, knowledge and wisdom. For the last 9 years the National Training Conference has been surprising and empowering participants from across Australia and internationally.

This year's gasshuku will include training sessions on:

Special Self Protection Skills, Day Advanced Kata Bunkai, Grappling Applications Self Defence Skills, Advanced Kumite Drills, Dojo Management and Marketing, Scientific Training Theories & Tools, Instructing Skills, Conditioning Speed and Power, Diet Control and Weight Loss and Yoga Flexibility There is so much to cover we can hardly fit it all in to a single week!

For more information go to <http://www.budokarate.com/b/Gasshuku.html> or talk to you instructor. If you have the time this would be an amazing event to train with a Kyokushin practitioner such as Shihan Cameron Quinn.