IFKKA NEWS

International Federation of Karate Kyokushinkai Australia Inc. (IFKKA)

March 2012 Edition

From the President of the IFKKA

2012 certainly seems to have started with a bang, I can't believe it is the end of March already (well the beginning of April) I don't feel as though my feet have touched the ground since Christmas and it doesn't seem to be slowing down anytime soon. Check out important dates and make sure you put them in your diary as you don't want to be missing out on anything as we have a lot on this year.

Thank you to all mums, dads, students, friends and significant others that have helped sell the chocolate Easter Eggs for our fundraising. Your efforts are greatly appreciated. It will help to support our people travelling overseas to participate in the British Kyokushin Karate training camp in August this year and also our next World Tournament which is looking like it will be in UK in April next year.

Happy Easter & Best Regards Shihan Doug Turnbull

IFKKA Interclub Championships Round 1 Sunday 11th March 2012

We have already held Round 1 of our IFKKA tournament interclub series, what a fabulous day. We had 61 students entered from the Sydney clubs, this was the largest number of entries we have had for a single round in this series. It was an exciting day with great displays of kata and clicker kumite sparring. All results are listed below. Well done to everyone who entered as you should all be proud with how you all performed

Kata Results	1st Place	2nd Place	3rd Place	
7yrs & under Novice up to 10th Kyu	Kai Ehrenbrandtner **Kuro Obi**	Anabel Caristo **Dulwich Hill**	Kyle Tran **KKC Karate**	
8yrs & under Novice up to 9th Kyu	Chloe Harman **Kuro Obi**	Daniel Milburn **KKC Karate**	Antoinette Dagher **Dulwich Hill**	
8yrs & under Novice 7th & 8th Kyu	Anthony Faras **Dulwich Hill**	Soraya Newlyn **Kuro Obi**	Noah Mardoquio **KKC Karate**	
9-13 yrs Novice up to 9th Kyu	Angus Prott **Kuro Obi**	Alex Thomas **KKC Five Dock**	Samuel Iwaszkiewicz **Dulwich Hill**	
9-13 years Intermediate 7th - 5th	Robbie Simmons **KKC Karate**	Indi Memak **Kuro Obi**	Matthew Basile **KKC Karate**	
Senior Novice up to 8th Kyu	Jack Britton **Kuro Obi**	Danny Diaz **Kuro Obi**	Colleen Estigoy **KKC Karate**	
Senior Advanced 4th to 1st Kyu	S Nakamura-Simms **Kuro Obi**	John Le **Dulwich Hill**	Marco Illievski **Tempe**	
Clicker Kumite Results	**1st Place**	**2nd Place**	**Equal 3rd Place**	
7yrs & under Novice up to 10th Kyu	Jack Curren **KKC Karate**	Nathan Dagher **Dulwich Hill**	Kyle Tran **KKC Karate**	Anabel Caristo **Dulwich Hill**
8yrs & under Novice up to 9th Kyu	Rhys Ryan **Dulwich Hill**	Chloe Harman **Kuro Obi**	Antoinette Dagher **Dulwich Hill**	Keagan Tran **KKC Karate**
8yrs & under Novice 7th & 8th Kyu	Anthony Faris **Dulwich Hill**	Noah Mardoquio **KKC Karate**	Soraya Newlyn **Kuro Obi**	Taylia Newlyn **Kuro Obi**
9-13 yrs Novice up to 9th Kyu	Angus Prott **Kuro Obi**	Samuel Iwaszkiewicz **Dulwich Hill**	Liam Rice **KKC Karate**	Sumaya Iwaszkiewicz **Dulwich Hill**
9-13 yrs Intermediate 7th - 5th	Robbie Simmons **KKC Karate**	Bianca Basile **KKC**	Matthew Basile **KKC Karate**	Christian McLoughlin **Dulwich Hill**
Senior Novice up to 8th Kyu	Tom Britton **Kuro Obi**	Max Walker **KKC Karate**	Colleen Estigoy **KKC Karate**	Natalie Belousova **Kuro Obi**
Snrior Advanced 4th to 1st Kyu	John Le **Dulwich Hill**	Karl Murr **Tempe**	Simon Allaway **Kuro Obi**	Alex Vij **Kuro Obi**

Background info for the interclub series:

The interclub series was implemented to provide an avenue for the students of the IFKKA to participate in tournaments that are run according to the International Federation of Karate (IFK) Guidelines, entry will only be open to IFKKA members. The intention is to promote fun, student development through interclub competition and a regular opportunity for parents and friends to watch the development of the students in their karate.

There will be 3 tournaments held per year with the venues being one of the karate clubs, it is anticipated that the tournaments would commence and conclude at the time specified. It is expected that each student would participate in at least one interclub tournament event per year.

Students will earn points for winning, placing and participating in the events, these points will be tallied and at the end of the series the overall winners will be announced at the end of year function in the following categories:

Interclub Champion Senior & Junior -Decided by the score at the end of the series in each of the following division Novice, Intermediate, Advanced and Open. To be eligible to be an overall winner in any division for the series you must have competed in a minimum of 2 interclub tournament series.

Points will be awarded as follows first place 5 points, second place 4, third place 3 points, participation 2 points and -2 points for a no show, that is you have entered and fail to show and have not advised your instructor.

BKK Camp - UK

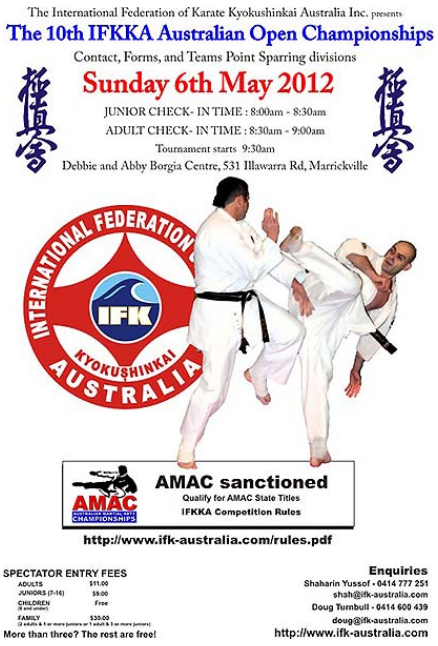
The BKK (British Kyokushin Karate) is the British Branch of the IFK, our parent organisation. They are running their Annual Camp later this year, on the 15-19th August. Senpai Jenny from KKC Five Dock dojo, is going again, as she has the past couple of years, and has suggested that anyone else who's interested should consider going. Our Hanshi is getting on in years, and you never know when he might stop training, and it would be a great opportunity for you to get to meet and train with him, as some of us have already done.

It would be a very good opportunity, even though the cost will be on the order of $3000 for the camp and airfares (if you book early) plus your own expenses. If you're interested, contact Senpai Jenny for more details.

Camp commences lunchtime on **Wednesday, 15th August 'til after breakfast on Sunday, 19th August** - (4 nights). Training three times a day with top instructors led by **Hanshi Steve Arneil** (10th Dan) assisted by Shihan's **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).

Cost for the camp inclusive of all meals, accommodation and the Sayonara Party, **Junior Under 16's: £155.00, Cadets £185.00 and Seniors £215.00.** (Please note the age limit for Juniors is eight years and over**).**

Senpai Jenny has already booked her flight but there are still seats available on the same flights if you act now. Suggested itinerary: depart Sydney Friday 10th August, arrive London Saturday 11th morning, and spend a couple of days sightseeing before the camp eg Buckingham Palace, St Pauls Cathedral, Westminster and the Houses of Parliament, Tower of London, Tower Bridge Shakespeare globe theatre to see a performance of Henry V etc. etc. Depart London on Sunday 19th August to arrive Sydney Tuesday 21st early morning.



This is the IFKKA's flagship annual tournament and attendance for this, short of being on your deathbed, is compulsory to all IFKKA Students! There will be at least two categories of competition that you can enter - Teams Round Robin Sanbon Shobu (point sparring) and Kata. If you're over 15 and over yellow belt, you could also consider full contact, but you'd have to check that with your instructor first. You can get the entry form from your instructor, or if you want to fill one in on-screen, you can get it from

http://www.ifk-australia.com/downloads/IFKKA2012.pdf

A NEW BLACK BELT FOR THE IFKKA!

I would like to introduce you to our latest blackbelt, **Senpai Shigemi Nakamura-Simms** (pictured centre). Shigemi has been training with Sensei Shah since 2003 and at the March Senior grading Shigemi was successful in passing her grading and was awarded the grade of Shodan-Ho.

When next you see Shigemi be sure to congratulate her as she worked very hard to achieve this grade.

March 2012 Grading Results

Please find below results of the junior gradings that have been recently held, congratulations to all students who were invited to attend . the next junior gradings will be held in June.

Name	Kyu Grade	Name	Kyu Grade	Name	Kyu Grade
A Urquijo **KKC Karate**	5	J Britton **Kuro Obi**	8	T Di Giacomo **KKC Karate**	10
M Jackson **Redcliffe**	6	B Sculley **Kuro Obi**	8	S Grego **KKC Karate**	10
C McLoughlin **Dulwich Hill**	6	W Alhawsawi **Redcliffe**	9	P Lewis **KKC Karate**	10
K Millar **Kuro Obi**	6	T Stahlhut **Redcliffe**	9	J Mavraidis **KKC Karate**	10
A Noujaim **Dulwich Hill**	6	M Dobson **KKC Karate**	9	K Tran **KKC Karate**	10
J Stuart **Dulwich Hill**	6	L Rice **KKC Karate**	9	C Treanor **KKC Karate**	10
S Hawa **Redcliffe**	7	E Rivers **KKC Karate**	9	J Xipakis **Tempe**	10
M Staples **Redcliffe**	7	A Thomas **KKC Karate**	9	J Anderson **Kuro Obi**	10
A Faris **Dulwich Hill**	7	N Graham **Kuro Obi**	9	G Degotardi **Kuro Obi**	10
N Phongwarin **Tempe**	7	R Criscitelli **KKC Karate**	10	T McLean **Kuro Obi**	10
J Jackson **Redcliffe**	8	J Curren **KKC Karate**	10	Z Sharman **Kuro Obi**	10
G Newey **Tempe**	8	N Dagher **Dulwich Hill**	10	J Wright-Curnow **Kuro Obi**	10
K Parekh **KKC Karate**	8	M Di Giacomo **KKC Karate**	10	L Wright-Curnow **Kuro Obi**	10
N Belousova **Kuro Obi**	8				

Senior Grading March 2012 Results

The IFKKA also held a senior grading in March, these only occur on two occasions during the year in march & September and are for students who are grading to 4th kyu or higher. Below are the results and congratulations to all who achieved their new grade.

Name	Dojo	Grade
Shigemi Nakamura Simms	Kuro Obi	Shodan Ho
Nikola Kostrevski	Tempe	1st kyu
Karl Murr	Tempe	2nd Kyu
Peter Le Vaccaro	Tempe	3rd Kyu
Michael McLoughlin	Dulwich Hill	4th Kyu
Robbie Simmons	KKC Five Dock	4th Kyu
Ryan Tang	KKC Five Dock	4th Kyu
Marco Ilievski	Tempe	4th Kyu

Australian Martial Arts Championships (AMAC) Sydney Round 1

Round 1 of AMAC Sydney kicked off on Sunday 1st April, the IFKKA had representation from most of the Sydney Club. It was a great day with 6 rings in operation. Students entered were Jade Lucas (Tempe), Ben Osland, Alex Vij, Jack Britton and Chloe Harman from Kuro Obi. Colleen Estigoy, Robbie Simmons, Matthew Basile, Bianca Basile, Liam Rice, James Nguyen, Noah Mardoquio from KKC Karate. A great day with fabulous performances by all.

Results were:

Point Sparring:

2nd – Male Adv/BB – Ben Osland
1st – 11-12yrs Beg-Int-Matthew Basile
3rd – 11-12yrs Beg-Int-Liam Rice
1st – Adult Beg – Colleen Estigoy
3rd – 13-15 Beg to Int Jade Lucas
4th – 8-10 Beg Noah Mardoquio
3rd – 13-15yrs Adv/BB – Alex Vij

Freestyle Sparring:

2nd – Male Adv/BB – Ben Osland
1st - 8-10yrs beg – Chloe Harman
3rd – 8-10yrs Int – Bianca Basile
1st – 13-15 Beg to Int Jade Lucas
2nd – 13-15 Beg to Int Robbie Simmons
2nd – 11-12yrs Beg-Int-Matthew Basile
1st – Adult Beg – Colleen Estigoy
2nd – 13-15yrs Adv/BB – Alex Vij

Forms Traditional - Hard

3rd – 11-13yrs Beg-Int-Matthew Basile
4th – 11-13yrs Beg-Int-Robbie Simmons
2nd – Adult Beg – Jack Britton
3rd – Adult Beg – Colleen Estigoy

Sword Combat:

2nd - 13-17yrs Male Robbie Simmons
1st – 10-12 yrs Male Matthew Basile
3rd – 8-9 yrs mixed Bianca Basile
1st – 13-17 yrs Female Bianca Basile

Sumo:

4th – 8-9yrs Noah Mardoquio
3rd - 10-12yrs Male Matthew Basile
4th - 10-12yrs Male Liam Rice
1st - 13-15yrs Male Robbie Simmons
1st – 13 – 15yrs Female jade Lucas

Weapons – Traditional

1st - 13yrs & under Robbie Simmons
4th - 13yrs & under Jade Lucas

Keep warm this winter with a New style IFKKA Hoodie only $55

Available in Kids, Ladies and Men's sizes. All Hoodies are only available on a pre order basis. *See your instructor for details,* orders need to be in by Friday 13th April 2012,

don't miss out, order now!!

Also don't forget we still have ***IFKKA caps*** *available in Black or White only* ***$15***

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 Yussof and can be found on the following web site http://www.australiankyokushin.com/belts-meaning.htm

White

White is the symbol of purity, at least in the English and Japanese based cultures. The new white belt student might be described as pure, being completely ignorant of the requirements of the art. The purity is lost as soon as the first exercise is performed in the dojo. The pristine colour is gone forever through sweat and dust, and the journey through the colour spectrum begins. There is no shame in being a white belt and the instructor, more than the others, is aware of this because he or she too was one once.

In the Honbu dojo in Japan, while under Mas Oyama, the tradition was that *uchi-deshi* (live-in or full-time students) wear white belts would shave their heads as a sign of their dedication. The third year *uchi-deshi*, newly graduated blackbelts, also did this to indicate humility, symbolising the return to the spirit of a beginner

Red — Stability

In the run-up to and throughout the red belt training, you develop the very basics of karate. You unlearn any ideas you had about how to fight, and you learn about your body. (Anyone who has been through this stage will tell you that this is where they learnt their body had muscles where they didn't even know they had places!) It is here too that you begin to develop a sense of balance and coordination between the various body parts, with an emphasis on stance

You should also be familiar with dojo etiquette at this stage. If not, I suggest you read your student manual.

Around the Dojos

Newtown Dojo - still going strong, though only running one class a week and only for Newtown North Public School students. We won't be running during the Easter Break but will be up and running the first Wednesday back to school for term 2.

Kuro Obi Petersham *Happy 1st Birthday* - March 1 was the dojo's First Anniversary! We're trying to find time to have a celebration, but don't seem to have a free weekend in the foreseeable future. We're also very pleased to have a new black belt in our midst and expect she'll make a valuable addition to the dojo.

KKC Karate Five Dock- the travelling Basile's have been at it again recently going to round 1 AMAC in Qld where they performed very well. Bianca 1st Point Sparring, 1st Freestyle Sparring, 1st Sword Combat and 2nd Sumo. Matthew 4th in Kata, 1st Point Sparring, 2nd Sword Combat and then off they went to Round 1 NZMAC in New Zealand, Bianca 1st Kata, 1st Point Sparring, 1st Freestyle Sparring, 3rd Sumo. Matthew 1st Kata, 1st Point Sparring, 1st Freestyle Sparring. Well done to both of you.

KKC Karate Five Dock will be running a **Women's Self Defence Course** from Wednesday 2nd May for 8 weeks places are strictly limited for more information or to book a place contact Senpai Jenny 0410 339 842.

Kinder Karate Club has now finished for term 1 and will recommence on Saturday 28th April, be sure to book your place for term 2 as places are limited.

Tempe Dojo- Congratulations to Jade Lucas on her efforts at AMAC Round 1. Jade tells me that she will also be participating in ACT AMAC Round 1 on the 15th April. Jade wants to get as much experience in before our own IFKKA tournament at Marrickville on 6th May.

Dulwich Hill Dojo- Just a reminder there will be no contact training at Dulwich Hill dojo on Easter Saturday. Contact training will return to normal on Saturday 14th April, if you want to compete in the full contact division of our 10th Annual IFKKA tournament (or any tournament) it is recommended that you attend these contact training sessions.

Important Dates for Your Diary 2012

April	Sunday 1st	Australian Martial Arts Championships (AMAC) Sydney Round 1	Auburn
May	Sunday 6th	IFKKA 10th Annual Tournament	Marrickville
	Sunday 20th	AMAC Sydney Round 2	Auburn
	Sunday 27th	AMAC Brisbane/Gold Coast Round 2	Shailer Park
June	Sunday 3rd	Kempo Ryu Karate Tournament	Homebush
	Monday 4th	IFKKA Junior Grading	Tempe Dojo
	Sunday 24th	1pm IFKKA Interclub Tournament Series Rd 2	Petersham Dojo
July	Sunday 15th	Brisbane/Gold Coast Round 3	Shailer Park
	July 15th	AMAC Melbourne Round 3	Parkville
	Sunday 22nd	AMAC Sydney Round 3	Auburn
Aug	Wednesday 15th to Sunday 19th	British Kyokushin Karate Summer Camp	Felsted, Essex – United Kingdom
Sept	Monday 3rd	IFKKA Junior Grading	Tempe Dojo
	Sunday 9th	**AMAC Qld State Titles**	Shailer Park
	Sunday 16th	AMAC NSW State Titles	Venue TBC
	Sunday 16th	Victoria State Titles	PARKVILLE
	Sunday 30th	IFKKA Senior Grading	Petersham Dojo
Oct	Fri 19th - Sun 21st	IFKKA Camp Heathcote	Heathcote
Nov	Sunday 11th	IFKKA Interclub Series Round 3	KKC Five Dock
	Sat 17th–Sun 18th	AMAC Australian Titles	Sydney
	Saturday 24th	6pmish -IFKKA Sydney EOY Karate Christmas Party	Venue TBC.
Dec	Monday 3rd	IFKKA Junior grading	Tempe Dojo

Apricot Almond Loaf

This is another of my favourite snack recipes and so easy to prepare especially for us culinary inept people. I must admit I do like a Rosemary Stanton recipe this is taken from Rosemary Stanton's Healthy Cooking book.

Ingredients:	
200g Dried Apricots	½ cup chopped Almonds
1 cup Orange Juice	½ cup wheat germ
1 Egg	1 cup wholemeal self raising flour
½ cup skim milk	½ teaspoon baking powder
2 teaspoons finely grated lemon rind	½ teaspoon cardamom

Method:

1 place apricots & juice in saucepan bring to boil turn off. Cover & leave to stand until cooled slightly
2 Combine egg, milk, rind almonds & Apricots. Mix well
3 add wheat germ, sift flour, baking powder & cardamom, tipping bran from sift into mixture.
4 pour mixture into greased loaf tin and bake 180°C for 35 minutes. Turn out and cool before serving. Yum. It is so easy and soooo tasty.

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