



IFKKA NEWS



International Federation of Karate Kyokushinkai Australia Inc. (IFKKA)

September 2010 Edition

IFKKA 8th Annual Tournament

The 8th Annual IFKKA Australian Open Championships were recently held on Sunday 27th June 2010 at the Debby & Abbey Borgia Centre Marrickville. This was a great event with the IFKKA retaining our Perpetual Shield, as this tournament is an open style tournament the perpetual shield is won by the martial arts organisation who's students earn more points through participating, placing and winning their events.

This year was the first time Prize money was on offer for the full contact division, thanks to the sponsorship by **A N Digital** and **Exclusive Hair by Alain**.

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The day proved to be exciting with the exhibition of great techniques and some nail biting sparing events, our students fared well (see the place listing outlined below). Entering tournaments is a great opportunity for students to grow and mature with their karate giving them a chance to practise what they are learning.

Thank you to parents and friends of IFKKA who helped make this day a success; your assistance was greatly appreciated from working on the door, to the tables, referring, judging, marshalling, cheering on the students, setting up and finally the pack-up (the worst of all jobs), without your help we can't put these events on, so here's a

BIG THANK YOU!

<p>KATA 8 yrs and under: 1st - Xavier Stocca (Newton), 3rd - Tom Keogh (KCC Five Dock) 9-11 Novice-Intermediate: 1st - Marco Stocca (Newton), 2nd - James Paterson (Newton) Novice-Intermediate: 1st - Peter Le (Tempe) 12-14 Yrs Novice-Intermediate: 2nd - Sophie Paterson (Newton), 3rd - Aimee-Jo Azzi (Dulwich Hill) Adult Advanced: 1st - Tony Le (Tempe), 3rd - John Le (Tempe)</p> <p>CONTACT DIVISION 15-17 Open Advanced-Blackbelt: 1st - Tony Le (Tempe) Novice-Intermediate Combined: 2nd - Simon Allaway (Newtown) Open Heavy Weight: 3rd - André Noujaim (Dulwich Hill) Open Featherweight: 2nd - Thanh Pham (Tempe) Open Middleweight: 2nd - Peter Le (Tempe)</p> <p>SANBON SHOBU Women's Advanced-Blackbelt Individual: 2nd - Taeko Pegios (Newtown) Men's Advanced-Blackbelt Teams: 2nd - Alexander Yussof, Ben Osland & John Pegios (Newtown) 3rd - John Le, Thanh Pham & Tony Le (Tempe) Adult Female Novice Intermediate Ind: 1st - Leah Benson (Tempe)</p>	<p>SANBON SHOBU Under 6yrs Teams: 1st - Soraya Newly & Taylia Newlyn (Newtown) 2nd - Isobel Chisholm & Jacqueline Areni (Newtown) 3rd - Celina Golka & Murray Cooper (Newtown) 7 to 8 yrs Teams: 1st - Alex Parlet & Luke Hayes (Style unknown & Newtown) 2nd - Xavier Stocca, Toby Sullivan & Kiran Phuyal (Newtown) 3rd - Alex Noujaim & Joel Fitzgibbons (Dulwich Hill & KCC Five Dock) 9-11 Novice Intermediate Teams: 1st - Marco Stocca, Shane Areni & James Patterson (Newtown) 2nd - Robbie Simmons & Matthew Basile (KCC Five Dock) 3rd - Patrick Borlandelli & Jade Lucas (Tempe) 12-14 Male Novice-Intermediate Ind: 2nd - Edward Lee (Tempe) 12-14 Female Combined Individual: 2nd - Sophie Patterson (Newtown) 3rd - Aimee-Jo Azzi (Dulwich Hill) 15-17 Yrs Male Combined Individual: 1st - Leandro Borlandelli (Tempe) Male Novice Intermediate Teams: 1st - Tommy Phan & Participant from Kempo Ryu Students (Tempe) 2nd Peter Le & Michael Mity (Tempe) 3rd - Simon Allaway & Troy Garner (Ntown)</p>
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AMAC Round 3 Sunday 25th July 2010

Results for Australian Martial Arts Championships (AMAC) Round 3 are listed below. This was the last opportunity for students to qualify for the AMAC State Titles. There were some great performances by our students;

Marco Stocca (Newtown)	-2nd place 11-13 yrs Forms Traditional Hard
Marco Stocca (Newtown)	-1st place 11-13 yrs Freestyle Sparring
Xavier Stocca (Newtown)	-3rd place 8-10yrs Freestyle Sparring
Simon Allaway (Newtown)	-2nd place Full Contact Middleweight Male all grades

Results as submitted by the individual dojo instructor.

AMAC NSW State Titles Sunday 29th August 2010

This was an invitational event participants are only eligible to compete if they have won or placed during the year. Some of our students performed well showing good results. These students are now in preparation for the Australian Titles to be held on Saturday 20th & Sunday 21st November. We wish them well at the nationals.

Tony Le (Tempe)	-1st Place and State Champion Colts Full Contact
Thanh Pham (Tempe)	-2nd Place, Lightweight Men's Full Contact
Peter Le (Tempe)	-2nd Place, Intermediate Men's Points Sparring

Results as submitted by the individual dojo instructor.

June 2010 Junior Grading Results

The junior grading was held at Tempe dojo on Monday 7th June 2010 listed are the students and the grades obtained, congratulations to all on achieving your new grade

Ryan Tang	KCC Five Dock Dojo	7 th Kyu
Ari Slammer	Newtown Dojo	7 th Kyu
Matthew Basile	KCC Five Dock Dojo	8 th Kyu
Bianca Basile	KCC Five Dock Dojo	8 th Kyu
Douglas Chhor	KCC Five Dock Dojo	8 th Kyu
Daniel Snitzer	Newtown Dojo	8 th Kyu
Robbie Simmons	KCC Five Dock Dojo	8 th Kyu
Thomas Keogh	KCC Five Dock Dojo	9 th Kyu
Taiki Millar	KCC Five Dock Dojo	9 th Kyu
Pipi Prathuangsin	Newtown Dojo	9 th Kyu
Kiran Phuyal	Newtown Dojo	9 th Kyu
Matt Hope	Newtown Dojo	9 th Kyu
Jane Phu	Marrickville Dojo	9 th Kyu
Clementina Leung	KCC Five Dock Dojo	10 th Kyu
Keira Kismitro-Kaminski	KCC Five Dock Dojo	10 th Kyu
Mary Phu	Marrickville Dojo	10 th Kyu
Jade Lucas	Marrickville Dojo	10 th Kyu
Tayone Robinson	Dulwich Hill Dojo	10 th Kyu

Karate Kid Demo

What a great day, on Sunday 11th July the IFKKA was invited to demonstrate Karate by Greater Union Cinema Burwood to their patrons for the launch of the new Karate Kid movie. From all reports everyone had a great day performing in the demonstration and subsequently watching the movie Karate Kid, as guests of Greater Union in appreciation to everyone who participated in the demonstration.

Below is a group photo from the day, if anyone has any photos to share you can forward by via email to jfuller@learnkarate.com.au or drop onto a disk and give to your instructor for forwarding to Senpai Jenny. More photo's will be available on the IFKKA website (not sure when but will advise you).

Thank you to all of the students, families and friends of the IFKKA who assisted, participated and supported the demonstration. The demonstrations created a lot of interest in our karate schools with the other theatre patrons and at the same time giving our students the opportunity to showcase their skills.



Quotable Quotes

"The difference between ordinary and extraordinary is that little extra"

Author Unknown

Stop Press

Senpai Jenny has just returned from training in the UK at the British Kyokushinkai Karate Camp, with Hanshi Steve Arneil, the founder of the International Federation of Karate (IFK).

More info of her trip in the next issue of IFKKA News.

Round 2 IFKKA Interclub Tournament held at KKC Five Dock on Sunday 1st August

I would like to congratulate all those who took part in Round 2 of the IFKKA Interclub Tournament recently held on Sunday 1st August. The Interclub tournament series is open only to IFKKA members and is run according to the International Federation of Karate (IFK) rules, this helps prepare our students for international competition and the upcoming IFK Junior World Championships to be held in the UK in July 2011.

The turnout was exceptional, with 49 participants registered and very good competition at all levels! We would still like to see more adult competitors, though!! Many thanks to all the parents who took the time and effort to bring their children to the tournament - I, for one, was surprised at some performances, many of which far exceeded what I've seen at training! This is not unusual, since performance and skill, improves significantly in the face of competition and an audience.

Thank you to all the students and parents who supported the event, as without your support we can't put these events on, and for those who were unable to attend **Round 3** the final round for the year will be held on **Sunday 31st October at Dulwich Hill Dojo**.

Thanks also to those who stayed back to help clear up. This is always the least enjoyable part of any tournament!



Kata

Byrs and under - Novice- Non Graded

- 1st Taylia Newlyn - Newtown
- 2nd Lauren Moniaci - KKC Five Dock
- 3rd Soraya Newlyn - Newtown

Byrs and under - Novice- up to 8th Kyu

- 1st Xavier Stocca - Newtown
- 2nd James Kell - Newtown
- 3rd Christian Mc Loughlin - Dulwich Hill

9-13 yrs - Novice- Non Graded

- 1st Patrik Borlandelli - Tempe
- 2nd Ryan Chomphunut - Newtown
- 3rd Bethany Walker - Tempe

9-13 yrs - Novice- up to 8th Kyu

- 1st Cherish Tay - Newtown
- 2nd Robbie Simmons - KKC Five Dock
- 3rd Bethany Walker - KKC Five Dock

9-14 yrs -Intermediate- 7th to 5th Kyu

- 1st Marco Stocca - Newtown
- 2nd Sophie Patterson - Newtown
- 3rd Andrew Kellett - Dulwich Hill

Senior - Novice- up to 8th Kyu

- 1st Marcin (Marty) Bak - Newtown
- 2nd Leandro Borlandelli - Tempe
- 3rd Max Walker - KKC Five Dock

Senior - Advanced - 4th to 1st Kyu

- 1st Franc Pujono - Tempe
- 2nd Michael Mc Loughlin - Tempe
- 3rd Ari Slamer - Newtown

Sanbon Shobu -

Byrs and under - Novice- Non Graded

- 1st Lauren Moniaci - KKC Five Dock
- 2nd Soraya Newlyn - Newtown
- 3rd Luke Hayes - Newtown

Byrs and under - Novice- up to 8th Kyu

- 1st Xavier Stocca - Newtown
- 2nd James Kell - Newtown
- 3rd Alex Noujaim - Dulwich Hill

9-13 yrs - Novice- Non Graded

- 1st Patrik Borlandelli - Tempe
- 2nd Natalie Ilievska - Tempe
- 3rd Ryan Chomphunut - Newtown

9-13 yrs - Novice- up to 8th Kyu

- 1st Phoebe Kell - Newtown
- 2nd Robbie Simmons - KKC Five Dock
- 3rd Matthew Basile - KKC Five Dock

9-14 yrs -Intermediate- 7th to 5th Kyu

- 1st Eddie Noujaim - Dulwich Hill
- 2nd Andrew Kellett - Dulwich Hill
- 3rd Sophie Patterson - Newtown

Senior - Novice- up to 8th Kyu

- 1st Leandro Borlandelli - Tempe
- 2nd Marcin (Marty) Bak - Newtown
- 3rd Max Walker - KKC Five Dock

Senior - Advanced - 4th to 1st Kyu

- 1st Ari Slamer - Newtown
- 2nd Michael Mc Loughlin - Tempe
- 3rd Franc Pujono - Tempe

Sept 2010 Junior Grading Results

The junior grading was held at Tempe dojo on Monday 6th September 2010 listed are the students and the grades obtained, congratulations to all on achieving your new grade:

Marco Stocca	Newtown	4 th Kyu
Andrew Kellett	Dulwich Hill	6 th Kyu
Christian Mc Loughlin	Dulwich Hill	7 th Kyu
Georgia Kellett	Dulwich Hill	7 th Kyu
James Stuart	Dulwich Hill	7 th Kyu
Joel Fitzgibbons	KKC Five Dock	7 th Kyu
Shane Areni	Newtown	7 th Kyu
Daniel Azzi	Dulwich Hill	8 th Kyu
Toby Sullivan	Newtown	9 th Kyu
Hagar Gal	Newtown	9 th Kyu
Jade Lucas	Tempe	9 th Kyu
Anna Bui	Tempe	10 th Kyu
Lauren Moniaci	KKC Five Dock	10 th Kyu
Isabel Chisholm	Newtown	10 th Kyu
Noah Mardoquio	KKC Five Dock	10 th Kyu
Celina Golka	Newtown	10 th Kyu
Taylia Newlyn	Newtown	10 th Kyu
Callum Whites	Newtown	10 th Kyu
Murray Cooper	Newtown	10 th Kyu
Soraya Newlyn	Newtown	10 th Kyu
Klim Tsoutsman	Newtown	10 th Kyu
Yumi Smith	KKC Five Dock	10 th Kyu
Duc Vu	Tempe	10 th Kyu

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 by Senpai Jenny.



Green — Emotion and Sensitivity

Green belt (midori obi) marks the first of the advanced levels. It is similar to starting again from the beginning as everything changes and the seriousness of karate becomes evident. The comfort level changes as well because a green belt starts to train with advanced belts far superior in knowledge and experience.

The green belt is to learn to accept others for what they are, being aware that in relation to all things there is always more to it than meets the eye. Thus becoming more considerate of others and in doing so their personality becomes more balanced. The green belt learns that power without wisdom and compassion is destructive, dangerous and callous.

For the person attempting to achieve a green belt excellence in all basic techniques, basic movement patterns and required kata should be achieved. The green belt is to learn to combine technique, speed and strength, developed through hard training, to work on the power aspect of karate. Kyokushin is power karate. The green belt should be able to demonstrate this power. Whilst the more subtle aspects of karate are developed, the green belt learns sensitivity and timing; they must learn to feel the opponents' intentions and balance not anticipate. Actions become reflective not premeditated. A technique happens naturally without thought. The green belt glimpses the state of mind known as *zanshin*, where the body acts perfectly without conscious effort.



Brown — Practical and Creative

Brown belt (Cha obi) is the point at which students begin to create their own techniques and combinations. They start to "find" themselves and come into their own. Through imitation and the copying of techniques and mannerisms from higher belts, the experience and personality of the karate-ka begins to emerge.

By now one should be very strong and very comfortable in the execution of all techniques, whilst continuing to strive to achieve higher levels of skill. In sparring the ability to control a junior opponent through timing, distance, control and sensitivity should be highly developed; with a higher rank they should possess the courage to fight with strength and confidence.

In preparation for their black belt the brown belt takes on more responsibility in the dojo. They instruct a class with authority and are able to express clearly the various physical & psychological concepts, and the spiritual potential of karate-do.

Creativity is at its most productive the brown belt easily develops technical variations of their own, based on the psycho-physical foundations of karate as well as their own propensities.

The brown belt's attitude should experience healthy growth like no other level. The junior students should feel that they can trust the brown belt and the brown belt should respect that trust through honesty, integrity and loyalty.

The brown belt is practical in all areas of life, and is cultured in their outlook. They have arrived at the last of the junior grades and it is now preparation time for the realm of the *yudansha*, or black belt, where one's consciousness is permanently changed. The brown belt must brace themselves with brave heart and a will of iron, and have faith in the beauty of the unknown that lies ahead.

AROUND THE DOJOS

KKC Five Dock - NSW

Some of our students have hidden talents recently Max Walker (form our adult class) competed in the City to Surf and placed 14,563 out of 82,134 entrants with a time of 77 minutes pretty good effort for the 10km course. When asked how he coped with heart break hill his response was...

We have a lot planned at KKC with new classes to be introduced for 2011, just one example will be the introduction of **Tinny Tots'** classes for children aged 3 to 5 years (must be toilet trained). These will be held on Saturday morning for 45 minutes, class numbers are limited to 8 students maximum and will run only during the school term. The focus of the class will be fun, fitness activities, whilst introducing the students to karate techniques and concepts. If you would like to know more contact Senpai Jenny directly on **0410 339 842**, more information to follow.

A BIG THANK YOU from Senpai Jenny to Senpai's Ali & Andre for holding the fort whilst I was **OS** at the recent British Kyokushinkai Summer Camp. I would also like to thank Sensei Shah for taking the Bo Class.

Get well soon to Alexander Leung from the junior class at KKC. Alexander recently had an accident and ended up in hospital with more than a few stitches. We wish him a speedy recovery as he is missed from the junior class at KKC.

Private Tuition just to remind all students' private tuition is available at KKC Five Dock outside of normal dojo class times. If you would like more information on availability times, cost or to book a time please contact Senpai Jenny directly on 0410 339 842.

Redcliffe - Qld

Hello to all the Sydney clubs from the Redcliffe club in bright sunny not so warm Queensland, just a note to let everyone know how we are progressing. The first grading for our club took place on Monday 14th of June at 10am at the CWA hall at Redcliffe. Shihan Doug carried out the grading and was reasonably happy with the standard of student ability. After the grading the club had a B-B-Q at the facilities across the road and all present were able to meet and greet Shihan Doug.

Congratulations to the following students for obtaining 10th Kyu: Mathew Vitols, Michael Staples, Nakia McMillan, Ben Gunter, Ryan Peato and Josie Elisara

We have been conducting a Bo class on the last Thursday training night each month and this has interested all students. We now have 16 students in our club and everyone has a strong desire to improve their technique so they may be competitive in the upcoming events.

Sept 2010 Senior Grading Results

The senior grading was held at KKC Five Dock dojo on Sunday 26th September 2010 listed are the students and the grades obtained, congratulations to all on achieving your new grade:

Franc Pujono	Tempe	2 nd Kyu
Eddy Noujaim	Dulwich Hill	4 th Kyu
Peter Le	Tempe	4 th Kyu
Nick Kostrevski	Tempe	4 th Kyu
Michael Mc Loughlin	Dulwich Hill	5 th Kyu
Robbie Simmons	KKC Five Dock	7 th Kyu
Michael Mitry	Tempe	9 th Kyu
Leah Benson	Tempe	9 th Kyu
Marcin Bak	Newtown	9 th Kyu
Max Walker	KKC Five Dock	10 th Kyu

Final Grading for 2010 Reminder

The final grading for 2010 will be held on Monday 22nd November at Tempe dojo. This is a junior grading and students eligible to participate regardless of age are those attempting grades up to and including 4th Kyu. If you are not sure or would like to participate in this grading please discuss this with your instructor now, so they can assist you with your preparation.

IFKKA Sydney Dojo training times.

Just a reminder of the training times at our affiliated IFKKA Sydney Dojos. You can train at any of the clubs listed. This is a great way to help you make up hours and to have a rounded approach to your karate training. Remember all the instructors teach the same syllabus but we all have our own teaching styles and favourite techniques and class structure.

	KKC - Five Dock 142 Lyons Rd Five Dock	Newtown Carillion Ave (Newtown Nth Public School)	Tempe / Marrickville Unwins Bridge Rd (Tempe Public School)	Dulwich Hill 151 Constitution Rd (Church Hall)
Mon			Kids under 12 yrs: 5.45 to 6.45pm Adults: 7 to 9pm	
Tues	Kids under 12 yrs: 5.45 to 6.45pm Adults: 7 to 8.30pm	Kids under 9yrs: 4.30 to 5.30pm Kids 9-12yrs: 5.45 to 6.45pm Adults: 7 to 9pm		
Wed				Kids under 12 yrs: 5.45 to 6.45pm Adults: 7 to 9pm
Thurs	Kids under 12 yrs: 5.45 to 6.45pm Adults: 7 to 8.30pm		Kids under 12 yrs: 5.45 to 6.45pm Adults: 7 to 9pm	
Fri		Kids under 9yrs: 4.30 to 5.30pm Kids 9-12yrs: 5.45 to 6.45pm Adults: 7 to 9pm		
Sat	Kids under 12 yrs: 10.15 to 11.15am Adults: 11.30am to 1pm			Kids under 12 yrs: 2 to 3pm Adults: 3 to 5pm
For full address details see www.LearnKarate.com.au . You can make up your hours with additional training at the other IFKKA dojos.				

End of Year Christmas Karate Party & Awards Night

International Federation of Karate
Kyokushinkai Australia Inc (IFKKA)



Barefoot bowls
Lucky Door Prizes
Awards & Grading
Presentation



When: 6pm, Saturday 27th November, 2010
Where: Petersham Bowling Club,
77 Brighton St, Petersham

Cost: Adults: \$36pp Kids: \$18pp (12 years & under)
Soft drink provided, alcohol available to purchase from the bar

Bookings Essential

Tickets available from your instructor

Once again the IFKKA would like to **THANK** our sponsors of the 8th Annual IFKKA Australian Open Championships held on Sunday 27th June 2010

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Dojo Etiquette and Procedures

These requirements of etiquette must be adhered to inside the **dojo** by everyone, regardless of age, grade, or status. The following are only the main points of **dojo** etiquette. The finer aspects should be picked up during training.

1. Bow, and **osu** twice, when entering or leaving the training area of the **dojo** from any exit. This is a mark of respect for your instructor and your place of training.
2. Be ready for your training sessions in good time. If you are waiting, practise techniques or **kata** rather than talk.
3. When called by your instructor, move quickly into line in order of grade and seniority. Stand without talking, in the **fudo - dachi** (ready) stance. At the command "**seiza**", kneel in the formal position with fists on hips. At the command "**mokuso**", close your eyes and clear your mind of outside thoughts, while regulating your breathing. At the command "**mokuso yame**", open your eyes.
4. Acknowledge all commands and directions, given by your senior grades, with **osu**. To attract the attention of the person in charge, bow and **osu**.
5. During a training session, do not leave the **dojo** except for urgent personal reasons. Always ask the person in charge of the session. Unless students are instructed otherwise, the only person to speak in the training area is the instructor.
6. When leaving or taking your place among the rows of students, never walk in front of your senior grades, instructor included - choose a path that takes you behind them.
7. When late for a training session, kneel in **seiza** to the right of the entrance inside the training area until the instructor gives permission for you to join the class with the command **ayo**. Unless instructed otherwise, you should take your place at the very back, after the lowest grade regardless of your own grade, until instructed to take your correct place. If you are not wearing your **gi**, your place is also at the end, again regardless of grade. **TRY NOT TO BE LATE.**
8. Do not remove any part of your **dogi** without being told to do so.
9. Do not eat, drink, smoke or chew gum in the **dojo**. NOTE: It is acceptable to have a drink during the break in training.
10. Always move quickly in class when instructed to do something. **DO NOT STROLL.**
11. Do not practise **kumite** (sparring) unless the instructor is present. Do not ask senior grades to do **kumite**, but do not refuse if asked by a senior, unless you are injured. Practise **kumite** as instructed to do, i.e. if told non-contact, then practise non-contact.
12. If your partner hits you accidentally, keep your cool and try not to pay back.
13. Do not intentionally hurt people of smaller stature and/or strength than yourself, e.g. women, children, and people smaller than you.
14. Always address the instructor by their proper title (**Senpai, Sensei, Shihan**), inside the dojo. Acknowledge them with a loud **osu** when they speak to you.
15. Your training should be a serious matter. Do not laugh, giggle, talk or cause disruption during the class. You should always stand in **fudo dachi** (stable stance), when awaiting the next command. NOTE: It is considered bad manners to fold your arms on your chest or to put your hands on your hips.
16. Turn to your right, away from the front of the class or your partner, when readjusting your **gi**.
17. Your **gi** must be neat & washed clean at all times. Your belt should **NEVER** be washed, only aired dry. It symbolically contains the spirit of your hard training.
18. All directions by instructor should be obeyed in the dojo, without question. You will not be asked to do anything that your instructor has not done him/herself already. If you cannot keep up, do the best you can. **DON'T GIVE UP.**
19. Don't wear jewellery or watches during training.
20. Keep fingernails & toenails short & clean.
21. Avoid eating large meals at least one hour before training.
22. During the break: No sitting on chairs, leaning against the wall or lying down. Do some training, rather than waste time. This is your opportunity to ask seniors for some help.
23. It is everyone's responsibility to ensure the dojo is clean, tidy, & safe at all times.
24. Make sure your fees are paid on time. It is considered bad form to have to be asked by the instructor for payment.

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 December; all inclusions need to be submitted by the first week of December.