



IFKKA NEWS



International Federation of Karate Kyokushinkai Australia Inc. (IFKKA)

SEPTEMBER 2011 EDITION

DIARY OF OUR UK TRIP

We had a great trip in the UK to attend the IFK 3rd World Junior & Cadet Championships held on Saturday 23rd July 2011. Among the highlights were the opportunity to train with Hanshi Steve Arneil at his dojo in Wimbledon, and then on the day of the tournament we saw Hanshi being awarded his 10th Dan. This was a truly momentous occasion and we were there to witness history in the making.



From left to right: Ciaran Doyle, Tony Le, Hanshi Steve Arneil with his new belt, Alex Vij, Robbie Simmons

Let me take this opportunity on behalf of the IFKKA to congratulate Hanshi Steve Arneil on his newly awarded 10th Dan. He is a truly remarkable person.

The day of the tournament was very exciting with the clicker team's event on first Australia vs Israel. Alex Vij (Kuro Obi Dojo) won his fight in very convincing manner, so we thought the scene is set, but unfortunately both Ciaran Doyle (Perth) and Robbie Simmons (KCC Dojo) both narrowly lost their bouts after putting up a good effort. The Israelis were just too good for us.

Then we had the individual Clicker Event Robbie Simmons (KCC Dojo) won his first round and narrowly lost his second, both Alex Vij (Kuro Obi Dojo) and Ciaran were a little unlucky in their individual fights as they both performed well. The boys put up an incredible effort as we have only been training in the clicker fighting discipline for approximately 14 months and the other countries in the event have been doing this for 10 years or more.

Then we had the Cadet Kyokushin Rules (full contact) with Tony Le (Tempe Dojo) in the light weight division (only just – you must ask him about this!). Tony's first fight was probably the best I have ever seen him fight; it was very exciting and so close, and it resulted in a drawn decision and a time extension. Tony narrowly lost. The level of the fight was amazing. It turns out that Tony's opponent was one of the top UK Cadets who, in his last 2 tournaments, had won each round and the finals by knock-out. So Tony should be proud with the way he performed. The video of the fight will be on the website soon.

I must say our team did serve us proudly. We knew from the outset that they were young and relatively inexperienced, but they will be the foundation of future events. The next IFK Junior World Championships should be in 2014 and we will be commencing our preparation for this in 2012. If in 2014 you will be from 10 to 17 years old, and 8th Kyu or higher, male or female, you could be eligible to participate in this event! Talk to your instructor.

Thank you to all who sold & bought raffle tickets earlier in the year to help raise funds to send our team to this event. Thank you also to our sponsors **Centrum Printing** for sponsoring the uniforms value of up to \$1,000 and from **Petersham RSL** who donated \$500 toward the cost of the trip. Without your support it makes it very difficult for us to attend these events so please **SUPPORT OUR SPONSORS**

Whilst we were away we also had the chance to take in some of the sights of London and surrounding areas. With Senpai Jenny acting as our guide, we had a good trip going to the Tower of London, Globe Theatre, Stonehenge, Windsor Castle, Buckingham Palace, British Museum, Madam Tussaud's and a 4D Experience, just to name a few things. Lets not forget our morning training session in Regents Park, among the beautiful flower displays and water features. We even managed to fashion a punching shield for Tony to practise with out of Senpai Jenny's day pack and hotel towels!. It worked quite effectively. Oh, and I forgot to mention the London Bridge Experience! This is a must do when next in London. Really good fun! Ask Tony if he knows Brownlow!!!!

DON'T MISS OUT!



It's not too late to say you want to come to the 2011 Annual IFKKA Camp. It will be held from **Friday 14th to Sunday 16th October**, at the Heathcote

Scout Camp. 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! Talk to your instructor today and book your place.

HELPERS REQUIRED

Fundraising Sausage Sizzle at Bunning's Ashfield

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 13th 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

FROM THE PRESIDENT & CHAIRMAN OF THE IFKKA

Congratulations must go to our Australian team that represented us in UK at the Junior World Tournament in July this year. The experience they gained from this International event will stay with them for many years to come. Congratulations to them all for representing us in such a good light.

With Spring bringing finer weather to our doorstep we are all looking forward to our annual karate training camp that will be held 14, 15 & 16 October at the Heathcote Scout Camp. Preparations are underway with Queensland applications already in hand. A special camp T-shirt is being designed and will be given to all camp participants. These T-shirts are real collector's items so don't miss out on yours get your application forms from your instructors and reserve your place. Note there will be a Senior Grading (green belt and up) held at the camp. Application forms must be in prior to the camp.

Kind Regards

Shihan Doug

IFKKA SYDNEY INTERCLUB CHAMPIONSHIPS ROUND 2

Round 2 of the IFKKA Interclub Championships was held at Dulwich Hill Dojo on Sunday 31st July. What a great day! The competition was really exciting with parents coming up and saying how much they enjoyed the tournament.



Competitors and officials at the IFKKA Sydney Interclub Championships

Forty-two students entered from the Sydney IFKKA Clubs - what a great effort! The level of competition was super, and I am always pleased when I watch students getting up and having a go. Competition is not always about winning & losing, it is about having a go and doing your best and learning from the experience.

Well done to everyone who participated, most pictured above. The 3rd and final round will be held at KCC Five Dock on Sunday 6th November, so don't miss out. Full results from Round 2 are on the next page

Once again, thank you to our sponsors Centrum Printing and Petersham RSL.

IFKKA Sydney Interclub Championships Round 2						
Kata Results	1st Place		2nd Place		3rd Place	
Novice up to 9 th Kyu - Under 7yrs	Soraya Newlyn	Kuro Obi	Jack Taylor	KKC	Keagan Tran	KKC
Novice up to 8 th Kyu - 7 & 8 yrs	Lauren Moniaci	KKC	Noah Mardoquio	KKC	Anthony Faris	Dulwich Hill
Novice up to 8 th Kyu - 9 - 13 Years	Natalie Ilievski	Tempe	James Kell	Kuro Obi	Jade Lucas	Tempe
Intermediate 7 th to 5 th Kyu - 9-13yrs	Robbie Simmons	KKC	Matthew Basile	KKC	Eddie Noujaim	Dulwich Hill
Senior - Novice Up to 8 th Kyu	Kyoko Millar	KKC	El van der Walt	Kuro Obi	Marco Ilievski	Tempe
Senior - advanced 5 th to 1 st Kyu	Tony Le	Tempe	Alex Vij	Kuro Obi	Michael Mc Loughlin	Dulwich Hill
Adult Open Black Belt	Andre Noujaim	Dulwich Hill				
Kumite Results	1st Place		2nd Place		3rd Place	
Novice up to 9 th Kyu - Under 7yrs	Jack Taylor	KKC	Keagan Tran	KKC	Claudia Moniaci	KKC
Novice up to 8 th Kyu - 7 & 8 yrs	Antony Faris	Dulwich Hill	Samuel Iwaszkiewicz	Dulwich Hill	Lauren Moniaci	KKC
Novice up to 8 th Kyu - 9 - 13 years	Jade Lucas	Tempe	Daniel Ilievski	Tempe	Kris Parekh	KKC
Intermediate 7 th to 5 th Kyu - 9-13yrs	Eddie Noujaim	Dulwich Hill	Bianca Basile	KKC	Daniel Azzi	Dulwich Hill
Senior - Intermediate up to 5 th Kyu	Marco Ilievski	Tempe	Kyoko Millar	KKC	Michael Mc Loughlin	Dulwich Hill
Senior - Open	Andre Noujaim	Dulwich Hill	Alex Vij	Kuro Obi	Tony Le	Tempe

Queensland June Grading Results

There was a junior grading held in our Queensland dojo last June below listed are the students who attended and their new grades achieved congratulation to you all, as all students worked hard putting in a lot of extra hours to ensure that they would be up to standard required, *Well Done!*

- Michelle Jackson 8th kyu
- Jason Jackson 9th kyu
- Ben Gunter 9th kyu
- Brendon Harvey 9th kyu
- Nathan Harvey 9th kyu

Well done Queensland keep up the good work.

British Kyokushinkai Karate Summer Camp

Senpai Jenny recently attended the British Kyokushinkai (BKK) Summer Camp 2011 which was held at Felsted, Essex UK. This is the second time Senpai Jenny has attended the camp and she strongly encourages all Karateka if they are ever in the UK during the month of August to try an attend this Camp as you have an opportunity to train with Hanshi Steve Arneil and his top instructors of the International Federation of Karate (IFK) our parent organisation.



They trained really hard and did one midnight training session, which Senpai didn't mind as she was still jetlagged on Aussie

From left to right : Shihan Liam Keaveney, Shihan Nick Da Costa, Hanshi Steve Arneil, Senpai Jenny, Shihan Alex Kerrigan and Shihan David Pickthall.



time, it is an amazing experience to train with over 150 other IFK Karateka from not just the UK but Holland, Israel, Germany, Belgium just to name a few. The energy and enthusiasm is infectious. Rumour has it that Senpai Jenny may be attending again in 2012. The camp is open to juniors from 8 years of age, so anyone wanting to join her should get in touch ASAP and start saving for the airfare.

Pictured at left are **Senpai David Norris, Sensei Moss Ageli and Senpai Jenny.** Earlier this year Senpai David came and trained at KKC Karate Five Dock after meeting Senpai Jenny last year at the BKK camp and we believe he has another trip to Oz planned so we hope he will come and train with us again.

Australian Martial Arts Championships Round 3

Round 3 of the Australian Martial Arts Sydney division was held on Sunday 24th July. The IFKKA was well represented at this event with some great performances by our students below are the result from this event.

Points Sparring

Pee Wees 7 yrs & under
1st Noah Mardoquio

8-10 yrs Beg/Intermediate
1st Bianca Basile

8-10 yrs Adv/Black
1st Xavier Stocca

11-12 yrs Beg/Intermediate
2nd Jade Lucas

16-17 yrs Adv/Black Male
3rd Nick Kostrevski

Adult Adv/Black Male
4th Thanh Pham

Forms Traditional - Hard

Peeweess 7 yrs and under
4th Noah Mardoquio

Freestyle Sparring

8-10 yrs Beg/Intermediate
3rd Bianca Basile

8-10 yrs Adv/Black
1st Xavier Stocca

11-12 yrs Beg/Intermediate
2nd Jade Lucas

16-17 yrs Adv/Black Male
1st Nick Kostrevski

Adult Adv/Black Male
4th Thanh Pham

Full Contact

Colts Male Open
1st Nick Kostrevski

Heavyweight Male Open
3rd Simon Allaway

Sword Combat

Peeweess 7 yrs & under
3rd Noah Mardoquio

10-12 yrs Male
3rd Matthew Basile

10-12 yrs Female
1st Jade Lucas

Sumo

Pee Wees 7 yrs & under
2nd Noah Mardoquio

10-12 yrs Male
2nd Matthew Basile

10-12 yrs Female
1st Jade Lucas
3rd Bianca Basile

Weapons - Traditional

13 yrs & under All grades
2nd Jade Lucas

Australian Martial Arts Championships (AMAC) NSW State Titles

The IFKKA was also well represented at the recent AMAC State Titles held on Sunday 11th September 2011. This event was by invitation only, as all competitors had to qualify from previous rounds held earlier in the year. Representatives for each dojo are below.

Tempe: Thanh Pham, Nick Kostrevski, and Jade Lucas

Kuro Obi: Taeko Pegios, Alex Vij, Simon Allaway and James Kell.

KKC Karate: Robbie Simmons, Ryan Tang, Matthew Basile, Bianca Basile, Lauren Moniaci, Liam Rice and Jack Taylor.

Results are listed below. Congratulations to all who participated, as just being invited to attend was a great effort. *Well Done!*

Freestyle Sparring

Pee Wees 7 yrs and under
1st Jack Taylor

8-10 yrs Beg/Intermediate
3rd Lauren Moniaci

8-10 yrs Adv/Black
3rd Xavier Stocca

11-12 yrs Beg/Intermediate
1st Jade Lucas
3rd Robbie Simmons

13-15 yrs Adv/Black Male
2nd Alex Vij

16-17 yrs Adv/Black Male
3rd Nick Kostrevski

Adult Adv/Black Female
2nd Taeko Pegios

Sumo

10-12 yrs Male
1st Robbie Simmons
4th Matthew Basile

10-12 yrs Female
1st Jade Lucas

13-15 yrs Male
3rd Alexander Vij

Sword Combat

10-12 yrs Male
1st Robbie Simmons

10-12 yrs Female
1st Jade Lucas

13-15 yrs Male
1st Alexander Vij

Points Contact

Male Adv/Black
2nd Thanh Pham

Full Contact

Colts Heavyweight Male
3rd Nick Kostrevski

Middleweight Male Open
4th Simon Allaway

Forms Traditional - Hard

11-13 yrs Beg/Intermediate
2nd Matthew Basile

Veterans All grades
3rd Taeko Pegios

Points Sparring

11-12 yrs Beg/Intermediate
2nd Robbie Simmons

13-15 yrs Adv/Black Male
3rd Alex Vij

16-17 yrs Adv/Black Male
2nd Nick Kostrevski

Adult Adv/Black Female
2nd Taeko Pegios

Weapons - Traditional

13 yrs & under All grades
2nd Robbie Simmons

14 yrs & above All grades
2nd Alex Vij

Note most of our participants have qualified for the AMAC Nationals to be held in Queensland on Saturday 19th & Sunday 20th November. For those who choose to attend we wish you well

Sydney September Grading Results

The junior grading was held at Tempe dojo on Monday 5th September 2011 and the general comments from all of the instructors was that 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
Robbie Simmons	KKC	5	Xinzhou Wang	Tempe	9
Ryan Tang	KKC	5	Natalie Belousova	Petersham	9
Marco Ilievski	Tempe	6	Nick Phongwarin	Tempe	9
Matthew Basile	KKC	6	Tahnee Lucas	Tempe	9
Douglas Chhor	KKC	6	Connor Parissis	Tempe	9
Kyoko Millar	KKC	7	Greer Newey	Tempe	9
Patrick Edmonds	KKC	7	Felix Newey	Tempe	9
Jade Lucas	Tempe	7	Isobel Chisholm	Newtown	9
Daniel Ilievski	Tempe	7	Matthew Dobson	KKC	10
Jane Phu	Tempe	7	Josh Lyras	KKC	10
Taiki Millar	KKC	7	Sumaya Iwaszkiewicz	Dulwich Hill	10
El van der Walt	Petersham	8	Samuel Iwaszkiewicz	Dulwich Hill	10
Anna Bui	Tempe	8	Liana Labbate	KKC	10
Mary Phu	Tempe	8	Zeke Rivers	KKC	10
Anthony Faris	Dulwich Hill	8	Ned Graham	Petersham	10
Tomi Omage	KKC	8			

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

Around the Dojos

KKC Five Dock

The travelling Basiles have been off again wandering around the countryside, this time attending AMAC Newcastle event held on Sunday 14th August. Results: **Bianca Basile**, 2nd - 10 and under Points Sparring, 2nd - 8-9 yrs Sumo, 3rd - 8-9 yrs Sword Combat, **Matthew Basile**, 4th - 11-12 Male Sumo. They also headed off to the ACT Titles held on Sunday 18th September with **Bianca** 3rd in Kata, 2nd Point Sparring, 4th in Freestyle Sparring and 3rd in Sumo. **Matthew** 4th Point sparring, 4th Sumo and 1st in Sword Combat.

Petersham/Newtown "Kuro Obi"

Alex Vij from Petersham dojo made the trip to the recent AMAC event in Newcastle, and as you can see from the results he did very well! 1st - Trad Forms 14-15 yrs Adv/BB, 2nd - Trad Open weapons, 1st - 13-15 All grades Male Points Sparring, 1st - 13-15 All Grades Male Freestyle, 2nd - 13-15 Male Sumo and 1st - 13-15 Sword Combat.

Tempe

Just to let you know all the hard training done by **Tony Le** has been fruitful, Tony won the Newcastle AMAC Adult Light Weight Full Contact division against Senpai Earl Ocampo. He won with a full 2 point win, executing a *furi uchi*. Well done to Senpai André with his full contact stamina training, and of course to Tony for his committed effort!

Overall results from the event: **Thanh Pham** 4th - Adv/BB Male point Sparring, 2nd - Heavyweight Male Open Points Contact, **Tony Le** 1st - Lightweight Male Open Full Contact and **Jade Lucas** 2nd - 11-12 Points Sparring and 1st - 11-12 Freestyle Sparring

Redcliffe, Queensland

Our dojo has 4 students attending the annual camp at Heathcote this year and the experienced gained should see more students attend next year. We'll see you there.

Redcliffe dojo moved to a new location on the 1st of June and is now located at **25 Snook Street Clontarf QLD 4019**. When the dojo is complete I will include some photos.

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

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 Yussuf 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 kareteka 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.

DECEMBER GRADING

The last Sydney grading for 2011 will be the junior grading to be held on Monday 5th December. Junior gradings are for students grading up to 5th Kyu. If you want to be considered for this grading talk to your instructor now. **Do not leave it to the last minute!** All gradings are by invitation only – training hours are not the only eligibility criteria. How you perform on a class basis is taken into consideration. Always be at the top of your game!

BANANA BREAD

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

Ingredients:

- 60g butter or margarine (I use around 100g)
- ¼ Cup Brown Sugar
- 2 Eggs
- 1 cup of mashed banana (I often use more than this)
- 1 teaspoon of vanilla
- ½ cup low fat milk
- 1 cup wholemeal self raising flour
- 1 cup white self raising flour
- 1 teaspoon of bicarbonate Soda
- 1/3 cup chopped walnuts (I often use more)

Method:

1. Cream Butter or margarine and sugar until well mixed. Add eggs, banana, vanilla and milk
2. Sift flours and bicarbonate of soda. Add to banana mixture and mix lightly. Add nuts
3. Spoon mixture into a paper lined non stick 14x21 cm loaf tin and bake moderate oven (180°C) for 50 minutes (I check at around 40 mins often long enough) or until wooden skewer inserted into loaf come out clean. Turn and cool before serving.

Nutritional information per slice: Protein 3 g; fat 4 g; carbohydrate 13g dietary fibre 1g 430kj (100cals).

This is based on 20 slices per loaf I am lucky to get 10 slices per loaf but then I do prefer door stop size slices.

Enjoy I do especially when it is still fresh and still warm from the oven.

*End of Year Christmas Karate Party
& Awards Night*

International Federation of Karate
Kyokushinkai Australia Inc (IFKKA)

Lucky Door Prizes
Awards & Grading
Presentation



When : 6.30 pm, Saturday 10th December, 2011

Where : Jets Sports Club, Holbeach Ave, Tempe

Bookings Essential
Tickets available from your instructor shortly

Important Dates for Your Diary 2011

International Federation of Karate Kyokushinkai Australia Inc (IFKKA) Calendar 2011			
Oct	14 th to 16 th	IFKKA Camp & Senior Grading	Heathcote Scout Camp
	TBC	Grading Dinner	TBC
Nov	Sun 6 th	IFKKA Interclub Tournament R-3	KKC Five Dock Dojo
	Sun 13 th	Fundraising Sausage Sizzle	Bunning's Ashfield
	Sat 19 th - Sun 20 th	AMAC Australian Titles	Gold Coast Qld
Dec	Mon 5 th	Junior Grading	Tempe Dojo
	Sat 10 th	EOY Karate Christmas Party & Awards Night	The Jets Sports Club, Holbeach Ave, Tempe.