

Our Dojo Newsletter



Ballina & Lismore

Volume 2, Issue 2 February 2010

BEACH TRAINING LENNOX HEAD FEBRUARY 2010.....	1
LITTLE LIONS.....	2
KYOKUSHIN ON THE WEB	2
INCREASING YOUR SPEED.	2
SYDNEY TRAINING.....	3
MASTER WILLIAM HO TAI CHI SEMINAR AT TURRAMURRA DOJO – TRISH TAN..	3
MARCH GRADINGS	4
SEMPAI IS PICKING ON ME!!.....	4
TRAINING CANCELLATIONS	4
5X WORLDS STRONGEST MAN, DOES KYOKUSHIN.....	5
ADDITIONAL PICTURES	6

BEACH TRAINING Lennox Head February 2010

Finally it all came together for a great day at Lennox Beach. Kicking off 9:00 am we went through basics, followed by Ippon Kumite, Tournament techniques and some kata work. The day ended with some obligatory work in the surf.

The Brisbane Dojo is very much focused on tournament fighting so it was great that they could come down and share some of their techniques with us. Sempai Carlos, is the current Australian Heavyweight champion and also the heavy Weight Cost Rican Champion.

With Neither Lismore or Ballina Dojo's having a sprung floor, it was great to be able to do some takedowns on the sand. Trish seemed to particularly enjoy throwing some young men around, or was it the being thrown around by young men that she enjoyed?!

We need to take advantage of being able to train on the beach and perhaps use it more often.

More pictures at the end of the Newsletter.



Figure 1 Sempai Carlos Costa Rican and Australian Heavyweight Champion explains the finer points of tournament fighting.

A Black Belt is a white belt who never gave up – Trust the Process!!

Little Lions.

With the Success of Little Lions in Ballina, Little Lions is starting in Lismore. Tuesday and Thursday nights, 5.30 to 6.30. If you know some people who may be interested tell them about Little Lions in Lismore and Ballina!

A big Osu and welcome to Aidan, Matt, Taj, Jaya, Zac Jack and Jared.

The last few training nights I have trained in Ballina Dojo, giving me the opportunity to see more of the Ballina Little Lions. Its great to see the progress in their techniques from last year to now. Well done and abig OSU!!.



Kyokushin on the Web

There are two important sites that you should bookmark.

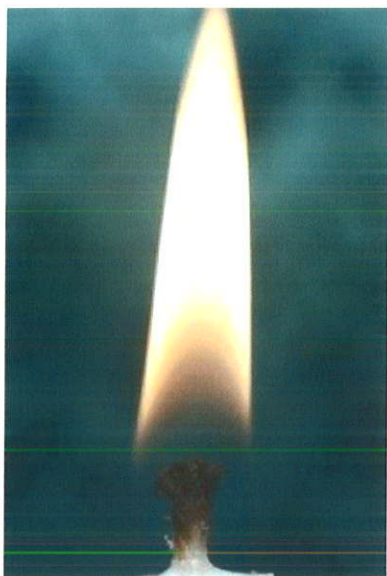
www.kimaa.com.au. The Honbu dojo. Please look it up and register.

The other is the *Far North Coast Kyokushin Karate* Facebook site. If you go to facebook and paste in to the search box, the italicized words you will find us. This site has important information about both Ballina and Lismore Dojos and training times, updates. Please check it regularly.

Another site worth visiting is www.kyokushin4life.com

Increasing your Speed.

Increased speed increases the force delivered to an opponent with striking with the hand or with a kick. Loose muscles create speed, and one way to train for this is Candle Training.



Start from a distance that, when you extend your arm completely, the space between your fist and the flame is about two centimetres.

Concentrate your mind and focus your punching power, punching at the flame and trying to extinguish it. Only if your power and mind are focused will the pressure and wind generated from the punch be able to extinguish the flame.

After you have trained for a while and can extinguish four out of five times, then you should increase the distance between the fist and the candle. If you are able to extinguish the candle from the distance of one foot, then your power must be focused and penetrating.

You can also practice by holding your hand about a centimetre from the Candle and then quickly withdraw the hand. Pull it



Far North Coast Kyokushin Karate
Lismore and Ballina

Email fnckyokushin@hotmail.com

back quickly enough and the candle will go out. Over time and with success, increase the distance from the candle where you start. (Don't do these exercises in the house)

Sydney training

On the first weekend in March Sempai Jon, Di (Ballina) and Trish (Lismore) traveled to Sydney for some special training. On the Friday night they attended the Turramurra Dojo where Master William Ho conducted a pushing hands/knife defence seminar. Saturday they received personalized tuition from Shihan Howard, and then on Sunday attended the Kobudo class at Shihan Rick's Dojo in Annangrove. Below is a short summary of the training experience written by Trish from Lismore Dojo. Di, April is your turn!!!.

Master William Ho Tai Chi Seminar at Turramurra Dojo – Trish Tan

Sydney 5th March 2010, I arrived at the airport all eager to attend the evening Tai Chi seminar at Turramurra Dojo that was advertised on the KIMAA website. The presenter was Master William Ho, Tai Chi and Kung Fu master of both internal and external martial arts.

He has a history of direct lineage of Yang style Tai Chi from Yang Cheng Fu through his grandfather, Deng Pai Cheng. Master Ho trained from early childhood in Tai Chi, Qi Gong and Pa Kua Zhang.

It was a dull and rainy evening but the Dojo was filled with excited karateka eager to learn from this master. Master Ho presented self defence techniques using Tai Chi and Pa Kua principles. He explained and instructed on 5 self defense techniques, two against punches and three against knife attacks. The principles of following the energy/momentum of the opponent's movements and using the power of the circle was demonstrated very effectively by Master Ho and Sempai Atsuko.

We all had a go at practicing these techniques, defending against a "boxing" and "karate forward" punch and 3 types of knife attacks using plastic knives. Luckily for a lot of us, the knives were plastic as there would have been quite a few "accidental" cuts to arms and legs! Time flew by and Master Ho ended the seminar with a demonstration of bare hand strikes and strikes with the Bo using the power of circular movements. It was a seminar enjoyed by all. I am certainly looking forward to the next seminar that Master Ho will present at Turramurra.



Far North Coast Kyokushin Karate
Lismore and Ballina

Email fnckyokushin@hotmail.com

March Gradings

The March Grading for Adults will be at the North Lakes Community Centre on Saturday the 27th of March. Commencing at 8 Am.

Discuss with you Sempai if you are ready to grade.

Little Lions will be held on a normal training night. Sempai Jon will advise

Sempai is picking on me!!

Yes we probably are!! Some nights it will appear that you are being "picked on".

It could be

- simply that you are having a bad night and your form is off.
- that a grading is coming up (or just passed) and the Sempai's are more conscious than usual of your technique.
- that you are having difficulty with a technique or learning something new
- that it is a smaller class than normal, which means you will get more attention, ie that is you are getting more personal tuition. There have been times in both dojos, especially when we first started, when there has only been one student in the class. What a great opportunity those people had!! I can remember one night when we had three sempai and one student turned up.



So what do you do if you are concerned about an aspect of your training?

TALK TO YOUR SEMPai. In Ballina talk to Jon, in Lismore talk to Mark.

Training Cancellations

Very rarely is training cancelled. Kobudo training does but that is because of the weather. We are looking at alternatives so we don't have to cancel, and we will let you know.

If training is cancelled or something changes at the last minute we will try to let everyone know, this will usually be either by way of the Facebook site, or via SMS. However you need to be aware that sometimes, last minute "things" happen to prevent this, or perhaps the wrong person can be selected in the address book/contact lists, mobile phones get flat batteries, work gets in the way, (fortunately all the sempai's have jobs).

People need to accept some responsibility in attending training themselves. That is, if you cannot attend training let your sempai know. Many students already do this via SMS.

If you make special arrangements to get to training, for example

- you are traveling from Lismore to Ballina or vice versa to attend training,



Far North Coast Kyokushin Karate
Lismore and Ballina

Email fnckykushin@hotmail.com

Far North Coast Kyokushin Karate Dojo Newsletter

- you are skipping your 25th wedding anniversary to come to training, (I did)

and you are unsure if training is still on then YOU can call either sempai for confirmation. If the training is in Ballina call Sempai Jon, if the training is in Lismore call Sempai Mark.

Sempai Jon has run classes with broken ribs. Sempai Mark has run classes with a collapsed lung. It is very rare that a class is cancelled and people are not told. If you are concerned about a class being run, call and check.

5X Worlds Strongest Man, Does Kyokushin

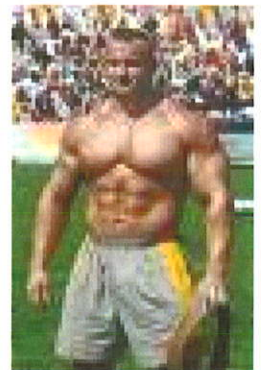
Five-time Worlds Strongest Man, **Mariusz Pudzianowski** holds a green belt in Kyokushin Karate.

The most decorated champion in the history of [The Worlds Strongest Man](#), Pudzianowski captured the title a record five times during the years of 2002, 2003, 2005, 2007, and 2008.



Also affectionately referred to as Super Mario, Pudzian, Dominator, Pudzianowski is a fourth kyu green belt in Kyokushin Karate which he has been studying and training since just eleven years of age.

Figure 2 5 X World strongest man, without his green belt.



Far North Coast Kyokushin Karate
Lismore and Ballina

Email fnckyokushin@hotmail.com

Additional Pictures



Figure 3 Sempai Jon warms up on the sands of Lennox.



A Black Belt is a white belt who never gave up - Trust the Process!!



Far North Coast Kyokushin Karate
Lismore and Ballina

Email fnckyokushin@hotmail.com