



IFKKA NEWS



International Federation of Karate Kyokushinkai Australia Inc. (IFKKA)

December 2012 Edition



And Happy New Year from all at the IFKKA. We wish all of you a safe, happy, successful & prosperous 2013.

FROM SHIHAN DOUG TURNBULL

It has been an exciting year of events for us this year and our thanks must go to Senpai Jenny for organising our interclub events. Senpai Jenny has put a lot of time into ensuring a well-run Interclub circuit for us this year. Also we must thank Senpai Jenny for organising such a great End of Year Christmas function and Awards Presentation Night. The AMF Bowling venue at North Strathfield turned out to be the best End of Year Party we have had. Thankyou Senpai Jenny!!

To everyone please have a great Festive Season with the Best of Health and Happiness for 2013 and I look forward to seeing you all back at training fit and strong for the year ahead!

IFKKA Interclub Championships Results for 2012

2009 saw the introduction of the IFKKA Interclub Tournament series. The idea of the interclub tournaments was born in an effort to prepare our karateka for competition in IFK tournaments on a world scale whilst maintaining the integrity and essence of our style of karate. Multi-style martial arts tournaments are a great forum for our students to gain experience in competition, however when we are competing against the same style, the criteria for judging and scoring are - higher as we can be more particular about the way the stance is held or the execution of the technique.

This is the 4th year that we have been running this competition and it has achieved to date what we set out for it to achieve. As our organisation grows this will help groom our students for international competition, which occurred in 2011 when we sent a junior team to the 3rd IFK World Junior Championships in the UK, and there will be more opportunities coming up for all our students in international competition. Plus in 2013 we have bigger plans for this series so be sure you enter.

All students who participated in the series in 2012 all performed well and this is a credit to their instructors. The overall series results for 2012 are listed below:

Interclub Champion Junior up to 16 years of Age

Junior Novice up to 8th Kyu: Chloe Harman (Kuro Obi)

Junior Intermediate 7th to 5th Kyu:

Anthony Faris (Dulwich Hill) & James Kell (Kuro Obi)

Junior Advanced 4th to 1st Kyu: Robbie Simmons (KCC Karate)

Interclub Champion Senior 16 years & Older

Senior Novice up to 8th Kyu: Tom Britton (Kuro Obi)

Senior Intermediate 7th to 5th Kyu: Jack Britton (Kuro Obi)

Senior Advanced 4th to 1st Kyu: Alex Vij (Kuro Obi)

End of year Sydney IFKKA Dojo Award Recipients

	Dojo Spirit	Most Improved
Kuro Obi		
Petersham Seniors	Tom Britton	Charlotte Tipple
Petersham Juniors	Julian Martinelli	Chloe Harman
Newtown Juniors	Murray Cooper	Kai Ehrenbrandtner
Dulwich Hill		
Junior	Alex Noujaim	Rhys Ryan
Senior	Eddy Noujaim	Genevieve Lee
Tempe		
Junior	Shaam Gupta	Max Rogers
Senior	Daniel Ilievski	Marco Ilievski
KCC Karate		
Junior 6-8yrs	Daniel Milburn	Rory Gollan
Junior 9-12yrs	James Nguyen	Thomas Harris
Senior	Robbie Simmons	Frances Moore

Well done & Congratulations!

IFKKA Dojo Christmas 2012 Closures

Dojo	Last Class December 2012	First class January 2013
Tempe	Monday 24 th	Thursday 3 rd
Kuro Obi	Friday 21 st	Thursday 3 rd
Dulwich Hill	Saturday 22 nd	Monday 7 th
KCC Five Dock	Thursday 20 th	Monday 21 st
Redcliffe Qld	Friday 14 th	Monday 14 th
Kaizen - Vic	Wednesday 19 th	Wednesday 16 th

AMAC National Titles 17th & 18th November 2012



results of the IFKKA students are listed below:

The IFKKA had a fabulous turnout at the recent Australian Martial Arts Championships (AMAC) National Titles held in Sydney with a good representation of students from the Sydney dojos entered in most divisions. It was an exciting two days of competition with some nail biting bouts and fabulous results. Well done to you all! Pictured are just some of the students at the event and full

Australian Martial Arts Championships - Australian Titles Sydney 17 & 18 November 2012

Freestyle Sparring	Forms Traditional -Hard	Points Sparring
Peewees 7 yrs and under	Peewees 7 yrs and under	Peewees 7 yrs and under
4 th Soraya Newlyn Kuro Obi	4 th Soraya Newlyn Kuro Obi	1 st Klim Tsoutsman Kuro Obi
5 th Murray Cooper Kuro Obi	8-10 yrs Beginner	8-10 yrs Beg/Intermediate
8-10 yrs Beg/Intermediate	4 th Lauren Moniaci KCC Karate	2 nd Lauren Moniaci KCC Karate
3 rd Lauren Moniaci KCC Karate	5 th Chloe Harman Kuro Obi	8-10 yrs Intermediate
5 th Greer Newby Tempe	11-13 yrs Beginner	3 rd Bianca Basile KCC Karate
8-10 yrs Intermediate	2 nd Nisha Hewitt KCC Karate	11-12 yrs Beg/Intermediate
1 st Bianca Basile KCC Karate	3 rd Alex Thomas KCC Karate	4 th Matthew Basile KCC Karate
13-15yrs Beg/Inter Male	14-15 yrs Beg/Intermediate	13-15 yrs Beg/Inter Male
3 rd R Simmons KCC Karate	5 th R Simmons KCC Karate	1 st R Simmons KCC Karate
13-15 yrs Beg/Inter Female	Adult Beginner	13-15 yrs Beg/Inter Female
4 th Jade Lucas Tempe	1 st Colleen Estigoy KCC Karate	4 th Jade Lucas Tempe
16-Adult Beg/Inter Female	2 nd Tom Britton Kuro Obi	13-15 yrs Adv/Black Male
1 st Colleen Estigoy KCC Karate	4 th Natalie Belousova Kuro Obi	3 rd Alex Vij Kuro Obi
4 th Natalie Belousova Kuro Obi	Sword Combat	16-Adult Beg/Inter Female
Adult Adv/Black Male	Peewees 7 Yrs & under	3 rd Natalie Belousova Kuro Obi
2 nd Gary Huang KCC Karate	1 st Keagan Tran KCC Karate	4 th Colleen Estigoy KCC Karate
Full Contact	3 rd Julian Martinelli Kuro Obi	Sumo
Colts Middleweight Male	8-9 yrs	Peewees 7 yrs & under
1 st Alex Vij Kuro Obi	2 nd Taylia Newlyn Kuro Obi	1 st Klim Tsoutsman Kuro Obi
Showmanship	10-12 yrs Male	2 nd Keagan Tran KCC Karate
13 yrs & under Beg/Inter	3 rd Matthew Basile KCC Karate	3 rd Murray Cooper Kuro Obi
2 nd Taylia Newlyn Kuro Obi	10-12 yrs Female	13-15 yrs Male
	1 st Bianca Basile KCC Karate	1 st Alex Vij Kuro Obi
	13-15 yrs Male	13-15 yrs Female
	3 rd R Simmons KCC Karate	1 st Jade Lucas Tempe

Well done & Congratulations to all who competed!



What a great weekend we had at the recent IFKKA Karate Camp held from Friday 19th to Sunday 21st October at Heathcote NSW. A weekend jam packed with great karate, and thank you to Sharon Turnbull (AKA Mrs

Shihan) and her helpers in the kitchen for all of the great food. We had 56 students and parents attend this year's camp and every year it is getting bigger and better.

This year's camp t-shirt was orange and it seems a very popular choice, I wonder what next year's colour will be. I have been hearing frog green might be the next choice! **The Camp for 2013 will be held on the 12th, 13th & 14th April**, put that date in your diary don't miss out



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, assist in preparation, help with the supply of 1,000 sausages, bread rolls, onions, soft drinks, ice etc. All help is encouraged & needed. Please don't be shy we had a great day last year raising \$2,336.45

December Junior Grading 2012

Find below the results of the December grading for the Sydney Dojos.

Kyu Grade	Name	Kyu Grade	Name	Kyu Grade	Name
5 th	G Huang KCC Karate	8 th	M Aiello Dulwich Hill	9 th	J Mavraidis KCC Karate
5 th	C Spencer Tempe	8 th	K Ehrenbrandtner Kuro Obi	9 th	A Morcos KCC Karate
6 th	N Belousova Kuro Obi	8 th	J Giacoppo Kuro Obi	9 th	R Rhys Dulwich Hill
6 th	T Britton Kuro Obi	8 th	N Graham Kuro Obi	9 th	M Rogers Tempe
6 th	C Harman Kuro Obi	8 th	D Green KCC Karate	9 th	O Sweeney Kuro Obi
6 th	J Kell Kuro Obi	8 th	J Martinelli Kuro Obi	9 th	A Sweeney KCC Karate
6 th	T Keogh KCC Karate	8 th	E Rivers KCC Karate	9 th	C Treanor KCC Karate
6 th	N Mardoquoio KCC Karate	8 th	T Sweeney KCC Karate	9 th	G Wilson KCC Karate
7 th	M Cooper Kuro Obi	8 th	K Tran KCC Karate	9 th	J Wright-Curnow Kuro Obi
7 th	S Gupta Tempe	8 th	J Xipakis Tempe	9 th	L Wright-Curnow Kuro Obi
7 th	N Hewitt KCC Karate	9 th	J Anderson Kuro Obi	10 th	N Aldridge KCC Karate
7 th	D Milburn KCC Karate	9 th	A Bondfield Kuro Obi	10 th	B Brewer Kuro Obi
7 th	F Newey Tempe	9 th	R Bondfield Kuro Obi	10 th	A Carr Kuro Obi
7 th	G Newey Tempe	9 th	J Chen KCC Karate	10 th	A Cutrupi Kuro Obi
7 th	S Newlyn Kuro Obi	9 th	R Criscitelli KCC Karate	10 th	P DePasquale Kuro Obi
7 th	T Newlyn Kuro Obi	9 th	T Duckworth KCC Karate	10 th	E Hanna Dulwich Hill
7 th	B Sculley Kuro Obi	9 th	L Foster- Constable Kuro Obi	10 th	A Kos Tempe
7 th	A Thomas KCC Karate	9 th	T Harris KCC Karate	10 th	P Morcos KCC Karate
7 th	C Tipple Kuro Obi	9 th	D Kos Tempe	10 th	T Phu Tempe
7 th	K Tran KCC Karate	9 th	D Lai KCC Karate	10 th	J Vertannes KCC Karate
7 th	K Tsoutsman Kuro Obi	9 th	B Lewis KCC Karate	10 th	K Walker Kuro Obi
7 th	S Waddington KCC Karate	9 th	P Lewis KCC Karate		

Congratulations & well done to all on achieving your new grade

IFKKA Interclub Tournament Round 3 11th November 2012 results



Kata	1 st Place	2 nd Place	3 rd Place
7yrs & Under Novice up to 9th Kyu	Ned Graham Kuro Obi	Max Rogers Tempe	Julian Martinelli Kuro Obi
7yrs & under Novice 8th Kyu	Keagan Tran KCC Karate	Soraya Newlyn Kuro Obi	Daniel Milburn KCC Karate
8 to 10yrs Novice up to 8th Kyu	Rhys Ryan Dulwich Hill	Taylia Newlyn Kuro Obi	Chloe Harman Kuro Obi
8 to 12 yrs Int 7 to 5 Kyu	Lauren Moniaci KCC Karate	Natalie Ilievaska Tempe	James Kell Kuro Obi
12 to 14yrs Novice up to 9th Kyu	Ryan Bondfield Kuro Obi	Giacomo Degotardi Kuro Obi	Aidan Bondfield Kuro Obi
Senior Novice up to 7th Kyu	Charlotte Tipple Kuro Obi	Jimmy Chen KCC Karate	Tom Britton Kuro Obi
Senior Advanced 4th to 1st Kyu	Robbie Simmons KCC Karate	Alex Vij Kuro Obi	Daniel Ilievski Tempe
Clicker Kumite	1 st Place	2 nd Place	3 rd Place
7yrs & Under Novice up to 9th Kyu	Kyle Tran KCC Karate	Julian Martinelli Kuro Obi	Joel Xipakis Tempe
7yrs & under Novice 8th Kyu	Keagan Tran KCC Karate	Soraya Newlyn Kuro Obi	Sam Waddington KCC Karate
8 to 10yrs Novice up to 8th Kyu	Chloe Harman Kuro Obi	Taylia Newlyn Kuro Obi	Antoinette Dagher Dulwich Hill
8 to 12 yrs Int 7 to 5 Kyu	Bianca Basile KCC Karate	Lauren Moniaci KCC Karate	Alex Thomas KCC Karate
12 to 14yrs Novice up to 9th Kyu	Aidan Bondfield Kuro Obi	Ryan Bondfield Kuro Obi	Oscar Sweeney Kuro Obi
Senior Novice up to 7th Kyu	Tom Britton Kuro Obi	Charlotte Tipple Kuro Obi	Danny Diaz KCC Karate
Senior Advanced 4th to 1st Kyu	Alex Vij Kuro Obi	Robbie Simmons KCC Karate	Karl Murr Tempe

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.



Black Belt – Achievement

Often one associates achieving a black belt with making it and the end of the journey, whilst achieving a black belt is the pinnacle in ones karate career, for those who have achieved this grade they will attest that it is a great achievement; however it is really the beginning.

The grade of Shodan translates to *beginner's grade*; you now have learnt the basics to allow you to practise karate. In no means do I make light of this achievement as sometimes in the quest to achieve this grade you can be unsure of what lies ahead. Then you realise how little you know and this is really the true beginning.

Shodan can be referred to as a state of being, and the beginning of another journey. As it does not just end here, there is so much more to learn, achieve and grow. I do not wish to put you off but with many journeys in personal achievement / development the end is not always clear, as one is always striving to achieve more and better themselves.

Many students start this journey. Not so many achieve the grade of shodan and even fewer go further. This can be for many reasons. Personally when I achieved this grade I did not know what was expected once I got there, I was still the same person but for a few aches and pains from the grading, I was very fit from the preparation and it wasn't until much later that I realised I had missed the point. One should think of achieving their black belt as the beginning not the end as the personal growth and satisfaction that comes after is far more rewarding and than anything you have experienced previously in your karate, then when you become a teacher the satisfaction of watching your students improve and grow that feeling of satisfaction if further intensified.

A white belt represents purity and innocence and is not a colour. The black belt is the nearest representative of the spirit of the karate-ka. It is the colourless colour, black is the colour that takes all colours to form it has absorbed all of your belt colours along the way forming this spirit. From here the black belt assumes the motto of "everyone is my teacher". This is probably one of the hardest aspects to grasp as there are a lot of people practising karate wearing black belts who do not understand this concept.

AROUND THE DOJOS

Tempe We have had a good year this year within our own Interclub events and seen a marked improvement from our Junior and Senior Karateka. Some of our ranks participated in the Australian Martial Arts Championships (AMAC) and saw their way through to the AMAC Australian Titles and qualified to participate in the Australian Team Squad which represents Australia. Congratulations and well done to Jade Lucas and Greer Newey on achieving this level.

Our final session for this year will be Monday 24th December, 2012 and we will be returning back to training on Thursday 3rd January, 2013. Remember not to disturb Santa Claus on the way home from training on Christmas Eve as he may not leave you any Christmas presents!

KCC Karate Five Dock Thursday 20th December is our annual Christmas karateka classes all welcome. Come as the best dressed Christmas karateka and have some fun, train with your child, parent or partner. I look forward to seeing you all for more details contact Senpai Jenny on 0410 339 842 or email fuller@kkckarate.com.au

Important Dates for 2013

Feb	Sunday 17 th	IFKKA Interclub Round 1	Tempe
	Sunday 24 th	Bunning Fundraising barbeque – Bunning's Ashfield	Bunning's Ashfield
March	Sunday 3 rd	Junior Grading – Sydney, Melbourne & Brisbane To be advised	TBA
	Sunday 10 th	AMAC Sydney Round 1	Lidcombe
	Sunday 10 th	AMAC Melbourne Round 1	
	Sunday 17th	IFKKA Senior Grading Sydney	Petersham
	Sunday 17 th	AMAC Queensland Round 1	
	Sunday 24 th	Kempo Ryu Tournament	Homebush
April	Sat 6 th & Sun 7 th	4 th IFK World Tournament	K2 Crawley, Ennland
	12th, 13th & 14th	IFKKA Annual Camp – NEW DATE FOR 2013	Heathcote
	Sunday 14 th	IFKKA Interclub Round 2	Heathcote
May	Sunday 19 th	IFKKA 11 th Annual Tournament	Marrickville
	Sunday 26 th	AMAC Sydney Round 2	Lidcombe
June	Sunday 2 nd	Junior Grading – Sydney, Melbourne & Brisbane To be advised	
	Sunday 2 nd	AMAC Queensland Round 2	
	Sunday 16 th	IFKKA Interclub Round 3	
July	Sunday 28 th	AMAC Sydney Round 3	Lidcombe
	Sunday 28 th	AMAC Melbourne Round 3	
August	Wed 14 th to Sun 18 th	British Kyokushin Karate Summer Camp	Felsted, Essex UK
	Sunday 18 th	AMAC Queensland Round 3	
Sept	Sunday 1 st	Junior Grading – Sydney, Melbourne & Brisbane To be advised	TBA
	Sunday 8 th	AMAC NSW State Titles	
	Sunday 29 th	IFKKA Senior Grading Sydney	Petersham
October	Sat 5 th & Sun 6 th	Kyokushin World Union Tournament	Sofia, Bulgaria
	Sunday 13 th	AMAC Queensland State Titles	
	Sunday 13 th	AMAC Victorian State Titles	
	Sunday 27 th	IFKKA Interclub Tournament Round 4	Tempe Dojo
Nov	Saturday 23 rd	IFKKA EOY Karate Christmas Party – Sydney	Venue TBA
	Saturday 30 th		
Dec	Sunday 1 st	AMAC National Titles	Old
	Sunday 8 th	Junior Grading – Sydney, Melbourne & Brisbane To be advised	