



IFKKA NEWS



International Federation of Karate Kyokushinkai Australia Inc. (IFKKA)

March 2010 Edition

2009 Wrap up

IFKKA Interclub Championships

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 essence of our style of karate. Multi-Style martial arts style 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 much higher as we can be particular to the way the stance is held or the execution of the technique.

As our organisation grows this will then help groom our students for potential international competition. All students who participated in the series in 2009 all performed well and this is a credit to their instructors. The overall series results for 2009 are listed below:

Interclub Champion Junior up to 16 years of Age:

- Novice up to 8th Kyu:** Xavier Stocca – Newtown Dojo
- Intermediate 7th to 5th Kyu:** Marco Stocca – Newtown Dojo
- Advanced 4th & above:** John Le – Tempe Dojo

Interclub Champion Senior 17 years & Older:

- Novice up to 8th Kyu:** Michael O Loughlin – Dulwich Hill Dojo
- Intermediate 7th to 5th Kyu:** Tie
- Simon Allaway - Newtown Dojo & Franc Pujono – Tempe Dojo
- Advanced 4th & above:** Tony Le – Tempe Dojo

Apart from the winners of the age and grade divisions there is the

Spirit of Osu Award

The spirit of Osu award is based on the IFKKA student who consistently displays the essence and spirit of karate. This is not necessarily the person who wins the event, but the person who displays good sportsmanship, fighting spirit, and respect for themselves, the officials, and their opponents. This will be voted on by the tournament officials at each event, each official has one vote per junior & senior division regardless of age, and will be tallied at the end of the year.

2009 Spirit of Osu Winners

- Junior** – Xavier Stocca – Newtown Dojo
- Senior** – Michael Mc Loughlin – Dulwich Hill Dojo

This year we are kicking off Round 1 of the series at the IFKKA Camp to be held in May so let's all start practising now to give them a run for their money

Australian Martial Arts Championships National Titles

The IFKKA did very well in the 2009 AMAC nationals that were held last November 2009, with 4 National Championships included among our students. As these were National Titles, all participants were required to qualify for the event by either winning, or placing in the top of their group through the year. So congratulations to all who participated. Listed below are IFKKA students who won or placed in their events; congratulations and a job well done.

Forms Traditional –Hard

8-10 yrs Beg/Intermediate: Marco Stocca (Newtown Dojo) 3rd place

Forms -Freestyle & Showmanship

13yrs & under All Grades Sophie Paterson (Newtown Dojo) 2nd place

Points Sparring

- Peewees 7 yrs and under:** Xavier Stocca (Newtown Dojo) 1st place
- 8-10 yrs All Grades:** Sam Lawson (Newtown Dojo) 1st place
- 11-12 yrs Adv/Black:** Alex Vij (Newtown Dojo) 3rd place
- Adult Female Beg/Intermediate:** Taeko Pegios (Newtown Dojo) 2nd place
- Veterans All grades Female:** Taeko Pegios (Newtown Dojo) 2nd place

Freestyle Sparring

- Peewees 7 yrs and under:** Tyra Barancewicz (Newtown Dojo) 1st place, Lachlan Sheehy (Tempe Dojo) 3rd place
- 8-10 yrs All grades:** Marco Stocca (Newtown Dojo) 1st place
- 11-12 yrs Beg/Intermediate:** Mitchell Delborrello (Newtown Dojo) 3rd place
- 11-12 yrs Adv/Black:** Alex Vij (Newtown Dojo) 3rd place
- Adult Beg/Intermediate Male:** Simon Allaway (Newtown Dojo) 3rd place
- Adult Beg/Intermediate F:** Taeko Pegios (Newtown Dojo) 3rd place
- Veterans All grades F:** Taeko Pegios (Newtown Dojo) 3rd place
- 10-12 yrs M:** Alex Vij (Newtown Dojo) 1st place

Sword Combat

- Peewees 7 Yrs & under:** Tyra Barancewicz (Newtown Dojo) 1st place, Lachlan Sheehy (Tempe Dojo) 3rd place

Junior March 2010 Grading Results

The junior grading was held at Tempe dojo last Monday 1st March 2010 and the general comments from all of the instructors were of the high standard demonstrated by the students of their techniques.

Listed are the students and the grades obtained:

Aimee Jo Azzi	Dulwich Hill	8 th Kyu
Louis Kosta	Tempe	8 th Kyu
Xavier Stocca	Newtown	8 th Kyu
Joel Fitzgibbons	KKC Five Dock	8 th Kyu
Daniel Azzi	Dulwich Hill	9 th Kyu
Austin Gallagher	KKC Five Dock	9 th Kyu
Isabella Urquijo	KKC Five Dock	9 th Kyu
Patrick Edmonds	KKC Five Dock	9 th Kyu
Jordan Wilson	KKC Five Dock	9 th Kyu
Valentina Cerutti	KKC Five Dock	10 th Kyu
Margaret Phu	Tempe	10 th Kyu
Toby Sullivan	Newtown	10 th Kyu
Edward Lee	Tempe	10 th Kyu
Anthony Faris	Dulwich Hill	10 th Kyu
Alexander Leung	KKC Five Dock	10 th Kyu

The grading certificate presentation dinner will be held on Saturday 10th April 6pm; this will be after the senior grading Sunday 28th March. Venue to be confirmed by Sensei Shah.



14th-16th May 2010

The 2010 Annual Camp is soon upon us. As it was last year, Round 1 of the Interclub tournament series gets started, and you should make sure that you're there to represent your club good and early!

This year, for the first time, there will be a **special edition camp T-shirt included**, so you will have a memento of the occasion. But you need to get your application in early to make sure that we'll have it for you on the day.

It is also a good opportunity to get to know the instructors, karateka, and their families from the other clubs.

It's good fun, good karate, and good food for the whole weekend, and a chance to make your club shine!

Stop Press

New IFKKA Dojo Opens in Queensland!

Senpai Paul Till has just opened our first IFKKA Dojo in Redcliffe, Queensland, so when you are on holidays in the Sunshine state you can continue to work on your karate whilst you are working on your tan.

You may remember Senpai Paul who late last year trained at each of the Sydney clubs.

We wish Senpai Paul all the best with his club Redcliffe Kyokushin Karate.

Quotable Quotes

Action may not always bring happiness ... but there is no happiness without action.

Benjamin Disraeli:

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>

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 unleash 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

Tempe

Just to let you all know that there are building works in progress at Tempe dojo but all training times are as usual

Dulwich Hill

Senpai André has officially launched the Full Contact Training Squad at his DULWICH HILL Dojo; this is not for the faint-hearted and is open only to students over 16 years of age.

If you are interested in participating in full contact tournaments or would like this style of training please contact Senpai André. If your fitness is an issue I suggest you work on that prior to attending these training sessions. These training sessions will be held on Saturday 3pm to 5pm. Any questions please contact Senpai André directly on 0415 770 585 or talk to your instructor.

Good luck!

Newtown

Once in while, we do something different at Newtown dojo. If you have a look www.learnkarate.com.au/news.htm, you'll see a video with Senpai John Pegios doing a fire-bo kata, thanks to one of Sensei's new students, who had the required paraphernalia.

Sensei Shah is also planning on starting up a full-time dojo, but hasn't yet found a venue. If anyone sees anything about the size of Shihan's Tempe dojo for rent in and around Newtown, please let him know so he can check it out.

KKC Five Dock

Well the Kids Karate Club and Kyokushin Karate Club turned one year last November and the kid's classes have now grown to a size where all of the classes are being conducted in the large hall to allow for extra room. Sad to say this is not the same for the adults, so we will have to work on that. We have had a busy start to the year and lots planned for later on in the year so watch this space. Just a reminder the training rooms have had new air-conditioning units installed so if it is really hot outside, we are at a nice temperature inside so we can get the best out of our training. KKC offers students private tuition if interested talk to Senpai Jenny (phone: 0410 339 842) to find out cost details and organise times.

KKC Fitness Classes for non-karate people Wednesday night 7pm to 8pm, Thursday morning 9.30am to 10.30am (enough time to drop the kids at school and hurry to class) and Saturday 9am to 10am. So if you want to kick and punch or just get fit come and see Senpai Jenny, she can guarantee you will have fun and get fit at the same time.

British Kyokushinkai Karate Camp

Our affiliates in the UK will be holding their annual summer camp again this year, if by chance you happen to be in the UK in August this should not be missed, talk to your instructor the camp is the **Senior and Junior Summer Camp 18 to 22 August - Felsted, Essex UK**

Camp commences lunchtime on **Wednesday, 18th August 'til after breakfast on Sunday, 22 August** - (4 nights). Training three times a day with top instructors led by **Hanshi Steve Arnel** (9th 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 all the above inclusive of all meals, accommodation and the Sayonara Party, **Junior Under 16's: £135.00, Cadets £155.00 and Seniors £205.00.** (Please note the age limit for Juniors is eight years and over).

Just to advise Senpai Jenny will be going to the BKK camp this year, if you are interested in joining her you must advise her by **Sunday 28th March 2010**. Air fares are approximately \$2,500 per person return. Suggested itinerary: depart Sydney Saturday 14th August, arrive London Sunday 15th morning, and spend a couple of days sightseeing before the camp. Depart London on Monday 23rd August to return to Sydney.

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 Carillon 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.				

Important Dates for Your Diary 2010

2010 International Federation of Karate Kyokushin (IFKKA) Calendar			
Feb	Sun 28 th	Black Belt Seminar – Black Belts Only	Five Dock Dojo – 10am to 1pm
March	Mon 1 st	Junior Grading	Tempe Dojo – 7pm
	Sun 7 th	Australian Martial Arts Championships (AMAC) Round 1	Anne Clarke Netball Centre, Lidcombe
	Sun 28 th	Senior Grading	Five Dock Dojo – 9am to 1pm
April	Sat 10 th	Grading Dinner	6.30pm - Venue TBC – Newtown Area
May	Fri 14 th -Sun 16 th	IFKKA Camp Heathcote & 1 Round of IFKKA Interclub Tournament	Heathcote Scout Camp, 2 Freeman Rd Heathcote
	Sun 23 rd	AMAC Round 2	Anne Clarke Netball Centre, Lidcombe
June	Mon 7 th	Junior Grading	Tempe Dojo – 7 pm
	Sun 6 th	Kempo Ryu Tournament	Hall of Legends, Homebush Sydney
	Sun 27 th	IFKKA Tournament	Debbie & Abbey Borgia Centre 531 Illawarra Road, Mville
July	Sun 25 th	AMAC Round 3	Anne Clarke Netball, Centre, Lidcombe
Aug	Sun 15 th	Ferragosto 2010 – Five Dock Fair	Five Dock
	Sun 22 nd	IFKKA Interclub Tournament Round 2	Five Dock Dojo – 9 am to 1pm
	Sun 22 nd	Black Belt Seminar – Black Belts Only	Five Dock Dojo – 1pm to 5pm
Sept	Sun 5 th	AMAC State Titles	Anne Clarke Netball Centre, Lidcombe
	Mon 6 th	Junior Grading	Tempe Dojo -7pm
	Sun 26 th	Senior Grading	Five Dock Dojo – 9 am to 1pm
Oct	Sun 3 rd	Grading Dinner	6.30pm - Venue TBC – Dulwich Hill Area
	Sun 31 st	IFKKA Interclub Tournament Round 3 (Final Round)	Dulwich Hill – 2pm to 6pm
Nov	Sat 20 th -Sun 21 st	AMAC Australian Titles	Venue TBC
Dec	Mon 6 th	Junior Grading	Tempe Dojo -7pm
	Sat 11 th	EOY Karate Christmas Party & Awards Night	Petersham Bowling Club
If you can only participate in a couple of events for the year then the highlighted events are the ones strongly recommended.			

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