



IFKKA NEWS

International Federation of Karate Kyokushinkai Australia Inc. (IFKKA)

March 2011 Edition



The 9th IFKKA Australian Open Championships

The 9th Annual IFKKA Australian Open Championships will be held on Sunday 1st May, so don't forget to get your entries in. This is our national tournament and all IFKKA students are expected to participate and showcase our style of Kyokushin Karate to all that come. Entry forms are available from the IFKKA Website at www.learnkarate.com.au Don't forget the Fundraising Raffle will be drawn at the Championships.



IFKKA Fundraising Raffle

We are raising money by selling raffle tickets to help fund our students to compete at non-IFKKA tournaments.

We have great prizes to win in the raffle including travel vouchers, one for a \$1000 and one for \$300, a 32 inch LCD HD TV, and a Blu-ray DVD player.

•The main reason for this fundraiser is the IFK (our parent organisation) is holding the World Junior Championship in London in July 2011. In 2006 we fundraised to send a team to Switzerland, and Senpai John (at right in picture) came in 3rd place. We would like to send a team as we did in 2006.



•We also hope that someone will be able to represent us in August in the AMAC team at the first Japan Martial Arts Championships (JMAC) tournament, to be held in Tokyo.

•There are also 3 NSW AMAC rounds, State Titles, and the Australian Titles, which will take place on the Gold Coast, QLD, as well as the NZMAC North Island Championships.

•And in June there are the Sydney Junior Games and All Australia Championships.

Sell as many raffle tickets as you can to help our clubs have representation at all these tournaments. We're trying to cover airfares, accommodation, and tournament entry for the out of town events.

There are prizes for the top selling students. The best salesperson in each dojo will win an MP3 player, and a Nintendo DSI awaits the overall top-selling student.

Sydney March Grading Results

The junior grading was held at Tempe dojo on Monday 21st March 2011 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:

Name	Dojo	Kyu	Name	Dojo	Kyu
Nikola Kostrevski	Tempe	2 nd	Daniel Azzi	Dulwich Hill	7 th
Hong Bui	Tempe	5 th	Jordan Wilson	KKC	8 th
Robbie Simmons	KKC	6 th	Isabella Urquijo	KKC	8 th
Bethany Walker	KKC	7 th	Anna Bui	Tempe	9 th
Kyoko Millar	KKC	8 th	Duc Vu	Tempe	9 th
Michael Mitry	Tempe	8 th	Taylia Newlyn	Newtown	9 th
Leandro Borlandelli	Tempe	8 th	Soraya Newlyn	Newtown	9 th
Marco Ilievski	Tempe	8 th	Brian Dam	Tempe	10 th
Edward Lee	Tempe	8 th	Liam Rice	KKC	10 th
Jade Lucas	Tempe	8 th	Merjan Chebli	Tempe	10 th
Daniel Ilievski	Tempe	8 th	Greer Newey	Tempe	10 th
Patrik Borlandelli	Tempe	8 th	Isaac Martin	Tempe	10 th
Gary Chi-Jui Huang	KKC	9 th	Samuel Carrington-Kunaleca	KKC	10 th
El van der Walt	Petersham	9 th	Chris Abraham	Dulwich Hill	10 th
Tahnee Lucas	Tempe	10 th	Pietro Mikhael	Dulwich Hill	10 th
			Cameron Armstrong	KKC	10 th
			Marc Aiello	Dulwich Hill	10 th

British Kyokushinkai Karate Summer 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 17 to 21 August - Felsted, Essex CM6 3LL UK**

Camp runs from **Wednesday, 17th August 'til after breakfast on Sunday, 21st August** - (4 nights). Training three times a day with top instructors from the BKK. Cost for the camp inclusive of all meals, accommodation and the Sayonara Party - Junior 8 to under 16yrs £145.00, 16 to 18 yrs £180.00 and Seniors £210.00. Please note there is a £10 discount for second and subsequent members of the same family.

Talk to your instructor for more information if you wish to attend.

Australian Martial Arts Championships (AMAC) Round 1

AMAC round 1 was held on Sunday 6th March 2011; it was a big day with 150 competitors entered in the events. With great representation from the IFKKA Sydney dojos, all students performed well in the events, even though for most it was their first ever tournament. We look forward to seeing more of our students participating and qualifying for the State and even National Titles held later this year.

Well done to everyone who participated as we had 22 students entered, it was a long day with most students participating in at least 5 events and all performed really well. By all reports everyone had a great time.

Tournament participation is a great way for students to put into practise what they learn in the dojo, and helps to develop confidence and good sportsmanship.

Attendees from the IFKKA dojo are listed below;

Tempe; Leandro Borlandelli, Patrik Borlandelli, Daniel Ilievski, Marco Ilievski, Natalie Ilievka, Tahnee Lucas, Jade Lucas, Thanh Pham, Leah Benson and Anna Bui.

Petersham / Newtown; Alex Vijj & Xavier Stocca

KKC Five Dock; Robbie Simmons, Ryan Tang, Joel Fitzgibbons, Jordan Wilson, Lauren Moniaci, James Nyugen, Noah Mardoquoio, Liam Rice, Sam Kunaleca-Carrington and Senpai Jenny Fuller.

Results

Forms Traditional Hard (kata)

Pee Wees 7yrs and under

1st - Noah Mardoquoio KKC

8-10yrs Intermediate

2nd - Ryan Tang KKC

11-13yrs Intermediate

3rd - Robbie Simmons KKC

Veterans all Grades Male & Female cmb

3rd - Jenny Fuller KKC

Point Sparring

Pee Wees 7yrs and under

3rd - Noah Mardoquoio KKC

8-10yrs Beginners

1st - Xavier Stocca Newtown

11-13yrs Beginners / Intermediate

1st - Patrik Borlandelli Tempe

4th - Robbie Simmons KKC

Adult Beginner / Intermediate

1st - Leah Benson Tempe

Female Advanced Black Grade

1st - Jenny Fuller KKC

Freestyle Sparring

Pee Wees 7yrs and under

3rd - Noah Mardoquoio KKC

8-10yrs Beginners

2nd - Xavier Stocca Newtown

11-13yrs Beginners / Intermediate

2nd - Patrik Borlandelli Tempe

3rd - Jade Lucas Tempe

16 - 17yrs All Grades Male

4th - Leandro Borlandelli Tempe

Advanced Black Grade Male

4th - Thanh Pham Tempe

Veterans all grades Male & Female cmb

1st - Jenny Fuller KKC

Full Contact - Colts Male Open

3rd - Leandro Borlandelli Tempe

Weapons - Traditional

13yrs & under - All Grades

2nd - Daniel Ilievski Tempe

3rd - Jade Lucas Tempe

4th - Natalie Ilievka Tempe

Sumo

Pee Wees 7yrs and under

2nd - Noah Mardoquoio KKC

10-12yrs Male

1st - Robbie Simmons KKC

3rd - Daniel Ilievski Tempe

4th - Patrik Borlandelli Tempe

10-12yrs Female

1st - Jade Lucas Tempe

3rd - Natalie Ilievka Tempe

13-17yrs Male

2nd - Alexander Vij Newtown

3rd - Leandro Borlandelli Tempe

4th - Marco Ilievski Tempe

Sword Combat

10-12yrs Male

2nd - Robbie Simmons KKC

4th - Patrik Borlandelli Tempe

10-12yrs Female

2nd - Natalie Ilievka Tempe

3rd - Anna Bui Tempe

13-17yrs Male

1st - Alexander Vij Newtown

2nd - Marco Ilievski Tempe

13-17 yrs Female

3rd - Tahnee Lucas Tempe

Contact Points Sparring

Adult Advanced Black Grade Male

3rd - Thanh Pham Tempe

Changes to Sydney Gradings for 2011

The IFKKA executive has introduced some changes for gradings in 2011, the gradings will usually run as outlined below and attendance is by invitation only.

Group 1 - Junior students aged up to 12 years - note a junior student is a student without grade (e.g. white belt) up to and including 5th Kyu (yellow belt with 1 black tip). This grading will start at the earlier time of **5.30pm and finish at around 7pm**. Some students will be advised to attend the later grading due to age, stature and grade applied for.

Group 2 - Junior students aged over 12 years - no grade (white belt) up to and including 5th Kyu (yellow belt with 1 black tip) **this grading will start at 7.15 and finish at around 9pmish**.

Note: Groups 1 and 2 typically can grade if they qualify at quarterly intervals, e.g. March June, September and December

Group 3 - Senior grading, this grading caters to students of all ages grading for 4th (green belt) and higher. These gradings are usually held on a Sunday. Students in this group can typically grade twice per year in March & September, if they meet the grading pre-requisites.

We welcome your feed back with regard to these changes. As in previous years there was always a concern with the younger students being out till 8.30pm. This is why we have split the age groups and moved the under 12yrs junior grading to 5.30pm.

Quotable Quotes

"Today's preparations determines tomorrow's achievement"

Author unknown

Kyokushin Belt Colours

This information on Kyokushin Belt colours has been either paraphrased from Shiham Cameron Quinn's book The Budo Karate of Mas Oyama, or derived from the personal experience of Sensei Shaharin Yusof 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 unlearn 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

KKC Five Dock

Kinder Karate Club commenced at KKC Five Dock on Saturday 29th January, this is a special program for 3, 4 & 5 year olds and acts as an introduction to Kids Karate Club. For pictures go to www.KKCKarate.com.au



Junior Leader Program: Senpai Jenny is happy to announce the introduction of the Junior Leader program at KKC Five Dock. The first 2 junior leaders are Ryan Tang 6th Kyu and Robbie Simmons 6th.

The role of the junior leader is to assist with Kinder Karate and Kids Karate Club on a Saturday whilst developing their leadership skills. The junior leader program is open to any student who consistently shows initiative, leadership and dedication to their martial arts.

UK Visitor: KKC Karate Five Dock recently played host to a visitor from the UK. Senpai David Norris (Shodan) from Sensei Moss Ageli's Milton Keynes Dojo in the UK. Senpai Jenny met Senpai David at last year's BKK Summer Camp. It would seem that Senpai David is intending on travelling to Oz on a regular basis. I will let you know when he is here next, so you don't miss the opportunity to train with him. Pictured right is Senpai David presenting Senpai Jenny with a framed Japanese "OSU" calligraphy personalised by Hanshi Steve Arneil. For more Pictures go to www.KKCKarate.com.au



Tournament Training: KKC is introducing a special class specifically for Tournament training. This class will be run on a Sunday morning 9.30 to 11.30am with dates listed on www.KKCKarate.com.au. The cost will be **\$15 per class per student** and is NOT covered by the student's usual monthly karate tuition fees. The class is open to all current financial IFKKA students (excluding Kinder Karate Club), regardless of grade, age, ability or whether they attend tournaments or not. These classes will cover the following disciplines plus any others that may be necessary:

- Kata (Forms) for competition AMAC & IFKKA Rules
- Point Sparring under- AMAC & IFKKA Rules
- Freestyle Sparring -AMAC Rules
- Clicker Sparring – IFKKA Rules
- Sumo – AMAC Rules – from Pee Wees (under 7yrs) up to 16 yrs of age
- Sword Combat – AMAC Rules – from Pee Wees (under 7yrs) up to 16 yrs

For a list of dates or if you have any questions or would like to register your interest please contact Senpai Jenny on 0410 339 842 or email jfuller@KKCKarate.com.au

Max Walker pictured 2nd from left is currently away with the Navy. We have missed his smiling face at KKC Five Dock, but have it on good authority that he is continuing his Karate training and has found other martial artists on the ship to practise with. The crew are finding it interesting that their padre is a budding Karateka. Max is keeping good company as pictured next to Max is an American Chaplin who is a black belt in Kung Fu. We hope to see Max back training with us soon, in the meantime stay safe & keep training.



Note: there will be no Classes at KKC Five Dock on Easter Saturday 23rd and Easter Tuesday 26th April 2011.

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

Tempe

Tempe Dojo has several students training hard and participating in as many tournaments as they can to lift their skills for the WMAC event being held in Japan August 14. It is expected our Australian team will head off on the 10th of August and return on the 19th. The tournament will be held on the 14th and they are hoping to train whilst in Japan at some prominent karate clubs. Shiham commented, "I am looking forward to taking our team to Japan. The opportunity to compete and even train in Japan is an opportunity of a life time. We are madly selling raffle tickets to help raise funds for this event as well as our World Junior Championships that will be held in UK on 23rd July. I know our students are right behind the fundraising with young Anna Bui already up to her 4th book of raffle tickets. Anna is targeting the overall Dojo prize for the person that sells the most tickets, which is a Nintendo DSi. Good luck Anna!"

Tempe Dojo participates in ACT AMAC Round 1 with Outstanding Results! Shiham drove down to Canberra with Thanh Pham and Tony Le. The intention was to officiate and sharpen their skills in preparation for our own IFKKA tournament on 1st May and whilst there participate in the 1st Round of AMAC ACT for the year. Thanh participated in Adult Advance & Black Grade Points Sparring & Freestyle Sparring while Tony participated in 16 - 17 years Advanced & Black Grade Forms, Points Sparring & Freestyle Sparring and Adults Middle Weight Full Contact Sparring. Tony was also looking for more opportunities to hone and test his sparring skills in preparation for the World Junior IFK Championships (which he will be participating) in to be held in UK on 23rd July this year. Results were: Tony 4th Place Forms, 1st Place Freestyle Sparring, 2nd Place Full Contact Sparring. Shiham commented "Both Thanh & Tony represented the IFKKA very proudly. Their respect & skills showed their dedication to their training. Shiham was very proud to be their instructor & is looking forward to seeing them achieve in our IFKKA Championships in May".

Dulwich Hill

Senpai André's full contact training is well under way in preparation for our 9th Annual IFKKA Australian Open Championships. The Full Contact training squad is held at the DULWICH HILL Dojo; this is not for the faint-hearted and is open only to students over 16 years of age, it is combining contact techniques and circuit training to build fitness, stamina & strength (see photo below). 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, which are held on Saturdays 3pm to 5pm. Any questions please contact Senpai André directly on 0415 770 585 or talk to your instructor. Good luck!



Petersham/Newtown

Petersham dojo is finally up and running, so far 4 days a week. All Newtown adult students have been transferred to Petersham, and Newtown is no longer taking non-Newtown North PS students. Petersham's current adult training hours are the same as Newtown's were i.e. Tue/Fri 7pm-9pm. The full timetable has not yet been established, but will be published on the IFKKA and the (new) combined Petersham/Newtown website, when it has been completed. There will be age-based classes for kids, and for adults there will be beginner's classes, women's classes, and Fit and Fight classes, and of course the regular classes. Keep an eye out on the website for further announcements.

International Federation of Karate Kyokushinkai Australia Inc (IFKKA) Calendar 2011

April	Sun 10 th	March Grading Dinner	6 pm- Petersham Bowling Club
	Sun 17 th	IFKKA Interclub Tournament R-1	Petersham Dojo – 1pm to 5pm
May	Sun 1 st	9 th Annual IFKKA Open Championships	Debbie & Abbey Borgia Centre 531 Illawarra Road, M/Ville
	Sun 22 nd	AMAC Round 2	Anne Clarke Netball Centre, Lidcombe
June	Sun 5 th	Kempo Ryu Tournament	Hall of Legends, H/bush Sydney
	Mon 6 th	Junior Grading	Tempe Dojo
	Sun 12 th	Grading Dinner	6 pm- Petersham Bowling Club
July	Sat 23 rd	IFK 3 rd Junior & Cadet World Tournament K2	K2 Crawley UK
	Sun 24 th	AMAC Round 3	Anne Clarke Netball, Centre, Lidcombe
	Sun 31 st	IFKKA Interclub Tournament Round 2	Dulwich Hill Dojo 2pm to 6pm
Aug	Sun 14 th	JMAC All-Japan Championships	Tokyo - Japan
	Wed 17 th – Sun 21 st	British Kyokushinkai Karate (BKK) Camp	Felsted Essex UK
Sept	Mon 5 th	Junior Grading	Tempe Dojo
	Sun 11 th	AMAC State Titles	Anne Clarke Netball Centre, Lidcombe
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 9am to 1pm
	Sat 19 th - Sun 20 th	AMAC Australian Titles	Gold Coast Qld
Dec	Mon 5 th	Junior Grading	Tempe Dojo -7pm
	Sat 10 th	EOY Karate Christmas Party & Awards Night	Venue to be advised