



# IFKKA NEWS



International Federation of Karate Kyokushinkai Australia Inc. (IFKKA)  
**September 2012 Edition**

## Senior Grading 30<sup>th</sup> September 2012



We have a new black belt in the IFKKA - Senpai John Le (centre). He successfully graded and completed his 40 man kumite on September 30<sup>th</sup>, 2012 John started training in 2005. Now he has caught up with his younger brother Tony, who got his black belt this time last year. Congratulations to John and his family!

Full Senior grading results are listed below;

Name	Grade
John Le Tempe	Shodan - Ho
Robbie Simmons KKC Karate	3 <sup>rd</sup> Kyu
Matthew Basile KKC Karate	4 <sup>th</sup> Kyu

## Junior grading 3<sup>rd</sup> September 2012

Name	Kyu Grade	Name	Kyu Grade	Name	Kyu Grade
B Basile KKC Karate	5 <sup>th</sup>	C Estigoy KKC Karate	8 <sup>th</sup>	C Tipple Kuro Obi	9 <sup>th</sup>
K Millar Kuro Obi	5 <sup>th</sup>	T Fishwick Dulwich Hill	8 <sup>th</sup>	J Walsh KKC Karate	9 <sup>th</sup>
J Britton Kuro Obi	6 <sup>th</sup>	G Lee Dulwich Hill	8 <sup>th</sup>	J Xipakis Tempe	9 <sup>th</sup>
P Edmonds KKC Karate	6 <sup>th</sup>	F Moore KKC Karate	8 <sup>th</sup>	J Bradley KKC Karate	10 <sup>th</sup>
N Ilievka Tempe	6 <sup>th</sup>	A Prott Kuro Obi	8 <sup>th</sup>	S Di Pino KKC Karate	10 <sup>th</sup>
L Moniaci KKC Karate	6 <sup>th</sup>	L Rice KKC Karate	8 <sup>th</sup>	M Grech Kuro Obi	10 <sup>th</sup>
J Phu Tempe	6 <sup>th</sup>	A Thomas KKC Karate	8 <sup>th</sup>	S Harris KKC Karate	10 <sup>th</sup>
N Belousova Kuro Obi	7 <sup>th</sup>	A Caristo Dulwich Hill	9 <sup>th</sup>	L Huang KKC Karate	10 <sup>th</sup>
A Bui Tempe	7 <sup>th</sup>	N Dagher Dulwich Hill	9 <sup>th</sup>	D Lai KKC Karate	10 <sup>th</sup>
A Moniaci KKC Karate	7 <sup>th</sup>	G Degotardi Kuro Obi	9 <sup>th</sup>	E Lee Dulwich Hill	10 <sup>th</sup>
K Parekh KKC Karate	7 <sup>th</sup>	M Di Giacomo KKC Karate	9 <sup>th</sup>	J Lee Dulwich Hill	10 <sup>th</sup>
C Parisis Tempe	7 <sup>th</sup>	T Di Giacomo KKC Karate	9 <sup>th</sup>	L Midis KKC Karate	10 <sup>th</sup>
M Phu Tempe	7 <sup>th</sup>	J Giacoppo Kuro Obi	9 <sup>th</sup>	C Ogle KKC Karate	10 <sup>th</sup>
H Prott Kuro Obi	7 <sup>th</sup>	R Gollan KKC Karate	9 <sup>th</sup>	A Page KKC Karate	10 <sup>th</sup>
T Britton Kuro Obi	8 <sup>th</sup>	S Grego KKC Karate	9 <sup>th</sup>	A Webb KKC Karate	10 <sup>th</sup>
A Dagher Dulwich Hill	8 <sup>th</sup>	K Luburico Kuro Obi	9 <sup>th</sup>	L Welchman Kuro Obi	10 <sup>th</sup>
D Diaz Kuro Obi	8 <sup>th</sup>	T McLean Kuro Obi	9 <sup>th</sup>	S Wilson KKC Karate	10 <sup>th</sup>
M Dobson KKC Karate	8 <sup>th</sup>	T Omega KKC Karate	9 <sup>th</sup>	J Xu KKC Karate	10 <sup>th</sup>

## AMAC NSW State Titles 16<sup>th</sup> September 2012



The IFKKA had a fabulous turnout at the Australian Martial Arts Championships (AMAC) NSW State Titles with 32 students from the Sydney dojos entered. It was an exciting day of competition with some nail biting bouts and fabulous results. Well done to you all! The results for the Sydney dojos are listed below;

Now for the Nationals, which will be held on Saturday 17<sup>th</sup> and Sunday 18<sup>th</sup> November at Ann Clark Netball Centre Lidcombe.

### AMAC NSW State Titles 16<sup>th</sup> September 2012 IFKKA Results

Points Sparring	Freestyle Sparring Cont.	Sumo Cont
<b>1<sup>st</sup> Klimenty Tsoutsman Kuro Obi</b> <b>3<sup>rd</sup> Julian Martinelli Kuro Obi</b> <b>8-10 yrs Intermediate</b> <b>2<sup>nd</sup> Bianca Basile KKC Karate</b> <b>11-12 yrs Beg/Intermediate</b> <b>2<sup>nd</sup> Matthew Basile KKC Karate</b> <b>13-17 yrs Beg/Inter Male</b> <b>1<sup>st</sup> Robbie Simmons KKC Karate</b> <b>2<sup>nd</sup> Eddy Noujaim Dulwich Hill</b> <b>3<sup>rd</sup> Aiden Bondfield Kuro Obi</b> <b>13-17 yrs Beg/Inter Female</b> <b>2<sup>nd</sup> Jade Giacoppo Kuro Obi</b> <b>3<sup>rd</sup> Jade Lucas Tempe</b> <b>Adult Beg/Inter Male</b> <b>1<sup>st</sup> Scott Harris KKC Karate</b> <b>3<sup>rd</sup> Tom Britton Kuro Obi</b> <b>Adult Beg/Inter Female</b> <b>2<sup>nd</sup> Colleen Estigoy KKC Karate</b> <b>1<sup>st</sup> S Nakamura-Simms Kuro Obi</b>	<b>13-15 yrs Beg/Inter Male</b> <b>2<sup>nd</sup> Robbie Simmons KKC Karate</b> <b>4<sup>th</sup> Aiden Bondfield Kuro Obi</b> <b>13-15 yrs Adv/Black Male</b> <b>2<sup>nd</sup> Alex Vij Kuro Obi</b> <b>13-17 yrs Beg/Inter female</b> <b>3<sup>rd</sup> Jade Lucas Tempe</b> <b>4<sup>th</sup> Jade Giacoppo Kuro Obi</b> <b>Adult Beg/Inter Male</b> <b>1<sup>st</sup> Scott Harris KKC Karate</b> <b>3<sup>rd</sup> Tom Britton Kuro Obi</b> <b>Adult Beg/Inter Female</b> <b>1<sup>st</sup> Colleen Estigoy KKC Karate</b> <b>Adult/Veterans Female</b> <b>1<sup>st</sup> S Nakamura-Simms Kuro Obi</b>	<b>13-15 yrs Female</b> <b>1<sup>st</sup> Jade Lucas Tempe</b> <b>Forms Traditional -Hard</b> <b>Peewees 7 yrs and under</b> <b>1<sup>st</sup> Keagan Tran KKC Karate</b> <b>4<sup>th</sup> Soraya Newlyn Kuro Obi</b> <b>8-10 yrs Beginner</b> <b>4<sup>th</sup> Lauren Moniaci KKC Karate</b> <b>16-17 yrs Beg/Intermediate</b> <b>2<sup>nd</sup> Jade Giacoppo Kuro Obi</b> <b>Adult Beginner</b> <b>2<sup>nd</sup> Colleen Estigoy KKC Karate</b> <b>3<sup>rd</sup> Tom Britton Kuro Obi</b> <b>4<sup>th</sup> Jack Britton Kuro Obi</b> <b>Veterans All grades</b> <b>4<sup>th</sup> S Nakamura-Simms Kuro Obi</b>
Full Contact	Sumo	Sword Combat
<b>Adult Male Under 80kg</b> <b>3<sup>rd</sup> Chi-Jui Gary Huang KKC Karate</b>	<b>8-9 yrs</b> <b>1<sup>st</sup> Keagan Tran KKC Karate</b> <b>3<sup>rd</sup> Murray Cooper Kuro Obi</b> <b>10-12 yrs Male</b> <b>1<sup>st</sup> Matthew Basile KKC Karate</b> <b>4<sup>th</sup> Alexander Thomas KKC Karate</b> <b>10-12 yrs Female</b> <b>2<sup>nd</sup> Bianca Basile KKC Karate</b> <b>13-17 yrs Male</b> <b>2<sup>nd</sup> Robbie Simmons KKC Karate</b> <b>13-15 yrs Female</b> <b>4<sup>th</sup> Jade Lucas Tempe</b>	<b>Peewees 7 Yrs &amp; under</b> <b>2<sup>nd</sup> Julian Martinelli Kuro Obi</b> <b>3<sup>rd</sup> Klimenty Tsoutsman Kuro Obi</b> <b>4<sup>th</sup> Murray Cooper Kuro Obi</b> <b>8-9 years</b> <b>1<sup>st</sup> Alex Noujaim Dulwich Hill</b> <b>10-12 yrs Male</b> <b>1<sup>st</sup> Matthew Basile KKC Karate</b> <b>4<sup>th</sup> Alexander Thomas KKC Karate</b> <b>10-12 yrs Female</b> <b>2<sup>nd</sup> Bianca Basile KKC Karate</b> <b>13-17 yrs Male</b> <b>2<sup>nd</sup> Robbie Simmons KKC Karate</b> <b>13-15 yrs Female</b> <b>4<sup>th</sup> Jade Lucas Tempe</b>

### Quotable Quotes:

*"Insanity is doing the same thing over and over and expecting a different result"*

**Einstein**

Look good this summer in your **IFKKA Cap.**

**Only \$15!** Get one from your dojo NOW!



*Congratulations & well done to all on achieving your new grade*



Don't forget the Annual IFKKA Karate Camp for 2012 will be held from Friday 19<sup>th</sup> to Sunday 21<sup>st</sup> October at the Heathcote Scout Camp you don't want to miss out.

Bookings are still open now for the training, but it's too late to get a camp t-shirt.

## 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.

### **Green — Emotion and Sensitivity**

Green belt (midori obi) marks the first of the advanced levels. It is similar to starting again from the beginning as everything changes and the seriousness of karate becomes evident. The comfort level changes as well because a green belt starts to train with advanced belts far superior in knowledge and experience.

The green belt to be learns to accept others for what they are, being aware that in relation to all things there is always more to it than meets the eye. Thus becoming more considerate of others and in doing so their personality becomes more balanced. The green belt learns that power without wisdom and compassion is destructive, dangerous and callous.

For the person attempting to achieve a green belt excellence in all basic techniques, basic movement patterns and required kata should be achieved. The green belt to be learns to combine technique, speed and strength, developed through hard training, to work on the power aspect of karate. Kyokushin is power karate. The green belt should be able to demonstrate this power. Whilst the more subtle aspects of karate are developed, the green belt learns sensitivity and timing; they must learn to feel the opponents' intentions and balance not anticipate. Actions become reflective not premeditated. A technique happens naturally without thought. The green belt glimpses the state of mind known as *zanshin*, where the body acts perfectly without conscious effort.

### **Brown — Practical and Creative**

Brown belt (Cha obi) is the point at which students begin to create their own techniques and combinations. They start to "find" themselves and come into their own. Through imitation and the copying of techniques and mannerisms from higher belts, the experience and personality of the karate-ka begins to emerge.

By now one should be very strong and very comfortable in the execution of all techniques, whilst continuing to strive to achieve higher levels of skill. In sparring the ability to control a junior opponent through timing, distance, control and sensitivity should be highly developed; with a higher rank they should possess the courage to fight with strength and confidence.

In preparation for their black belt the brown belt takes on more responsibility in the dojo. They instruct a class with authority and are able to express clearly the various physical & psychological concepts, and the spiritual potential of karate-do.

Creativity is at its most productive the brown belt easily develops technical variations of their own, based on the psycho-physical foundations of karate as well as their own propensities.

The brown belt's attitude should experience healthy growth like no other level. The junior students should feel that they can trust the brown belt and the brown belt should respect that trust through honesty, integrity and loyalty.

The brown belt is practical in all areas of life, and is cultured in their outlook. They have arrived at the last of the junior grades and it is now preparation time for the realm of the *yudansha*, or black belt, where one's consciousness is permanently changed. The brown belt must brace themselves with brave heart and a will of iron, and have faith in the beauty of the unknown that lies ahead.


## Volunteers needed - Sunday 24<sup>th</sup> 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

## Bookings Essential

International Federation of Karate Kyokushinkai Australia Inc (IFKKA)


### End of Year Christmas Karate Party & Awards Night



Ten Pin Bowling make your own teams

Annual Awards Presentation

Lucky Door Prizes




**When:** 6.30pm, Saturday 24<sup>th</sup> November 2012  
Dinner served 7pm followed by Awards and Tenpin Bowling

**Where:** AMF Bowling - 3 George St, North Strathfield  
Free parking available check the signs.

**Cost:** Adults: \$40pp Kids: \$30pp (4 to 12 years) & 3yrs & under free - 1 drink will be provided in the ticket cost. e.g. Beer, Wine or Soft drink. After that all drinks at Bar prices.

Price includes 2 games of tenpin bowling  
Tickets available from your instructor



Tickets are now available for the Sydney Dojo End of Year Karate Christmas Party and Awards night; Adults \$40, Kids \$30 (4 to 12 yrs) kids 3 & under free. Book now with your dojo don't miss out

## AROUND THE DOJOS

**Queensland** On the 15<sup>th</sup> July 4 students competed in an AMAC Queensland area tournament with some great results Michelle Jackson 2<sup>nd</sup> place in open mixed Kata 2<sup>nd</sup> place in Showmanship and 4<sup>th</sup> place in open points sparring. Wes Alhawsawi 2<sup>nd</sup> place in Showmanship and 4<sup>th</sup> place in points sparring. Jason Jackson 3<sup>rd</sup> place in Kata and Tim Stalhut 4<sup>th</sup> place in Kata. Well done everyone! Hope to see you all at the nationals.

**Tempe** We have a new Black Belt in our Dojo now! Congratulations to Senpai John Le!! Senpai John did his Black Belt Grading on Sunday 30 September and was successfully graded to Shodan ho grade....well done Senpai John!

September 16 saw 2 Tempe students participate in the NSW State Titles of the Australian Martial Arts Championships (AMAC). Jade Lucas and Greer Newey. Both were successful in qualifying to participate in the AMAC Australian National Titles to be held in Sydney 17 & 18 November. Good effort girls!

**KKC Five Dock - Drummoyne Public School Fete.** We had a great day on

Sunday 26<sup>th</sup> August with around 30 students from KKC Karate Five Dock participating in the Karate demonstration, I think it was our best demonstration yet, the weather was really good not too hot and the audience seemed to appreciate the work all of the students put into the day.



Thank you so much to all who gave their time and attended it was great fun and good experience. Plus a big thank you to Sensei Shah who was our MC on the day. But I think some will agree that the snow cones after were also a real treat!!

**10<sup>th</sup> Annual Gasshuku National Training Conference 2012** Senpai Jenny



recently attended the 10<sup>th</sup> Annual Gasshuku National Training Conference September 2012 hosted by Shihan Cameron Quinn on the Gold Coast Qld. Cameron is a world renowned and well respected Kyokushin Karate practitioner. This year's Gasshuku covered areas of Self Protection Skills, Advanced Kata Bunkai, Self Defence Skills, Advanced kumite Drills, Instructing

Skills and Yoga & Flexibility, to name a few. The conference was an opportunity to train with others from the Kyokushin Family pictured left to right Senpai Nigel Garrett (Perth), Sensei Peter Brennan (Adelaide), Shihan Cameron Quinn, Sensei Peter Collas (Tweed Heads) and Senpai Jenny.

**British Kyokushinkai Karate Camp** Once again Senpai Jenny attended the



annual BKK camp held in the United Kingdom. This year 3 students (Matthew Basile, Bianca Basile & Miko Mitchell pictured) and 1 parent also made the trip with her. An experience of a lifetime training with 160 other karateka, mainly from UK but some from Holland, Belgium, Israel and to have the opportunity to train with Hanshi Steve Arneil and his top

instructors. The trip wasn't all hard work as there was some time for sightseeing in London prior to the camp and the city was abuzz due to the Olympics.

Some senior students have already expressed interest in travelling to the camp in 2013, if you want to go please let Senpai Jenny know. The camp is held every year in August and is open to students of all levels who are 8 years or older.

**NEW Class Times for KKC Karate** classes now on Monday & most Sunday Mornings, NO classes on Wednesdays check website [www.KKCKarate.com.au](http://www.KKCKarate.com.au) for full details. Be sure to check Sundays with Senpai Jenny 0410 339 842.

### Important Dates for Your Diary 2012

Month	Date	Event	Location
Oct	Fri 19 <sup>th</sup> - Sun 21 <sup>st</sup>	IFKKA Camp Heathcote	Heathcote
Nov	Sunday 11 <sup>th</sup>	IFKKA Interclub Series Round 3	Venue TBC
	Sat 17 <sup>th</sup> - Sun 18 <sup>th</sup>	AMAC Australian Titles	Sydney
	Saturday 24 <sup>th</sup>	6.30pm -IFKKA Sydney EOY Karate Christmas Party	AMF North Strathfield
Dec	Monday 3 <sup>rd</sup>	IFKKA Junior grading	Tempe Dojo

### Important Dates for 2013

Feb	Sunday 24 <sup>th</sup>	Bunning Fundraising barbeque	Bunnings Ashfield
March	1 <sup>st</sup> week	Sydney IFKKA Junior Grading	TBA
	Sunday 17 <sup>th</sup>	IFKKA Senior Grading Sydney	Venue TBC
April	Sat 6 <sup>th</sup> & Sun 7 <sup>th</sup>	4 <sup>th</sup> IFK World Tournament	K2 Crawley, England
	12 <sup>th</sup> , 13 <sup>th</sup> & 14 <sup>th</sup>	IFKKA Annual Camp - NEW DATE FOR 2013	Heathcote
August	TBC	British Kyokushin Karate Summer Camp	UK

**Contributions:** If you would like to contribute the IFKKA News please send copy to [ifuller@learnkarate.com.au](mailto:ifuller@learnkarate.com.au)