



KyokushinSHIN Karate

Hanshi Taylor's Branch - Australian Newsletter – shiantaylor@ozemail.com.au
March 2015 IKO-Matsushima Organisation - From Hanshi Taylor's Branch

A Brief History of the IKO-Matsushima Organisation:

Sosai Oyama died in 1994, it seems such a long time ago and so much has happened since his death. I do not want to dwell on the politics of what happened after his death, rather concentrate of what happened to us, in saying that it is not possible to write our history without touching on the other IKO organisations. When *Sosai* died, a will was produced and it named Shokei Matsui as the heir of Kyokushin. As you would expect, the first time the "will" was produced was at the Japanese Branch Chiefs meeting where it was announced that Shokei Matsui had inherited Kyokushin, five Branch Chiefs got up and left, among the five were *Kancho* Yoshikazu Matsushima and *Kancho* Toru Tezuka, in fact this was the first breakaway from the Kyokushin organisation and a reason why the IKO-Matsushima organisation object to being referred to as IKO3. Sometime later, John Taylor, Chairman of the Australian Kyokushin Karate Association (AKKA), which consisted of three Branch Chiefs, being *Hanshi* John Taylor, *Shihancho* Gary Viccars and *Shihan* Tony Bowden, who had been affiliated with the IKO1 organisation, but switched to the IKO2 organisation after it became clear that there were serious doubts about the authenticity of *Sosai's* will that named Shokei Matsui as leader. It became obvious, to the AKKA Branch Chiefs that they had jumped out of the "*frying pan, into the fire*" and were unhappy with the new affiliation, so *Hanshi* Taylor contacted *Kancho* Matsushima who was an old friend, more for advice than any other reason, during conversation they both decided bringing the two groups together would be of mutual benefit. So began the yet unnamed "IKO-Matsushima organisation". At first we only had five countries, Japan, Australia, New Zealand, Papua New Guinea and Samoa. It was a small start, but we soon began to grow and were very fortunate to have some high profile Kyokushin *Shihans* switch to us, they included *Shihan* Roman Szyrajew (Canada), *Shihan* Marc Van Wallegem (Belgium), *Shihan* Klaus Rex (Denmark) and later *Shihan* Jozsef Borza (Hungary) although later, sadly *Shihan* Borza chose to resign! With so many high profile *Shihans* now in the organisation we started to grow at a great rate. In the first International meeting *Shihan* Tezuka was elected the first President mainly on the basis that he was the Japanese President, however, even though *Kancho* Tezuka is certainly a great human being, it became clear he was not acceptable as the President to the members outside Japan and subsequently at the next meeting he was voted out and replaced by *Kancho* Matsushima, making unnamed "IKO-Matsushima organisation" a true democratic Kyokushin organisation by the members flexing their muscles and voting rights by removing a sitting President. This was a beneficial move as *Kancho* Matsushima was not only a very good *karate-ka* but a great human being who fitted into the organisations structure very well and under his leadership the organisation has grown at a fantastic rate to the extent that there are now over 60 countries in the IKO-Matsushima organisation and still growing.

IKO-Matsushima organisation site:
<http://www.kyokushin-matsushima.jp>

"Trust me, Australia is an interesting place" Says travel author, Bill Bryson

Author Bill Bryson's "In a Sunburnt Country" captures not only Australia's psyche but also its landscape. "Australia is the only island that is also a continent and the only continent that is also a country", he writes. "The only nation that began as a prison, Australia was the first continent conquered from the sea, and the last. "It's the home of the largest living thing on earth, The Great Barrier Reef, and the largest monolith, Uluru. Australia has more things that will kill you than anywhere else. The world's ten most poisonous snakes are all Australian. Five of its creatures - the funnel web spider, box jellyfish, blue-ringed octopus, paralysis tick, and stonefish - are the most lethal of their types in the world. "And Australia is old. Things once created have tended just to lie there. Many of the earth's oldest objects -- ancient rocks and fossils, animal tracks and riverbeds, and the first signs of life itself - come from Australia. "Australia's creatures seem to have misread the manual. Its most characteristic animals don't run, lope or canter, but bounce across the landscape. The continent teems with unlikely life. "There's no other place like Australia. Eighty-percent of all the plants and animals which live there exist nowhere else. And they exist there, in abundance, despite the harshest of environments. Australia is the driest, flattest, hottest, most infertile and climatically aggressive of all the inhabited continents. Only Antarctica is more hostile to life. "Australia is, at once, staggeringly empty yet packed with interesting stuff, ancient stuff, stuff not readily explained. Stuff yet to be found." That's our home, isn't it? And we love it!

THE ONLY WAY TO HELP IS BY BEING AT THE:

IKO-MATSUSHIMA ORGANISATION
2015 AUSTRALIAN KYOKUSHIN KARATE ASSOCIATION
OPEN KARATE CHAMPIONSHIPS

"TWO DAY SPECTACULAR"
AUSTRALIA'S MOST EXCITING & BIGGEST EVENT
15th & 16th AUGUST

help!
how do I get
off this bloody
thing?

AUSTRALIAN OPEN NON CONTACT &
FULL CONTACT CHAMPIONSHIPS

APPLICATIONS GO TO HANSHI&AKKA.COM.AU

January Shin link:

<http://www.akka.com.au/newsletters/Shin201501.pdf>

Kyokushin Karate instructors:

When you drink the water, remember who dug the well!

Jargonbuster *In vitro*

Studies conducted in cells in the lab rather than in live organisms

A black belt is a white belt who never gave up – Just enjoy the journey

Black Belt Dinner:

Congratulations to the Yudansha, family and supporters who attended the Black Belt presentation dinner. It was a great and very successful night. Photographs can be seen at the:- Coogee Dojo web page: <http://www.kyokushin-Coogee.com.au/images/stories/general/other/jasmin%201.pdf>

2014 World Cup:

As regular readers of the Shin will know that 2014 South African IKO-Matsushima World Cup was a spectacular success. Sadly there is no DVD on the event so here is a link to the 2012 World Championships. This is also a link to the South Africa President Jacob Zuma's speech at the 2014 IKO-Matsushima World Cup, well worth a look!
<http://www.youtube.com/user/karateworldcup/videos>

The Australian AKKA calendar is as follows:

Friday- Sunday 20th–22nd March: New South Wales Camp:
Sunday 26th April: Victorian Championships:
Sunday 31st May: New South Wales Full Contact & Non Contact Championships:
Monday 15th June: Bondi Junction Under Green belt grading
Saturday 15th August: Australian Non Contact & Kata Open Championships:
Sunday 16th August: Australian Full Contact Open Championships
Sunday 13th September: NSW AKKA Black belt grading
Monday 7th September: Bondi Junction Under Green belt grading
Sunday 4th October: Riverina Non Contact & Full Contact Open Country Championships Griffith
17th of October: European Championships –Sweden
Sunday 8th November: New South Wales Non Contact Open Team & Individual Kata Championships:
Monday 7th December: Bondi Junction Under Green belt Grading:

IKO-MATSUSHIMA 2006 WORLD CUP:

Two days of knock-down fighting in a boxed set of five DVD's a great package of exciting bouts. Hailed as the best full contact weight division tournament ever. Cost: \$50.00

Facebook - "Bondi Junction Kyokushin karate"

Join the Bondi Junction dojo on Face book friends.
<https://www.facebook.com/KyokushinKarateBondiJunction>

The dojo: The greatest compliment you can give is to refer your family and friends to your dojo. Thank you for your trust.

DUTY – GIRI:

A strong sense of Duty, faithfulness for that given, (parents, Sensei and country) selflessness duty in delivering your best without expectation of reward.

Red wine:

Science Daily reports a team at Oregon State University exposed human liver and fat cells to extracts of four natural chemicals found in Muscadine grapes, a dark-red variety native to the South Eastern United States. One of these chemicals, ellagic acid, reduced the growth of existing fat cells and the formation of new ones. It also boosted the metabolism of fatty acids in the liver cells - but sadly these findings don't necessarily mean red wine is the solution to losing weight. "We didn't find, and we didn't expect to, that these compounds would improve body weight," Neil Shay, a

biochemist and molecular biologist at OSU told Science Daily. However, the study highlighted the positive effect red grapes could have on liver function in overweight people. "If we could develop a dietary strategy for reducing the harmful accumulation of fat in the liver, using common foods like grapes, that would be good news," Shay added. Research conducted by the University of Alberta in Canada has found that health benefits in resveratrol, a compound found in red wine, are similar to those we get from exercise. Red wine over a heavy session on the cross-trainer? Now that's something we can definitely get onboard with. According to lead researcher, Jason Dyck, [these findings](#) will particularly help those who are unable to exercise. Resveratrol was seen to improve physical performance, heart function and muscle strength in the same way as they're improved after a gym session. "I think resveratrol could help patient populations who want to exercise but are physically incapable," he says. "Resveratrol could mimic exercise for them or improve the benefits of the modest amount of exercise that they can do." Discussion over the health benefits of red wine have been well documented. Studies have revealed that those who drink a glass of red wine a day are less likely to develop dementia or cancer, that it's good for your heart, anti-ageing and can [regulate blood sugar](#). And now there's research backing that fact that it boosts heart rate? This is literally the best thing ever. Though, let's be straight here - this is all in moderation, it only applies to red wine and the university's study was carried out on rats, not humans. Still, if you want to up your intake of resveratrol? Try blueberries, peanut butter, red grapes and dark chocolate. Remember, a balanced diet is everything. **I knew there was a reason u drink red wine?**

Do you know: Diehards

While it typically refers to someone with a strong dedication to a particular set of beliefs, the term "diehard" originally had a series of much more literal meanings. In its earliest incarnation in the 1700s, the expression described condemned men who struggled the longest when they were executed by hanging. The phrase later became even more popular after 1811's Battle of Albuera during the Napoleonic Wars. In the midst of the fight, a wounded British officer named William Inglis supposedly urged his unit forward by bellowing "Stand your ground and die hard ... make the enemy pay dear for each of us!" Inglis' 57th Regiment suffered 75 percent casualties during the battle, and went on to earn the nickname "the Die Hards."

This month's bad joke:

TEACHER: Donald, what is the chemical formula for water?
DONALD: H I J K L M N O.
TEACHER: What are you talking about?
DONALD: Yesterday you said it's H to O.

Training: "When you're not training, some one else is and when you meet, they'll win"

AKKA Programs:

1979–1981–1995–1996–1997–1998 If you have any the above programs, we are prepared to give a five DVD set of the 2006 Sydney World Cup in exchange or whatever fee is reasonable.

Facebook:

Somehow I ended up with two facebook pages, do not ask me how I did that, I have no idea, which was very confusing, so I have deleted one of them, so if you are a friend on the deleted facebook page. My apologies and can you go to <https://www.facebook.com/hanshi.taylor> and add yourself to that page. Hanshi