



Cover Pic - Sempai Reece Henderson - World Championship Fighter from North Bondi Dojo

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**KATA KORNER**

with Sensei John Barker

**Bassai Dai**

**Storming the Fortress**

Bassai (otherwise known as "Passai") is actually a group or series of Kata, the most commonly known being Bassai Dai (which we use in Kyokushin) and Bassai Sho (used more often in Shotokan style).

Many historians believe that this Kata has its origins in the older Chinese Shaolin Martial Arts and has found its way Via Okinawa into Japan with Sensei Gichin Funakoshi in the 1920's.

Sensei Funakoshi was one of the early instructors of both Sosai Oyama (Founder of Kyokushin) and Choi Hong Hi (Founder of Tae Kwon Do), which explains how Bassai Dai found its way into these styles with very few changes.

The Kata itself is a complex range of technique combinations but when done correctly, with appropriate hard/soft and fast/slow emphasis with deep breathing, it feels and looks very powerful indeed. It is a physical workout but the benefits are amazing.

Enjoy your Kata! Sensei John B.

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砦  
大



**SHIHAN'S MESSAGE**

This is the 2nd edition of our dojo magazine - 'Osu Mag'.

The 1st edition was well received, and we hope to keep the publication going. To do this, we need your contributions. So please feel free to send to Sempai Nora any articles, photos or ideas that you might have and she will pass them on to our editor, Sempai Elliot.

Since the last edition much has happened.

We had a very successful kids' & teens' kata & kumite tournament at the Rose Bay Primary School on Sunday 15 September, with about 100 of our members participating. The improvement in the general standard was pleasing, and much credit must go to Sempai Nora and to Sempai Dinei, who has been running the Sunday morning fight classes for kids (9.00 - 10.00 am). I strongly urge all kids who wish to participate in tournaments to attend these fight classes (and even if you don't want to compete, this training is an excellent way to become stronger, faster and more competent and will surely help to increase your confidence in what you do).

Our senior fighters, and especially our World Tournament fighters, have also been attending fight classes on Sunday mornings (10.00 - 11.30 am) and I urge all our senior and older teenage fighters not to miss these classes.

The fight classes (kids and adults) are compulsory for anyone who intends competing in the International Friendship Tournament in Japan in April next year.

Please note that the Southern Districts karate tournament is scheduled for Sunday 27 October 2019 at the Sutherland Basketball Stadium. We hope to enter a large number of students, but it is vital that prospective competitors commit themselves to hard training over the next month and attend the fight classes.

On Wednesday night, 18 September 2019, we had a 'Parents' Class' which was well attended and most enjoyable. Well done to all the parents who attended - you did a great job! Please let us know what you thought of the idea and whether you would like it to become a regular activity (say once or twice a month?)

In the last period of time we have also welcomed back some students who had been missing in action, and I particularly want to welcome back Sempai Chantal Young who, even after the birth of two children, is looking as good as ever.

Finally, I just want to say thank you to the great group of persons (instructors, students and parents) who have all done so much to make the North Bondi dojo a special place: **domo arigato gozaimashita!**



**Shihan  
Trevor Tockar**  
7th Dan  
National Branch  
Chief IKO



karatebondi

**EDITOR**

(Sempai) Elliot Kleiner

elliott@prom.com.au

All submissions must be received no later than end of month (Feb, May, Aug, Nov)

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## BLACK BELT PROFILE

### Sempai Dinei Daneris - 2nd Dan

Sempai Dinei brings Brazilian flare and stamina to his training and teaching. He took his first step on the budo path under sensei Oscar Massitta, and has been training for 23+ years, having run his own dojo in Brazil for 8 years.



Dinei graded to his Shodan with Shihans Isobe and Filho and won titles in many National and International tournaments.

After moving to Australia, he has represented North Bondi dojo in both Aus & NZ National Tournaments, as well as 2017 International Friendship Tournament in Tokyo, Japan; once again making Bondi dojo proud. He's come 2nd in the International Seniors division and this November once again represents AUS in Tokyo.

## JUNIOR STUDENT PROFILE

### The Guiney Brothers



**Guy-14, Ben-12 & Tom-10** all started Karate at age 5. Since joining the Nth Bondi Dojo, all 3 have excelled in National competition and have all represented Australia in Japan at the elite level, Kata and Kumite equally inspiring.

Aside from other activities such as Rugby, Soccer, Waterpolo, Skiing (and believe it or not, even playing Bagpipes), it seems that these boys are **unstoppable**.



### Sempai Elliot Explains

All throughout Karate there are patterns of **3**. Kata groups like Taikyoku & Tekki. **3** Dan grades to Sensei. Triangles feature in both the Embussen (*footprint*) of Kata and Kumite training with 45 degree angle work. Even your own skin is made of tiny triangles. The number **3** keeps coming up so watch for the patterns!



## AMAZING SPIRIT AT THE 2019 KIDS' DOJO FIGHT & KATA CHALLENGE

By Sempai Elliot Kleiner

This year we were very encouraged to have seen 20 more entrants than last year in the tournament, along with several new faces to the competition scene AND significantly more family spectators than ever before. The diversity of both competitors and events proved to be a very exciting schedule.

The morning session of Kata divisions was a real spectacle with both individual kata being performed at all age and grade levels but also some amazing performances in the Team Kata events with multiple Karateka synchronised in their executions and some very impressive demonstrations of "Bunkai" (*practical application of techniques*) wowed the crowds, often receiving standing ovations.

After a very enjoyable medal presentation ceremony, we were treated to some spirited demonstrations from the Senior students and instructors including lots of technical Tamashiwari (*board-breaking*) techniques as well as some serious Kumite (*full-contact fighting*) demonstrations from our heavyweight world-championship team members. Several parents took part in the demonstrations to attest to the power and speed of the techniques by holding pads, some almost being knocked off their feet.

The afternoon schedule was dominated by the excitement of the Kumite (*free-fighting*) bouts in all divisions. Safety gear notwithstanding, some very powerful bouts saw several up-hill battles as young competitors reached deep within themselves to push past the fatigue and discomfort to discover what they're truly made of. Nobody gave up or failed to deliver their very best and that's the very essence of the Kyokushin philosophy.

The overall success of the day was due to the dozens of volunteers and supportive family members. Most of all, the competitors, who's hard work paid off with results in the supplemental page (*Page 4*). **OSU!**

## DATES TO DIARISE

**Southern Districts Tournament**  
Sunday Oct 27 - Sutherland Sydney

**Halloween Dress Up Week**  
Mon, Oct 28, 2019 & Thu, Oct 31 2019  
*Come to class in your creepiest costume*

**Seminar: Low Kicks & Rolling Kicks**  
Wed Oct 30 2019, 6:30 to 7:30 PM

**12th World Open Karate Championships**  
Nov 22-24 2019 (*Tokyo, Japan*)

## TRAINING TIMES...

- Kids 5-7 Years** - Mondays, Wednesdays 4:15 pm-5:00 pm (Sempai Nora)
- Kids 8-12 Years** - Mondays, Wednesdays 5:00 pm - 6:00 pm (Sempai Nora)
- Advanced Kids** - Tuesdays, Thursdays 4:00 pm - 5:00 pm (Sempai Nora)
- Teens Program** - Tuesdays, Thursdays 6:00 pm - 7:00 pm (Sensei John B & Sempai Nora)
- Adult Beginners** - Mondays 6:30 pm - 7:30 pm (Sempai Dinei)
- Adults General** - Thursdays 7:00 pm - 8:30 pm (Shihan Tockar)
- Adults Advanced** - Tuesdays 7:00 pm - 8:30 pm, Saturdays 7:30 am - 9:00 am (Shihan Tockar)
- Kids Fight Class** - Sundays 9:00 am - 10:00 am (Sempai Dinei)
- Adults Fight Class** - Sundays 10:00 am - 11:30 am (Shihan Tockar & Sensei Anthony)
- Tournament Prep, Grading Clinics, Novice Courses** - Wednesdays 6:30 pm - 7:30 pm (various)

See [karatebondi.com](http://karatebondi.com) for additional information and session changes

## NEXT ISSUE

There's no real debate about Karate punches being the most **powerful** BUT which is faster - Gyaku Zuki or Oi Zuki? Also - Why? There's more science than you think. Sempai Elliot explains. *Don't Miss it!*



## Some great kicks, lots of sweat, and loads of fun!!

This fantastic initiative of Shihan Tockar is designed to give parents a taste of what their kids go through on a weekly basis while striving for their own goals and achievements.

From warm ups to basic techniques, stepping combinations followed by some great impact work using kick bags and even some solid wood panels for knuckle conditioning, the parents were actually really awesome. Kai Tando showed everyone up as she was actually able to put her leg behind her head during warm-up!!

The class later did some partner work, some self-defence and then a blood-pressure elevator right at the end to raise spirits and to teach everyone that they had a little left in the tank that even surprised them.

A couple of parents have already committed to come to our regular classes, which is no surprise when they see what a fun workout this can be. One of the most satisfying elements of the Karate training model is that it's entirely possible for entire family units to enjoy the same training and can then practice and compare notes at home while they share the journey. Many of our highest achievers in the Dojo are these family units training together.

We're looking forward to the next Parents' Class and will keep you up to date.



## Recognition of a TRUE Karateka - Shihan Con Kakatsos

*Introduction by Sempai Elliot Kleiner...*

Karate is often mistaken as something you learn once. The truth is that it's not a "fighting" style so much as it is a "lifestyle" and true Karateka (*practitioners of Karate*) will be the ones that adopt it as a life-long journey. An urban myth has been that statistically one in a hundred that begin stay to Black Belt. Then one in a hundred of those stay to 2nd Dan, 3rd Dan and so on. That's probably impossible to define but the message is clear that few who start continue for life and those who do almost always achieve greatness.

This issue we honour such a person. Shihan Con Kakatsos has dedicated his life to Kyokushin Karate and has recently been awarded his 6th Dan Black Belt. To those who understand the difficulty in obtaining a Shodan (*1st Dan Black Belt*), this is an awe-inspiring achievement.

Shihan Con started training in the AKKA Dojo in Pitt St in the Sydney city at age 14, 1968 and enjoyed training with some of the legends of Australian Kyokushin throughout his career. This is where he met Shihan Nic Cujic (*another IKO legend of Karate*).

**"We only competed in ippon in those days (one point fighting rules)"** says Shihan Con, who competed in many state and national tournaments and was always a member of the winning Kyokushin team that competed against all the other karate styles. At one time Hollywood Action Star Dolf Lundgren, was one of the team members that Shihan Con had as training and competition partner.

In 1980 Shihan Con was part of the all styles national team that was chosen to compete in the world titles in Madrid. When full contact competitions began in 1977 in Sydney, Shihan Con was in the starting line up of tournament stars, coming 2nd in the nationals as a lightweight in 1978 and 3rd in 1980, the same year he achieved his Shodan.

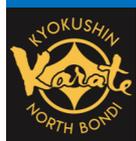
As time went on, Shihan Con, in his endeavours to give back to the community that had supported him, took on a variety of executive and administrative roles within the Kyokushin hierarchy, organising many tournaments and raising funds.

2nd and 3rd Dan ranks were achieved with 4th Dan under Kancho Matsui in Japan, 5th Dan (*also in Japan*) alongside now Shihan Lyle Abel who was attempting his 4th Dan at the time.

**"One time at Mitsumine Branch-Chief camp, they insisted that we do the full fights as they do in Japan. So I had my 50 full-contact fights and some extra as they kept me fighting to the end with people attempting 6th Dan which required 60 fights. I was in my 50's at the time. Shihan Lyle and I will always remember this grading as a great achievement for both of us."**

Shihan Con joined the IKO under Kancho Matsui and was appointed Branch Chief, and since has been training students for many years with lots of great fighters at national level including national and open champions. He currently looks after 3 dojos as branch chief, Illawarra under sensei Jason Baltov Sensei Shane Cunliffe and Senpai Viktor Timev, Canberra run by Senpai Jeff Boreham, and another Canberra dojo with Senpai Peter Moran. Shihan Con's own Dojo is in Milperra in Sydney's South West.

**At the North Bondi Dojo, we're very proud to be associated with Shihan Con Kakatsos. We look upon him as a friend and mentor. We congratulate him on this well-deserved accolade and we wish him many more years of inspiring Karate students. OSU!**



# 2019 KIDS' FIGHT & KATA CHALLENGE RESULTS

## KATA DIVISIONS

### 5-6 YRS NOVICE

- 1) Matija Tranulius
- 2) Max Meyerson
- 3) Amahlia Carvin
- 4) Marcello Zanco

### 6-7 YRS INTERMEDIATE

- 1) Jona Meyerson
- 2) Billy Irvine
- 3) Ari Levy
- 4) Adam Whitten

### 8-12 YRS NOVICE

- 1) Jay Matsuura Fraser
- 2) Olivia Deutsch
- 3) Samuel Dowad
- 4) Orlando Maisenbacher

### 8-12 YRS ORANGE BELTS

- 1) Ethan Corsten
- 2) Callen Yau
- 3) Lyla Vivieaere-Bates
- 4) William Anderson

### 10-12 YRS BLUE BELTS

- 1) Enki Warren
- 2) Gracie Affeldt
- 3) Eva Jacobson

### 8-9 YRS BLUE BELTS

- 1) Zachary Camp
- 2) Trinity Vassallo
- 3) Mitchell Harris
- 4) Jakob Sandler

### 8-12 YRS INTERMEDIATE

- 1) Leonard Hayes
- 2) Luca Dwyer
- 3) Johtaro Barker
- 4) Otto Hitz

### 8-12 YRS ADVANCED

- 1) Tom Guiney
- 2) Ben Guiney
- 3) Brandon Benson
- 4) Cooper Jacobson

### TEEN NOVICE

- 1) Elijah Placer
- 2) Mima Schwarz
- 3) Jade Zucker
- 4) Ashton Bloch

### TEEN INTERMEDIATE

- 1) David Miller
- 2) Tex Kolthek
- 3) Jett Sher

### TEEN ADVANCED

- 1) Samuel Lotter
- 2) Hannah Hunter
- 3) Guy Guiney
- 4) Elise Aroney

### TEAM KATA INTERMEDIATE

- 1) Leonard Hayes, Luca Dwyer, Gracie Affeldt, Eva Jacobson
- 2) Andre Colovic, Isaac Cohen, Rohan Cugati
- 3) Linus Hofmann, Beau Baron, Otto Hitz

### TEAM KATA ADVANCED

- 1) Hannah Hunter, Elise Aroney, Samuel Lotter
- 2) Brandon Benson, Guy Guiney



### 5-6 YRS LIGHTWEIGHT

- 1) Zen Colwell
- 2) Bentley Hone
- 3) Max Meyerson

### 6-7 YRS MIDDLEWEIGHT 1M

- 1) Tilla Bowman
- 2) Marcello Zanco

### 8 YRS GIRLS LIGHTWEIGHT RR

- 1) Lyla Vivieaere-Bates
- 2) Angele Dowad
- 3) Trinity Vassallo

### 8-10 YRS BOYS LIGHTWEIGHT

- 1) Tom Guiney
- 2) Leonard Hayes
- 3) Kenji Barker

### 9-12 YRS BOYS LIGHTWEIGHT

- 1) Otto Hitz
- 2) Talaroa Jackson
- 3) Max Krecklenberg

### 10-11 YRS BOYS HEAVYWEIGHT 1M

- 1) Enki Warren
- 2) Andre Colovic

### 11-12 BOYS INTERMEDIATE 1M

- 1) Isaac Cohen
- 2) Luca Dwyer

### TEEN BOYS INTERMEDIATE 1M

- 1) Jett Sher
- 2) Ashton Bloch

### TEEN BOYS HEAVYWEIGHT RR

- 1) Jerome Hager
- 2) Tex Kolthek
- 3) David Miller

### 6-7 YRS BOYS LIGHTWEIGHT 1M

- 1) Bo Chesters
- 2) Koh Wilkie

### 7-8 YRS BOYS MIDDLEWEIGHT

- 1) Adam Whitten
- 2) Billy Irvine
- 3) Matija Tranulis

### 9 YRS BOYS LIGHTWEIGHT 1M

- 1) Samuel Dowad
- 2) Callen Yau

### 8-10 YRS BOYS MIDDLEWEIGHT

- 1) William Anderson
- 2) Asher Levy
- 3) Mitchell Harris

### 9-11 YRS BOYS MIDDLEWEIGHT RR

- 1) Taj Yamaguchi
- 2) Cooper Jacobson
- 3) Sebastian Lauber

### 11-12 BOYS NOVICE RR

- 1) Orlando Maisenbacher
- 2) Jay Matsuura-Fraser
- 3) Angus Tarrant

### TEEN GIRLS ADVANCED RR

- 1) Elise Aroney
- 2) Kiara Miller
- 3) Hannah Hunter

### TEEN BOYS ADVANCED RR

- 1) Samuel Lotter
- 2) Ben Guiney
- 3) Campbell Porteus

### SPIRIT AWARD (very prestigious)

Awarded to the competitor demonstrating the highest values of Kyokushin Philosophy and true courage.

5-7 Yrs - Marcello Zanco

8-12 Yrs - Andre Colovic

We look forward to your support and participation at the 2020 Fight & Kata Challenge

Special thanks to the tireless team of volunteers, Referees, Judges, Table Officials and Staging Designers at North Bondi Dojo. OSU!