



Quarterly Newsletter

Kyokushin North Bondi Dojo

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OSU mag

SPECIAL
COVID-19
LOCKDOWN
EDITION



Cover Pic - Sempai Dinei Dineris Jr teaching online during lockdown

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KATA KORNER

with Sensei John Barker



Garyu. The Reclining Dragon

Garyu, from the characters Ga 臥 (to lay prostrate) and Ryū 竜 (dragon).

It is believed that in Japanese culture, a man who achieves greatness but remains largely unknown or unrecognised is referred to as a **Garyu**. A dragon is strong but a "reclining" dragon prefers to keep his abilities and power hidden until they are needed.

The lesson we take from the reclining dragon is that, as true Kyokushin Karateka, we don't brag or display our Karate power to show off. Instead we remain humble and in control until the moment our skills become necessary for the protection of ourselves or others.

Enjoy your Kata! Sensei John.

SHIHAN'S MESSAGE Osu!

I am writing this message in very strange and difficult times.

I first want to express the hope that you are all well and that you are managing to cope with the situation in which we all find ourselves. I know that for some of you things have been particularly hard and I ask that you let us at the dojo know if there is anything we can do to help.

I am really pleased that so many of you have remained connected to the dojo and have been participating in our live-streaming sessions. I would also encourage you to access the video library that we are continually improving and expanding. These videos will give you an opportunity to work on your syllabus and, especially, your Kata. To access the library you need to visit our member-exclusive space on our website <http://www.karatebondi.com/trainingvideos>. The password is **karatenorthbondi**.

I particularly want to thank all those of you who have continued to financially support the dojo. Without your support I doubt whether we would have been able to keep the dojo afloat so that we can resume normal service in the (hopefully not too distant) future.

The coronavirus pandemic has come at a time that coincides with the 26th anniversary of the passing of Sosai Mas Oyama (the founder of Kyokushin Karate), and it would be appropriate to reflect upon some of the words contained in a message from Sosai Oyama's successor, Kancho Matsui (the President of the International Karate Organisation Kyokushinkaikan):

"I am reminded of Sosai Oyama's legendary solitary mountain training. By purposely enduring self-isolation and hard physical training, Sosai was able to clear his mind, focus on training, and temper his body into steel. From his book, 'What is Karate', Sosai wrote that his master advised him to 'Withdraw from the world. Seek solace in nature. Retreat to some lone mountain hideout to train your mind and body. Temper the heated iron before it gets cold, so train yourself in self-discipline... if you wish to be a great man'. Sosai undertook that experience with trepidation but emerged having undergone something life changing".

Think about this message in considering your own training. In particular, those of you who intend testing for Shodan grade at the end of this year are reminded that we judge you not only on your performance in the grading but on your performance over many years of training in the dojo and your attitude to training and to adversity. Failure by you to show the necessary perseverance and determination over this difficult time will weigh heavily in our final decision-making.

Lastly, I wish to express my deepest appreciation to all the senior students who have given of their time and energy to keep the dojo active and innovative. I specially wish to thank Sempai Nora for her great efforts in keeping things going.

To all of you: keep up the spirit of Kyokushin! We will emerge from this even better and stronger. Keep well and keep safe.

OSU!



Shihan
Trevor Tockar
7th Dan
National Branch
Chief IKO



karatebondi

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

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SO SAYS SOSAI !

“If you don't overcome your tendency to give up easily, your life will lead to nothing.”



Applying Karate Training to my whole life - A speech delivered by Nathan Galper

The quote (above) is by Mas Oyama, who was the founder of Kyokushin Karate, considered the first and most influential style of full contact karate. I have been learning Kyokushin Karate for over eight years. This quote represents my view of how I live my life, driven by my commitment to my Karate practice.

There are different styles of Karate and Kyokushin style has its unique differences. For instance, Kyokushin style of karate deals with full body contact. Full body contact means you can use whatever means is necessary to repel an attack. Full contact means using multiple techniques until you overpower your opponent and ultimately knock them down. Kyokushin makes use of different kicks and attacks to hit different parts of the body to score points.

As a comparison, Shotokan Karate is a different style. It focuses more on the idea of earning points in a fighting tournament.

It takes into account the weight of a punch which basically means you're allowed to hit your opponent in specific places with specific strikes to score points, but if you hit them harder than necessary, you lose points. Once a strike is made, be it a punch or a kick, the fight is stopped by the officials and they discuss the strike, to decide whether the strike was right and if it packed just the necessary punch, before they can award points for it.

Another element of Karate is called Kata. It's the movements and thoughts of a simulated fight, without a real opponent. To be able to stay measured during a Kata, you have to be 100% focused and centered in the moment. Like the hierarchy of belts in Karate (white, orange, blue, yellow, green, brown, black), there is also a progression of difficulty of different Katas.

Karate stands for Empty-Hand, which also tells people that you don't always need a weapon to defend yourself.

When I started karate eight years ago, I often accepted my circumstances as they were, and never challenged myself to find out what my potential was, as it relates to accomplishing more than I thought possible.

When I find myself reaching my limit both academically and physically, a voice in the back of my mind says “Let's see how much further you can go.” That mindset though, wasn't instant when I started Karate, it took me a few years to really believe it and make it a permanent part of my thinking.

I remember after the first year or two of learning Karate, I was put to the test by entering into my first tournament where I had my first fighting competition. I can remember quite vividly that my hands were shaking as I walked onto the mat to face my opponent, who just happened to be one of my best friends from training.

We had fought each other countless times in class, but this time it felt different, as I felt more nervous every minute. Once the fight was over, I felt a sense of relief. Then over time, as the years went by, I felt more focused and more in control at tournaments.

For those who choose to commit and study a martial art like Karate, the world around them feels easier to deal with.

At the end of each of our Karate classes, this is the last thing that we say as a group:

“We will train our hearts and bodies for a firm unshaking spirit. We will look upwards to wisdom and strength, not seeking other desires. All our lives, through the discipline of Karate, we will seek to fulfill the true meaning of the Kyokushin Way.”

Life brings us many challenges, but the more you have a mindset of resilience, the easier it is to handle challenges that come our way.

Sosai's Teaching Techniques - A multi-part training insight from Sosai's own books

THE HAND AND ARM AS WEAPONS

Part 1 - Seiken (normal fist)

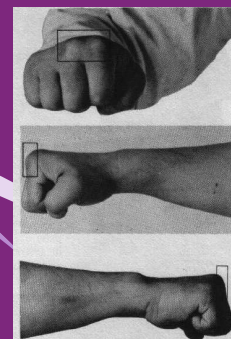
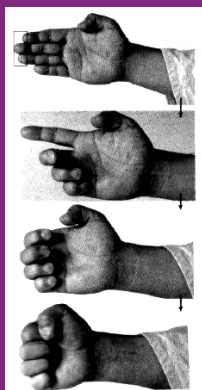
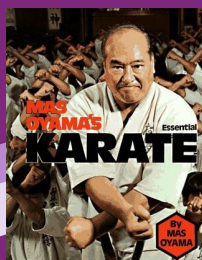
This is the strongest and most effective of the fist positions. Seiken is used when performing *Jodan-tsuki* (upper body thrust), a common positions for attacking the face and jaw; *Chudan-tsuki* (middle body thrust), the attack position for the chest and the stomach; and *Gedan-tsuki* (lower body thrust), for attacking the lower abdomen and groin. The fist can be used in defence as well as in attack.

Making and using a correct Seiken

As shown in the 4 photos (left), starting with the little finger, bend all four fingers to that their tips are digging tightly into the hand as close to their bases as possible. Bend the thumb over the second joints of the first two fingers to further tighten the fist.

When thrusting with the Seiken, you should strike the object directly with the knuckles of the first two fingers. In this position, if you strike an object with any of the other finger joints, you will most probably injure your hand. A punch with the fist in the Seiken position should be thrust straight out from the shoulder.

In the correct starting position, you should hold the fist with the palm facing up, touching your side with a level on your chest. Then, simultaneously, as you thrust forward, turn the fist inward so that the point of attack of the object will be struck by the knuckles of the first two fingers (in the final position, the palm should now be facing down). It is of utmost importance that at this point the arm and the back of the hand are held rigidly in a straight line, and that the object is being struck foremost by the knuckles of the first two fingers. For beginners, the Seiken position is recommended for practice-sparring in order to avoid serious injuries while at the same time expressing great power.





EVEN GLOBAL PANDEMICS CAN'T STOP KYOKUSHIN DETERMINATION

Covid-19 lockdown means we can't train in the Dojo but your dedicated and talented teaching crew have devised great ways of using technology to keep you sweating and developing your Karate.



ZOOM Live Lessons

We started live-streaming from 23 March straight after the government announced the closure of non-essential business services.



We are currently live-streaming all kids & teens sessions Monday to Thursday at normal training

times and adult sessions are streamed Mon 6.30 – 7.30pm (Novice & Intermediate), Tuesdays and Thursdays (Adults General) 7 – 8pm.

Sessions have been well received and we have seen great turnouts. So much so that we've decided to add extra sessions during school holidays!

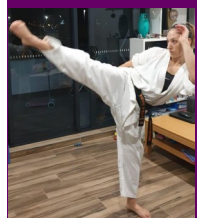


For **ZOOM** Session times see <http://www.karatebondi.com> where you'll also see instructions for how to log on and join in.

On-Demand Online Video Library

We are super proud of our ever expanding **Training Video Library:**

<http://www.karatebondi.com/trainingvideos>



It contains everything from Kihon to Kata, Fighting Combos and General Exercises. It's a password protected member-exclusive space.

Huge Thank you to all Seniors who came in for some filming and massive applaud to Sensei Alex who edited it all for us.



DATES TO DIARISE

Bring a buddy week (Zoom Style)
Week 3, Term 2

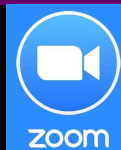
MID-YEAR GRADINGS!!!

Kids - Sun 14 June
Teens / Adults - Sun 21 June

No matter how creative we have to be. The format will depend on government restrictions at that point – so possibly smaller groups outdoors or even via Zoom, but we will make it happen.

TRAINING TIMES

Live Streaming Via...



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 Anthony & Sensei JB)

Adult Beginners - Mondays 6:30 pm - 7:30 pm (Sempai Dinei)

Adults General - Thursdays 7:00 pm - 8:00 pm (Shihan Tockar)

Adults Advanced - Tuesdays 7:00 pm - 8:00 pm (Shihan Tockar)

All other regularly scheduled classes, including outdoor classes, have been suspended until the restrictions have been lifted.

See karatebondi.com for additional information and session changes

NEXT ISSUE - How Karate transcends all countries, all cultures and all languages to improve people's lives. A heart-warming true story of **Sempai Joel Emanuel Sabimana** of Rwanda and how learning Karate saved his family and transformed his life (by **Sempai Elliot**). **Don't Miss it!**

BLACK BELT PROFILE

Shihan Yoni Chriqui - 5th dan

Graded to his shodan by Sosai Mas Oyama in 1993, Shihan Yoni brings an extensive training and teaching history along to North Bondi dojo. He has trained with, and been trained by the best of the best, having attended seminars and gasshukus with Kancho Matsui, Shihan Bobby Lowe, Shihan Hasegawa, and Shihan Uytenbogaardt (to name a few).



Yoni graded to his sandan in 2003 and has been operating dojos throughout Sydney for 15 years.

He is a well respected karateka, having judged and competed on a state, national, and international level. He is known for his humility and super-sharp techniques.

He was awarded his yondan in 2009 and graded to his godan in Japan in 2015.

JUNIOR STUDENT PROFILE

Leonard Hayes

is 9 years old and graded to his 4th Kyu in Dec 2019.

He has 3 family members in the dojo (sister Antonia and dad Andrew).



Leonard made his dojo buddies very proud when he performed competition Kata in Tokyo at the International Friendship Tournament in 2019. He's on his way to becoming one of our champion senior grades in the dojo and an inspiration to others.

In his spare time Leonard enjoys rollerblading and dancing, talents helped by his Karate.

