

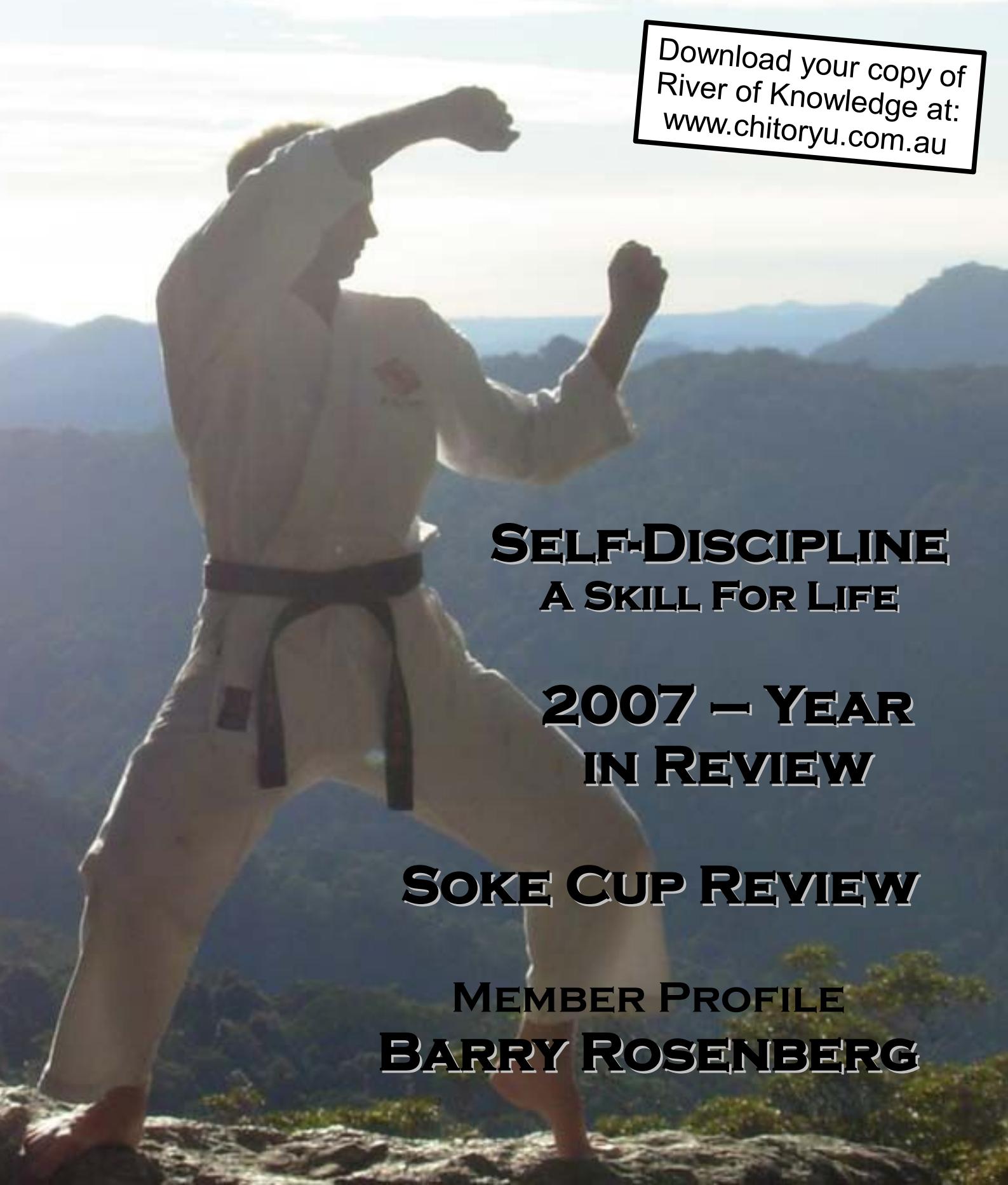


River Of Knowledge

The Magazine of the International Chito-Ryu™ Karate Federation of Australia Inc

Issue 3 - Summer 2007

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River of Knowledge at:
www.chitoryu.com.au



SELF-DISCIPLINE
A SKILL FOR LIFE

**2007 – YEAR
IN REVIEW**

SOKE CUP REVIEW

MEMBER PROFILE
BARRY ROSENBERG

Editorial

Welcome to the latest edition of the River of Knowledge, the magazine of the International Chito-Ryu™ Karate Federation of Australia. As the new editor of the magazine I would like to pass on a huge thank you to Craig Cox who has did a fantastic job of taking on the responsibility of producing the first two issue of the River of Knowledge. Due to work and time commitments Craig is not able to compile the magazine, but will continue to contribute with articles and stories.

You will notice a number of changes to the layout and content of the magazine, this has come about due to the growing nature and needs of Chito-Ryu™ in Australia. This magazine is for you the Chito-Ryu™ karateka, our goal is to keep you informed of what is happening in Chito-Ryu™, inspire you to further your training, and enhance your knowledge of our fantastic art.

The River of Knowledge will now come out four times a year to mark the change of each season. The magazine will be available online at the ICKFA website (www.chitoryu.com.au), and copies will be available to read at all dojos. All members of the ICKFA are encouraged to print a copy from the web if they would like a hard copy for themselves.

The River of Knowledge is a magazine for the members of the ICKFA, we look forward to and welcome your contributions and feedback. If you have any ideas of what you would like to see, if you would like to contribute, or you just want to provide general feedback then I encourage you to contact me. With your help we can grow the River of Knowledge into a great magazine.

In this issue you will find regular articles, stories, tournament reviews, photos and much more.

Enjoy!

Adam Higgins

Questions, comments, contributions?
Send to adam.higgins@gckarate.com.au



River Of Knowledge

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None of the techniques described in this publication should be attempted by the reader without supervision from an appropriate instructor. If such techniques are executed by the reader and any injuries or damage to any person whatsoever occurs as a result, neither the ICKF of A Inc. or any of its affiliated or associated entities shall bear any responsibility whatsoever.

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The River of Knowledge goes directly to the 300 members of the ICKFA and their families. Contact Adam for advertising rates.

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Table of Contents

Special Features

Soke Cup Review	12
Blue Mountains Cup	14
Self-Discipline	17
2007 in Review	25



Page 12

Regular Features

Editorial.....	2
Chito News	4
Presidents Report	7
New Members	10
Grading Results	11
Dojo News	
Kogarah Bay	20
Blue Mountains	21
Bathurst	22
Newcastle	23
Gold Coast	23
Sunshine Coast	24
Member Profiles	
Peter O'Neill.....	28
Barry Rosenberg	29
Photo Album	31
Technique Workshop	32
Fitness Corner	34
Calendar of Events	35



Page 14



Page 31



Page 29

Cover Photo: Sensei Adam Higgins, Gold Coast Kangeiko 2007. Springbrook National Park



Chito News

ICKFA Blue Mountains Cup Seminar

The day before the Blue Mountains cup a seminar open to all ranks was put on by the ICKFA at the Katoomba dojo. Shihan Michael Noonan, Australian honbucho took the session, with the theme of the day being to simplify techniques. Noonan Sensei advised everyone they did not need to add to what they were currently doing, instead look to take away the excess unnecessary parts of their techniques to find improvement.

The session commenced with kihon (basics). Noonan Sensei paid particular attention on how to correctly execute a tsuki (punch). After the kihon everyone partnered up, as always when an open seminar is held it was a great chance to train with someone from one of the other dojo's that you don't normally get to train with. Noonan Sensei had everyone working through how to apply a uke (block) as an effective offensive technique with a strong focus on entering with the block (without physically stepping in).

Very quickly the seminar came to end, as always after a session with Noonan Sensei we were all left with plenty to think about and take home to keep working on.

The ICKFA hosts an open training session at most Australian Chito-Ryu™ events, when ever possible take the opportunity to attend. Not only will you get to work on your karate with some of the top instructors you will also get to meet and train with fellow Chito-Ryu™ karateka from other dojos. Definitely something not to be missed!



Chito News is for you!

If you have a story, a great achievement, something everyone should know about or you want to send a letter to the editor then this is the place for you.

Send your story or letters to adam.higgins@gckarate.com.au

Chito News



On the 29th September the annual Japan & Friends Day celebrations were held on the Gold Coast. Japan & Friends Day celebrates all aspects of the Japanese culture with dancing, food, music and martial arts displays. The Gold Coast Chito-Ryu™ Karate demonstration featured the kids, teens and adult groups.

The demonstration included the kids performing kihon dosa ni, the teens kihon kata ichi, and a demonstration of the kata niseishidai including the bunkai and a conditioning exercise.



The kata was followed by demonstrations of the power of the karateka as they kicked and punched the bags. The kids received a special applause with their spectacular entry were they leaped over the top of the teens to perform a tobi yoko geri into the bags with a big kiai!

A self defense demonstration followed with displays of defense against knife attacks, and unarmed against a bo. This was followed by a demonstration of Chito-Ryu™ kumibo with Sensei Adam and Anthony Horgan.

The final part of the demonstration was a display of Chito-Ryu™ kumite using the bogu. First up was the kids with Kathleen Smith vs Hayden McSwan, followed by Anthony Horgan vs Carlos Bellamy and then Tasi Schiffers vs Adam Ota. The effectiveness of the techniques was evident as the impact into the bogu was heard.

The demonstration was a great success with many of the onlookers commenting on the strength of the karate, the discipline of the students and the spirit shown by all.

Congratulations Sam Henderson!



Sam Henderson successfully passed his shodan grading at a special grading session held in the Blue Mountains. This gives the Sunshine Coast dojo a total of 4 new black belts for the year. Congratulations Sam!

University Awards for Anthony Horgan

Congratulations to Anthony Horgan from the Gold Coast Dojo who received a number of prestigious awards at the recent Griffith University awards night in recognition for his success at the Soke Cup.

Anthony was awarded the single best sporting achievement of the year award, and also received his full university blues.



Chito News

www.chitoryu.com.au

Now online is the new members website www.chitoryu.com.au. This website has been designed for members with loads of special features including exclusive content for members in the members only section.

On the website you will find:-

- Chito-Ryu™ History
- Australian Chito-Ryu™ Key People Profiles
- Instructor Profiles
- Locations Guide
- Important Resources
- Photo Gallery
- Newsletters (you can access the River of Knowledge online)
- Members Only Section (To access the members only section please ask your instructor for details).

Visit the website regularly as more great features will be added!

The screenshot shows the homepage of the International Chito-Ryu Karate-Do Federation of Australia. The header features the organization's name in white text on a black background. Below the header is a navigation menu with links for HOME, ABOUT, LOCATIONS, RESOURCES, GALLERY, and CONTACT. The central image is a circular portrait of a man in a white gi, with the Chito-Ryu logo overlaid. The logo consists of a red circle with a white dragon-like symbol inside, surrounded by stylized red and grey waves. The background of the page includes smaller images of people practicing karate and a traditional Japanese building. On the left side, there is Japanese calligraphy and the text "IN HARMONY, WITH PERSEVERANCE & CONSTANT". On the right side, there is more Japanese calligraphy and the text "EFFORT, WE ARE CERTAIN TO ATTAIN OUR GOALS". At the bottom, there is an email address: info@chitoryu.com.au and a copyright notice: © 2005 chitoryu.com.au.



Presidents Report

Sensei Martin Phillips (Yondan, Shidoin)

I would like to take this opportunity to introduce myself to the members of the ICKFA who I have not yet had the pleasure of meeting. My name is Martin Phillips and I have been studying Chito-Ryu™ for 23 years, although I have done my best in the past to support our national management committee, taking on the role as an office bearer is quite new to me. Earlier this year I was elected to the position of President, after Mark Snow Sensei stepped down from the role which he had carried through some very difficult times as President of the ACKA, and then the newly formed ICKFA. Before I go any further I need to sincerely thank Snow Sensei for his efforts in previous years and of course for his continued support and encouragement.

I began my training in Newcastle, 1984 as a student of Brian Hayes Sensei. At the time I was only about 8 years old and the dojo was a very new one, in fact, I started training the very first class of the new dojo. The older I got the more I trained and I loved working hard progressing through the ranks. I also enjoyed competition karate for many years competing at many Soke Cup events over the years (1989 Vancouver Canada, 1992 Newcastle Australia, 1995 Kumamoto Japan, 1998 Toronto Canada, 2004 Newcastle Australia) and also at the 1994 and 1996 WKF World Championships in Malaysia and South Africa. The highlight of my training career was the year that I spent in Japan 1997-98 upon the invitation of Soke Sensei as a live-in student at the Sohonbu. During that time I had the opportunity to meet most of the senior instructors of Chito-Ryu™ in Japan and train on a daily basis next to Tanaka Sensei under the instruction of Soke Sensei. Even though it's been nearly 10 years what I learned during that time continues to shape my karate to this day. In 2000, I moved to the Sunshine Coast with my then fiance, now wife, Sandra. Shortly after, we began teaching Chito-Ryu™ in various community centres, gyms and public halls. In 2004 we established a permanent dojo in Maroochydore, which we have built up to the point where since earlier this year we are now able to both teach Chito-Ryu™ full-time.

As you can see, Chito-Ryu™ is a big part of my life and I care very much about helping grow and develop our association in order to help share the many benefits of training that I have experienced so far in my life. While I never really planned to be in this role as President of the ICKFA, I am happy that I can contribute in this way.

This year has been a very big year in Chito-Ryu™, with Soke Sensei's visit to Australia earlier in the year, the first ever Chito-Ryu™ national championships held in Queensland, and the Soke Cup in Bergen, Norway. Of course all of these things brought a lot of behind the scenes administrative work from many people. But the admin work has not stopped there, in particular our new treasurer Sheryl Higgins has been working hard in establishing accounting procedures for event management and dojo management. And more recently Adam Higgins Sensei has been working to revive our national newsletter to make it a more regular feature to share with members what is happening around the Chito-Ryu™ in Australia. I know this is just scratching the surface of what has been going on over the last 12 months, but I would like to thank everyone who has volunteered their time to help make the ICKFA such a strong organisation.

Now that much of the foundation has now been set for our new association it's time to kick into overdrive. Over the next year, I hope to work with our management committee and instructors to roll out more things for members to enjoy, such as a national website and access to various other learning resources, while continuing to support instructors and local associations to promote Chito-Ryu™ within local communities.

Finally, I would like to share with you some information about next year's National Training Camp. Once again the camp will be at the Sydney Academy of Sport & Recreation in Narrabeen, NSW. The dates for the camp will be 11-13 April 2008, and our guest instructor will be Tanaka Sensei. Due to the popularity of the facility, this year there will only be a limited number of beds available in the motel section of the camp, with additional beds in dormitory accommodation. Motel rooms will be allocated first to senior instructors, family groups with young children and then on a first come first served basis. The price for both types of accommodation will be the same, but if you are keen to get into the motel section, I encourage you to book in as early as possible. Tanaka Sensei will also be visiting dojos in all regions, but if you have ever been to one of the camps before, I am sure you will agree with me when I say, you don't want to miss out!

Enjoy your training, and I look seeing you at the camp next year.

Regards,

Martin Phillips
ICKFA President

National Training Camp 2008

Friday 11 – Sunday 13 April 2008

**Sydney Academy of Sport and Recreation
Wakehurst Parkway, Narrabeen Sydney**

Guest Instructor: Tanaka Sensei (6th Dan, Renshi)

The ICKFA is proud to announce that at the 2008 National Camp, our special guest instructor from Japan will be Tanaka Sensei (6th Dan, Renshi). Tanaka Sensei is one of the Senior Instructors from the Sohonbu (International Headquarters) in Kumamoto, Japan. In addition, Tanaka Sensei teaches Karate to several hundred high school students each year as part of the PE curriculum at a local high school in his area and he is also developing an international karate program for Children with autism with the view to introducing Chito-Ryu Karate into the Special Olympics. Tanaka Sensei has also been a 3 time Soke Cup World Champion. For those of you who have trained with Tanaka Sensei before, you will know that it is an experience that you will not forget in a hurry due to the wealth of knowledge he has to impart and the enthusiasm he has for Karate and life in general.



The 2008 National Camp is open to all members (and families) of the ICKFA and will be held at the Sydney Academy of Sport and Recreation in Narrabeen, 11-13 April 2008. Additional information about the camp facilities can be found online at:

www.dsr.nsw.gov.au/sydneyacademy/index.asp

Due to other group bookings at the camp on the same weekend, our group will be accommodated in a combination of motel style accommodation and dormitory style accommodation. The price will be the same for either style and accommodation type will be allocated on a first come first served basis. The only exception to room allocations will be VIPs and family groups with pre-school aged children. Please note: linen is provided.

If you would like to participate in this camp please return this form along with a 50% deposit to your dojo administrator no later than, Friday 22nd February 2008.

Important Information

Arrive: Friday 11th April 2007 by 6.30pm

Ends: Sunday 13th April 2007- 3.00pm

Adults: (17 years and above)

\$190.00 per person (if you are training)

\$160.00 per person (if you are not training)

Children: (5-16 years)

\$170.00 per person (if you are training)

\$140.00 per person (if you are not training)

Children: (2-4 years) \$40.00 per child

Children: (Under 2 years) Free

Rego & 50% Deposit: Due Fri, 22 February 2008

Name	Age (As at 13 April 2008)	Training (Y/N)	Cost
1.			
2.			
3.			
4.			
5.			
If paying by cheque, please make payable to: International Chito-Ryu Karate Federation of Australia		Total amount payable	
		50% Deposit	



ICKFA National Camp

Narrabeen Sport & Recreation Centre
11-13 April 2008

Special Guest Instructor –
Tanaka Renshi

All Ages and Ranks Welcome!

Train with the top instructors in Australia along with special guest instructor from Japan, Tanaka Renshi.

Don't miss this fantastic opportunity to experience 2 full days of training with your fellow Chito-Ryu™ karateka

New Members

Welcome to the newest members of the International Chito-Ryu™ Karate Federation of Australia

Ryan Abedian - Gold Coast

Laetisha Baldan - Gold Coast

Debbie Barnett - Blue Mountains

Kenya Burke - Blue Mountains

Donnell Cook - Sunshine Coast

Julian Delayney - Blue Mountains

Etsuko Ishida - Blue Mountains

James Jackson - Gold Coast

Fabio Jahn - Blue Mountains

Kirah James-Mason – Gold Coast

Keegan Johnston - Sunshine Coast

Hunter Johnstone - Sunshine Coast

Naofumi Kaneko - Gold Coast

Reid Lewis - Sunshine Coast

Louis Long-Jaccoud - Lithgow

Taylah Mannerling – Lithgow

Kloe Mannerling - Lithgow

Marcus McSwan - Gold Coast

Jay Mohite - Gold Coast

Tara Mohite - Gold Coast

Scott Moulden - Sunshine Coast

Luke Moulden - Sunshine Coast

Luke Nicholson - Gold Coast

Jake Nicholson - Gold Coast

Corbin O'Flanagan - Sunshine Coast

Chantel Page - Blue Mountains

Jackson Page - Blue Mountains

Britany Page - Blue Mountains

Joshua Page - Blue Mountains

Adam Pike - Gold Coast

Karn Prasonkpol - Sydney

Chrsitopher Pyne - Blue Mountains

Rohan Rezvani - Gold Coast

Arman Rezvani - Gold Coast

Matthew Riley - Newcastle

Chelsey Roach - Blue Mountains

Grady Roach - Blue Mountains

Nathan Rossely - Gold Coast

Jack Sowden - Sunshine Coast

Thomas Sowden - Sunshine Coast

Bella Townsend – Bathurst

Grading Results

10th Kyu

Kirsten Anger – Sunshine Coast
 Ashlee Benger – Bathurst
 Dez Cheema – Gold Coast
 Kane Dennis – Bathurst
 Georgia Donnelly – Gold Coast
 Josephine Geerkins – Bathurst
 Jye Harding – Sunshine Coast
 Aiden McLaughlin – Lithgow
 Caitlyn Naime – Bathurst
 Mekala Naime – Bathurst
 Amina Oerton – Lithgow
 Brodie Squires – Sunshine Coast

9th Kyu

Rebeka Anderson – Lithgow
 Travis Anger – Sunshine Coast
 Brock Barry – Lithgow
 Kathleen Boyes – Lithgow
 Emily Geerkens – Bathurst
 Bowan Howe – Bathurst
 Dayton Johnston – Sunshine Coast
 Bridgette McGlusky – Sunshine Coast
 Stephanie McGlusky – Sunshine Coast
 Hayden McSwan – Gold Coast
 Matthew Ota – Gold Coast
 Destiny Pike – Sunshine Coast
 Hannah Polley – Sunshine Coast
 Alex Raymond – Bathurst
 Jacqueline Raymond – Bathurst
 Alex Scimonello – Sunshine Coast
 Jamie Scimonello – Sunshine Coast
 Jenny Sherar – Sunshine Coast
 Dakota Smith – Gold Coast

8th Kyu

Mathew Foran - Bathurst
 Benjamin Geerkins – Bathurst
 Brendan McMahon - Bathurst
 Amy Raymond – Bathurst
 Steven Tran – Sunshine Coast
 Benjamin Wolter – Sunshine Coast

7th Kyu

Debbie Barnett – Lithgow
 Nicholas Barry – Lithgow
 Adam Knight – Sunshine Coast
 Jordan Maumill – Lithgow
 Liam Rhodes-Pery – Sunshine Coast

6th Kyu

Mitchell Booker – Sunshine Coast
 Bryce De Jongh – Sunshine Coast
 Phil Heath – Gold Coast
 Jeremy Nak – Sunshine Coast

5th Kyu

Carlos Bellamy – Gold Coast
 Craig Carter – Bathurst
 Keanu Caston – Sunshine Coast
 Coen Gordan – Sunshine Coast

4th Kyu

Mitchell Case – Lithgow
 Laura Case – Lithgow
 Kaitlyn McLaughlin - Lithgow
 Teagan O'Shea – Gold Coast
 Conor Roebuck – Lithgow
 Gerard Roebuck – Lithgow
 Jack Turner – Lithgow

3rd Kyu

Viet Kass – Sunshine Coast
 Nathan Shawcross – Bathurst

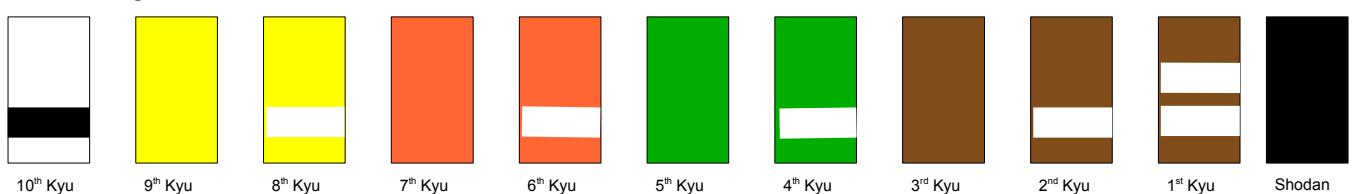
2nd Kyu

1st Kyu
 Christopher Johnston – Lithgow

Shodan

Sam Henderson – Sunshine Coast

Chito-Ryu™ Belt Colours





2007 Soke Cup

Bergen, Norway

By Mark Snow Sensei &
Adam Higgins Sensei

The 9th Chito-Ryu™ Karate-Do World Championships (Soke Cup) was held in the beautiful historic city of Bergen, Norway. This was the first time that the Soke Cup had been held in Europe and was a significant step in reinforcing the world wide spread of Chito-Ryu™.

The Australian team got together for the first time a couple of days before the tournament and commenced their preparation with the daily ritual of a morning run, stretching and kata practice at various locations in the historic city. This was followed up by an afternoon team training session at the local gym with Sensei's Mark, Shane & Adam working with everyone to fine tune kata and kumite drills.

Team training sessions were very productive and extremely rewarding for everyone involved. What impressed a great deal was the support and guidance that everyone genuinely displayed towards each other and this feeling or energy was infectious and went a long way in developing unity in the team. This unity was most evident during the Soke Cup and a moment that everyone will treasure in the years ahead.

A highlight of the trip was the workshops with Soke Sensei and all of the Senior Instructors including, Kugizaki Sensei, (Kyoshi 9th Dan) Higashi Sensei, (Kyoshi 8th Dan & Canadian Chief Instructor), Tanaka Sensei (Renshi 6th Dan) and many others. This was a chance to learn from the best instructors in Chito-Ryu™ and meet other people from around the world. The session with Soke Sensei was inspirational and a benchmark for everyone to follow.

Sensei Noonan and Sensei Snow attended the ICKF meeting and the discussions were filled with optimism and positive plans for the future. Soke Sensei clearly outlined the way forward with his plans for the next 60 years and with the outstanding support of Tanaka Sensei, Nanai Sensei and the International Team the future of Chito-Ryu™ Karate-Do around the world is assured.

Saturday morning saw the action begin with the opening ceremony as always stirring up the butterflies in the stomach. The number of competitors for the 2007 Soke Cup were down on previous tournaments but the excitement was still there. The first day saw the juniors in action with Viktoria Crouch-Reeves from Newcastle coming second in a very high standard kata division. In an equally competitive boys division Rhys Woodhouse placed third. The afternoon session saw the running of the kumite divisions, the highlight being the performance of the u/20 boys team who went down 2-3 to Canada in an exciting final. All matches were fought with terrific spirit and respect, gaining a nod of approval from Soke Sensei. For many of the boys this was their first taste of international competition, and the experience they gained will be a big advantage in future years.

ICKFA Participants

Officials

Shihan Mike Noonan
Sensei Mark Snow

Demonstration

Shihan Mike Noonan
Sensei Mark Snow

Coaches

Sensei Shane Ker
Sensei Adam Higgins

Competitors

Shane Ker
Adam Higgins
Stephen McKinnon
Rhys Woodhouse
Bradley Campbell
Charlie Tiraboschi
Chris Johnston
Peter O'Neil
Paul Epsimos
Emma Woodhouse
Viktoria Crouch-Reeves
Anthony Horgan
Cordelia Campbell



Boys Kumite Team



Soke Sensei with Anthony Horgan

Sunday morning the senior division kicked off with the standouts for Australia being the first place of Anthony Horgan from the Gold Coast in the Novice kata. Anthony went on to again win first place in the novice kumite. In the teams event Australia only had 3 males so two volunteers from Scotland became honorary Australian's for the match! Australia lost 2-3 in the first round to Canada but put up a very good show, with Anthony capping off his great tournament by outpointing the winner of the individual intermediate division in his match.

All too quickly the tournament came to a close with the closing ceremony and closing banquet the final official activities. The banquet gave everyone a chance to mingle with the other competitors and officials making new friends and talking about what will happen at the 10th Soke Cup to be held in Japan.

Bergen is a beautiful city and the hospitality and friendship displayed by the Norwegians, under the leadership of Rune Sensei was nothing short of amazing. We always felt safe, welcomed and looked after and the friendships formed by everyone from all over the world will last a lifetime.

It is impossible to truly describe the atmosphere and personal experiences that everyone had in Norway, but what is possible is to say that it was a moment in time that everyone involved in will never forget. The time spent in Bergen was a great investment in the future of the ICKFA and more importantly in the individual lives of all of the participants. "A Learning Opportunity" was provided, a meeting point and a time to reflect, grow and develop the self in our personal journey that is budo.

A big thank you must go out to all the Australian coaches for the hard work they put in to preparing everyone for the Soke Cup. In particular the head coach Sensei Sandra Phillips for all the excellent work she did in developing resources and programs. Sensei Sandra was unable to attend the Soke Cup this year as she had a more important task to attend to, the birth of Sensei Sandra and Sensei Martin's second child Steven. Congratulations!



Soke Cup Medal Winners

1st Place

Anthony Horgan – Adult Kyu Male Novice Kata
Anthony Horgan – Adult Kyu Male Novice Kumite

2nd Place

Viktoria Crouch-Reeves – Jr C Girls Black Belt Kata
Viktoria Crouch-Reeves – Jr C Kyu & Black Belt Kumite
Australia – U/20yrs Male Team Kumite

3rd Place

Steve McKinnon – Jr A Boys Kyu Kata
Rhys Woodhouse – Jr B Boys and Girls Kyu Kata
Steve McKinnon – Jr A Boys Kyu Kumite

Blue Mountains Cup 2007

“A Learning Community Meets”

By Mark Snow Sensei



Opening Ceremony

The International Chito-Ryu™ Karate Federation of Australia family recently came together in the beautiful Blue Mountains, NSW, to attend training seminars, meetings to discuss the future of the association and compete in the 5th event organised by the Blue Mountains and Regional NSW Karate Association. This was a chance for members and their families to renew friendships, meet new people, and develop their skills and to compete in an atmosphere of mutual respect. The platform that provides this opportunity is “The Blue Mountains Cup”.

International Chito-Ryu™ Karate Federation hosts the Soke Cup every three years and this is the benchmark in the life of the “International Fraternity” in providing a meeting point for all practitioners around the world. To reflect the ideals of the Soke Cup and continue to transfer many of the key features of this outstanding forum into a regional event has always been one of the aims of the organising committee and will continue to be a driving influence in the growth of the event.

The 2007 Blue Mountains Cup was held over the weekend of the 26th, 27th and 28th of October with seminars held at the Lithgow Dojo, Katoomba Dojo, ICKFA Annual General Meeting, a welcome dinner and the tournament being held at the Blue Mountains Grammar School. This provided a weekend for members of the ICKFA to come together in an atmosphere of collegiality, friendship and fraternity.

It was wonderful to welcome members from all of the ICKFA Regions including the Blue Mountains & Regional NSW, Sydney, Newcastle, Sunshine Coast and the Gold Coast. The atmosphere was very productive over the weekend with the seminars providing the opportunity for members to continue to develop their skills but more importantly to grow as a community and continue to refine and develop their character of technique and of the self.

A total of 86 competitors competed in the Blue Mountains Cup on the Sunday and the standard of skill displayed in both the Kata and Kumite events continues to grow each year. The junior divisions continue to grow and this is now filtering into the teenage and adult divisions. It is the goal of the regional committee to host a “Teams Tournament” in the near future and the great participation rates in all of the teams events, including the new addition of the Junior Team Kumite” are very encouraging.

It is the assistance of the volunteers, referees and the selfless work of the organising committee that ensures the success of an event like the Blue Mountains Cup. Thank you volunteers for your hard work and commitment to this event. The feedback and evaluations completed have been extremely useful in highlighting the successes and providing vital information to improve the event in 2008.

The most important aspect of this event was the opportunity for “A Learning Community to Meet” and grow together in all aspects of our lives. Events such as this must continue to be a time of reflection, evaluation, consolidation, and to pave the way forward. In 2008 the ICKFA Nationals will be held in the Blue Mountains and on behalf of the organising committee I would like to extend a warm invitation.



Sensei Sandra Phillips refereeing as Carlos Bellamy attempts mawashi geri

Blue Mountains Cup 2007 – Results

Blue Mountains Cup Champion – Adam Higgins

Kumite			
Event	1st	2nd	3rd
Junior A Mixed	Christian Gourlas (LI)	Aiden Thompson (LI)	Josh Crouch-Reeves (NC)
Junior B Girls	Tiffany Nikelvesski (OA)	Montanna Stewart (KB)	Kaitlyn McLaughlin (LI)
Junior B 10-11 Yrs Boys	Mitchell Case (LI)	Jarred Purnell (LI)	Daniel Giunta (OA)
Junior C 12-13 Yrs Girls	Emma Woodhouse (SC)	Suzanna Nisbet (KA)	Isabella Wagner (KA)
Junior C 12-13 Yrs Boys	Kobey Jones (LI)	Joel Thompson (LI)	Alex Hall (LI)
Junior D+E 14-17 Yrs Girls	Viktoria Crouch-Reeves (NC)	Linda O'Neill (KA)	Natasha Shiffers (GC)
Junior D 14-15 Yrs Boys	Ronnie Sikh (KB)	Mat Riley (NC)	Blake Johnston (LI)
Junior E 16-17 Yrs Boys	Carlos Bellamy (GC)	Peter O'Neil (KA)	Rhys Woodhouse (SC)
Adult 6 th Kyu + Woman	Kae Reeves (NC)	Helen O'Grady (SC)	Debbie Barnett (LI)
Adult 6th-4th Kyu Men	Duncan Bigg (SC)	Alan Sharman (KA)	Keith O'Brien (KB)
Adult 3rd Kyu + Men	Anthony Horgan (GC)	Adam Higgins (GC)	Shane Ker (KB)
Junior Team Kumite	NSW Peter O'Neil Viktoria Crouch-Reeves Matt Riley	QLD Rhys Woodhouse Tasi Schiffer Carlos Bellamy	
Adult Team Kumite	QLD Adam Higgins Anthony Horgan Helen O'Grady	NSW Shane Ker Kae Reeves Keith O'Brien	

Kata			
Event	1st	2nd	3rd
Junior Kata White-7 th Kyu	Daniel Guinta (OA)	Tiffany Nikolvski (OA)	Linda O'Neill (KA)
Junior Kata 6 th -4 th Kyu	Paul Epsimos (OA)	Jack Turner (LI)	Laura Case (LI)
Junior Kata 3 rd Kyu+	Viktoria Crouch-Reeves (NC)	Emma Woodhouse (SC)	Kobey Jones (LI)
Adult Kata 6 th -4 th Kyu	Natasia Schiffers (GC)	Carlos Bellamy (GC)	Kae Reeves (NC)
Adult Kata 3 rd Kyu+	Helen O'Grady (SC)	Anthony Horgan (GC)	Chris Johnston (LI)
Adult Kata Black Belt	Adam Higgins (GC)	Shane Ker (KB)	Rhys Woodhouse (SC)
Team Kata 10 th -4 th Kyu	The Kaspers Kae Reeves Mat Riley Keith O'Brien	Lithgow Ninjas Jack Turner Jessie Luchetti Mitchell Case	
Team Kata 3 rd Kyu +	New Blue Sydney Shane Ker Glen Snow Viktoria Crouch-Reeves	Blue Mountains A Chris Johnston Kobey Jones Peter O'Neill	

Dojo		1st	2nd	3rd	Total
Bathurst	BA	0	0	0	0
Gold Coast	GC	4	3	1	8
Katoomba	KA	0	4	2	6
Kogarah Bay	KB	1	2	2	5
Lithgow	LI	3	4	6	13
Newcastle	NC	3	1	2	6
Oatley	OA	3	1	1	5
Sunshine Coast	SC	3	2	2	7

ICKFA Tournament Circuit



All Ages
All Skill Levels

Sunshine Coast
Sydney
Gold Coast
Blue Mountains

Be part of the Fun!



SELF-DISCIPLINE

In Chito-Ryu™ karate we often talk about developing skills for life. What we are able to learn in the dojo should be emulated in life outside the dojo. One of the most important skills we learn through consistent hard training is that of self-discipline. Through self-discipline we develop a strong will power, a belief that we are able to achieve. We develop the strength to avoid the negative disruptive influences of others and to not be caught up in activities that disrupt society. Through our self-discipline we are able to live a healthy meaningful life, contributing to the betterment of society.

Discipline is a word heard often when talking about karate. The parent enrolling their child in to their first karate lesson will often say I want my child to learn more discipline.

The concept of discipline is a well used one. From an early age we are taught to "do what we are told" and "do not touch that". In a karate context sensei may say "to look straight ahead", "to line up straight" or "no talking". This command and response action is an example of discipline in a reactionary sense.

Whilst developing more discipline is definitely beneficial, an even more beneficial tool learnt from training in karate is the development of self-discipline. Rather than being told to "look straight ahead" when lined up, wouldn't it be better to be looking straight ahead already? When sensei calls *shugyo* everyone knows that they must quickly go to their position and stand in *musubi dachi* looking straight ahead. If we have been training hard and developed our self discipline then there is no need for the additional instruction to "look straight ahead".

The next level of self-discipline is to stay looking straight ahead awaiting the next instruction from sensei. This means that when the person next to you is moving around and laughing you do not turn to look at them, no matter how tempting it is. Instead you remain standing still looking straight

ahead. This ability to focus on the task at hand is one of the great skills we can take from the dojo in to all aspects of our life. Imagine how much you would accomplish if you did not allow yourself to be distracted. That report that requires completion, the home work that must be done, the washing that needs folding, all these jobs can be completed quickly when we focus on getting them done and not allow any distractions to interfere.



Self-discipline like everything else we learn in karate does not just happen. It requires diligent practice, it requires the ability to take control of the mind, to not allow the mind to act at random. You set yourself an objective and do not let the mind deter from this objective.

Initially you may have to tell the mind what to do, after practice the need to do this will decrease. In our karate training we are given many opportunities in our everyday practice to focus on our self-discipline and controlling our mind. Below are just three common examples of where you can work on your self-discipline.

SHIKO DACHI

When standing in shiko dachi stay low in the stance and do not allow yourself to stand up higher. When sensei is not looking do not allow yourself to stand up higher and rest, it is not about fooling sensei, you are only letting yourself down. When your mind tells you that your legs hurt, tell it no it doesn't. If you need to distract your mind, think about your breathing every breath going in all the way to the tips of your toes and all the way out. As you become more advanced you will be able to control your mind enough where you will think about nothing.

PUSH-UPS

When doing push-ups do every push-up all the way to the bottom. Do not allow yourself to do a half push-up. You would not let someone who is doing work for you do half a job so why let yourself do half a job?

KIHON

When doing your kihon (punches, kicks, blocks, stances etc) do not let yourself do a lazy technique. Every technique should be executed with full intensity and purpose with good focus. Do not allow this focus to waiver, when you feel your concentration drifting bring your mind back in line with your objective.

One of the important points to remember when learning to control your mind is to work on developing self-discipline not self-loathing. It can be easy to fall into the trap of berating yourself to achieve an objective, encouraging your self through the drill sergeant technique ("come on ya weak so and so", "what are you a girl" etc) can sometimes push you to achieve your objective but does not develop the long term benefits of self-discipline. Avoid berating yourself for not doing something, instead pull your mind back into the objective and focus on that.



Self-analysis is a legitimate and important tool for development, however you must also work on your self-discipline to ensure you analyze the technique for development purposes only not to berate yourself, do not let yourself think "I can't do it", instead focus on what you need to improve and the steps to achieve it.

The perfection of self-discipline like all our training is not an easy goal. Just like when you first learn how to step in seisan dachi it requires conscious effort to make sure it is done correctly.

The more you practice and the longer you have been practicing the less specific thought that is required to do it. But just like stepping in seisan dachi as you learn more and get better at it you need to go back and revisit it over and over again to continually improve.

By bringing self-discipline into all aspects of your karate you will not only improve your karate at a rapid rate you will also develop great habits for life outside the dojo. Successful people have confidence and a "can do" attitude, this comes from self-discipline. Successful people know that if they set their mind on something they can achieve it. They have proven to themselves over and over again that if they set themselves an objective and do not allow themselves to be distracted they can achieve anything. As karateka developing these same skills, we too can achieve anything.

Train hard and train well!

Punch Drill for Developing the Mind

The following drill is a karate variation of a common meditation technique used by beginners who are having trouble controlling the chaos in their minds when trying to think about nothing.

This drill is not about working on the technique of the punch, the objective is to be able to just perform the technique. It is recommended that beginners have developed good control of their punch in particular keeping a straight wrist, hitting with the correct knuckles and punching on target before attempting this drill.

1. Stand in front of a punch bag or makiwara.
2. Form a good stance.
3. Perform a gyasuki with full power and good technique.
4. Try and perform 10 punches, if your mind wanders start again from 1.

Examples of mind wandering –

- x Chastising yourself for poor technique
- x A drop in power
- x Punch not on target
- x Thinking about what you will do next
- x Thinking about how good/bad etc you are getting.
- x Thinking about what others are doing.

If done properly there is no judgment, no thought, there is just the punch.

ICKFA Dojo News



Kogarah Bay

by Shane Ker Sensei

A little about the dojo - Kogarah-Bay dojo as the name suggests is close to the banks of Kogarah-Bay and it is a privilege to be able to teach karate at such a great location. To be able to face the bay and train every night with the windows open and the sea air blowing through the hall really makes training at such a dojo enjoyable.

The dojo services directly the suburbs of Kogarah-Bay, Beverly Park, Sans Souci and Ramsgate which are all within walking distance. The close vicinity of the dojo to so many suburbs means the dojo has a real community atmosphere and in fact a number of students and their parents meet on a corner and all walk to the dojo together, sometimes picking students on their way. The dojo parents are great in supporting the dojo and also in their assistance promoting it as they see it as a real service to the area. As we are now in daylight savings we can start to utilise the running track around the bay and the grassy areas on the water. Long Live daylight savings... "Sorry Queenslanders".

As we come to the end of the first year of the Kogarah-Bay dojo it is great to be able to report and comment on the improvement of all student's in not only the way they perform their renshu but also their attitude towards their training, their dojo and to the sensei's of the dojo. This attitude is evident in grading and tournament results over the past year. It is also great to see some of the more senior students stepping up to take on a more leadership role in the dojo. As new students come into the dojo I would really hope that more students step up and make the new students welcome and show them the ropes. I think all students have clearly achieved their goals in 07.

Of special note for 07 are the students who stepped up in the tournament for the first time, one student after only 3 weeks of training. A congratulation's to the following student's: Ronnie, Montana, Dean, Camran, Keith and Karn. I hope for the next tournament we have close to 100% participation.

08' will be even a bigger year for Sydney Dojo's with the first tournament being held in Sydney since the late 80's. All the student's and parents from both Kogarah-Bay and Oatley dojo's are really looking forward to contributing to make the tournament a success and really put Chito-Ryu™ in Sydney back on the tournament map. It is great to note that the tournament has a major sponsor and a special guest, my father, former President and Honbucho of the style Bill Ker. I'm hoping that there will be many more special guests at the tournament in the form of previous members of Chito-Ryu™ and especially former sensei's of the style from Sydney.

In terms of the future direction of the dojo I really hope the students currently in the dojo work hard to get to their next levels and from a dojo population point the plan would be to increase the numbers to at least 50 students across the kids and adult classes. This is a big target however certainly achievable in an area the size of Sydney.

For the events coming up:

- Good Luck to all students taking their End of Year gradings in a couple of weeks. Everyone has worked hard to get where they are so I'm hoping we have a lot of good results.
- The Sydney Tournament will be on the 17th and 18th of May so come to Sydney, have a great time exploring the city and a great tournament. Information will be sent out early 08'

Finally thank you to Sensei Craig Cox (assistant teacher – Kogarah-Bay Dojo) for all the hard work you have put into the dojo and the students. It is very hard running a dojo and teaching every night on your own so without Craig times would be a lot harder. Craig also adds another dimension to the teaching at the dojo which always keeps things interesting.

Thanks also to Noonan Honbucho who is the Chief Instructor for both Oatley and Kogarah-Bay dojo's for your assistance in teaching at Kogarah-Bay.

ICKFA Dojo News

Blue Mountains & NSW Regional Dojo's (Katoomba, Lithgow & Bathurst)

by Mark Snow Sensei

2007 in Review

2007 has been one of the busiest years that I have ever experienced during my involvement in Chito-Ryu™ Karate-Do, over a period of 23 years. The Blue Mountains and Regional New South Wales Association continues to work extremely hard to promote the goals of the ICKFA and develop a culture of team work, collegiality and support.

During the year we have welcomed many new members and their families into the regional dojos and to be apart of the process of offering guidance to individuals setting their goals and working hard to achieve them is still a great source of pleasure that motivates me to work harder to promote the values of Chito-Ryu™ Karate-Do.

2007 Highlights

Soke Sensei's Visit

It was with great excitement that we all welcomed Soke Sensei back to the Blue Mountains Region during May of this year. Soke Sensei had visited the Lithgow and Katoomba Dojo during his 2005 visit and to have the guidance of this outstanding martial Artist, once again, was truly inspirational. Soke Sensei visited the Blue Mountains Karate Academy, in Lithgow and also the Katoomba Dojo. Everyone is eagerly awaiting Soke Sensei's next visit to the region.



Soke Sensei with Lithgow Adults



Soke Sensei with Lithgow Kids



Soke Sensei with Katoomba Class

Bathurst Dojo Opens

Sensei Colin Phillips opened Bathurst Dojo during the last week of February at the PCYC in Bathurst. Colin Sensei has been studying Chito-Ryu™ Karate for the past 30 years and personally taught me during my first karate lesson. During these years he has always led by example and continues to be such a wonderful role model for so many members past and present.

The Dojo has steadily grown this year and it has been an absolute joy to visit Bathurst Dojo and to be greeted by such wonderful manners, growing technique and a group of supportive and caring parents/caregivers. Congratulations to Sensei Colin and to all of his students and their families for making 2007 such a wonderful year.

Glen Snow Grades to Shodan – “Tradition Continues”

Lithgow Dojo welcomed a new Shodan into the ranks this year with long time student Glen Snow successfully passing the black belt assessment at Camp 2007. Glen started his training back in the early eighties under the instruction of Sensei Chris Brown, the founder of Lithgow Chito-Ryu™ Karate-Do.

Glen returned to the Dojo about 8 years ago and reassessed his goals and made the commitment to work towards gaining his Shodan. Glen now joins the group of black belts that have come out of the Lithgow Dojo over the past 30 years. Congratulations and all the best for the future.



Glen Snow Sensei performing Henshuho

ICKFA Dojo News

Bathurst

by Colin Phillips Sensei

Chito Ryu Karate started in Bathurst for the first time during the second last week of February 2007.

The dojo is located at the PCYC at Bathurst and training is held each Tuesday during the school term, the junior class train from 5.30pm till 6.30pm; seniors train from 6.40pm till 7.45pm, brown and black belt training continues from 7.45pm till 8.15pm.

The Bathurst dojo has 19 people training on a regular basis.

It's been a busy year for Bathurst students starting early in the year with an open day in May at the PCYC with students doing a demonstration which turned out to be a fun day; as a result of the Demo we had some new students start the following week which was great.

The next major event was a visit to Australia from Soke Sensei, some Bathurst student traveled to Lithgow to train with Soke Sensei, unfortunately with a busy schedule Soke was unable to come to Bathurst on this occasion.

The National camp held at the Sydney Academy of Sport was a success and one of the seniors Jeff Tolhurst and myself attended the camp which turned out to be a weekend filled with hard training and many new training ideas as always after training with Soke Sensei.

Mark Sensei is a regular visitor to the Bathurst dojo for training and to undertake gradings the Bathurst students look forward to his visits, having Mark Sensei visit ensures we are moving ahead to achieve our goals, Mark Sensei's saying or motto this year has been "training together for the future" which we can all really relate to in the Bathurst dojo.

We have published two newsletters this year; we had over 50% of Bathurst students competing in the Blue Mountains Cup which was enjoyed by all who attended.

I'm really looking forward to 2008 already with Tanaka Sensei's visit and so many more opportunities and events to train together grow as individuals and as a dojo; and most importantly have fun in our training.

Bathurst Dojo at the Blue Mountains Cup

On the day Mathew Foran and Jesse Raymond competed in the 10th to 7th Kyu Kata and made it into the second round, Jonathon Raymond made it into the third round in the same event.

The Bathurst students really enjoyed the Blue Mountains Cup especially the team kata with three teams entering from the Bathurst Dojo, the students are keen to take part in future events.

Back Row - Jesse Raymond, Jonathon Raymond, Colin Phillips Sensei, Amy Raymond, Jacqueline Raymond, Emily Geerkens, Alex Raymond
Front Row - Brendan McMahon, Kane Dennis, Ben Geerkens, Mathew Foran.



ICKFA Dojo News

Newcastle

by Greg Field Sensei

The Newcastle dojo has been opened for approximately one year. Training takes place at the Marmong Point Community Hall, which has an ideal outlook over Lake Macquarie.

While student numbers are still small in the dojo, we have a dedicated and enthusiastic group of students. In the dojo we emphasise the budo values of karate and maintain a family oriented outlook.

There have been a number of highlights for the dojo in recent times and these include:

- The success of Viktoria Crouch-Reeves at the Soke Cup in Norway. Viktoria won a silver medal in both kata and kumite.
- At the Blue Mountains Cup we had four students compete, that being Joshua Crouch-Reeves, Matt Riley, Viktoria Crouch-Reeves and Kay Reeves. All of the students were successful in winning a medal and in total they won 12 medals.

The dojo has a number of junior white belts who have just passed their first grading. It was pleasing to see these students progressing well in their karate.

Everyone in the Newcastle dojo look forward to building on these successes in 2008.



Gold Coast

by Adam Higgins Sensei

The Gold Coast dojo continues to grow with a number of new kids and adults starting their Chito-Ryu™ journey over the last couple of months.

For many the upcoming December grading will be their first, and whilst a grading can be a nerve racking experience the hard work they have been putting in will certainly pay off. Some of the more experienced members will also be stepping up to challenge for the next level, all looking to show Sensei Martin how much they have improved. Good luck to everyone attempting their grading!



The dojo has recently undergone some changes with the additions of mirrors and a makiwara. A big thank you to Phil Heath for his donation of these items and also his time in installing them. The mirror has proved a huge help for all students in seeing exactly where to work on their techniques.

Gold Coast karateka continue to perform well at tournaments, following on from Anthony Horgan's success at the Soke Cup, 5 Gold Coast karateka participated in the Blue Mountains Cup with again a number of medals won and a great time had by all. Congratulations to Anthony Horgan, Tasi Schiffers, Carlos Bellamy and Kathleen Smith for making the journey to the Blue Mountains. The number of participants at tournaments and camps continues to grow, in 2008 even more Gold Coast karateka will be participating in the national events!

ICKFA Dojo News

Sunshine Coast

By Martin Phillips Sensei

New Black Belt

Sam Henderson one of our senior members sat his black belt examination. Earlier this year, Sam had moved to Brisbane in order to work but travels to the Sunshine Coast weekly to continue his training. The grading panel were very impressed with his growth and the standard he displayed, giving him a pass result which brings Sam into a small group of only 4 students who have graded to the level of black belt since the sunshine coast dojo was established over 7 years ago.

School Holiday Program

Congratulations to all who attended (24-28 September)

Emma Rhodes Pery, Alex Scimonello, Mitchell Booker, Charlotte O'Grady, Jye Harding, Liam Rhodes Pery Emma Woodhouse, Jenny Sherar, Jamie Scimonello, Emma Moehead, Benjamin Wolter, James O'Grady, Dayton Johnston, Jackson Keogh Taylor, Luke Moulden, Scott Moulden, Hunter Johnstone, Donnell Cook



2007 – A Year in Review

2007 was a big year for the ICKFA with lots of new faces commencing their training. Some big events occurred including the Soke Cup, the national titles being held in QLD for the first time and the visit of Soke Sensei to many of the dojos and the National Camp.



April/May - Soke Sensei Dojo Visits

Soke Sensei visited the Gold Coast, Sunshine Coast, Sydney and Blue Mountains dojos before attending the National Camp.

Left - Soke Sensei taking a kids class at the Gold Coast dojo.



May – National Camp

Special guest instructor for the 2007 National Camp held at the Sydney Academy of Sport and Recreation, Narrabeen was Soke Sensei. Karateka from every dojo participated in the 2 days of training, which included a dan grading.

Left - Camp Participants

Bottom Left – Morning Training

Bottom Right – Soke Sensei working with Viktoria Crouch-Reeves



June – ICKFA National Titles

For the first time, the Chito-Ryu™™ National titles were held outside of NSW, with the Sunshine Coast hosting the titles.



Left – Opening Ceremony of the 2007 National Titles

2007 – A Year in Review



June – 2007 National Titles

Left – Helen O'Grady performing Seisan

Bottom Left – Kumite action

Bottom Right – Sensei Adam McDonald and Sensei Mark Snow demonstrating knife defense



July – Kangeiko

Special winter training is conducted in the Blue Mountains and on the Gold Coast each year. Kangeiko is a test of spirit.

Left – Sensei Mark Snow Waterfall Training

Bottom Left – Kata at Rainbow Falls, Springbrook

Bottom Right – Sensei Adam Higgins Waterfall Training



2007 – A Year in Review



Soke Cup

An Australian team attended the first Soke Cup to be held in Europe at the historic city of Bergen in Norway.

Left – Soke Sensei

Bottom Left – Australian Team

Bottom Right – Noonan Sensei and Snow Sensei



Blue Mountains Cup

The Annual Blue Mountains Cup was once again a terrific event, bringing together the Australian Chito-Ryu™ community. A highlight of the event was the large number of junior competitors.

Left – Kathleen Smith vs Amy Jones

Bottom Left – Juniors waiting to perform kata

Bottom Right – Tasi Schifflers performing Shi Ho Hai



Members Profile

Name: **Peter O'Neill**

Age: 17 years old

Rank: 3rd Kyu

Dojo: Blue Mountains – Katoomba



Tournament Results:

- 2007 ICKFA Nationals - Kata 2nd, Kumite 2nd
- 9th International Soke Cup Norway - Kata 11th, Kumite 4th, Team Kumite 2nd
- 2007 Blue Mountains Cup - Kata 4th, Team Kata 2nd, Kumite 2nd, Team Kumite 1st

How long have you been doing karate?

I have been studying Chito-Ryu™ Karate Do for two and a half years. Before starting karate I participated in playing Soccer, Athletics, Volleyball, Swimming, Basketball, Golf and Indoor Soccer. I have done no previous styles of karate or forms of Budo.

Why did you first start Chito-Ryu™ karate?

I first started Chito-Ryu™ karate due to being persuaded by my parents to give karate a go. I used to think karate was like the movies a violent aggressive magical style so I didn't want to do it. After experiencing Chito-Ryu™ being taught by Sensei Mark and then Senpai Adam I recognised I was wrong. My mother worked with Sensei Mark at a local school Katoomba. Once I began Chito-Ryu™ karate I have not stopped training it since.

Do any of your family or friends train with you?

My sister Linda trains with me occasionally at the dojo. I have made many friends with in the Chito-Ryu™ group in New South Wales and Queensland.

How often do you train at the dojo?

I currently train in the Dojo one to two times a week both at Katoomba and Lithgow. At Katoomba I help to assist warm ups for the kids class and occasionally the adolescents class.

Do you train at home? If yes, what do you do?, where do you train?

Yes, I do train at home I train either in my garage outside under the sun and moon and in the family room. What do I do? I train many different things varying week to week mostly kata's. I also train with the Sai and Bo using movements from Chito-Ryu™ Kata and bunkai, I practice ukemi on the grass and I often stretch watching TV.

What is your favourite thing about training in Chito-Ryu™ karate?

My favourite thing about Chito-Ryu™ karate is always learning new things to improve my knowledge of karate and Budo.

What is the most challenging thing in your karate?

The most challenging part of my karate is removing incorrect technical habits.

What is your favourite karate technique?

I enjoy all aspects of Chito-Ryu™ karate. I don't currently have any particular favourite technique.

How has karate helped in your life?

Karate has benefited my life in many ways it has guided me and has given me further confidence in myself, it has shown me if I work hard I will succeed. Karate has taught me important leadership roles necessary for the work force and being a leader at school. Karate has guided me to be more individual.

Describe your favourite Chito-Ryu™ karate moment.

I have had many favourite and memorable moments. I believe my first memorable moment was probably scoring my first point against a sensei at a Soke Cup training squad in Sydney. My trip to Norway will probably be one of my most memorable experiences. I enjoyed the experience with the other members of Chito-Ryu™ Karate.

What is your karate goal?

My karate goals are to become a shodan then junshidoin and instruct a dojo of my own. My goal is also to visit the shohonbu in Japan. I also would like to compete in future Soke Cups.

Anything else you would like to add?

I would like to thank my parents for supporting my karate and insisting that I try karate. I would also like to thank Sensei Mark for instructing me and for persevering with teaching me.

Members Profile

Barry Rosenberg, a Mature-Aged Beginner

In the course of trying my hand as a sports writer, Sensei Martin Phillips suggested that I might like to contribute to the *River of Knowledge*. I was, of course, very happy to be asked to do this and we both thought that it might be interesting to record my experience as an older beginner at Chito-Ryu™ Karate.

The first question, then, is what do I mean by older. Well, I'll tell you. But it's a secret, OK? I'm sixty-four. In fact, by the time that you read this, I'll be closer to sixty-five. So read slowly, please. Make every second count.

Am I really a beginner? At Chito-Ryu™ Karate, yes. I have been training only for the past 3 to 4 months. I did a soft form of Karate from 1968 to 1970. I think it was called *Shotokai*. I have also trained in judo and aikido. In the past 2 years, I did taekwondo but that centre had to close. So for a few weeks, I began to haunt various *dojo* on the Sunshine Coast. It was an interesting experience. Perhaps you know it? I found one instructor who couldn't punch. Another who asked what we'd had for breakfast and then spent forty minutes talking about himself. There were good clubs but I particularly liked what I saw at Chito-Ryu™, both in terms of the training and the instructors. (Anyone blushing?) Also Dave, a fellow tennis player, had strongly recommended Chito-Ryu™ to me. (So his daughters could beat me up?)

I usually train twice a week at Karate, sometimes three. I play tennis twice a week, sometimes three. I train at home twice a week, sometimes three. My weeks are killing me! I'm beginning to feel my age.

A couple of years ago, I bought my first punch bag. Everyone should have one. It lives under the house. This year, I spent a few months in enclosing the underneath area. One half of which serves as my workshop. The other half serves as both *dojo* and art studio. My wife and I time-share. The area is large enough to practice basics and *kata* – with a bit of shuffling around. My wife finds the house shudders when I hit the punch bag. I shudder when the punch bag hits me.

There are several aspects of training that I like. One, a surprise to me, is that I like training with the youngies. It requires a special caring and it can also be very funny. I'm just grateful that I'm not in charge of the class! In the training itself, I like what I see of the mix of traditional Karate, plus sports Karate, plus weapons training. Perhaps my favourite activity is what I call semi-sparring. One person attacks, one person defends. This seems to eliminate the injuries that come with full sparring, especially when one hasn't put on protective gear.

For me, the most challenging aspect of Karate are sidekicks and roundhouse kicks. My body just doesn't want to stretch in that kind of way. It means that my favourite karate technique is falling on my back. Well, it might not be my favourite but it is my most frequent. Otherwise, I find the use of kick shields very informative. I thought I was quite strong but I'm really amazed at how weak my kicks are.

Has karate helped in my life? I was brought up in a rough part of London. As a member of a minority group, I was always at war with the mainstream. In my last years at school, I did boxing. At uni, I did judo and, as a postgrad, I got to be the instructor. At the time, I thought these activities were good because they made me a better fighter. Looking back, I see that their real benefit was to provide a controlled environment to get the aggro out of me. I'm sure Karate does that, too.

I think that's pretty important so I might repeat it. Hitting and kicking bags, shields, or prepared partners, gets the aggression out of us without us having to feel aggressive.



"There were good clubs but I particularly liked what I saw at Chito-Ryu", both in terms of the training and the instructors."

Members Profile

Barry Rosenberg, a Mature-Aged Beginner (cont)

In addition, our classes use the higher grades to assist the lower grades. This is a good way of building self-confidence. It can create memorable moments, too. I remember well when Chris Ring and I were being instructed by a boy who only came up to our kneecaps. Chris is a young fellow of 58 and both of us are height-challenged. The boy adjusted to this responsibility in a very serious manner.

So what does it mean to be an older student of Karate? Well, if there's someone who's groaning aloud, it's me. Age slows me. Age allows me to groan. I have to rush home to a hot shower while I can still move. An hour later, I'm stiff as a board. But it's still great fun. Nor would I say that I'm slower in learning movements and patterns than younger students. Age or experience can make up for slower reflexes or slower learning ability. With the youngies, the cup is half empty. With the oldies, the cup is half full.

Three times at judo and aikido, I have attained 1st kyu but never got to black belt. I've moved country or moved town or changed interest. So, at the moment, I have two goals with Chito-Ryu™ Karate. I'd like to acquire a black belt before I'm seventy (70!). The other goal is to teach Karate to seniors. I did teach tai chi for quite a few years but I think Karate would be more fun.

The last paragraph reminds me of the quote in our local Karate newsletter:

A black belt is a white belt who never gave up.

That's so true. And it applies to all aspects of our life. Unfortunately, it's the rare person who knows it at the time.



"A black belt is a white belt who never gave up."

Photo 1: Barry tries a roundhouse. Chris Baker catches it.

Photo 2: Chris is begging forgiveness as Barry prepares to stomp on him.

Photo 3: Oh dear, Barry has fallen down again.



Photo Album

Your Photo's wanted!

If you have a photo you would like to see in the River of Knowledge please email to adam.higgins@gckarate.com.au



Conor Emery (Gold Coast)
2007 National Titles



Adam Higgins & Anthony Horgan (Gold Coast)
2007 Kangeiko



Aidan Leask
(Sunshine Coast)



2007 Gold Coast Kangeiko
Rainbow Falls, Springbrook



Anthony Horgan (Gold Coast)
2007 Blue Mountains Cup



Kaleb Metherall
(Sunshine Coast)



Jarrod Hansson (Gold Coast)



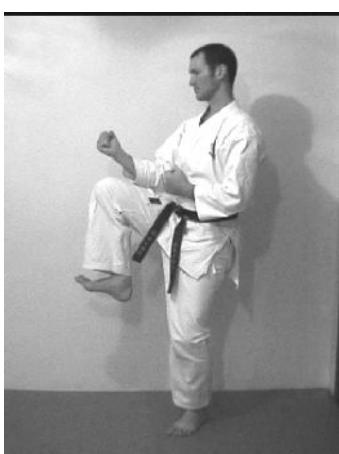
Conor Emery (Gold Coast)
2007 Beach Training

Technique Workshop

Mae Geri (Front Kick)



1



2

Points to consider:

- Eyes – correct focus
- Stance – correct foot position, length, width, knees bent
- Guard – Covering your centre
- Posture
- Correct form – up, out, back, down
- Foot position
- Correct target
- Guard
- Hiki ashi (leg pull back) with good balance

Suggested method of practice:

- 1) Select one key point at a time to develop.
- 2) Use a mirror to fine tune your technique AND/OR have a friend/parent/training partner to watch and assist you.
- 3) Aim to review all key points throughout the month.



3



Bina Schiffers using Mae Geri at the 2007 National Titles

Technique Workshop

Counter against kizami (front punch)

The following counter attack can be used for self-defense or sports karate. When executed with the correct timing the opponent will “run on” to the technique catching him/her at a vulnerable time.



As the attack comes in use tai sabaki (body evasion) to avoid the kizami.

Step across with the back foot to the blind side of the opponent ensuring you step far enough across to allow sufficient distance for the counter attack.



As soon as your back foot is planted lift the front leg in preparation to perform a mawashi geri.

Keep the front hand up to protect from the opponents potential follow-up attack.



Execute a mawashi geri. The target for the mawashi geri is:-

Self-defence:- Groin or Sternum (striking with the ball of the foot)

Sports Karate: Across the stomach (strike with the flat of the foot)



Ensure good hikiashi (pull back) to be clear of the opponent, maintaining good zanshin. If required a follow up technique can be performed to the opponents exposed side, back or head.

Fitness Corner

Warm-Up Stretching

by Colin Phillips Sensei

One of the most important aspects of Karate preparation is the thorough stretching of your muscles.

Stretching is a vital action that protects your muscles, joints and connective tissues, allowing you to maintain exacting control over your movements with less chance of injury.

However, stretching your muscles is not the same as 'warming up'.

You're warm up exercise, which can simply be walking until your sustained heart rate ensures an increased blood flow to your muscles, should be partnered with your stretching to help you achieve the greatest range of movement, with the least amount of stress on the body. It is essential to remember that training one's body to fully release a contracted muscle and attain the maximum 'stretch' of that muscle, is as important as training one's body to sustain the contraction of a muscle. You also need to be aware that your warm up and stretching are immediate preparations for performing your Karate exercises. Muscle elasticity, stored energy and increased blood flow quickly subside if the body is not put to work right away.

Proper stretching takes time to learn, and time to perform. To achieve the greatest benefits from stretching, you must first learn your limits. These limits will involve the amount of stress any of your joints and your connective tissues, tendons and ligaments, can safely endure. Stretching is intended to help you be less prone to injury, not to create injuries through improper or excessive stretches.

Learning your limits can involve some trial and error unless you take some time to educate yourself on your own anatomy and to listen carefully to experienced Karate practitioners or to your Karate instructor. Do not approach stretching in a detached manner. You are tuning your body in order to move effortlessly through your Karate technique, and you should respect such preparations.

The amount of time a stretch 'should' be held is a variable as infinite as the number of elements that make each person a unique individual. A beginning Karate student may find that they can only hold a stretch position for a few seconds at a time. This is no cause for alarm, because you are asking your muscles to do something they are unaccustomed to doing. With careful, consistent repetitions, even a beginner to Karate will find they can perform stretches that reward them with greater flexibility and stamina.



A simple manoeuvre can reveal the sensation of a stretched muscle and its associated tendons and ligaments. Slowly open your hand, extending your fingers and thumb as far as is naturally possible, and then hold them in that position. You should experience a feeling that each finger is 'growing'—shooting past its own fingertip. The feeling may be intense or very mild, but is directly caused by the stretching of the muscles, ligaments and tendons of the hand. This same sensation may be felt in other parts of your body when you stretch, and it's a good idea to be mindful of every sensation your body relays when stretching or exercising. The body communicates through sensation, including pain, so be aware that if you have been stretching regularly and notice a continued soreness, for several days for instance, that seems associated with muscle ends (ligaments and joints)—it's time to re-evaluate your stretching.

Over-stretching soreness can usually be easily remedied by simply easing back on your stretch hold times, and by switching to alternative positions that stretch the same muscle group without taxing the sore ligament or joint.

Now I need to heed my own advice and get back to stretching on a regular basis especially as my body is getting older and less flexible as a result.

Enjoy your training, warm up and stretching.

Calendar of Events

Ask at your dojo for more details about any of these events

December 2007

8th – Summer Grading (Gold Coast)
9th – Summer Grading (Sunshine Coast)

January 2008

February 2008

March 2008

April 2008

11-13th - ICKFA National Camp

May 2008

18th – Sydney Tournament (Date TBC)

June 2008

8th – Sunshine Coast Tournament

July 2008

August 2008

10th Blue Mountains Tournament

September 2008

14th Gold Coast Tournament

October 2008

25-26th – ICKFA National Titles (Blue Mountains)

November 2008

December 2008

International Chito-Ryu™ Karate Federation of Australia Inc

Sydney & Newcastle Region Instructors



Mike Noonan Sensei
5th Dan, Shihan
Honbucho
Sydney Region
Head Instructor
"Tasseikan" Oatley Dojo



Greg Field Sensei
3rd Dan, Jun-Shidoin
Newcastle Dojo



Shane Ker Sensei
2nd Dan, Jun-Shidoin
Kogarah Bay Dojo
"Tasseikan" Oatley Dojo



Craig Cox Sensei
1st Dan, Jun-Shidoin
"Tasseikan" Oatley Dojo
Kogarah Bay Dojo

Blue Mountains & Western NSW Region Instructors



Mark Snow Sensei
4th Dan, Shidoin
Sohonbu Representative
Blue Mountains &
Western NSW
Head Instructor
Lithgow Dojo
Katoomba Dojo



Colin Phillips Sensei
2nd Dan, Jun-Shidoin
Bathurst Dojo
Lithgow Dojo
Katoomba Dojo

Dojo Websites

www.sydneykarate.com
www.bluemaintainskarate.com
www.karate4life.com.au
www.gckarate.com.au

South East QLD Region Instructors



Martin Phillips Sensei
4th Dan, Shidoin
Sohonbu Representative
SE Qld Head Instructor
Sunshine Coast Dojo



Sandra Phillips Sensei
3rd Dan, Shidoin
National Coach
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Adam Higgins Sensei
2nd Dan, Jun-Shidoin
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