



River Of Knowledge

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

Issue 5 – Winter 2008

A Step Back in Time

Chito-Ryu History in Lithgow

Student Profiles:

Cordelia Campbell

Matt Foran

Sydney Regional Tournament

2008 ICKFA Gasshuku Review



Breathing in Karate

Editorial

It has certainly been a busy month for everyone in Australian Chito-Ryu Karate with Tanaka Sensei on our shores and the first Sydney Tournament for many years.

Personally it was very pleasing to see a tournament in Sydney again. I started in Chito-Ryu in 1996 and unfortunately only a small number of students still existed in that region. Having heard about the large classes that used to exist in Sydney it is fantastic to see that the region is stepping in the right direction and is well on its way to returning to its glory days. Congratulations to Sensei Shane Ker, Sensei Craig Cox and Sensei Mike Noonan for running a very successful tournament and all their hard work in promoting Chito-Ryu in Sydney. For a full tournament report see page 9 of this issue.

Tanaka Sensei took the time to visit various Australian Chito-Ryu karate dojos inspiring all levels with his energy and enthusiasm. For those lucky enough to be able to attend the annual camp they got to experience two days of intensive training with Tanaka Sensei and whilst some of us left feeling a little sore, we all left with big smiles on our faces. Check out the article on page 5 for more on the camp.

This issue we have the opportunity to delve a little into the history of Chito-Ryu in Australia with Sensei Mark Snow sharing some of his memories and photos from the early days. There have been a lot of people that have come before us in Chito-Ryu in Australia and it is important we do not forget the contribution they have all made. Whilst a lot of the people are no longer actively involved in Australian Chito-Ryu it is through their efforts, training and instruction that our current instructors have got to a position where they can pass on their knowledge to us all.

On a final note before you enjoy the latest issue of your River of Knowledge a reminder that this magazine is for you the members of Australian Chito-Ryu, if you have any comments, stories, photos or simply ideas on what you would like to see please send it in, all contributions are welcome!

Regards
Adam Higgins

Questions, comments, contributions?
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River Of Knowledge

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2008 ICKFA Gasshuku p5



Presidents Report

Sensei Martin Phillips (Yondan, Shido-in)

Sydney Tournament

Message from Shane Ker Sensei -

<http://www.chitoryu.com.au/resources/index.php?pg=members.news&news=20080520> (login required)

Congratulations to Shane Ker Sensei and the Sydney team on your efforts hosting the 2008 Sydney Regional Tournament. Talking with Ker Sensei prior to the event, we were thinking back trying to remember the last time there was a Sydney tournament, we weren't 100% certain, but, it's was around 1991. With Sydney as the birthplace of Chito-Ryu in Australia, it is great to see a regional tournament returning to our national calendar of events and I look forward to many more in the future.

Historical Photos

Also on the Sydney tournament weekend, Bill Ker Sensei (Shane Ker Sensei's father) shared his personal karate photo album with us. He has given us the opportunity to scan his entire album so as to add to our historical records on the national website. The scanning is now done, but we still have a lot of work properly recording as much information about each photo as possible, and there are 100's. Bill Ker Sensei was the 2nd Chief Instructor of Australian Chito-Ryu for several years until his retirement, and from time to time he still joins us for special events and tournaments. Here are 2 of my favourite photos from the collection.



1974 Tournament – Featuring Bill Ker Sensei. Before and after his jumping kick.



2008 ICKFA Annual Gasshuku

11-13 April

By Sensei Adam Higgins

The 2008 International Chito-Ryu Karate Federation of Australia annual gasshuku (training camp) was once again a great success with a record number of participants and a great time had by all. Held at the excellent facilities of the Sydney Academy of Sport and Recreation in Narrabeen the gasshuku attracted karateka from every Chito-Ryu dojo in Australia, and of course our special guest instructor from Japan.

As part of the ICKFA we are very fortunate to have access to not only some of the best Chito-Ryu karateka in the world, but the privilege of training with some of the best martial artists in the world. At this year's gasshuku the special guest instructor was Renshi Hiroshi Tanaka, Rokudan. Tanaka Sensei is a student of karate-do and shows by example the way of karate, not just karate technique.

Camp participants started arriving on Friday, the kids arriving with lots of energy excited about meeting new friends, reacquainting themselves with old friends and the anticipation of the weekend ahead creating a lot of energy. Whilst equally excited the older and more experienced members chose to conserve some energy for what lay ahead.

Saturday

Saturday morning 6am the first formal training of the camp commenced. First on the agenda was preparing the hall for our training. Souji is the cleaning of the dojo, and is not only done to ensure a clean and hygienic dojo but is also an important part of training. Through souji we remain humble, develop respect and develop a sense of responsibility.

Seiza was performed for 15 minutes at the start of training, for many students this is the longest time they have done seiza, with the added hardness of the wooden floor (for those that train on soft mats in their dojo) seiza can be an interesting test. It was fantastic to note that there was minimal noise from the younger students in the back rows, a great testament to their discipline and a great way to start the training.

After introductions of the special guest instructor Tanaka Sensei training commenced. After a warm-up Sensei took us through the kihon, with numerous punches, stepping and kicking everyone soon had a sweat up. Tanaka Sensei pointed out that the training we were doing was the same as the morning training conducted every day at the Sohonbu

A particular focus of the morning training was stepping in Shiko Dachi. Tanaka Sensei made the point that we should drive through with our stance using the back leg, rather than "pulling" ourselves through with the front leg. The indicator of whether the stance was being done correctly was the back foot; if any part of the back foot (especially the heel) came off the ground when you were stepping then you are doing the stance incorrectly. To practice the adult students performed shiko dachi around the outside of the dojo area (2 basketball courts), whilst at the same time the younger students moved around a smaller path on the inside of the dojo area.

After a hearty breakfast everyone returned to the dojo for the second session of the gasshuku. Tanaka Sensei got everyone pumping with a vigorous warm-up working up and down the dojo floor both singularly and spinning with partners. Everyone tried extra hard to impress Sensei by being first to the other side, and by having the loudest kiai and biggest spirit. The session continued with everyone breaking up in to different groups. This provided many of the students an opportunity to train with a sensei from a different dojo, a fantastic opportunity that the gasshuku provides.

The afternoon session began with the black belt gradings. The gasshuku provides the only opportunity in the year to challenge for a dan or teacher grading in Australia. Congratulations to Sensei Craig Cox who successfully passed the physical aspect of his nidan grading. Sensei Craig also has to complete the theory component to be awarded his Nidan.

The black belt session followed with Tanaka Sensei focusing on a correct hikite. Particular attention was paid to the correct hand position, the scraping of the gi to ensure a straight punch. Special attention was given to ensuring a strong pull back that remained "glued" to the side of the body. In Tanaka Sensei's words "it must be like it is glued to your body, not with the cheap glue but the best quality super glue".

Training continued for all levels with a focus on Kumite footwork. Tanaka Sensei was able to demonstrate his ability to seemingly glide over the surface with his footwork. His perfect posture and effortless transition between stances left no doubts about how fast and powerfully he could move if required. For the rest of us "effortless" may not have been the best description, however spirit and effort showed and everyone finished with another piece of the karate puzzle to work on.



A fantastic dinner was followed by an impromptu skit show. The Sydney dojo performed a skit involving NRL teams and an apparent trouncing of the Rabbitoh's which just happened to be the team Sensei Shane Ker follows. As an AFL supporter I didn't quite get it but the laughter and knowing shakes of the head from the crowd showed that it made sense to everyone else!

The next act was an amazing trick horse that had the ability to jump numerous people, unfortunately as Sensei Martin Phillips found out the trick horse hadn't mastered the art of bladder control!

The night finished with rounds of charades as all the kids did their best impersonations and re-enactments to great laughter and applause. Before the night got to far way everyone retreated to their beds to get ready for the next mornings training.

Sunday morning started bright and early with seiza and kihon reinforcing the lessons from the previous day. After a slow start everyone got right in to the training building up a lot of spirit with loud kiai's. Each of the kata was performed up to the highest level kata. For a lot of the karateka this was the first time they had seen some of these kata performed. It was also the first time they had seen some of the yudansha from the different dojo's perform their kata.

All to quickly the last session of the gasshuku was upon us. Whilst the muscles were beginning to ache from the amount of activity over the weekend everyone continued to push through to the end to make sure they got the most out of the experience. Once again everyone split up into groups to focus on kata. Tanaka Sensei took the brown and black belts stopping for more detailed explanation and study of certain techniques in the kata. A strong focus was put on yoko geri ensuring that the leg followed the correct path, when done right a crisp snap of the gi could be heard. For some of us the "snap" proved to be a bit elusive, but as always there were pointers to take home and work on. Tanaka Sensei spoke of an alternative name for yoko geri being "leg sword", he placed special emphasis on using the blade of the foot to strike. To practise the correct foot position everyone was asked to walk, run and then jump on the blade part of their feet. A very interesting sight for the spectators who could not hear the discussion!

For the final part of the session the senior belts worked with Tanaka Sensei on Chito-Ryu bo technique whilst Noonan Sensei took the remaining group through a discussion on correct etiquette, formalities, presentation and how to perform in the dojo. The experience and knowledge of Noonan Sensei was well received as it provided clarity for a lot of students of what to do in different situations.

All to quickly the final training session came to a close with 10 of the strongest tsuki's and biggest kiai's of the weekend signaling the end of the 2008 gasshuku. Tanaka Sensei thanked everyone and remarked on the fact that he had been coming to Australia every 2 years since the late 80's and this was his best trip so far. Tanaka Sensei was impressed with the growth in Chito-Ryu since his last visit, and was especially pleased with the togetherness and camaraderie of the Australian Chito-Kai.



As always a lot of effort went in to organise an event such as this and once again everything ran smoothly. A big thank you to Martin Phillips sensei for putting everything together, thank you to Noonan Sensei for the example he sets as honbucho and thank you to all the instructors, members and their families for making the event possible.

The biggest thank you goes to Tanaka Sensei for attending the 2008 ICKFA gasshuku and helping us all understand just a little bit more of Chito-Ryu Karate. As Noonan Sensei said "The best thank you we can give Tanaka Sensei is to work hard on what he has shown us so that next time he comes to Australia he can see how hard we have worked and how our technique has improved.



New Members

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

Mona Amagai - Katoomba
Thierry Austey – Katoomba

Caleb Barnes - Lithgow
Angadh Bazaad - Bathurst
Arya Bazaad - Bathurst
Georgia Brown - Lithgow
Tristan Brown – Lithgow

Sarah Christianson - Kogarah-Bay
Kayla Clark - Katoomba
Kyton Clark - Katoomba
Charlotte Coghlan - Sunshine Coast
Jacob Cole - Bathurst
Nicholas Cole - Bathurst
Barnes Craig – Lithgow

Clair Doherty – Katoomba

Dylan Fitzpatrick - Sunshine Coast
Nellie-Rose Fitzpatrick - Sunshine Coast

Kristy-Lee Garland - Lithgow
German Gasco – Newcastle

Jordan Hallam-Vajda - Lithgow
Xander Hallam-Vajda - Lithgow
Samuel Hamment - Lithgow
Matthew Harvey - Gold Coast
Cordehlya Hefren - Bathurst
Marcus Hewitt - Gold Coast
Justin Hill - Bathurst
Peter Hughes - Sunshine Coast

Amber James - Sunshine Coast
Corey James - Sunshine Coast

Ryan Kolcze - Sunshine Coast
Emilia Kovacevic – Kogarah-Bay

Monica Lester - Gold Coast
George Loukis – Kogarah-Bay

Kale Medina - Sunshine Coast
Simon Medina - Sunshine Coast
Matthew Murray – Lithgow

Jack Page - Kogarah-Bay
Thomas Page - Kogarah-Bay
David Parr - Newcastle
Zoe Poulter - Sunshine Coast
Kirra Power - Lithgow
Kirra Powyer - Lithgow
Zoe Prince - Sunshine Coast

Mindy Riddle - Kogarah-Bay
Hope Riley - Newcastle
Harvey Robinson - Sunshine Coast
Raumea Ropata - Sunshine Coast

Liam Salt - Sunshine Coast
Jordan Schmitzer - Lithgow
John Shaw - Newcastle
Scott Sheppeard - Gold Coast
Zac Shield - Katoomba
Elie Sikh - Kogarah-Bay
Gabriella Sikh – Kogarah-Bay

Jemma Simone - Kogarah-Bay
Radhika Singh - Bathurst
Simran Singh - Bathurst
Riley Single - Bathurst
Giovanni Stanghi - Gold Coast
Nadia Stanghi - Gold Coast
Sabrina Stanghi - Gold Coast
Daniel Stephens – Lithgow

Zoe Tonks - Newcastle
Grace Tully – Katoomba

Peter Vajda - Lithgow
Anne Louise Vajda-Brown - Lithgow
Jared Van Deventer - Gold Coast
Laine Van Deventer - Gold Coast
Roarke Van Deventer - Gold Coast

Aleisha Wade - Sunshine Coast
Tracey Wilde - Gold Coast
Zoe Williams - Lithgow
Dylan Wills - Bathurst
Ashleigh Winnard - Lithgow

Grading Results

10th Kyu

Emma Bayas - Kogarah-Bay
Erin Bayas - Kogarah-Bay
Sarah Christianson - Kogarah-Bay
Tara Dobeson - Kogarah-Bay
Paul Hatzimeletiou - Kogarah-Bay
Emilia Kovacevic - Kogarah-Bay
Britney Locke-Thompson - Kogarah-Bay
Corbin O'Flanagan - Sunshine Coast
Gabiella Sikh - Kogarah-Bay

9th Kyu

Laetisha Baldan - Gold Coast
Donnell Cook - Sunshine Coast
Georgia Donnelly - Gold Coast
Luke Moulden - Sunshine Coast
Scott Moulden - Sunshine Coast
Jack Sowden - Sunshine Coast
Thomas Sowden - Sunshine Coast

8th Kyu

Charlotte O'Grady - Sunshine Coast
Bethany Ring - Sunshine Coast
Joshua Thomson - Sunshine Coast
Katlin Vella - Kogarah-Bay

7th Kyu

Kirsten Anger - Sunshine Coast
Travis Anger - Sunshine Coast
Georgia Butner-Johnson - Sunshine Coast
Daylon Johnston - Sunshine Coast
Brandon Kennedy - Sunshine Coast
Dean Marincevski - Kogarah-Bay
Hayden McSwan - Gold Coast
Kaleb Metherall - Sunshine Coast
Bella Townsend - Bathurst
Steven Tran - Sunshine Coast

6th Kyu

James Jackson - Gold Coast
Naofumi Kaneko - Gold Coast
Nathan Rossely - Gold Coast

5th Kyu

Mitchell Booker - Sunshine Coast
Tamika De Jongh - Sunshine Coast
Phil Heath - Gold Coast
Emma Moehead - Sunshine Coast
William Nak - Sunshine Coast

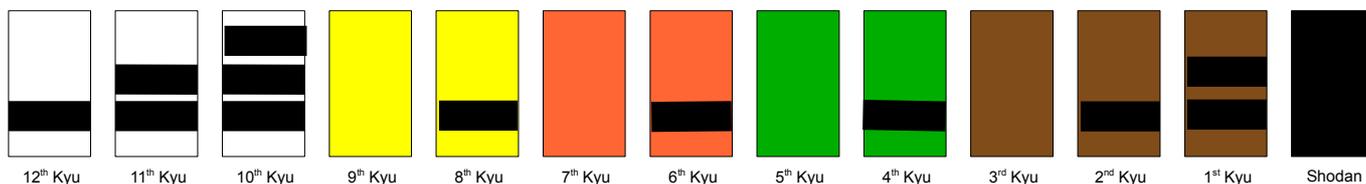
3rd Kyu

Tasi Schiffers - Gold Coast

2nd Kyu

Anthony Horgan - Gold Coast
Jeffery Tolhurst - Bathurst

Chito-Ryu Belt Colours





By Sensei Shane Ker

THE SYDNEY REGIONAL TOURNAMENT

I am pleased to provide this report on the Sydney Chito-Ryu Championships which was the first tournament for our style to be held in Sydney since 1989. The tournament was held at Blakehurst Public school on Sunday the 18th of May and the day was a resounding success. The tournament had 40 competitors who came from all regions including Sunshine Coast, Gold Coast, Newcastle, Blue Mountains and Sydney. The spirit during competition was outstanding as was the friendship and camaraderie both during and after competition. It was good to see fierce competition during the events but when it was over all students shook hands and became even better friends after. It was clear that the students, instructors, parents and officials were focused on making the tournament a success.

The weekend started with a black belt conference on the Saturday where all regional black belts came together to present ideas to further progress and improve the style in Australia. There were a great many ideas which we hope to implement in the near future. Following the conference all students were invited to general training at Mortdale under the instruction of Noonan Honbucho and the focus was on some very important basic principles around Seichusen and equal power between both the punching hand and the reverse. The reverse power idea was extended to all facets of the session including stepping, throwing etc. After the general session these principles were explored further with just the black belts and then put into practice with Henshuho training.

Following training it was a quick dash to the tournament venue to lay the mats and setup the arena. Upon arrival we were pleased to be met by many parents who had turned up to volunteer to setup. Thanks to the number of volunteers the venue was setup in about 40 mins.

For some of the locals and interstate visitors it was off to Blakehurst Imperial Peeking Chinese restaurant where everyone had more than they should and a good laugh was had as well.

The tournament on Sunday was an enjoyable day for all. Robyn, Hinda and Donna had market stalls setup outside that looked more like the local markets than a tournament venue, John Epsimos was on the BBQ cooking snags and his famous chicken strips and the kids were selling Chips, Drinks and Pythons like there were going out of fashion. Not to mention Ali selling his old handbags.

Inside Cath Phillips had the whole show well and truly under control. The officials were keeping law and order and the volunteers on the tables, first aid and at the doors were invaluable. The whole day went without incident, the level of competition was great and all dojos and regions took home some memories that will hopefully stay with them for a long time.

Thanks again to all the volunteers and officials and see you next year.

Regards, Sensei Shane Ker



Team Kata - Elliot Edmunsen, Paul Espimos, Tiffany Nikolovski



Open Mens Kumite – Shane Ker vs Adam Higgins

Sydney Tournament Results

Junior Tournament Champion

Laura Case (Lithgow)

Senior Tournament Champion

Shane Ker (Kogarah Bay)

Best & Fairest

Matt Riley (Newcastle)

Junior Kata White – 8th Kyu

1 – Hope Riley (Newcastle)
2 – Ken Noonan (Oatley)
3 – Matt Riley (Newcastle)

Junior Kata 7th – 4th Kyu

1 – Laura Case (Lithgow)
2 – Elliot Edmunson (Oatley)
3 – Paul Epsimos (Oatley)

Adult Kata White – 4th Kyu

1 – KaeNarelle Reeves (Newcastle)
2 – Duncan Biggs (Sunshine Coast)
3 – Bella Townsend (Bathurst)

Adult Kata 3rd – 1st Kyu

1 – Anthony Horgan (Gold Coast)
2 – Kobey Jones (Lithgow)
3 – Tasi Schiffers (Gold Coast)

Advanced Adult Kata 16yrs+

1 – Shane Ker (Kogarah Bay)
2 – Viktoria Crouch-Reeves (Newcastle)
3 – Adam Higgins (Gold Coast)

Team Kata 10th – 4th Kyu

1 – Kogarah Bay 1 (Keith O'Brien, Paul Hatzemelitou, Katlin Vella)
2 – Kogarah Bay 4 (Dean Marincevski, Montana Stewart, Cameron Hashmi)
3 – Oatley 1 (Tiffany Nikolovski, Paul Epsimos, Elliot Edmunson)

Team Kata 3rd Kyu +

1 – Gold Coast (Adam Higgins, Anthony Horgan, Tasi Schiffers)
2 – Sydney (Shane Ker, Viktoria Crouch-Reeves, Keith O'Brien)

Kumite Team Kumite

1 – Gold Coast (Adam Higgins, Anthony Horgan, Tasi Schiffers)
2 – Sydney (Shane Ker, Viktoria Crouch-Reeves, Keith O'Brien)

Kumite 9yrs & under Mixed

1 – Christian Goulas (Kogarah Bay)
2 – Cameron Hashmi (Kogarah Bay)
3 – Aimie Jones (Lithgow)

Kumite 10-12 yrs Boys

1 – Elie Sikh (Kogarah Bay)
2 – Elliot Edmunson (Oatley)
3 – Daniele Guinta (Oatley)

Kumite 10-11 yrs Girls

1 – Montana Stewart (Kogarah Bay)
2 – Tiffany Nikolovski (Oatley)

Kumite 12-13 yrs Girls

1 – Zabrina Schiffers (Gold Coast)
2 – Laura Case (Lithgow)
3 – Gabriella Sikh (Kogarah Bay)

Kumite 14-17 yrs Girls

1 – Viktoria Crouch-Reeves (Newcastle)
2 – Tasi Schiffers (Gold Coast)
3 – Katlin Vella (Kogarah Bay)

Kumite 14-15 yrs Boys

1 – Kobey Jones (Lithgow)
2 – Matt Riley (Newcastle)
3 – Ronnie Sikh (Kogarah Bay)

Kumite 16-17 yrs Boys

1 – Blake Johnston (Lithgow)

Kumite Open Mens

1 – Adam Higgins (Gold Coast)
2 – Shane Ker (Kogarah Bay)
3 – Anthony Horgan (Gold Coast)



Bill Ker Sensei demonstrating Basai with the Sai.



Junior Kumite

Medals Table

Dojo	1 st	2 nd	3 rd
Bathurst	0	0	1
Gold Coast	5	1	3
Katoomba	0	0	0
Kogarah Bay	5	3	3
Lithgow	3	2	1
Newcastle	3	2	1
Oatley	0	4	3
Sunshine Coast	0	1	0
Mixed Team	0	2	0

ICKFA Tournament Circuit



All Ages

All Skill Levels

Be part of the Fun!

Sydney
Sunshine Coast
Bathurst
Gold Coast
Blue Mountains



ICKFA Dojo News

Katoomba & Lithgow

Sensei Mark Snow

Tanaka Sensei Returns

It was an absolute joy to welcome back Tanaka Renshi to Lithgow Dojo. Tanaka Sensei first visited Lithgow back in 1988 and at the time was the reigning world champion. This visit acknowledged a twenty year relationship that is stronger today than it was all those years ago.

Tanaka Renshi demonstrated such a high level of energy, commitment, and enthusiasm that all of the participants in his sessions left feeling extremely motivated and fortunate to have had the experience. In Lithgow Dojo Tanaka Sensei led the students through their basics at every level encouraging everyone to do their best and rise to the occasion. In one of the punching drills Tanaka Sensei continually increased the speed of the exercise and announced that everyone had to be as fast as a train. Sensei's speed had the participants and onlookers astounded.

One of the highlights of the Lithgow visit was the presentation of a Black Belt Certificate made to Glen Snow by Tanaka Sensei. Tanaka Sensei announced the grade in a very traditional manner and I have no doubt that Glen will remember the moment for a long time to come.

During the Katoomba clinics Tanaka Renshi informed the students that he would assess their performance at the end of a particular drill. It was inspiring to see how Tanaka Sensei motivated the students to not only learn a new skill but to demonstrate the skill to a pass level by the end of a lesson. This is why Tanaka Sensei is a 'teacher of teachers'. The theme in the teenage/adults class was kumite and the energy levels were high and everyone enjoyed learning new skills.

Everyone is looking forward to the next visit from this exceptional teacher.

Camp 2008

Representatives from both Katoomba and Lithgow Dojo attended the 2008 ICKFA Camp at Narrabeen. The atmosphere was positive, friendly and energy levels were very high with Tanaka Sensei encouraging everyone to lift their personal performance in every aspect of their karate development. Congratulations to everyone for making the camp such a great success.

Get Well Soon

Karate is a lifelong pursuit and like any other activity we are sometimes faced with adversity and injuries. This can be a difficult time and a time when the support of our fellow karateka is most welcomed. At the moment we have three injured members who are now well on the way to recovery. To Sensei Colin, Tracey and Cordelia we wish you a healthy recovery time and look forward to seeing you back in the dojo in the near future.

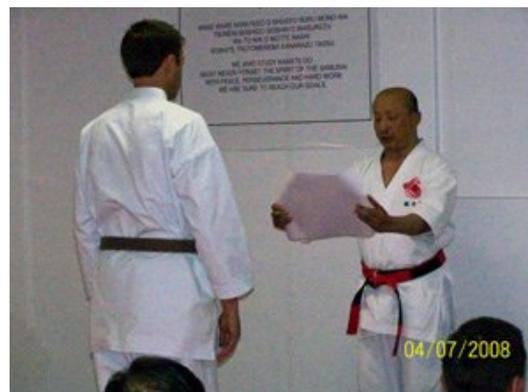


Image 1 - Tanaka Renshi presents Glen Snow with his Shodan certificate.
Image 2 - Regional black belts with Tanaka Renshi
Image 3 - Katoomba Dojo- Tanaka Renshi
Image 4 - Lithgow Dojo- Tanaka Renshi

ICKFA Dojo News

Gold Coast

by Adam Higgins Sensei

The Gold Coast Chito-Ryu dojo continues to grow with more karateka joining the family every month! Recently we have had a number of adults and adolescents start and it has been great to watch these classes grow.

With everything happening in Chito-Ryu in Australia over the last few months it has been pleasing to see the Gold Coast dojo represented in record numbers at all events, and most pleasing of all to see the dojo represented well with good etiquette & performance shown by all.

Tanaka Renshi Visit to the Gold Coast

Gold Coast Chito-Ryu Karate was fortunate to host Sensei Tanaka (Renshi, Rokudan) from the sohonbu in Japan for 2 days of training and experiencing the Gold Coast. Tanaka Sensei was very impressed with the growth in Chito-Ryu on the Gold Coast, with over 40 students it was a large increase from his last visit where we had only 8 students.

On Monday Tanaka Sensei first took the Kids Karate class with all kids determined to show him their strong spirit and best technique. The kiai's rang out loud as all students performed strong punches and kicks. The second class was a mixture of teenagers and adults. Once again there was a lot of spirit shown as Tanaka Sensei took everyone through their basics, then finished the class with self defense applications.

On the Tuesday morning beach training was held, this was the first time Tanaka Sensei had participated in beach training in Queensland and he was welcomed by a beautiful morning. Tanaka Sensei took everyone through exercises to cultivate ki energy and then moved to the edge of the water for kihons and more ki building exercises. For those able to participate it was a fantastic way to start the day.

In the afternoon Sensei Adam and Anthony Horgan took Tanaka Sensei to Springbrook National Park. Tanaka Sensei was very impressed with the beauty of the area and the numerous waterfalls. During the walks Sensei saw land mullets (The largest skink in the world), a lace monitor, pademellons and numerous birds. Every couple of minutes Tanaka Sensei let out a "Sugio" as he saw an impressive scene.

Tanaka Sensei also took the Tuesday night teenage and adult classes. In the adult classes Tanaka Sensei showed everyone some knife self defense which was well received

ICKFA Annual Camp

Tasi Schiffers, Carlos Bellamy, Bina Schiffers, Kathleen Smith, Dakota Smith, Hayden McSwan, Marcus McSwan & Laetisha Baldan joined Sensei Adam Higgins at this years camp, a record participation level for the Gold Coast! Everyone had a fantastic time, the extra training has certainly paid off with all students taking their karate to another level since the camp.

Sydney Regional Tournament

The Gold Coast was represented by 6 competitors (Adam Higgins, Anthony Horgan, Tasi Schiffers, Bina Schiffers, Kathleen Smith, Dakota Smith and 2 table officials (Kym Schiffers & Tanya Vincent) at the recent Sydney Regional Tournament. Congratulations to everyone for how well they performed with the Gold Coast bringing home 5 Gold, 1 Silver and 3 Bronze medals from the event., and winning the Team Kumite Trophy!



Sydney Tournament – Team Kumite Champions



Gold Coast Students with Tanaka Sensei

ICKFA Dojo News

Bathurst

Colin Phillips Sensei

Bathurst students were looking forward to Tanaka Renshi's first visit to the Bathurst dojo. For some months leading up to his visit the students were getting excited about this important event. Tanaka Renshi didn't disappoint; the students and parents alike were impressed with his energy, friendliness and great technique. This has easily been the highlight for Bathurst students so far in 2008.

Tanaka Renshi had the opportunity to do some sightseeing around Bathurst and enjoyed Mt Panorama, the motor museum, parks and other sights of the city including the Bathurst Tourist and Information centre where he asked about the Bathurst Sister City of Ohkuma Town in Fukushima Prefecture, Japan.

Quickly followed by the National camp at Narrabeen fitness centre where three people attended from Bathurst Dojo, Bella Townsend, Jeffery Tolhurst and myself for a short time at least. The Bathurst students really enjoyed the training especially the focus on fitness and basics, of course training with Tanaka Renshi along with other senior instructors from around Australia. Along with the many friendships made over the weekend makes the national training camp a not to be missed event on the ICKFA calendar.

Congratulations to Bella Townsend who was the sole competitor representing Bathurst dojo at the Sydney Regional Tournament recently. Bella placed third in her kata division after a grueling three round performance, well done Bella.

Bathurst students continue to brush up skills for the upcoming tournaments and especially look forward to the NSW Regional Tournament to be held in Bathurst on the 10th of August.

Thanks to Mark Sensei for teaching at Bathurst on a weekly basis while I recover from injury, and thank you for the many thoughts and best wishes from everyone from around the Chito Ryu organisation.



ICKFA Dojo News

Newcastle

Sensei Greg Field

The Newcastle dojo was lucky enough to have a number of students attend the National Training Camp at the NSW Institute of Sport at Narabeen this year. This was an enjoyable experience for all those concerned, even though the training was both physically and mentally demanding.

The senior classes provided by Sensei Tanaka were very informative and we have been working hard on taking the information provided by Sensei Tanaka to improve our technique. This has resulted in a noticeable improvement in the way students are stepping, in their hikite and in their yoko geris.

We have welcomed some new students into our class recently and everyone is enjoying the energy of training alongside enthusiastic and committed students.

We had six students who competed at the recent Sydney Tournament. All these students displayed good spirit and sportsmanship and represented the dojo proudly. Although it is difficult to separate the performance of these students the following students' performances were of note:

- Hope Riley, in her first tournament, gained a gold medal in kata.
- Kaynarelle Reeves won a gold medal in a strong kata division.
- Matt Riley gained a bronze medal in kata and a silver medal in kumite. Matt displayed outstanding spirit and sportsmanship throughout the tournament and as a result was awarded the Best and Fairest Competitor trophy. Congratulations Matt and keep up the good work.



Top Left & Above – Matt Riley in Kumite Action.
Left – Viktoria Crouch-Reeves performing Basai

ICKFA Dojo News

Sunshine Coast

Sensei Martin & Sandra Phillips

Tanaka Sensei's Visit to Australia

What a brilliant experience! I don't know about you but we spent a whole evening writing up about 10 pages of notes of all the things we have to work on until we see Tanaka Sensei again. So much to learn. We sincerely hope that you all enjoyed training with Tanaka Sensei. Great energy, loads of experience and he still manages to keep it fun.

If you got any photos at the dojo or at the National Camp we would love to get some copies. We were so caught up on all the learning and didn't get any photos.

Next year, please expect to be blown away by Soke Sensei. He will be our 2009 International guest instructor and from what I hear he may be making a special trip to the Sunshine Coast too.



Destiny Pike

As many of you know one of our dear little karate – ka was diagnosed with Leukemia early in the year. Destiny was moving along well however we have since been informed that Destiny is back in hospital fighting hard with her mum Natasha by her side.

We would like to ask for all dojo members and families to spare a moment or two and have these guys in your thoughts.

10 Ways To Say 'Very Good'

No matter what our role (parent, instructor, student etc) is we are all involved in supporting another person or group of people. All of whom need encouragement from time to time.

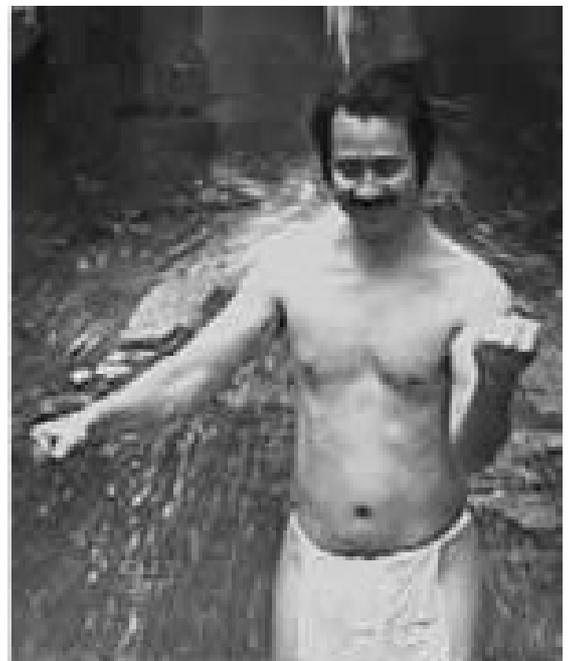
This is part of a much larger list of 100 that we stumbled across a few months ago.

1. *Nice going*
2. **That's great!**
3. **That's coming along nicely**
4. **You did it that time**
5. **GREAT!**
6. **FANTASTIC!**
7. **TERRIFIC!**
8. **GOOD WORK!**
9. **That's better**
10. **EXCELLENT!**

Breathing in Karate

Part 2

Martin Phillip Sensei continues the exploration of breathing first discussed in the Autumn 2008 edition of the River of Knowledge.



One of the essential elements to performing an effective technique is correct breathing. In the last issue Helen O'Grady presented an article about breathing and energy systems during exercise. While correct breathing reduces recovery time during physical activity and allows you to perform at your peak state for longer, in martial arts there are a few other factors to consider. In particular, we aim to regulate our breathing in time with our techniques in order to gain maximum power while at the same time minimising “kyo” or weakness.

If one of our primary goals is to minimise the possibility of presenting a position of “kyo” to our opponent, as a very first step we need to use diaphragm breathing rather than chest breathing. If you are not sure what this is, an easy way to check what you are doing is to put one hand on your chest and the other one on your belly. When you breath in deeply, observe which hand moves the most. If your bottom hand moves more, you are predominantly a diaphragm breather, which is a good thing. But, if it's the hand on the chest that moves most, you are predominantly a chest breather, and I would suggest that this is one of the first things you change when you breathe.

If you are a chest breather, from a physiological point of view, you are not allowing in as much volume of Oxygen into your lungs as you could be. From an opponent's point of view it is much easier to see when you are breathing in and this is a potential “kyo” position. Your opponent may not see your chest rise and fall, but when you breath with your chest, tension enters your shoulders and

neck. This in turn reduces your speed as you first need to relax in order to allow opposing muscle groups to work with each other in the delicate balance of contraction (shibori) and expansion (hari).

Ideally as you pass through the kyu ranks (in my opinion), you should breath in prior to starting any technique or movement and start breathing out as you commence your technique finishing the breath out just after the point of impact, being sure to always keep some of your breath in reserve. One of the most common mistakes is to breath in while you are stepping. During the early stages of training (the first 10 years or so), stepping is usually a time of “kyo”, so you don't want to amplify the opportunity for your opponent by breathing in while you step. “Niseishi dai” kata which is taught at brown belt level focuses on exactly this principle combined with “shime” which at an elementary level might be described as correct muscle tension.

I'd like to conclude this short article with a simple way to practice correct breathing at a beginner level. Tie your belt tightly, place your hand in between your belt and your body, one at the front, one at the back. Then start stepping in various stances (starting with seisan dachi) as you breathe out you should feel your “hara” (belly) expand and squash your hands.

Members Profile

Cordelia Campbell

Age: 40 in June
Rank: 2nd Kyu
Dojo: Lithgow

Tournament Results:

Soke Cup 2007 Norway

Events: Kata and Individual Kumite
Places: Kata 4th place by .03
Kumite 4th

Sunshine Coast 2007

Events: Individual Kata and Kumite, Team Kata
Places: 2nd Individual Kumite

I have traveled to the Sunshine Coast since the inaugural tournament. I will miss this year due to injury. I also competed in all our tournaments between and including the 2004 and 2007 Soke Cups

Blue Mountains Cup

Events: Individual Kata and Kumite
Team Kata and Team Kumite
Places: 2nd Individual Kumite
2nd Team Kumite

How long have you been doing karate?

In June I have been doing karate for 5 years

Why did you first start Chito-Ryu karate?

1. I was taking my son Bradley to the class's
2. My Friend Tracey Jones had been trying to get me to come to a class for a while
3. I participated in a woman's self defence class conducted by sensei Mark and Sensei Colin and found myself really enjoying what I could learn. With all this how could I not start.

Do any of your family or friends train with you?

My Son Bradley My nephews Chris and Blake Johnston and Tracey Jones from Lithgow

How often do you train at the dojo?

Over the last 5 years I have trained any where from three times a week to once. I'm not training at the moment due to a knee injury. I still go to the dojo and watch the classes

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

I have trained at home in my lounge room in the lead up to a tournament. Before Norway I moved the furniture around in the lounge room to make room for mats to work on.

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

I like that you can start training at any age and fitness level and still feel like you can one day achieve your goal. Your sensei will encourage you with peace perseverance and hard work you can reach your goal and I believe this to be true

What is the most challenging thing in your karate?

A few things one would be my fitness which I have been working on for a long time now and will always work on and the other would be the pressure I put on my self to achieve the goals I set for my self.



Cordelia vs Tamara Snow at the 2007 National Titles

“ finding out the other 7 competitors in my division were at least 10 years younger than me made me realise what I have achieved in the last 5 years. “

Members Profile

Cordelia Campbell

What is your favourite karate technique?

I really love the power you can get from a round house kick to the thigh or learning about dead body weight or Kumite. I love to compete in Kumite against any level; it's a real buzz

How has karate helped in your life?

It has given me a reason to increase my fitness and look after myself. I am more aware of what is going on around me and how to avoid conflict.

Describe your favourite Chito-Ryu karate moment.

Competing in Norway was the best and then finding out the other 7 competitors in my division were at least 10 years younger than me made me realise what I have achieved in the last 5 years. Before I started I was a couch potato.

What is your karate goal?

I have had to adjust my goal, as it was to challenge for black belt before I turned 40 (June this year) my new goal is to be fit enough to challenge for 1st Kyu in January 2009

Anything else you would like to add?

Last June I went waterfall training at Wentworth Falls. The group was small with 3 2nd Kyu and 3 Black belts. I was so excited to be trying something so challenging. The water was so cold it took my breath away but I have never felt so alive. The feeling stayed with me for days. I would recommend it to all adults. Yes I will be going back for more.



Soke Cup 2007 – Cordelia with the 1st, 2nd & 3rd place getters

Members Profile

Matt Foran

Age: 10
Rank: 7th Kyu
Dojo: Bathurst

How long have you been doing karate?

15 Months. I Started in February 2007 when the Bathurst Dojo began.

Why did you first start Chito-Ryu karate?

I had wanted to learn karate for a while, then when we got a leaflet in our mailbox about Chito-Ryu Karate [I started].

Do any of your family or friends train with you?

No, but I have made some new friends at karate.

How often do you train at the dojo?

I train 1 hour every Tuesday.

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

Yes, I practise kata, blocks, kicks and punches in our hallway.

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

I like the games we play and I like training for grading.

What is the most challenging thing in your karate?

Learning new kata is challenging, it takes time and a lot of practise to get the technique right, but when you do it's very rewarding.

What is your favourite karate technique?

Side kicks because they are challenging and I like it when I get them right.

How has karate helped in your life?

I'm learning to be a little more confident, also as said in showa, I can reach goals with peace, perseverance and hard work.

Describe your favourite Chito-Ryu karate moment.

Making it through to the second round in the Blue Mountains Cup. It was my first tournament.

What is your karate goal?

I would like to achieve my black belt. I know that is a long way off so for now I'll aim for green.

Anything else you would like to add?

I would like to say thank you to Sensei Colin and Sensei Mark for traveling to Bathurst each week and for starting up our dojo.

Parent's Comments

We are please that Matt chose to train in Chito-Ryu Karate, as we believe the confidence, respect & concentration learned to be very beneficial in all aspects of his life.

Sensei's Comments

It's been a pleasure getting to know and train Matthew. He is keen to learn, he often asks many good questions about Chito-Ryu.

Sensei Colin.



Matt with Tanaka Sensei



Matt performing kata at the 2007 Blue Mountains Cup (3rd round of kata)

A Step Back in Time

Sensei Mark Snow takes a look back at the early days of Chito-Ryu Karate in the Blue Mountains

Over the years I am often asked the question, what was karate training like back in the early eighties? In many respects it is a difficult question to respond to, as time has a way of gradually altering some memories and personal /historical recounts can vary from one person to another with the slightest of details.

During a visit to the International Chito-Ryu Headquarters, in 1999 I was given the opportunity to have a look at the records of the Australian Association from the early days to that point in time. What really amazed me was the fact that there were so many black belts who no longer trained with the association and had now become names and photographs in the archives of time.

been an oral tradition with brief and not so often detailed written information. This oral tradition is very important and it is the responsibility of those that are here today to preserve this information for the next generation. The following is a personal recount about the eighties in Lithgow Dojo combined with historical facts including the names of instructors, black belts and training venues.

Lithgow Dojo

The eighties were a time of unprecedented growth in karate with the 'Bruce Lee' and the 'Karate Kid' phenomenon at its highest point with dojos filled to capacity. There were occasions when the dojo had to accommodate classes in every

after a six week training trip at the Sohonbu Dojo. Dave and Andrew Sensei's had been successful in gaining the rank of Nidan and also receiving their Shidoin grade from O'Sensei. Chris Brown Sensei had been promoted to Sandan also.

1984 was the year that O'Sensei, the founder of Chito-Ryu, passed away and I can recall when Sensei Chris Brown wrote an article in the martial arts magazine of the day entitled, 'Australasian Fighting Arts', informing the martial arts community of the passing of this great karate master. The loyalty and dedication that the instructors had towards O'Sensei was most evident during this time as they often recounted experiences they had with both O'Sensei and the young Soke during their trip to Japan.

Dave Hawkins Sensei told me that when they were at the Sohonbu in 1984 that O'Sensei would sit in his room, attached to the dojo and every now and then would make comment to those students training in the dojo. On one occasion he announced to Dave Sensei that he needed more kime and demonstrated various techniques. On another occasion the Australian representatives were doing Henshuho with a young Soke Sensei, (2nd Generation Soke) and Sakamoto Sensei. Dave and Andrew Sensei recalled how Soke Sensei, with the lightest of touch, managed to deaden their arms and throw them with great ease. These personal stories made the imagination go wild and encouraged many of us to test our own abilities at every opportunity.

Classes were separated into children's and adults classes and the sea of belt colours seemed to go on for ever. Training was hard, very hard and things like having drink stops and warming down were perceived as unnecessary and in many respects weak. It is important to remember that sports medicine and modern coaching approaches that we take for granted today were in their infancy and not widely acknowledged as relevant or practised.



Lithgow Pioneers- Sensei's Dave Hawkins, Chris Brown, Kanao Sensei (Japan), Andrew Connolly, Steve Davidson (Sydney) and Colin Phillips

As a result of this experience I asked Tanaka Sensei if I could record the details of the Australian members to ensure that we had a copy of this information in Australia and to acknowledge the effort and contribution that so many individuals have made over the past four decades in this country. The task was too great with the limited time I had and as a result it has become an ongoing project. As usual Tanaka Sensei was most supportive and encouraging.

Historically the transmission of karate from one generation to the next has

available space. It was a time when litigation was a word that no one really new a great deal about and OH&S didn't even exist. In many respects it was a period of discovery as we opened the door into a culture and way of expression that hit a high note with so many people.

Lithgow Dojo in mid 1984 was situated at the YMCA building in Mort St and Chris Brown Sensei had just handed over the management of the dojo to Dave Hawkins Sensei and Andrew Connolly Sensei. It was an exciting time to enter the dojo with both instructors returning from Japan

An extensive warm up followed by repetition of all the basics and then kata practise. In between all of the exercises we would have to do high numbers of push ups, sit ups, squats and a range of other painful exercises all designed to assist in the development of the martial mind and body. One of the hardest challenges was when the command was announced to roll up the carpet and to start break falling on the wooden floor, up and down the dojo. This was standard practice during this time and in many respects introduced a sense of realism into the dojo.

At this point the main focus of the class would be on kumite in every possible form. In my experience, during the eighties, kumite was a main focus in the Lithgow dojo with a great deal of time devoted to developing the skills in this area. The session would start with exchange punching, kicking and then move to light free sparring where participants were encouraged to develop all of their techniques and work with each other.

The Sensei would then ask everyone to stop and sit in seiza to get ready for hard free sparring. This was common practice during the eighties when a practitioner was provided with an opportunity to demonstrate their fighting ability against a variety of skilled fighters. I will never forget the looks on many faces, including my own, when the name of one of the strongest, senior and more capable fighter was called. It was a confronting moment and a time when personal fear had to be dealt with at every level.

The reality of the situation was that when your name was called you quickly responded and stepped up to the line. These encounters enabled the participants to apply many techniques, develop timing, distance and to execute throws. It was a time to develop a better understanding of the limitations, strengths and expectations of the self. This was a moment when you couldn't rest on your past performances and had to focus on the moment, in the now.

It wasn't uncommon for students to be taken to the hospital and bruised ribs, broken noses and severe bruising were run of the mill injuries. There was no malice towards each other as it was the complete opposite with life long friendships being



Kumite was hard at every level- A young Paul Snow in kumite action (Botany Dojo) Bill Ker Sensei in background.

formed as a result of those turbulent and trying times. To this day whenever black belts from the eighties reunite there is always a very strong bond between them that has lasted the test of time.

During the eighties the black belt ranks in the Lithgow Dojo would continue to grow with Colin Phillips Sensei being awarded his shodan in 1986, followed by Lou Zorz and John Waudby. The dojo changed location and moved to the 'Civic Ballroom' where we welcomed Kanao Sensei in 1986, Soke Sensei in 1987 and Tanaka Sensei in 1988. Lithgow Dojo then relocated to the 'Masonic Hall' in Mort St and the club stayed there until relocating to the Lithgow High School at the end of the eighties.

It is interesting to note that one of the reasons the club had to leave the

Masonic Hall was that the floor had been damaged too many times with a number of local and visiting black belts putting their foot through the floor during an explosive performance of the Sochin kata.

Soke Sensei's first visit to the Dojo, in 1987, was a turning point for the association nationally and for many individuals, including myself. Soke Sensei entered the dojo and displayed what I could only describe at the time as flawless technique. The dojo was filled to capacity with all of the local martial arts instructors from the various styles in attendance.

One of the highlights of that session was the display of jumping kicks that Soke Sensei demonstrated. The height, focus, speed and gentle landing had all of us totally astounded. I had never seen



Civic Ballroom 1987- Colin Phillips, Sensei Chris Brown kicking Brian Hayes and Dave Hawkins Sensei.

anything like it before. The second moment was when Soke Sensei asked Andrew Sensei to stand in siesan-dachi and try to move Soke Sensei from the same stance. Soke Sensei, without any apparent effort, was immovable. Soke Sensei then reversed the roles and moved Andrew Sensei from one side of the dojo to the other with ease. We were confused, amazed, challenged and eager to learn more for this master of Chito-Ryu Karate.

and Jason Wynnard. This was an experience of a lifetime and once again I can remember being totally amazed at the display of flawless kata that Soke Sensei demonstrated at the event. This was the moment in time that I made the commitment to go to the Sohonbu Dojo with a genuine desire to learn more about the art of Chito-Ryu. As the decade came to an end Jason Partridge and Mark Snow joined the ranks of the Black Belts and the region included

eighties is part of the rich history of this journey. The legacy of those days continue on and it is important to acknowledge that we are only where we are today because of the efforts, commitment and hard work of the leaders who led the dojo in the past. They were the 'Sensei' the people who walked the path before us and for this we are all eternally grateful



Lithgow Blackbelts- Lou Zorz and Colin Phillips in kumite action (YMCA Dojo)

What is the purpose of reflecting when the now is what really counts? As custodians of Chito-Ryu Karate we have an obligation to preserve the history of the association for generations to come. To know where we came from is to be better prepared for the future. It is often said that the young children of today will not be able to name their great grandparents and have a genuine understanding of their ancestral roots.

It is very important that we preserve the historical facts, oral anecdotes and make a genuine effort to pass this information onto the next generation. To enable them to make their contribution to the story that is Chito-Ryu Karate, Australia. We don't need to or want to go back in time but if the next generation can learn as a result of the lessons of the past then they will be far better prepared for the future. Regardless of philosophical thought I have to admit that it is wonderful to take a moment and take a step back in time.

At the conclusion of the session Soke Sensei instructed the senior brown and black belts and we literally stood their punching for one hour. The purpose of this training was to encourage us all to stop using our shoulders and to relax. This is a lesson that I am still trying to achieve over twenty years later. This session was the very first time that many of us experienced the 'look' from Soke Sensei. Those readers who have experienced this look will understand what I am referring to.

dojos in Portland, Blackheath and Katoomba.

Lithgow Dojo celebrates 32 years of continuous operation in 2008 and the

During the eighties we would have visits from various instructors including Chris Brown Sensei and Bill Ker Sensei. Bill Ker Sensei was the Australian President and Chief Instructor during this period of time and he would visit the dojo on a regular basis. Ker Sensei always encouraged us to do our best and left us with plenty to think about.



Unknown, Mark Snow and Colin Phillips waiting be called for kumite action

Members of the Lithgow Dojo represented Australia at the 1989 Soke Cup in Canada. The team members were Dave Hawkins Sensei, Mark Snow, Jason Partridge

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



Tanaka Renshi beach training on the Gold Coast



Team Kata at the Sydney Regional Tournament



Ken Noonan at the Sydney Regional Tournament



Tanaka Sensei at Springbrook National Park

Coaches Corner

ICKFA National Coach – Sandra Phillips

'Bonus Kumite Video Clip Now Available On The National Website'

With the 2008 Tournament Circuit underway I am more than confident that your regional instructors are providing some great sports karate training and match practice opportunities in your region to assist you with developing your skills for the five tournament scheduled in the 2008. Whilst you are working hard to continue to develop your skills and performance throughout this year, please be re-assured that planning for the 2010 Soke Cup has already begun to give you the best opportunity to achieve your goals.



What is currently happening behind the scenes?

With the help of senior instructors I am currently compiling some resources which will be distributed to your local instructors to help you in your preparations with the 2010 Soke Cup. It is my goal that this resource will be distributed July/August this year.

When will monthly squad training resume to assist with preparations for 2010 Soke Cup?

Start dates will be determined by your regional instructor. As a part of the coaching program I will be encouraging all regions to resume monthly squad training at the start of 2009 with a start date to be set Nov – Dec 2008.

How will students be notified of squad training recommencing and when will the Australian team selection criteria be announced?

A notice will be distributed via your regional instructor Nov – Dec 2008. A notice will also appear in the national newsletter and national website.

What is recommended for students wanting to start preparations now for Soke Cup?

Firstly, your regional instructors have great knowledge and experience and I would encourage you to ask them this question and develop a plan together. All instructors have coaching material from previous Soke Cup Training which can be used prior to receiving updated information specific to 2010 Soke Cup.

I personally would be encouraging you to focus hard on training consistently and developing your basics and to do your best to attend all sports karate specific seminars and tournaments.

There is mention of a bonus video clip now available on the national website, what is it?

The bonus video clip is of Tanaka Sensei developing basic footwork. All instructors received this footage from the 2007 Soke Cup Coaching Program (filmed at 2006 National Camp). I would like to encourage everyone to build these basic footwork exercises into your existing training programs.

I wish you all every success with your training and I look forward to catching up with you at events throughout the year.

Regards

Sandra Phillips
ICKFA National Coach

Calendar of Events

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

June 2008

- 1st Winter Grading (Gold Coast)
- 7th ICKFA Seminar (Sunshine Coast)
- 8th Sunshine Coast Championships
- 15th Winter Grading (Sunshine Coast)

July 2008

- 13th Kangeiko (Gold Coast)

August 2008

- 9th ICKFA Seminar (Bathurst)
- 10th Blue Mountains Cup (Bathurst)
- 31st Spring Grading (Gold Coast)

September 2008

- 13th Beach Training (Gold Coast)
- 13th ICKFA Seminar (Gold Coast)
- 14th Gold Coast Tournament
- 21st Spring Grading (Sunshine Coast)

October 2008

- 11-13th Chito-Ryu Martial Arts Festival (Kumamoto)
- 25th ICKFA Seminar (Blue Mountains)
- 26th ICKFA National Titles (Blue Mountains)

November 2008

- 9th Brown & Black Belt Training (Gold Coast)
- 25th Beach Training (Gold Coast)

December 2008

- 6th Summer Grading (Sunshine Coast)
- 7th Summer Grading (Gold Coast)
- 14th End of Year Breakup (Sunshine Coast)
- 14th End of Year Breakup (Gold Coast)

2009 – Dates To Be Advised

- National Camp
- National Titles
- Sunshine Coast Championships
- Blue Mountains Cup
- Sydney Regional Tournament
- Gold Coast Tournament

2010 – Dates To Be Advised

- Soke Cup, Kumamoto
- National Camp
- National Titles
- Sunshine Coast Championships
- Blue Mountains Cup
- Sydney Regional Tournament
- Gold Coast Tournament

Honbucho Report

Shihan Michael Noonan



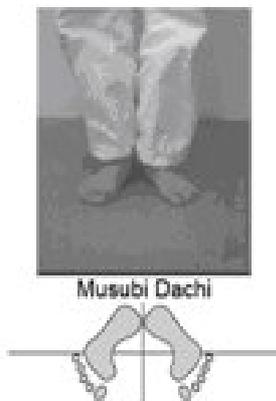
The recent Sydney tournament was a very successful. Congratulations to everyone that competed.

One of the most important outcomes of having a tournament is getting to view the level that students are currently at. Reviewing a tournament is an excellent way to improve the overall standards of students in Australia. In discussion with senior technical people in Australia, I have put together the following technical points, as well as other points of interest that based on Reigi Saho, (manner and etiquette).

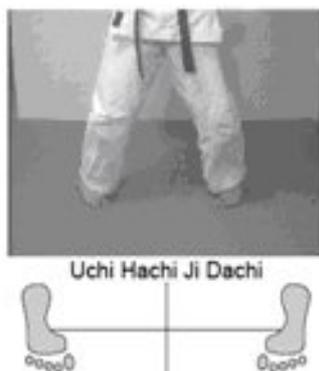
Please review these points and practice them diligently to improve our performances in the tournaments to come.

Technical

- Ensure the Kata both begins and ends in Musubi dachi

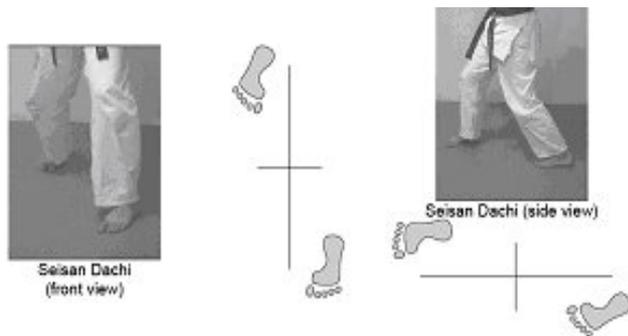


- When finishing a Kata particularly a Kihon or basic Kata one should step forward to the all finishing position
- It is very important to concentrate on both the beginning (start) and the finish (end) of the Kata
- Yoko geri (side kick) – foot positioning and the process (knee up first –kick out-hip in-retract with knee up-down) must be practised
- When in Shiko dachi one must move forward and backwards without the head bobbing up and down. The hip must be kept on the same parallel throughout the movement
- Target areas – Jodun (head), Chudun (middle) Gedan (lower). Techniques aimed at these areas must be accurate and run down the centre line of the body (Seichusen)
- Hikite (pull the opposite hand back) must be strong and distinct
- Hikiashi (retraction of the leg after the kick is thrust out) – the leg must not be left to hang or fall down. The leg must be retracted sharply
- Uchiachiji dachi – big toe must be angled in towards the centre



International Chito-Ryu Karate Federation of Australia

- Seisan dachi – ensure that the feet are not too narrow but the width of the hips. Take care the feet move in a crescent moon shape when stepping, not straight through



- Uraken (back fist strike) – ensure the strike starts from a position near the opposite shoulder
- Kihon Kata Ichi, the blocks are to be performed slow with dynamic tension
- Kihon Kata Ni, the blocks are to be performed quickly
- Breath out when performing Karate techniques, do not hold your breath. During dynamic tension movements breath slowly with control and focus

Reigi Saho

- Bow when you enter the Kata match area before starting your Kata
- Bow at the completion of the Kata
- Do not wear any coloured clothing underneath the top of the Karate gi (uniform). White T-shirts or white underwear are acceptable as long as they do not have colourful scenes on them
- Fingernails and toenails should not be painted or decorated (dark colours are particularly obvious)
- All jewellery must be removed completely
- Makeup should not be worn (in particular bring lipsticks and eye shadow)
- When waiting to perform Kata competitors should sit in Seiza or crossed legged. Not crossed legged holding their knees up

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
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Dojo Websites

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

South East QLD Region Instructors



Martin Phillips Sensei
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SE Qld Head Instructor
Sunshine Coast Dojo



Sandra Phillips Sensei
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