



# River Of Knowledge

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

Issue 6 – Spring 2008

**Tournament Issue**

Sunshine Coast Championships

Bathurst Tournament

Gold Coast Cup



**Student Profile:  
Lachlan Pregun**

**The Responsibilities of  
the Senior Student**

# Editorial

Spring is a season of newness and change and it certainly has been a period of newness and change in Australian Chito-Ryu over the last few months. Two dojos hosted their first ever tournaments and all dojos have begun the process of changing belt colours.

I have competed in tournaments for about 10 years in total and in all that time I have been simply a competitor walking in to a venue all set-up and ready to go. For the first time this year I was responsible for hosting a tournament, I can tell you now I am a lot less nervous facing Sensei Martin Phillips in kumite then I was leading up to the 1<sup>st</sup> Annual Gold Coast Cup, but with the help of all the volunteers and the support of the senior members of the ICKFA it all went well. I have always said thank you to the officials and volunteers who make a tournament happen but now I hope it comes across with an extra special meaning. Next time your at a tournament take the time to thank the people that make a tournament work, they don't do it for themselves or for any financial gain they do it simply for the love of Chito-Ryu.

Keep reading inside for the reports from the Sunshine Coast, Bathurst and Gold Coast tournaments. The last tournament for the year is the ICKFA National titles and Mark Snow Sensei as said it will be our biggest tournament yet so make sure you don't miss out! Good luck to all competitors and officials, and of course thank you to all those behind the scenes people that make it all happen.

In most dojos now the new belt system will have been introduced. This is a terrific change for Australian Chito-Ryu reflecting the changing times, I know that the new colours look fantastic in the Gold Coast Dojo and the change has been very well received by both parents and students alike. The change in belt colours was not a light decision and was a result of numerous discussions between the senior regional ICKFA instructors and most importantly was made in conjunction and with the support of the Sohonbu.

Finally I would like to pass on best wishes to Craig Cox Sensei who has moved to Japan to be with his wife as they await their first child. Craig Cox Sensei will be sorely missed in Sydney were he has been a key part of Sydney Chito-Ryu for a number of years. Cox Sensei was the original editor of the River of Knowledge and hopefully he will keep in regular contact as the "mouth from the East" in future issues.

Enjoy the issue, and keep enjoying your training!

Regards

Adam Higgins

**Questions, comments, contributions?**

Send to [adam.higgins@gckarate.com.au](mailto:adam.higgins@gckarate.com.au)



## River Of Knowledge

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## Australian Chito-Ryu Karateka in Japan!

The ICKFA will be well represented at the 1<sup>st</sup> Annual Chito-Ryu Martial Arts Festival in Kumamoto, Japan.

During the festival an international grading will be held with Australian honbucho Shihan Michael Noonan challenging for the Renshi instructor title, and Sensei Mark Snow and Sensei Martin Phillips both challenging for their Shihan instructor titles. The grading for a Shihan teaching licence can only be attempted 3 years after obtaining the rank of 4<sup>th</sup> Dan, which for most people takes around 20 years or more of training. In the grading itself, they will have to perform all kata and kihons from white belt to 4<sup>th</sup> Dan, two complex sets of self defence and throwing applications (Hensho and Nage no Kata), plus also perform a weapons kata. Additionally, they must have demonstrated an ability to teach all ages and levels up to their own level, plus submit a series of 10 essays on specific topics.

Also at the grading Adam McDonald will challenge for his Junshido instructor title and Sensei Shane Ker will be challenging for his Sandan ranking.

During the festival the Kakedameshi will be held. This tournament is a little different to tournaments run in Australia, in that it is full contact (as opposed to controlled-contact), kicks to the legs are also allowed, and throwing is encouraged. Sensei Martin Phillips and Sensei Craig Cox will both be competing in the Kakedameshi.

Good luck to all for their gradings and to those competing in the Kakedameshi!



### Craig Cox living in Japan

Craig Cox-sensei has been an important part of both dojos in Sydney so he will be greatly missed by colleagues and students.

Craig's wife Maiyum is having a baby and they have made the decision to live in Japan. We wish him well and pray all goes well for mother and child.

He is planning to continue his training whilst in Japan. He has told us that he will be paying us regular visits.



# Chito News

## Noonan Shihan Trains at Sohonbu

The Australian Honbucho Michael Noonan Shihan went to the Sohonbu to do some training from July 15th to the 19th. From this year Noonan Shihan has become a member of the Sohonbu Technical Division and the Research and Development Division. He received special training from Soke Sensei in kuzushi techniques.

From ICKF website([www.chitoryu.co.jp/en](http://www.chitoryu.co.jp/en))



## CHITO-RYU ON THE WEB

A quick look around on the web can find lots to do with Chito-Ryu Karate-Do. Check out these sites for Australian Chito-Ryu -

### Websites:

ICKFA - [www.chitoryu.com.au](http://www.chitoryu.com.au)  
Kogarah Bay - [www.sydneykarate.com.au](http://www.sydneykarate.com.au)  
Blue Mountains - [www.bluemountainskarate.com.au](http://www.bluemountainskarate.com.au)  
Sunshine Coast - [www.karate4life.com.au](http://www.karate4life.com.au)  
Gold Coast - [www.gckarate.com.au](http://www.gckarate.com.au)

### Facebook Groups:

Gold Coast Chito-Ryu Karate  
Sunshine Coast Karate

### YouTube:

Videos of Bill Ker Sensei performing a version of Bassai using the Sai, Sakugawa no Kon performed by Sensei Sandra and Martin Phillips, Kumi Bo performed by Sensei Adam Higgins and Anthony Horgan and lots more simply search for "Chito-Ryu Karate" and see what you can find!



**Have you got news to share? Have any thoughts or comments on your magazine?  
We want to hear from you.** Email: [adam.higgins@gckarate.com.au](mailto:adam.higgins@gckarate.com.au)



# Presidents Report

**Sensei Martin Phillips** (Yondan, Shidoin)

Dear Members,

Over the last quarter there has been a lot of activity in all regions and more communication than ever amongst instructors as our association continues to grow more and more.

This year we have seen some of our younger dojos step up and host 3 additional tournaments, making a true national tournament circuit. Earlier in the year we saw the first Sydney tournament in over 15 years and more recently, the first ever tournaments in Bathurst and on the Gold Coast. I would like to congratulate the instructors and the teams of volunteers from each of the host dojos who have done a fantastic job hosting these events for all members to enjoy. This year we only have our national tournament left to go which will be later next month in Lithgow. The Queensland team has already been chosen, with the most competitors ever traveling for an interstate tournament, and I have been told by Snow Sensei that he is expecting more local competitors than ever before, so it is shaping up to be an event not to miss out on.

By now all dojos have started the transition to the new international 12 kyu grading system. While it is a significant shift from the previous 10 kyu system particularly for the early kyu ranks, most members that I have observed and spoken to seem to be adjusting well. On the grading front, most dojos will have now also started the transition to the new national belt colours. While this change is a variation from the current international standard belt colours, there has been a lot of thought put into the change by senior instructors in Australia and it has been done only after the approval of the Sohonbu as part of a membership growth plan that will be implemented over the coming year. The membership growth plan also comprises of a number of other elements which include national instructor qualifications and national instructor training programs. These new qualifications will precede the international qualifications and will allow students who are currently kyu grades to develop teaching experience, skills and knowledge and provide a framework for our future leaders to move towards leadership roles within our dojos and also towards a possible careers as professional Chito-Ryu instructors.

On the administrative front, Sheryl Higgins, has resigned as the treasurer of our national association in order to devote more time to family and assisting with the growth of Chito-Ryu on the Gold Coast. Sheryl, will most definitely be missed as she has been instrumental in raising the level of professionalism in this area and has set a great foundation for the future. We wish Sheryl all the best as she leaves this role and Nancy Li (from Sydney) steps into the role at least until our next AGM and quite possibly beyond.

Next month we have a delegation attending the 1st Annual Chito-Ryu Martial Art Festival in Kumamoto, Japan. Attending from Australia will be myself, Mike Noonan Sensei, Mark Snow Sensei, Shane Ker Sensei, Adam McDonald and Craig Cox Sensei who has recently moved to Japan. A number of the group will be attempting senior gradings, Craig Cox Sensei and myself will be entering the kakedameshi tournament, which is a full contact bogu tournament which allows leg kicks and encourages throwing techniques. There will be an international meeting with representatives from around the world, seminars, demonstrations and lots more. We look forward to report more in the next issue.

And finally... we have once again booked the Sydney Academy of Sport for our national training camp next year. It will be a little later compared to the last few years, towards the end of May. And we have confirmed Soke Sensei as the guest instructor who will also be visiting the regions prior to the camp. If you have never attended a national training camp, you do not want to miss out. Start planning ahead and make the commitment to attend. More details will be out either with the next edition of this newsletter or early in the new year.

Once again, thank you to Adam Sensei as editor and everyone who has contributed to this edition of the River of Knowledge.

See you in the dojo.

Regards,

Martin Phillips  
ICKFA President

# **New Members**

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

Kalia Baldan - Gold Coast  
Paula Baldan - Gold Coast  
Misty Baldwin - Kogarah-Bay  
Brad Beeson - Gold Coast  
Dominic Berry - Gold Coast  
Prudence Berry - Gold Coast  
Billy Bushby - Kogarah-Bay  
Billy Bushby - Kogarah-Bay  
Casey Bushby - Kogarah-Bay

Luke Donovan - Kogarah-Bay

Samantha Ford - Newcastle  
Brent Fuller - Kogarah-Bay

Thomas Golder - Newcastle

Kara Howey - Bathurst  
Makaylah Howey - Bathurst

Marie Just - Sunshine Coast

Benjamin Kessler - Gold Coast  
Alena Kouzmenkov - Gold Coast  
Joshua Kozis - Newcastle

Sharon Lancaster - Sunshine Coast  
Gabriel Long - Sunshine Coast  
Cody Lorenz - Sunshine Coast  
Harley Lorenz - Sunshine Coast

Liam Mackay - Bathurst  
Debbie Mackie - Gold Coast  
Matthew Mackie - Gold Coast  
Paul Madden - Gold Coast  
Tanya McSwan - Gold Coast  
Orion Moss - Sunshine Coast

Venkatesh Perumalla - Sunshine Coast  
Gregg Prechelt - Gold Coast  
James Psarros - Kogarah-Bay  
Nicholas Psarros - Kogarah-Bay

Haiden Stahlhut - Sunshine Coast

Matthew Thomson - Sunshine Coast

Brearna Wilson - Sunshine Coast  
Tristan Wright - Sunshine Coast

# Grading Results

## 12<sup>th</sup> Kyu

Angadh Bazaad - Bathurst  
 Arya Bazaad - Bathurst  
 Billy Bushby - Kogarah-Bay  
 Tiara Callagher - Sunshine Coast  
 Nicholas Cole - Bathurst  
 Matthew Harvey - Gold Coast  
 Peter Hughes - Sunshine Coast  
 Kye Joiner - Sunshine Coast  
 George Ioukis - Kogarah-Bay  
 Jack Page - Kogarah-Bay  
 Thomas Page - Kogarah-Bay  
 Venkatesh Perumalla - Sunshine Coast  
 Dylan Pike - Gold Coast  
 Jarrod Pregun - Gold Coast  
 Alexander Priala - Gold Coast  
 Harvey Robinson - Sunshine Coast  
 Nathan Scavone - Gold Coast  
 Nicholas Scavone - Gold Coast  
 Gemma Simone - Kogarah-Bay  
 Radhika Singh - Bathurst  
 Simran Singh - Bathurst  
 Demi Spencer-Hirt - Sunshine Coast  
 Haiden Stahlhut - Sunshine Coast  
 Matthew Thomson - Sunshine Coast  
 Laine Van Deventer - Gold Coast  
 Roarke Van Deventer - Gold Coast  
 Sean White - Kogarah-Bay  
 Dylan Wills - Bathurst

## 11<sup>th</sup> Kyu

Emilia Kovacevic - Kogarah-Bay  
 Zoe Poulter - Sunshine Coast  
 Lachlan Pregun - Gold Coast  
 Zoe Prince - Sunshine Coast  
 Elie Sikh - Kogarah-Bay  
 Giovanni Stanghi - Gold Coast  
 Sabrina Stanghi - Gold Coast

## 10<sup>th</sup> Kyu

Brent Fuller - Kogarah-Bay  
 David Holzgreffe - Sunshine Coast  
 Amber James - Sunshine Coast  
 Corey James - Sunshine Coast  
 Monica Lester - Gold Coast  
 Nadia Stanghi - Gold Coast  
 Jared Van Deventer - Gold Coast  
 Aleisha Wade - Sunshine Coast  
 Tracey Wilde - Gold Coast

## 9<sup>th</sup> Kyu

Adam Kovacevic - Kogarah-Bay  
 Gabriel Long - Sunshine Coast  
 Corbin O'Flanagan - Sunshine Coast

## 8<sup>th</sup> Kyu

Jessica Corney - Kogarah-Bay  
 Luke Moulden - Sunshine Coast  
 Scott Moulden - Sunshine Coast  
 Emma Rhodes Pery - Sunshine Coast  
 Jack Sowden - Sunshine Coast  
 Thomas Sowden - Sunshine Coast  
 Brodie Squires - Sunshine Coast

## 7<sup>th</sup> Kyu

Jayden Donnelly - Gold Coast  
 Conor Emery - Gold Coast  
 Bridgette McGlusky - Sunshine Coast  
 Stephanie McGlusky - Sunshine Coast  
 Charlotte O'Grady - Sunshine Coast  
 Alex Scimonello - Sunshine Coast  
 Katlin Vella - Kogarah-Bay

## 6<sup>th</sup> Kyu

Camran Hashmi - Kogarah-Bay  
 Montana Stewart - Kogarah-Bay

## 5<sup>th</sup> Kyu

Jeremy Nak - Sunshine Coast  
 Baden Ring - Sunshine Coast  
 David Strazzari - Sunshine Coast  
 Luke Vella - Kogarah-Bay

## 4<sup>th</sup> Kyu

Christopher Baker - Sunshine Coast  
 Mitchell Booker - Sunshine Coast  
 Keanu Caston - Sunshine Coast  
 Phil Heath - Gold Coast  
 Emma Moehead - Sunshine Coast  
 William Nak - Sunshine Coast  
 Deborah Woodhouse - Sunshine Coast

## 3<sup>rd</sup> Kyu

Jim Moehead - Sunshine Coast  
 Charlie Tiraboschi - Sunshine Coast

## 2<sup>nd</sup> Kyu

Viet Kaas - Sunshine Coast

## 1<sup>st</sup> Kyu

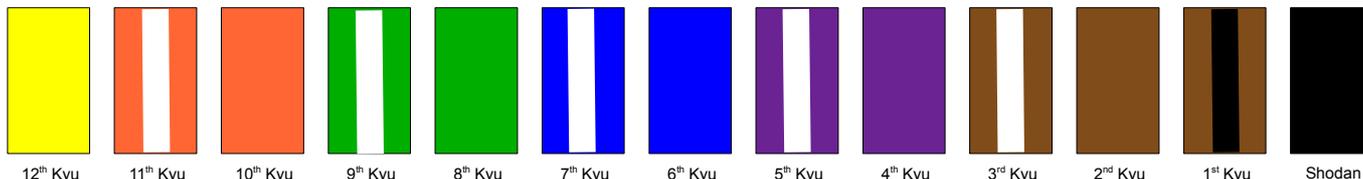
Helen O'Grady - Sunshine Coast  
 Emma Woodhouse - Sunshine Coast

## Shodan

## Nidan

Craig Cox - Kogarah Bay

## Chito-Ryu Belt Colours



# 2008 GOLD COAST KANGEIKO

By Sensei Adam Higgins

The Gold Coast turned it on with a beautiful mid winter day for the annual Gold Coast Chito-Ryu Karate Kangeiko. Whilst the challenge of the cold was not there the participants all eagerly headed off down the track of the Twin Falls circuit at Springbrook ready to test themselves with the various other challenges the day provides including the final stage of training under the waterfall.

This year saw an increase in the number of participants with some experiencing the training for the first time. It was also pleasing to see a great mix of beginners and advanced students plus a mix of male and females showing that the challenges of karate training are for everyone!

The morning started with a jog to the first point where everyone had a chance to have their photo taken at the top of Blackfellow Falls. The many tall straight trees tempted some of the group to try their hand at emulating some of the feats of O'Sensei that they had heard of. Whilst climbing up the tree was difficult but not impossible, exactly how to turn around and climb down face first was not quite worked out. More training must be needed!

The inspiration of O'Sensei was carried forward into the next section of training. Many had heard of O'Sensei learning the "art of walking on coral" To test the concentration and conditioning of the feet some students removed their shoes for the remainder of the training, including the jogging to each location. The sharp rocks and uneven ground kept the challenge interesting.

The next stop was the bottom of Blackfellow falls where everyone found a suitable position on the flattest rock they could find for 30 minutes of meditation. With sounds of the water combining with the rest of sounds of the rainforest the oneness with the location was a terrific experience that made the 30 minutes disappear very quickly.

After meditation the jog continued along the bottom of the ridge to Twin Falls where everyone performed various bunkai and one step sparring. The narrow path and uneven environment added an extra dimension to the technique as you were forced to be aware of your environment as well as your partner. There was definitely no room for mechanical repetition of the technique as a step too far could see you land in the water!

With a quick snack to replenish the energy everyone continued on to the next stage; an angled chasm between the rocks with a sloped path at the bottom. First step was to walk through the chasm normally to prove that even standing up straight you did fit easily. Then the challenge began with seisan dachi stepping, shiko dachi stepping, 4 kick combination, rinten tsuki, rinten-hanten tsuki. A concentration on just performing the technique saw success, a lapse of concentration saw the eyes take over and try to adjust the body to conform to the angled walls leading to a big lean, in most cases tipping over up against the wall! The results were both humorous to onlookers and educational to the participants as everyone learnt more about their techniques.



The last part of the training was what everyone had been waiting for as the group made its way to the aptly named Rainbow Falls. With the sunlight hitting the spray from the waterfall a number of rainbows form, creating a magical effect. Before going under the water everyone took turns at performing their kata in the cave behind the waterfall, the energy of the cave providing an additional element to the performance of the kata.

The first brave participants made their way under the waterfall and found that whilst the outside temperature was warmer than normal for mid July, the water certainly wasn't! With the recent rain there was more water than last year. With a slight breeze circling around the spray from the waterfall was constantly changing, meaning that at one moment you could have a light spray, and then in an instant the spray would increase to there was a total white out completely covering you in water.

With strong kiai's ringing out and a focus on breathing through the tanden everyone was successful in meeting the challenge presented by the cold water and left the water feeling the warmth of accomplishment and shared experience eager for next year when they could once again test themselves with the Gold Coast Chito-Ryu Kangeiko.

For more photos visit the Gold Coast Chito-Ryu Karate website ([www.gckarate.com.au](http://www.gckarate.com.au))

*Right: Phil Heath under Rainbow Falls*

*Bottom: Anthony Horgan at Twin Falls*

*Bottom-Right: Monica Lester and Tracey Wilde performing kata behind Rainbow Falls.*



*2008 Kangeiko Participants: Adam Higgins, Anthony Horgan, Tasi Schiffers, Phil Heath, Nathan Rossely, Bina Schiffers, Monica Lester, Tracey Wilde.*



# ICKFA Tournament Circuit

**2008 ICKFA National Titles**  
**Sunday 26<sup>th</sup> October**  
**Civic Ballroom, Lithgow**

All Ages

All Skill Levels

Be part of the Fun!

Sydney  
**Sunshine Coast**

**Bathurst**

**Gold Coast**

**Blue Mountains**



By Sensei Martin Phillips

# 5<sup>th</sup> Annual Sunshine Coast Chito-Ryu Karate Championships

I am sure that everyone who was involved would agree with me in saying that this was the best Sunshine Coast tournament yet! The standard of competition is improving every year as too is the standard of refereeing. We were back to Kawana Waters High School, which is the best venue we have had over the years, lots of space for warm up marshaling, 2 competition rings and spectators.

There was a very high level of involvement from parents and members as volunteers to help make the day run so smoothly. Ryan, one of our new adult members did a fantastic job as MC for the day, we can see why he works in radio.

Although the number of entries were down a bit from interstate due to the increased number of tournaments on the national circuit, there was very good support from Sunshine Coast and Gold Coast dojos by way of competitors. Be sure to take a bit of time to browse the photos, and thank you to Tori Richards who took most of these photos.

Many members are now working hard preparing for the first annual Gold Coast Cup coming up next month which is also sure to be a great event with Adam Higgins Sensei and the Gold Coast team working hard in preparation for the event.



## Tournament Results

### Junior Tournament Champion

Linh Tran (Sunshine Coast)

### Senior Tournament Champion

Sandra Phillips (Sunshine Coast)

### Junior Kata White – 8<sup>th</sup> Kyu

- 1 – Donnel Cook (Sunshine Coast)
- 2 – Luke Moulden (Sunshine Coast)
- 3 – Laine Van Deventer (Gold Coast)

### Junior Kata 7<sup>th</sup> – 4<sup>th</sup> Kyu

- 1 – Emma Moehead (Sunshine Coast)
- 2 – Keanu Caston (Sunshine Coast)
- 3 – David Stazzari (Sunshine Coast)

### Junior Kata 3<sup>rd</sup> Kyu +

- 1 – Linh Tran (Sunshine Coast)
- 2 – Emma Woodhouse (Sunshine Coast)
- 3 – Viet Kaas (Sunshine Coast)

### Adult Kata White – 5<sup>th</sup> Kyu

- 1 – Chris Baker (Sunshine Coast)
- 2 – Phil Heath (Gold Coast)
- 3 – Duncan Bigg (Sunshine Coast)

### Adult Kata 4<sup>th</sup> – 1<sup>st</sup> Kyu

- 1 – Charlie Tiraboschi (Sunshine Coast)
- 2 – Helen O'Grady (Sunshine Coast)
- 3 – Anthony Horgan (Gold Coast)

### Adult Black Belt Kata

- 1 – Sandra Phillips (Sunshine Coast)
- 2 – Adam Higgins (Gold Coast)
- 3 – Sam Henderson (Sunshine Coast)

### Team Kata 10<sup>th</sup> – 4<sup>th</sup> Kyu

- 1 – Sunshine Coast 5 (William Nak, Keanu Caston, Emma Moehead)
- 2 – Sunshine Coast 1 (Donell Cook, Luke Moulden, Hunter Johnstone)
- 3 – Gold Coast 1 (Jared Van Deventer, Roarke Van Deventer, Laine Van Deventer)

### Team Kata 3<sup>rd</sup> Kyu +

- 1 – Gold Coast (Adam Higgins, Anthony Horgan, Tasi Schiffers)
- 2 – Sunshine Coast (Rhys Woodhouse, Jim Moehead, Helen O'Grady)
- 3 – The Tank, Sunshine Coast (Tom Hurley, Jack Hurley, Max Hurley)

### Kumite 9yrs & under Mixed

- 1 – David Strazzari (Sunshine Coast)
- 2 – Luke Moulden (Sunshine Coast)
- 3 – Damon De Jongh (Sunshine Coast)

### Kumite 10-11 yrs Boys

- 1 – Viet Kass (Sunshine Coast)
- 2 – Jayden Donnelly (Gold Coast)
- 3 – James O'Grady (Sunshine Coast)

### Kumite 12-13 yrs Boys

- 1 – Jeremy Nak (Sunshine Coast)
- 2 – Roarke Van Deventer (Gold Coast)

### Kumite 14-15 yrs Boys

- 1 – Linh Tran (Sunshine Coast)
- 2 – William Nak (Sunshine Coast)

### Kumite 16-17 yrs Boys

- 1 – Charlie Tiraboschi (Sunshine Coast)
- 2 – Rhys Woodhouse (Sunshine Coast)
- 3 – Jared Van Deventer (Gold Coast)

### Kumite 10-11 yrs Girls

- 1 – Laine Van Deventer (Gold Coast)
- 2 – Kathleen Smith (Gold Coast)
- 3 – Tia Guy (Sunshine Coast)

### Kumite 12-14 yrs Girls

- 1 – Tamika De Jongh (Sunshine Coast)
- 2 – Zabrina Schiffers (Gold Coast)
- 3 – Emma Woodhouse (Sunshine Coast)

### Kumite Mens Masters (40yrs+)

- 1 – Phil Heath (Gold Coast)
- 2 – Duncan Bigg (Sunshine Coast)
- 3 – Jim Moehead (Sunshine Coast)

### Kumite Open Women

- 1 – Sandra Phillips (Sunshine Coast)
- 2 – Tasi Schiffers (Gold Coast)
- 3 – Helen O'Grady (Sunshine Coast)

### Kumite Open Men

- 1 – Adam Higgins (Gold Coast)
- 2 – Shane Ker (Kogarah Bay)
- 3 – Duncan Bigg (Sunshine Coast)



	Kata			Kumite			Total		
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Sunshine Coast	7	6	5	7	4	7	14	13	12
Gold Coast	1	2	3	3	5	1	4	7	4
Kogarah Bay	0	0	0	0	1	0	0	1	0

# Bathurst Chito-Ryu Karate Tournament

The first Bathurst Chito-Ryu Karate tournament was held on Sunday 10<sup>th</sup> August at the Bathurst PCYC. Representatives from Bathurst, Lithgow, Katoomba, Kogarah Bay and Newcastle dojos were in attendance and the event attracted 60 competitors.

Considering that the weather was very cold with snow falling the night before and during the day the competitors displayed very good karate spirit and sportsmanship throughout the day.

Congratulations to Colin Phillips Sensei for organizing the event and considering that the Bathurst Dojo has only been in operation for just over a year this was a clear display of team work and collaboration. The table officials, referees and volunteers need to be thanked for all of their efforts on the day. A big thank you is extended to Adam McDonald Sensei for transporting all of the mats and equipment to and from the venue.



## Tournament Results

### Junior Tournament Champion

Mitchell Case (Lithgow)

### Senior Tournament Champion

Viktoria Crouch-Reeves (Newcastle)

### Karate Spirit Award

Amy Jones (Lithgow)

### Junior Kata 12<sup>th</sup> – 8<sup>th</sup> Kyu (u/12yrs)

1 – Sammuel Hammet (Lithgow)  
2 – Simran Singh (Bathurst)  
3 – Louis Long-Jaccound (Lithgow)

### Junior Kata 7<sup>th</sup> – 4<sup>th</sup> Kyu (u/12yrs)

1 – Mitchell Case (Lithgow)  
2 – Jack Turner (Lithgow)  
3 – Montana Stewart (Kogarah Bay)

### Junior Kata 12<sup>th</sup>-8<sup>th</sup> Kyu (13-17yrs)

1 – Zoe Tanks (Newcastle)  
2 – Joshua Kozis (Newcastle)  
3 – Matt Riley (Newcastle)

### Junior Kata 7<sup>th</sup>-3<sup>rd</sup> Kyu (13-17yrs)

1 – Jonathon Raymond (Bathurst)  
2 – Laura Case (Lithgow)  
3 – Hope Riley (Newcastle)

### Junior Kata 3<sup>rd</sup> Kyu+ (13-17yrs)

1 – Etsuko Ishida (Lithgow)  
2 – Debbie Barnett (Lithgow)  
3 – Craig Carter (Bathurst)

### Adult Kata 4<sup>th</sup> – 1<sup>st</sup> Kyu

1 – German Gasco (Newcastle)  
2 – Christopher Johnston (Lithgow)  
3 – Cordelia Campbell (Lithgow)

### Black Belt Kata

1 – Viktoria Crouch-Reeves (Newcastle)  
2 – Adam McDonald (Lithgow)  
3 – Glen Snow (Lithgow)

### Junior Team Kata 7-12 years

1 – Lithgow (Jessie Luchetti, Jack Turner, Mitchell Case)  
2 – Bathurst (Brendan McMahon, Matthew Foran, Ben Geerkens)  
3 – Lithgow (Jarrod Purnell, Emily O'Neil, Aiden Thompson)

### Senior Team Kata 12<sup>th</sup> - 4<sup>th</sup> Kyu (13yrs+)

1 – Newcastle (Matt Riley, Zoe Tonks, Joshua Kozis)  
2 – Lithgow (Nicholas Purnell, Etsuko Ishida, Debbie Burnett)  
3 – Bathurst (Jonathon Raymond, Blake Johnston, Amy Raymond)

### Senior Team Kata 3<sup>rd</sup> Kyu+

1 – Lithgow (Bradley Campbell, Cordelia Campbell, Chris Johnston)  
2 – Newcastle (Viktoria Crouch-Reeves, Kaenarelle Reeves, German Gasco)

### Junior Master of the Mat (4-7yrs)

1 – Tom Luchetti (Lithgow)  
2 – Arya Bazard (Bathurst)  
3 – Nicholas Cole (Bathurst)

### Junior Master of the Mat (8-12yrs)

1 – Mitchell Case (Lithgow)  
2 – Jacqueline Raymond (Bathurst)  
3 – Matthew Foran (Bathurst)

### Kumite 7-9yrs Mixed

1 – Joshua Crouch-Reeves (Newcastle)  
2 – Amy Jones (Lithgow)  
3 – Emily Geerkens (Bathurst)

### Kumite 10-12 yrs Boys

1 – Mitchell Case (Lithgow)  
2 – Aiden Thompson (Lithgow)  
3 – Jack Turner (Lithgow)

### Kumite 10-12 yrs Girls

1 – Jessie Luchetti (Lithgow)  
2 – Jacqueline Raymond (Bathurst)  
3 – Montana Stewart (Kogarah Bay)

### Kumite 12-14 yrs Boys

1 – Kobey Jones (Lithgow)  
2 – Nicholas Purnell (Lithgow)  
Harry Dudley-Bestow (Katoomba)

### Kumite 12-14 yrs Girls

1 – Hope Riley (Newcastle)  
2 – Amy Raymond (Bathurst)  
3 – Gabrielle Sikh (Kogarah Bay)

### Kumite 15-17 yrs Boys

1 – Bradley Campbell (Lithgow)  
2 – Tom Golder (Newcastle)  
3 – Blake Johnston (Lithgow)

### Kumite 15-17yrs Girls

1 – Viktoria Crouch-Reeves (Newcastle)  
2 – Zoe Tonks (Newcastle)  
3 – Samantha Ford (Newcastle)

### Kumite White - 4<sup>th</sup> Kyu Mens

1 – Craig Carter (Bathurst)  
2 – German Gasco (Newcastle)

### Kumite Open Men

1 – Christopher Johnston (Lithgow)  
2 – Craig Carter (Bathurst)

### Kumite Open Women

1 – Kaenarelle Reeves (Newcastle)  
2 – Debbie Barnett (Lithgow)



	Kata/King of Mat			Kumite			Total		
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Bathurst	1	4	4	1	3	1	2	7	5
Katoomba	0	0	0	0	0	1	0	0	1
Kogarah Bay	0	0	1	0	0	2	0	0	3
Lithgow	7	6	3	5	4	2	12	10	5
Newcastle	3	2	2	4	3	1	7	5	3

# GOLD COAST CUP

The Gold Coast turned it on with 2 beautiful days for the Gold Coast Cup and Seminars, with great time had by all at both events.

The Gold Coast Chito-Ryu Karate dojo was the venue for the Saturday's ICKFA seminar (all ranks) which was followed by the Brown and Black Belt seminar. Sensei Mark Snow from the Blue Mountains took the ICKFA Seminar with the assistance of Sensei Shane Ker (Sydney), Sensei Adam Higgins (Gold Coast) and Sensei Rhys Woodhouse (Sunshine Coast). Sensei Snow took the group through exercises to practise stances, and then concentrated on good wrist positions when punching. A key point of the session was having good focus by looking straight ahead. With good focus the strength of the stances and punches increased. Sensei Snow finished the session with a number of applications of the final stages of the kata, demonstrating how the good focus and awareness must remain at all times. For many of the group this was the first time they had trained with Snow Sensei and all appreciated his warm, fun teaching style.

The Brown and Black Belt Seminar was led by Sensei Martin Phillips and saw a strong focus on Zanshin, and awareness in all directions. After a number of kata exercises to work on these points groups were formed with one person in the middle defending against multiple opponents using takedowns, this provided the opportunity to apply the lesson in a practical situation.

Sunday morning the competition commenced with over 50 competitors lining up for the opening ceremony. This year we were fortunate to have Kalia Baldan sing the Australian national anthem. As well as being a member of Gold Coast Chito-Ryu Karate, Kalia is a member of the Australian Girls Choir.

The kata events commenced the action, for many of the competitors this was the first time they had participated in a tournament and it was very pleasing to see that everyone was able to overcome their nerves and perform their kata in front of the referees, their peers, family and all the rest of the audience. Nathan Rossely excelled in his first tournament winning the novice adult kata division. Fantastic kata were demonstrated in all divisions with some stand out performances, many of the competitors are attending the National Titles at the Blue Mountains in October, the performances demonstrated showed that the Queensland team is going to be tough to beat this year!

The team kata was as always a popular division, it was great to see family members competing together. One (of the many) great things about karate is it is an activity that everyone in the family can do, with team kata providing an opportunity to work together. From the Gold Coast Husband, Wife and Son combination the McSwan's took out 3<sup>rd</sup> place in the open team kata (White - 4<sup>th</sup> Kyu). With the sister combination of Nadia

and Sabrina Stanghi combining with Monica Lester to go one step better taking out second place. The advanced team kata was a close affair with the Gold Coast team narrowly beating the Sunshine Coast team.

Straight up after the lunch break were the demonstrations with all the Gold Coast students combining to perform Kihon Dosa Ichi, Kihon Dosa Ni, and the more senior students performing Kihon Kata Ichi. This was another great opportunity for the students to show their families their karate skills. The Gold Coast Chito-Ryu Karate Demonstration finished with a display of Niseishi Dai by Sensei Adam and Anthony Horgan. Firstly the kata was demonstrated, followed by some of the bunkai applications of the kata, the final part of the demonstration was a display of the hard side of the kata. As Sensei Adam performed Niseishi Dai Anthony struck various parts of Sensei Adam's body with a shinai, drawing gasps from the onlookers.

The second demonstration was performed by the black belts as they demonstrated the multiple attacker exercise from the previous days seminar. Sensei Martin Phillips and then Sensei Mark Snow took a turn in the middle and proceeded to dispatch the multiple attackers with effortless throws. Sensei Martin and Sensei Mark then concluded the demonstration with a performance of the kata Sanshiru.



Mitchell Booker, Keanu Caston, Emma Moehead



Alexander Prialia vs Aaron Pregun

The Queensland team to compete at the ICKFA National Titles in October was then presented to the crowd with all members of the team invited to the floor to receive their applause.

Two more special presentations were made to their very surprised recipients. Sheryl Higgins has been the treasurer for the ICKFA for the last 2 years and has been a driving factor behind establishing the professional practises now used by the association. Through Sheryl's hard work and diligence the association is now positioned so that it can continue to move forward in a professional financial manner. Due to other commitments Sheryl has had to resign as treasurer. As a thank you a special presentation and official thank you was given to Sheryl by Sensei Martin Phillips, President of the ICKFA.



Senior Demonstration – Sensei Martin Phillips throwing Rhys Woodhouse

The second special presentation was to Sensei Martin Phillips. Sensei Martin is shortly going to Japan to challenge for his Shihan teachers rank. As a show of support and thank you to Sensei Martin for all he has done for QLD Chito-Ryu Karate, the members of both the Sunshine Coast and Gold Coast dojos banded together to raise over \$1000 to help Sensei Martin get to Japan for his grading. With the possibility of our own Shihan in Queensland this was seen as a great investment by the QLD Chito-Ryu members.

The final demonstration of the day was the kids 5-7 yrs demonstration Kumite. The relaxing of the rules allowed for a lot closer interaction from the coaches as these future stars went about showing everyone what they could do. Aaron Pregon, Dylan Pike, Alexander Priala and Nathan Scavone all put on a fantastic display of their skills and etiquette with all leaving the ring with a huge smile to accompany their participant's trophy.

The afternoon's events kicked off with the 7-9 years Kumite. All matches were a good test of skill and spirit with some of the newer competitors having to contend with the extra speed and power that the excitement of a competition brings. In what was a hard fought division Luke Moulden from the Sunshine Coast out pointed Dean Marincevski from Kogarah Bay to take the 1<sup>st</sup> place trophy.

The 10-11 years divisions for both girls and boys were very strong. Montana Stewart travelled all the way from Kogarah Bay in Sydney to take out the girls division, with James O'Grady from the Sunshine Coast taking out the boys division over dojo team mate Viet Kass.

The tough battles continued through the remaining junior divisions where both the Sunshine Coast and Gold Coast dojos were well represented. The highlight event for the juniors was the 16-17 years boys Kumite where Linh Tran stepped up a division to take out the 1<sup>st</sup> place. The speed and skill of all boys in this division delighted the crowd.

The adults divisions demonstrated a great mix of experience and beginners with some of the competitors competing for the first time. The women's division was highlighted by the performance of Sensei Sandra Phillips who has only recently returned to competition. Sensei Sandra's demonstration of hard, fast and controlled Kumite provided everyone with a great example of where they needed to take their training. In the men's division Duncan Bigg from the Sunshine Coast showed the benefits of his focused training to take out the event narrowly beating out Anthony Horgan from the Gold Coast. The match was

very close with Anthony jumping to an early lead only to have Duncan come back at him late in the match. Anthony will learn from the experience, with both competitors continuing to build towards the national titles.

The trophy presentations rounded out the end of the day with big rounds of applause given by all. The Junior tournament champion was presented to Linh Tran from the Sunshine Coast who came second in his kata division and won the Kumite after stepping up a division. Senior Tournament Champion was awarded to Sensei Sandra Phillips who won both the Black Belt Kata and Open Women's Kumite division with very strong showings.

A huge thank you to all competitors who performed with a high level of skills, etiquette and budo spirit, making for a great day of action. Thank you to the officials and referee's who were rarely noticed during the day (the sign of a great job!). And last but not least a huge thank you to all the volunteers whose efforts make an event like this possible.

The 1<sup>st</sup> Annual Gold Coast Cup was a terrific event and we all look forward to 2009 when Gold Coast Chito-Ryu Karate will welcome everyone back for the 2<sup>nd</sup> Annual Gold Coast Cup.

## Tournament Results

### Junior Tournament Champion

Linh Tran (Sunshine Coast)

### Senior Tournament Champion

Sandra Phillips (Sunshine Coast)

### Junior Kata White – 8<sup>th</sup> Kyu

- 1 – Luke Moulden (Sunshine Coast)
- 2 – Nadia Stanghi (Gold Coast)
- 3 – Sabrina Stanghi (Gold Coast)

### Junior Kata 7<sup>th</sup> – 4<sup>th</sup> Kyu

- 1 – Emma Moehead (Sunshine Coast)
- 2 – Tamika De Jongh (Sunshine Coast)
- 3 – Mitchell Booker (Sunshine Coast)

### Junior Kata 3<sup>rd</sup> Kyu +

- 1 – Emma Woodhouse (Sunshine Coast)
- 2 – Linh Tran (Sunshine Coast)
- 3 – Viet Kaas (Sunshine Coast)

### Adult Kata White – 5<sup>th</sup> Kyu

- 1 – Nathan Rossely (Gold Coast)
- 2 – Duncan Bigg (Sunshine Coast)
- 3 – Jared Van Deventer (Gold Coast)

### Adult Kata 4<sup>th</sup> – 1<sup>st</sup> Kyu

- 1 – Helen O'Grady (Sunshine Coast)
- 2 – Anthony Horgan (Gold Coast)
- 3 – Tasi Schiffers (Gold Coast)

### Adult Black Belt Kata

- 1 – Sandra Phillips (Sunshine Coast)
- 2 – Shane Ker (Kogarah Bay)
- 3 – Adam Higgins (Gold Coast)

### Team Kata 10<sup>th</sup> – 4<sup>th</sup> Kyu

- 1 – Sunshine Coast 2 (Mitchell Booker, Keanu Caston, Emma Moehead)
- 2 – Monasa Chicks - GC (Monica Lester, Nadia Stanghi, Sabrina Stanghi)
- 3 – McSwan Family - GC (Hayden McSwan, Marcus McSwan, Tanya McSwan)

### Team Kata 3<sup>rd</sup> Kyu +

- 1 – Gold Coast (Adam Higgins, Anthony Horgan, Tasi Schiffers)
- 2 – Sunshine Coast (Rhys Woodhouse, Jim Moehead, Helen O'Grady)

### Kumite 7-9yrs Mixed

- 1 – Luke Moulden (Sunshine Coast)
- 2 – Dean Marincevski (Kogarah Bay)
- 3 – Dakota Smith (Gold Coast)

### Kumite 10-11 yrs Boys

- 1 – James O'Grady (Sunshine Coast)
- 2 – Viet Kass (Sunshine Coast)
- 3 – Jayden Donnelly (Gold Coast)

### Kumite 12-13 yrs Boys

- 1 – Keanu Caston (Sunshine Coast)
- 2 – Roarke Van Deventer (Gold Coast)
- 3 – Mitchell Booker (Sunshine Coast)

### Kumite 16-17 yrs Boys

- 1 – Linh Tran (Sunshine Coast)
- 2 – Rhys Woodhouse (Sunshine Coast)
- 3 – Jared Van Deventer (Gold Coast)

### Kumite 10-11 yrs Girls

- 1 – Montana Stewart (Kogarah Bay)
- 2 – Kathleen Smith (Gold Coast)
- 3 – Klaudia Caston (Sunshine Coast)

### Kumite 12-13 yrs Girls

- 1 – Sabrina Stanghi (Gold Coast)
- 2 – Zabrina Schiffers (Gold Coast)

### Kumite 14-17 yrs Girls

- 1 – Tamika De Jongh (Sunshine Coast)
- 2 – Nadia Stanghi (Gold Coast)

### Kumite Open Women

- 1 – Sandra Phillips (Sunshine Coast)
- 2 – Tasi Schiffers (Gold Coast)
- 3 – Tracey Wilde (Gold Coast)

### Kumite Open Men

- 1 – Duncan Bigg (Sunshine Coast)
- 2 – Anthony Horgan (Gold Coast)
- 3 – Nathan Rossely (Gold Coast)



Anthony Horgan vs Marcus McSwan



	Kata			Kumite			Total		
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Sunshine Coast	6	4	2	7	2	2	13	6	4
Gold Coast	2	3	5	1	6	5	3	9	10
Kogarah Bay	0	1	0	1	1	0	1	2	0

Junior Tournament Champion - Linh Tran  
Senior Tournament Champion – Sandra Phillips

# ICKFA Dojo News

## Katoomba & Lithgow

Sensei Mark Snow

### Bathurst Tournament

Members from the Lithgow and Katoomba Dojos recently traveled to Bathurst to participate in the first Bathurst tournament. The day was cold, very cold with snow falling the night before and on the morning of the event. As a result of the snow some visitors to the region experienced snow for the very first time.

Participants from both dojos did very well on the day with many competing with excellent manners, displaying good spirit and sportsmanship. Many students have commented that it is great to be provided with more opportunities to compete in more tournaments.

Congratulations to all of the participants and to those who received an award for their efforts. A big thank you needs to be extended to the Bathurst Dojo, under the guidance of Phillips Sensei for organising the event and to the table officials, volunteers and supporters of the event from the regional dojos. It is wonderful to see the teamwork and collegiality displayed by everyone.

### Kangeiko 2008

A group of karateka recently tested their personal spirit by experiencing training in the cold winter conditions. This hard and arduous test of the self is undertaken every winter in the mountains and this year the theme had a slight variation.

Steve Thompson, Glen Snow, Adam McDonald, Tamara Snow, Dale Snow and Snow Sensei journeyed to through Hartley onto the Cox's River and spent a number of hours training in a beautiful area surrounded by the sounds of nature in almost total seclusion.

After a period of meditation all participants participated in karate basics, push ups, kata practice, throwing into the river and a personal test in the waterfall followed by a kumite session. It was a wonderful morning of training and a chance to train outdoors and get in touch with nature.

At the conclusion of the training everyone was invited to spend the afternoon at a traditional Japanese Bath house (Sparadise- Blue Mountains) recovering and enjoying the warmth and heat of the water. Everyone that participated is looking forward to next year's kangeiko. A genuine surprise of a training experience.



Mitchell Case- Jr Champion, Snow Sensei and Amy Jones  
(Outstanding Spirit Award)



Some of the winners from the Bathurst Tournament

# ICKFA Dojo News

## Kogarah Bay

Sensei Shane Ker

The last few months have been a very busy time at the Kogarah-Bay Dojo with the introduction of the new belt system and syllabus the students had to train extra hard to learn new kata's and basics so that they were ready for their next grading. As such the format of the classes were changed so as to introduce another session just dedicated to "extra training". This session was introduced as an invitation only session where the focus was on grading requirements for the more senior kids initially. In the future this session will be for special purposes such as one-on-one sessions, tournament training and for implementing the teachers program when it is fully introduced and running. The adults who used to train in this time slot now train one night at the Oatley Dojo and one night at Kogarah-Bay. The new format seems to be well accepted by all students.

The gradings at Kogarah-Bay were conducted by Noonan Honbucho and the hard work put in by the students paid off with them all passing to their next level. For many this was the first time they had to do the physical component of the grading and they all also passed that with flying color's.

The students had also been busy training for the recent Bathurst tournament and it was good to see a number of the kids and parents traveling to Bathurst to support Sensei Colin Phillips on his first tournament. We also wish the best of luck to Montana Stewart and Dean Marincevski in the upcoming Gold Coast tournament.

The month of August saw the departure of Craig Cox Sensei to Japan. Sensei Craig has been an integral part of the original Ramsgate Dojo and now Kogarah-Bay dojo for the past 3 years. Sensei Craig has been invaluable as an assistant teacher at the dojo's and will be greatly missed by all the students and parents. On his last night at the dojo he took a combined kids and adult's class which was followed by a big party thrown by the students and parents. Good Luck Craig Sensei in Japan.

Finally everyone is looking forward to the last few months of the year with the Gold Coast tournament in September, Nationals in October and final Kogarah-Bay gradings for 2008 on the 14<sup>th</sup> of December.



Sean White with Sensei Craig Cox



Kogarah Bay Karateka at the grading

# ICKFA Dojo News

## Gold Coast

by Adam Higgins Sensei

It has been an extremely busy and exciting few months for Gold Coast Chito-Ryu Karate with Kangeiko, Tournaments, The formation of the Gold Coast Chito-Ryu Karate Association, the implementation of the new belt system and lots of new faces around the dojo.

### 2008 Kangeiko

It was fantastic to see all ages, both sexes and belt levels attend this years annual Kangeiko. There were a number of people attending for the first time and a couple that have come back for their second kangeiko. Whilst the Gold Coast may not experience the extreme cold weather of some regions, the day is still a great test of spirit and character.

2008 Kangeiko participants - Adam Higgins, Anthony Horgan, Tasi Schiffers, Phil Heath, Nathan Rossely, Bina Schiffers, Monica Lester, Tracey Wilde

Read the article on Gold Coast Chito-Ryu Karate's Kangeiko in this issue of the River of Knowledge for more details of this fantastic day.

### Sunshine Coast Championships

Gold Coast Chito-Ryu Karate sent its biggest ever team to the Sunshine Coast Championships with 16 members performing at their best winning 4 gold, 7 silver and 4 bronze medals.

It was great to see a number of Gold Coast students step up for the first time with many of them taking home a medal. As they gain more experience I am sure there will be many more medals to be won.

A highlight of the tournament was the demonstration kumite match between Ken Noonan from Sydney and Dylan Pike from the Gold Coast. Both boys are too young to compete in the junior division but that did not stop them from showing everyone how it should be done - Lots of spirit, big kiai's and most of all big smiles!

It was also fantastic to see all the girls of QLD Chito-Ryu Karate combine to perform a number of kata demonstrations. There certainly is a lot of talented female karateka developing here in the Sunshine State

### Gold Coast Chito-Ryu Karate Association

As part of the continued growth of Chito-Ryu on the Gold Coast, the members of Gold Coast Chito-Ryu Karate have formed the Gold Coast Chito-Ryu Karate Association (GCCKA) with the purpose of representing and supporting the Gold Coast members and of developing Chito-Ryu on the Gold Coast.

This is a very important step in the development of Chito-Ryu on the Gold Coast and I congratulate and thank the elected board members.

President - Anthony Horgan

Secretary - Kym Schiffers

Treasurer - Phil Heath

ICKFA & Instructor Representative - Adam Higgins

### New Belts

All the new belt colours look fantastic!, the extra colour in the dojo and the clearly visible goals for the next level has injected an extra energy in to the dojo with terrific feedback from both students and parents. Congratulations to the senior ICKFA members who have been working very hard along side the Sohonbu to implement this change.

### Gold Coast Cup

The first Gold Coast Cup was a big occasion with many volunteers and competitors having never been part of a tournament there was a few nervous people leading up to the big day but with everything running very smoothly everyone left with smiles.

There was a terrific feeling of camaraderie throughout the tournament as everyone worked hard to make sure the tournament (and the entire weekend) was a great event. Everyone is now looking forward to a bigger and better 2<sup>nd</sup> Annual Gold Coast Cup in November.

For a full report on the Gold Coast Cup see the article in this issue of the River of Knowledge.

# ICKFA Dojo News

## Bathurst

Colin Phillips Sensei

### Chito Ryu Karate on the move in Bathurst

Bathurst Chito Ryu has moved to the Bathurst Uniting Church Complex, 140a Williams St, training on Thursday nights, the Bathurst students are keen to train on a second night however numbers need to increase significantly to make this viable.

Thanks to Mrs Foran for following up on this venue, we really appreciate her effort and ongoing support, this a wonderful hall with gas heating and a wooden floor which is great for training.

The students and parents alike have been very supportive of the changes and we have a wonderful and strong club in Bathurst.

The Bathurst Dojo pictured is situated between the Uniting Church and Brookmore Centre right in the middle of the CBD in Bathurst.



### Bathurst Tournament

The Bathurst tournament held on the 10<sup>th</sup> of August was a great success, the smaller regional tournaments allow us to add divisions such as the under twelve divisions, king of the mat fun challenges and give people who haven't competed before an idea of what karate tournaments are all about.

Thanks to the many supporters and helpers from the Bathurst club providing table officials on the day, canteen support, helping setting up on the Saturday and then packing up on the Sunday, your help and ongoing support is greatly appreciated.



### Grading News

Gradings were held on the 1<sup>st</sup> of July, Mark Sensei was very pleased with the standard of technique and more importantly commented on the excellent manners of the students.

Mark Sensei has given us some important ideas on Etiquette as well as coming in and out of Seiza correctly.

In our junior program congratulations goes to Kane Dennis grading to 10<sup>th</sup> kyu. Dylan Wills, Justin Hill, Simran Singh, Radhika Singh, Angadh Bazaad, Arya Bazaad, Nicholas Cole, Riley Single all successfully grading to 12<sup>th</sup> Kyu. In the Senior Program Bella Townsend successfully graded to 7<sup>th</sup> Kyu

# ICKFA Dojo News

## Bathurst (cont)

### Goodbye and all the best to Bella Townsend of Bathurst Dojo

Bella who recently graded to 7<sup>th</sup> Kyu has joined the Australian Defence Force and has been accepted into Officer Training, Bathurst members wish Bella all the best in her new exciting career choice.

Bella speaks several languages fluently and is interested in a career ultimately within National Security.



### Fundraising for Training Mat

Students, parents and care givers undertook a number of fundraising activities starting on the 3<sup>rd</sup> of June to raise funds to purchase 100 jigsaw mats for our Bathurst Dojo each square will be approximately \$25 each; which means we needed to raise \$2500.

It was thought that the mat would benefit our students with their training and most importantly comfort each week due to the extremely cold floor surface of the PCYC during winter and also allow our club to run and support future tournaments.

Activities included:-

**Major Raffle**, Drawn at the Bathurst Tournament on the 10<sup>th</sup> of August. 1<sup>st</sup> Prize 5 nights accommodation for two people at the Harbour Resort on the Gold Coast won by Kara Howey a Chito Ryu student from Bathurst. 2<sup>nd</sup> Prize 1 nights accommodation (cabin) at Ben Chifley Dam Bathurst won by Denise Di Fazio (Kelso Primary). 3<sup>rd</sup> Prize 1 night's accommodation for 2 people at the O'Connell Hotel (includes meal for 2 and a bottle of wine) won by Sam Hall (Kelso Primary). Thankyou to all students, members, parents and caregivers, families and supporters for your help with selling tickets. A big thankyou to Mary Raymond for organising these prizes.

**BBQ Fundraiser at Harvey Norman on the 28<sup>th</sup> of June.** This was an extremely cold day at Harvey Norman in Bathurst, a big thank you to John and Sandra McMahon and Mary Raymond for help on the day, and also thanks to Tammy Foran, Sandra McMahon and Mary Raymond for cooking cakes and slices for sale on the day as well.

**Sponsored mats by business or individual.** Thankyou to The Rangoli Restaurant, Jesse Raymond, Brendan McMahon and the Cole family.

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## Newcastle

Sensei Greg Field

Chito Ryu in Newcastle is set to expand with Viktoria Crouch-Reeves making the decision to open another class. This class will be located at Birmingham Gardens and will initially cater for younger children. Viktoria has held two classes so far and is working hard to develop this dojo. German Gasco has kindly offered to help teach at the dojo and his assistance will be a great help to Viktoria.

Newcastle sent a strong team of competitors to the first Bathurst tournament. Most of the team travelled to Bathurst in a hired bus and I am glad to report that they did not set a new lap record when they drove the bus around the Mount Panorama race circuit.

While the welcome we received in Bathurst was very warm, the weather was anything but. It was described as the coldest weather ever for a Chito Ryu Tournament in Australia, with some snow falling during the tournament. Most competitors struggled to stay warm, which made competing difficult.

For Joshua Kozis, Tom Golder, Zoe Tonks and Samantha Ford, it was the first time that they had competed in a tournament, so they were very nervous. However, they all competed beyond expectations and all received a medal for placing or winning a division.

The Newcastle dojo has been lucky to have a Japanese exchange student, Tsumiki Sato, training with us over the last few months. Tsumiki had not trained in karate before coming to Australia, but she is really enjoying learning karate and is progressing quickly. She has been assisting me with my pronunciation of Japanese words and this provides for some lighter moments in class. We will all miss Tsumiki when she returns to Japan.

# ICKFA Dojo News

## Sunshine Coast

Sensei Martin & Sandra Phillips

### **5th Annual Sunshine Coast Tournament**

On the Queen's Birthday long weekend in June our local association hosted the 5th Annual Sunshine Coast Tournament. All around this was a very successful event. Training was well attended on the Saturday and there was good participation with the Gold Coast and Sunshine Coast dojos well represented and a few interstate competitors from Sydney too on the Sunday. The standard of refereeing is continuing to rise as our more junior referees are gaining more experience and the standard of competition is also rising noticeably at every tournament. Noonan Sensei gave a very pragmatic demonstration of tehodoki no waza (wrist escapes) along with a random selection of henshuho. There were many people who competed for the first time and crowd were very impressed by the demonstration kumite match Ken Noonan (from Sydney) and Dylan Pike (from Gold Coast) who were too young to enter the 9 years and under division.



### **Training With Bill Ker Sensei**

During early August, we had the pleasure of having Bill Ker Sensei visit for a few days and teach a little bit. For those who do not know Ker Sensei, he was the Honbucho (Chief Instructor) of Australian Chito-Ryu for a number of years prior to his retirement. During his active years, Ker Sensei graded to the level of 4th Dan, Shihan and taught at Chito-Ryu's Botany Dojo, in Sydney NSW for many years. In recent years, Ker Sensei has moved to Bundaberg, where he continues his own personal training several times a week and teaches self defence. His many years of training have served him well to maintain his fitness and a state of mental focus that most 70 year olds would be very happy to have.

Although Ker Sensei does not actively teach Chito-Ryu we still see him at special events and tournaments and his son Shane Ker Sensei teaches Chito-Ryu in Sydney's Kogarah Bay.

During Ker Sensei's visit, Sandra Phillips Sensei spent a few days learning sai from Ker Sensei, which she thoroughly enjoyed and looks forward to sharing with seniors in the dojo once she has practiced a bit more. For those who haven't already stumbled across it, we have posted a video clip on youtube of Ker Sensei's demonstration of Bassai with Sai that he performed at the Sydney tournament in May this year. We look forward to sharing more training with Ker Sensei and learning more about the early days of Chito-Ryu in Australia.

### **Trivia Night**

Our local association held a trivia night Saturday, 23rd August, which doubled as a fund raiser and a social event for members. A special thank you to our committee for organising what was a great night, especially thank you to our quiz master Deb Woodhouse, and Ryan Kolcze who was our auctioneer and music trivia quiz master. Great job to everyone who entered the desert competition, and congratulations to John Strazzari who was the winning bidder and won the honor of becoming the official taste tester and judge. A great night for all involved and also a good social fundraiser for the club.



# ICKFA Dojo News

## Sunshine Coast (cont)

Sensei Martin & Sandra Phillips

### **Day Out At Maranatha Recreation Camp**

One of our Karate Mums Nova, works at a local recreational camp that is used by a lot of school groups in South East Queensland. Thanks to the link with the dojo, we were fortunate enough to get an invitation from them to spend a day at the camp enjoying a number of their activities, including mid ropes, abseiling and more. The day was free for everyone who attended so that they could get some promotional photos for an upcoming exhibition. Of course we jumped at the opportunity and in the end there were around 40 members who attended in what turned out to be a great day out for everyone who participated.



### **Upcoming Event - First Annual Queensland Training Camp**

In conjunction with the Gold Coast dojo, we have decided to hold the first ever Queensland training camp here on the Sunshine Coast at Maranatha Camp in November. While it is not expected to be as large as the national training camp, this camp is being provided to give Queensland members the opportunity to attend a training camp without the need to travel interstate. Being the first one, it is predominantly being promoted to Queensland Chito-Ryu members, but members from NSW dojos are also welcome to attend.

For more information, visit the news section of the Sunshine Coast Karate website.

<http://karate4life.com.au/news/wp-content/uploads/2008/08/2008-qld-camp-rego-form.pdf>

### **Balancing Life With Karate**

Daily, we are reminded of continual balancing act that is life. Time for ourselves, time with the kids, time for training, time for work, exercise, nutrition and play time. Often when opportunities come up in life, we have to make tough decisions and recently a few of our members will be leaving the dojo (at least for now). Sam Henderson, who graded to Shodan last year has been commuting to the Sunshine Coast for training for a good part of this year (about 90 mins each way). Unfortunately, the balancing act has become a bit difficult to continue training as regularly as he would like. While I am sure that we will still see Sam around, he will most definitely be missed in the dojo. Also leaving the dojo is another one of our adult members, Ryan Kolcze. Although Ryan did not train with us for long, his contribution to dojo events was greatly appreciated, particularly in his role as announcer throughout the day at this year's Sunshine Coast tournament. Ryan was working towards his first grading but recently decided to take up a job as program director at a radio station way up north. But we have a feeling, that we may see him back one day.

It's funny how sometimes life gets in the way, but the doors are never shut. A few weeks ago, we got a surprise phone call from one of our very early members who started training with us not long after we started teaching on the Sunshine Coast. During our early years of teaching on the coast, Luke Nitschke got started training with us whilst still in High School. He trained consistently and began progressing through the rank. But when we established our full-time dojo over 5 years ago we had to close several other dojos that we had operating in community halls and consolidate our efforts. Although the new dojo was centrally located, it was too far away for Luke to continue training as a teenager with out transport he had to stop. Over 5 years later, Luke is finishing his apprenticeship as an electrician has started training again, and loving it! And it's great to have Luke back in the dojo.

### **Karate 4 Kids School Holiday Program**

As I write this, we have just started the September school holidays in Queensland and at our dojo we are running a special holiday program which runs for 3 hours each day throughout the first week. This year, we have around 20 participants, including 7 new students. So far we have only done the first day and we have a lot planned for the rest of the week, including demonstrations for parents on the final day, lots of games and karate. We are very much looking forward to the rest of the week as participants are immersed in a solid week of training and fun.

# THE RESPONSIBILITIES OF THE SENIOR STUDENT

By Anthony Horgan

When I was little and growing up, I was not a martial artist but a cricketer. I wanted to be Michael Slater, not Chuck Norris. While most people would view these two sports as being about as directly opposite as one could ever hope to find, I disagree and say that there are many similarities – and not just that we spend 4 days a week in the middle of summer running around in long white pyjamas!

Someone once told me that cricket is a team game, played by individuals. If there has ever been a better way to describe a karate dojo then I am yet to hear it. Both have a skipper (or sensei) whose job is to lead by example and impart their experience and knowledge for the benefit of the team. What they also have is a leadership group of experienced players around them, the senior members of the dojo. While the skipper may be the leader at the top, without a solid support system, they are never going to be at their best, and nor will the team. The same applies to karate.

The senior members of the dojo create this support system from which the sensei can instruct. We are the ones that help with all the little things that have to come together to make a dojo run successfully. In this respect, the senior members lead the way by always being among the first to offer their help for the most menial of tasks. Whether it be through helping with the cleaning of the dojo, helping someone pull chairs in or out of the rain, helping people get into lines or bow properly, it is a senior student's responsibility to help do what has to be done, without being asked or told to do it. They do it to set an example, to show that even though they are an individual in the dojo, not everything has to be about them.

Another of the more experienced student's tasks is to act as a go between for the sensei and the beginners in the class. Think back to your first lesson of karate – the first time you stepped into a dojo. Chances are there were people talking to each other, mucking around before or after class and if you were lucky, coming up and introducing themselves to you. And then, out the front were the "black belts", the sensei and sempai's. The sensei can be a very overpowering figure, especially when you are just finding your feet in martial arts. As such, it is the senior student's responsibility to help break the ice and make the new students really feel involved in the dojo. Most students will find that they have plenty of questions but don't want to ask them either before the group in general or the sensei out of fear of appearing "stupid" or being chastised for asking pointless questions. However, if there are other students there, more experienced than themselves, who can help them with their queries, then 99% of the time they will take advantage of them. Senior student in this context could mean anyone who has studied for longer, or reached a higher rank than the student in question. As such, a 5 year old 10<sup>th</sup> Kyu may well be a senior student, and this is the sort of the idea that should be embraced and encouraged by all – one whereby everyone has the opportunity to help and be heard. Just as there are many roads to walk to reach black belt, there are many different ways to walk those roads. Something that may be a stumbling block for one person on the road, may have been successfully negotiated by another – as such, if the means of communication between everyone, especially the senior students, are kept open, then the final result is a higher level of karate across the entire dojo.



Another, less enticing, charge of the senior student, and one that frequently goes unrecognised until too late, is that you are an active barometer for the dojo as people will always be watching, and more importantly, trying to copy and emulate you. An important thing to realise is that this copying does not only relate to your karate either. While in class they will look to copy the way you step or the way you form your mawashi geri, they will also be looking at your attitude, your manners, your respect for your peers, and the way you treat others, among other things. You talk back to sensei; all of a sudden other students stop listening and start disregarding instructions. You laugh at someone not being able to do a technique, and all of a sudden other students think its ok to tease the physically less able. It's a fine line, but you have to be yourself while thinking about how others see you. This is what responsibility is all about – making the right choice even if it may mean you have to take a hit personally for the good of the group.

As far as I have seen it, karate is about learning continually – even Soke Sensei himself is still learning. As such, humility must be a big part

of your responsibility. You must always give 100% and be the best that you can be, but know that there will always be someone that you can learn off, someone that understands something in a different way to you, and as such, someone you can learn from. Karate is a lifelong learning experience, if you walk around with a chip on your shoulder and thinking you're the greatest thing since sliced bread, then you are just setting yourself for a fall. People say cricket is a great leveler and they are right, but there is no greater leveler than being swept by an orange belt because you weren't showing proper application of a basic principle, or being able to be kicked in the groin by a white belt because you weren't doing a stance you have done for 5 years correctly. It is important to realise that everyone, including yourself, will need help from time to time and at times like these, often the best example one can set is to show the confidence in your classmates and ask them for help rather than thinking you have to struggle on your own simply because you are supposed to be a senior student. Nothing sets a better example than walking up to someone and saying "I really value your opinion – please help me".

All things considered, becoming a senior member of the dojo carries many differing responsibilities, ranging from having your every movement and attitude scrutinised through to how you perform your kata. Just as important though is to realise, just as you only really learn how to drive a car once you have gotten your licence, you only really learn about the responsibilities that the job entails once you are already there. However, if you take an open mind and are willing to let others help you as well as you help others, then the responsibilities of the senior student will end up not being tasks or chores, but simply being the way you find yourself acting anyway.

Just like a cricket team, we are a team striving towards a common goal. This team is made up of people with different skills and strengths as well as different faults and weaknesses. As a team is only as strong as its weakest point, it is our responsibility to help provide individuals in the team with the tools required to turn their weaknesses into strengths and as such help the whole team move in the right direction.



# Members Profile

## Lachlan Pregun

Age: 10  
Rank: 12<sup>th</sup> Kyu  
Dojo: Gold Coast

### Tournament Results:

None as yet, I plan to do the Gold Coast tournament in September 2008

### *How long have you been doing karate?*

I originally started in Sydney in a different dojo practicing Goshin Ryu Karate.

Since my family moved to the Gold Coast I started in January 2008 at the Gold Coast Chito-Ryu dojo with a school friend as a week long activity similar to a school camp, since then I have joined the Gold Coast Chito-Ryu and have been developing my skills.

### *Why did you first start Chito-Ryu karate?*

My school friend's father asked my parents if I would be interested in developing some self-defense skills and to help with discipline to improve my school work and thinking.

### *Do any of your family or friends train with you?*

Yes, my two younger brothers Jarrod (8) and Aaron (5) also did the camp in January and have also joined the Gold Coast Chito-Ryu dojo. We have fun learning new defense skills.

### *How often do you train at the dojo?*

I come to the dojo two to three times a week, it all depends on my parents and if I have other school or sports commitments to do or if I am sick, then I miss out on the training.

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

Sometimes, my brothers and I pretend to have a fight and we practice our defense blocks and kicks. When our friends, cousins, aunties and uncles come up from Sydney on holidays we show them some of our karate skills.

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

My favourite thing is that I get to meet new friends from around the gold Coast and we learn together.

### *What is the most challenging thing in your karate?*

The most challenging thing for me at the moment getting the shiko dachi stance correct and stretches.

### *What is your favourite karate technique?*

The maegeri kick, I just have to get my knee up to the correct level.



# Members Profile

## Lachlan Pregun

### *How has karate helped in your life?*

It has helped me learn new concentration techniques which help me with learning at school.

### *Describe your favourite Chito-Ryu karate moment.*

My first grading.

### *What is your karate goal?*

To build my strength, discipline and my knowledge in karate.

### *Anything else you would like to add?*

I like karate.

### *Parents Comments*

Lachlan, over the past few months has developed a better attitude to school and learning on general. He still has his moments as most kids do.

We feel that the karate lesson's he has learned has instilled some additional level of discipline, compared to that which we provide as his parents.

Sensei Adam, being very approachable provides a good learning environment for the kids and they all respond to his instruction with the greatest of care to each other whilst learning under his guidance.

Our observation is Lachlan has taken a keen interest in karate with some very inquisitive questions about the origins and different styles, and he is developing quite quickly with his thirst for learning. We hope he keeps this up, as the discipline aspect will help him to develop into a good young teenager and man in the coming years.

### *Sensei's Comments*

Lachlan is a dedicated karateka, he always takes a keen interest in his training trying to improve his techniques. Lachlan is always polite and tries just as hard to learn the etiquette side of karate as he does the punching and kicking.

With Lachlan's thirst for knowledge and strong spirit I am sure he will become an excellent karateka and young man in the future.



# 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](mailto:adam.higgins@gckarate.com.au)



Snow Sensei (Blue Mountains) Throw Practise



Conor Emery (Gold Coast) – Jodan Mawashi Geri



Shihan Noonan (Oatley) training with Sensei Greg Field (Newcastle)



Blue Mountains winter training



2008 Bathurst Tournament Action



Blue Mountains winter training – Glen Snow Sensei

## Compete at your best Arousal control

Below is an extract from SMART SPORT – The ultimate Reference Manual for Sports People. (compiled by Robert de Castella and Wayde Clews)

### **What do athletes need to know?**

The mind and the body are two parts of a whole, with each affecting the other. How we think affects how we play. When athletes perform well, they usually have expectations about their ability to do so. At training they feel very confident and are excited and challenged by seeing how well they can play. When athletes are challenged about a competition, their brains release a chemical that is sent around the body and gives them a feeling of being a little nervous, but they know that these nerves are good and help them perform well.

Having too many worry thoughts is like having a tap inside your head that is turned up high and releasing too many brain chemicals into your blood stream. When athletes have too many of these chemicals their heart rate increases, they perspire more, their muscles become tighter and they have difficulty concentrating. The result is poor performance.

### **How to identify key words to keep you focused and stop the worry Exercise:**

Think of a time when you played your sport extremely well. Write down as many things as you can remember about how you felt, what you thought and what you did that resulted in your good performance.

Think of a time when you played poorly. Write down as many things as you can remember about how you felt, what you thought and what you did that resulted in your poor performance.

Compare the two situations and look for the critical differences. What do these differences tell you about what you need to do in your sport to perform well? What are the most important factors? Write down those factors as key words to use next time you train or compete.

Focusing on key words coupled with slow deep breathing doesn't always stop the worry. Please see below for some **exercises to help athletes control their thoughts and reduce their worrying.**

**Exercise:** Every time you hear yourself speaking negatively to yourself, putting either yourself or someone else down, tell the voice to STOP and refocus on another subject. After a few weeks you should notice a fall in the number of times you have to cut off negative thoughts.

**Exercise:** As you increase your ability to catch these thoughts, try switching them. If it is a sport related thought, try replacing self doubt with a more positive comment that a coach, friend or family member might use. We are no greater than the perceptions we have of ourselves and we turn the anxiety tap up or down, depending on how we talk to ourselves.

**Exercise:** Change your expectations. If you set unrealistic goals you are likely to worry about your ability to achieve them. If you keep your expectations realistic and prepare well, your mental talk will be more positive and you will feel challenged by competing rather than afraid of failure.

# Calendar of Events

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

## September 2008

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

## October 2008

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

## November 2008

- 9<sup>th</sup> Brown & Black Belt Training (Gold Coast)
- 21-23<sup>rd</sup> QLD Chito-Ryu Camp
- 30<sup>th</sup> Beach Training (Gold Coast)

## December 2008

- 3<sup>rd</sup> Term 4 Grading (Oatley)
- 4<sup>th</sup> Term 4 Grading (Kogarah Bay)
- 6<sup>th</sup> Summer Grading (Gold Coast)
- 7<sup>th</sup> End of Year Breakup (Sunshine Coast)
- 14<sup>th</sup> 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
- QLD Camp
- Chito-Ryu Martial Arts Festival

## 2010 – Dates To Be Advised

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

# International Chito-Ryu™™ Karate Federation of Australia Inc

## Sydney & Newcastle Region Instructors



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



Greg Field Sensei  
3<sup>rd</sup> Dan, Jun-Shidoin  
Newcastle Dojo



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



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

## Blue Mountains & Western NSW Region Instructors



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



Colin Phillips Sensei  
2<sup>nd</sup> Dan, Jun-Shidoin  
Bathurst Dojo  
Lithgow Dojo  
Katoomba Dojo

### Dojo Websites

[www.sydneykarate.com](http://www.sydneykarate.com)  
[www.bluemaintainskarate.com](http://www.bluemaintainskarate.com)  
[www.karate4life.com.au](http://www.karate4life.com.au)  
[www.gckarate.com.au](http://www.gckarate.com.au)

## South East QLD Region Instructors



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



Sandra Phillips Sensei  
3<sup>rd</sup> Dan, Shidoin  
National Coach  
Sunshine Coast Dojo



Adam Higgins Sensei  
2<sup>nd</sup> Dan, Jun-Shidoin  
Gold Coast Dojo

## ICKFA Committee



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Sensei Martin Phillips



**Secretary**  
Sensei Shane Ker



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Sheryl Higgins