



# River Of Knowledge

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

Issue 9 – Winter 2009

## New Honbu Dojo Opens!

Instructor Profile:

**Shihan Martin Phillips**

Student Profile:

**Viktoria Crouch-Reeves**



**Soke Sensei in Oz!**

**2009 ICKFA Camp**

**Blue Mountains Cup**

## Editorial

Welcome to the winter edition of the River of Knowledge, a special welcome to all our new members and their families. Reviewing the new members section of the newsletter, for the first time we have 2 pages of new students! It is fantastic to see so many new people have discovered the wonderful art of Chito-Ryu Karate-Do. For those new to the magazine it is published every quarter and provides information on what is happening with Chito-Ryu, training information and much more. The River of Knowledge is designed to be your magazine so if you have anything you would like to share we would love to hear from you. If you have some great photos you would like to share please send them in.

Over the last few months there has been some significant events taken place. In May Soke Sensei visited our shores and visited each of the dojos sharing his knowledge and passion for karate-do. For those that have personally trained with him or observed his technique there is no doubt how effective it is, yet in Soke Sensei we find a fantastic example of how karate can be performed with grace and humility.

Congratulations also to Australian Honbucho, Renshi Mike Noonan who successfully opened up the The Australian Institute of Karate in Sydney. The new dojo has gotten off to a flying start with strong student numbers enjoying the professional facilities and the instruction of Renshi Hiro Tanaka.

One of the major events on the Chito-Ryu calendar is the ICKFA National Titles, this year hosted by the Sunshine Coast Chito-Ryu Karate Association. This tournament is your chance to test your skills in fun, supportive environment. Whether you have years of experience or are competing for the first time there are events for everyone. I wish everyone good luck and look forward to seeing you on the Sunshine Coast.

Train Hard

Adam Higgins

**Questions, comments, contributions?**

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## River Of Knowledge

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# Table of Contents

## Special Features

2009 ICKFA Camp .....	10
Blue Mountains Cup .....	13
Ichi Gan, Ni Soku, San Tan, Shi Ryoku .....	21

## Regular Features

Editorial .....	2
Presidents Report .....	4
Chito News .....	5
New Members .....	7
Grading Results .....	8
Instructors Profile	
Shihan Martin Phillips ...	16
Dojo News	
Bathurst .....	20
Lithgow & Katoomba .....	21
Newcastle .....	22
Gold Coast .....	23
Sunshine Coast .....	24
Member Profiles	
Viktoria Crouch-Reeves .	25
Photo Album .....	27
Coach's Corner .....	28
Calendar of Events .....	30



27



18



10

Cover Photo: Sensei Sandra Phillips throwing Shihan Martin Phillips at beach training, Sunshine Coast



13

# **Presidents Report**

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



Just before Soke Sensei's visit I was going through some old photos and documents that I received from Bill Ker Sensei (former Chief Instructor of Australian Chito-Ryu). Amongst the collection I came across an article that was written in Japanese. Fortunately I can read a little bit of Japanese, not as much as I would like to be able to, but enough to understand the basics of the article. The article was an interview with Ker Sensei, I am guessing in the Japan Chito-Kai Newsletter, about his experiences in Chito-Ryu. Based on the content of the newsletter I was able to deduct that it was written in early 1989. This alone is not that important, but, when I saw the paragraph about how Chito-Ryu had been introduced to Australia 20 years earlier I suddenly realised that this year, 2009, is actually the 40th Anniversary of Chito-Ryu in Australia.

Unfortunately, our early history is a little bit sketchy as far as dates are concerned so I wanted to confirm this information. After some communication with the Sohonbu (our international headquarters) I found that their records show an official was introduced to Australia in 1971, but I was also advised that there may have been some activity prior to that time, so there is in fact a very good chance that this information is accurate and this year is our 40th Anniversary. As such, our national committee is currently working on a plan to commemorate this milestone in our history with some special events based around this year's national championships in October. At this stage we are still in the very early stages of planning, but I can assure you that you don't want to miss out!

Over our 40 year history, there has been a lot of changes in leadership. Our founding Chief Instructor, Vance Prince Sensei, trained in Canada and came to Australia via Japan where he trained under O Sensei. I have never met Prince Sensei, as he was no longer active in Chito-Ryu by the time I got started, but I believe currently living around the central Queensland coast (I'm not exactly sure where). As Prince Sensei's top student, Bill Ker Sensei took over the role as Chief Instructor in the late 1970s. When Ker Sensei retired from active involvement in Chito-Ryu in 1991, Brian Hayes Sensei was appointed Chief Instructor. When Hayes Sensei left Chito-Ryu in 2004, Mike Noonan Sensei, Mark Snow Sensei and myself were appointed as Sohonbu representatives, affectionately known by Soke Sensei and the Sohonbu staff as "the 3Ms". In November 2004, Mike Noonan Sensei was appointed Chief Instructor of Australian Chito-Ryu by Soke Sensei. After Snow Sensei and I were graded to the level of Shihan last year, we joined Noonan Sensei to officially form a Shihan-Kai for the first time in the history of Australian Chito-Ryu.

In all regions this year we have been working hard at growing the membership base of Chito-Ryu in Australia now that we have come of age as an organisation. Noonan Sensei has put in an incredible amount of work to open a new full-time Australian honbu (headquarters). Since January this year, our membership nationally has grown nearly 50% thanks to a lot of hard work from all instructors in every dojo throughout the country. To help encourage and support this growth and to ensure that it continues long term, we have started to build the foundations of a leadership program to help develop the next generation of instructors.

As we grow as an organisation it is going to be very important for us all to continue to train hard and work on our basics. As we grow in numbers it is even more important that we continue to grow our technical abilities and everyone has part to play in this area. The more students study, the harder our teachers need to work on growing a deeper understanding of Chito-Ryu. And that's why we are once again inviting Soke Sensei to come to Australia again next year. Based on the way that Soke Sensei taught during dojo visits and at the camp this year, it is very clear that Soke Sensei is clearly seeing a significant growth in the level of basics in this country. As a result, we are all very excited about what the future will bring. Although the camp was great for everyone that attended this year, Soke Sensei only got to work directly with a very small percentage of the entire training population in this format. Next year, Soke Sensei will be conducting a full-day workshop in each region, SE Queensland, Sydney (including Newcastle), and Blue Mountains (including Western NSW). These workshops will be open to all members, and there will be another 2 full days at the honbu in Sydney for all black belts. It is hoped that this new format will give nearly all members the opportunity to do intensive training with Soke Sensei without the financial and logistical strain associated with the camp format.

Whether you are an instructor or a white belt, or somewhere in between, the most important thing is to train hard and grow you spirit along with your technique. Although there is still a lot to come this year with various regional events, I hope that you can come and help us celebrate our 40th Anniversary at this year's national championships on the Sunshine Coast in October.



# Chito News

## A message from Soke Sensei...

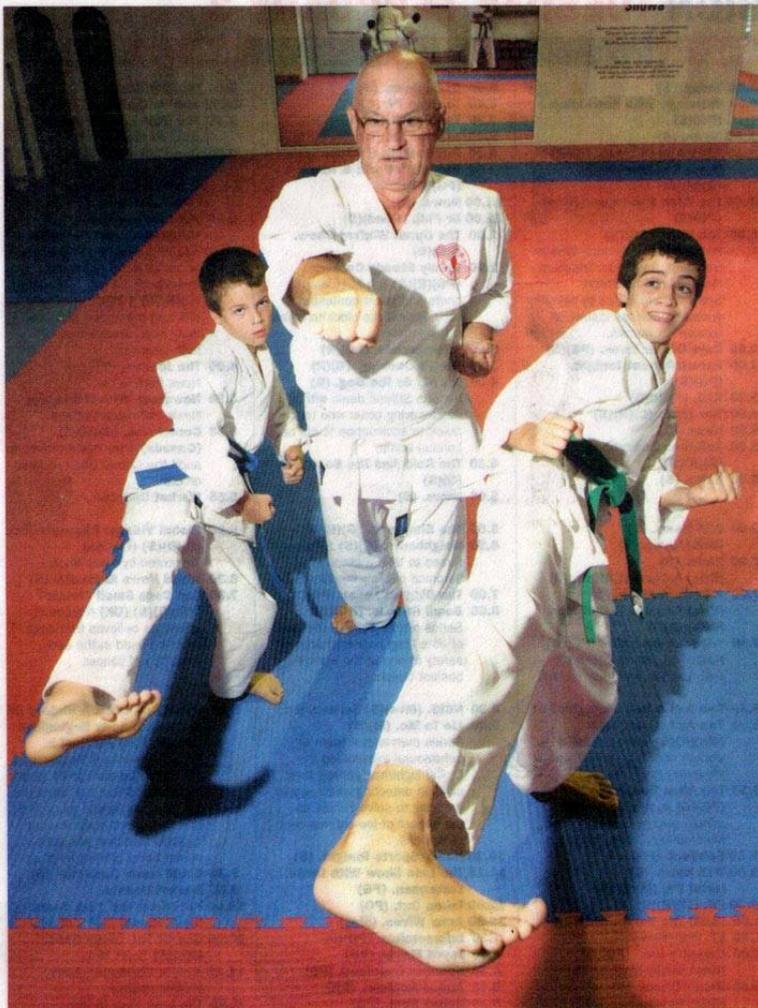
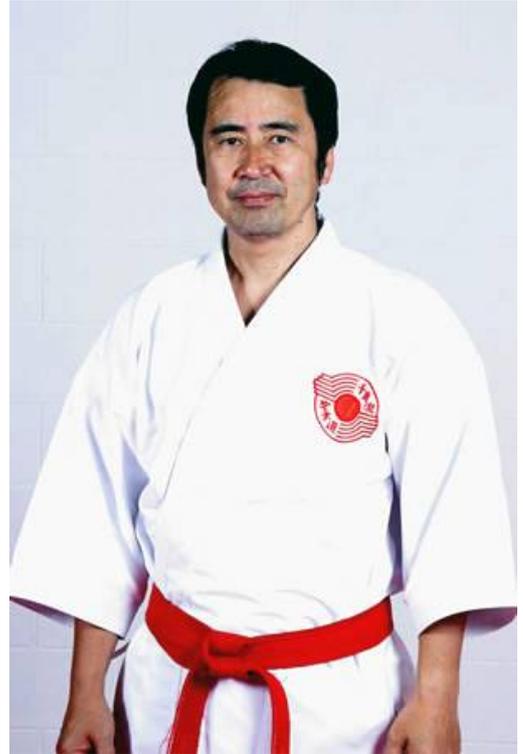
Dear Australia Chito-Ryu Sensei,

Thank you for a wonderful two weeks filled with a lot of training, I am very moved by your sincere enthusiasm. After seeing how you are training, the level of your technique as well as your over all passion for Chito-Ryu Karate Do, I am very Happy.

Please continue to Support Chito-Ryu Karate Do and your new Australian Honbu Dojo Taseikan.

Please continue to train hard to prepare for next year's Soke Cup. Everyone in Japan is looking forward to seeing you.

Chito-Ryu Karate Do Soke,  
Tsuyoshi Chitose



**THE FAMILY THAT PLAYS TOGETHER:** The Moulder family – dad Barry with sons Scott, 12, and Luke, 9 – takes part in a Martin Phillips karate class for families.

PHOTO: CADE MOONEY/CM180637

## Families kickin' it for fun

SC DAILY  
3/2/09

### Instructor takes new approach

By REBECCA BROWNLIE

**B**ETWEEN trying to cram everyday activities of work, school, homework and housework and everything else that seems to make your life time-strapped, there are barely any hours left for family time, let alone that nasty word: exercise.

However, nowadays, we hear it from all quarters that we should be spending quality time with our families as well as trying to set aside a couple of hours of exercise a week to keep our bodies fit and healthy.

Well, there is no need to beat yourself up about it as Sunshine Coast Karate Club has a solution to your problem.

Starting back in 2002 with one small class, the group's family classes have become so popular that they are now run three times a week.

The classes started purely out of convenience for families who were trying to be here, there and everywhere.

Martin Phillips and his wife, Sandra, run the club. He said he had started the class because "I found that we already had a lot of

families training but we wanted to be able to encourage them to work together and (the classes) turned out to be very popular."

Rather than leave the kids to their activities, parents can now join them and have some family time that benefits everyone.

Master instructor Martin said he found that "as a result, families have that extra thing in common that perhaps they didn't have before and, with the time factor, it has definitely brought families closer together."

Helen O'Grady, along with her son James, 10, and daughter Charlotte, 9, found the class a great way to exercise. "It put more fun into fitness and gave it more of a purpose," Helen said.

Martin firmly believes that a family that trains together, stays together.

Of the families who attend the class, he said, "(They) tend to be more capable of facing challenges together, they can push through obstacles a lot easier and there is no slackness because they motivate each other."

If you are interested in joining the club for some family fun, contact Martin or Sandra at Sunshine Coast Karate Club on 5452 7670.



## Dojo Grand Opening

The Australian Institute of Karate in Sydney, Australia held its grand opening May 23 2009. Special guest was Chitose Soke.

Headed by Mike Noonon Sensei, Chito Ryu Honbucho Australia, the modern new facility features a hardwood sprung floor, Olympic quality judo mats, 9 metres of full length mirrors, industrial fans, bags, traditional weights, glassed viewing area for parents and spectators, change rooms, and parking.

Instruction is led by Tanaka Sensei, Chito Ryu Renshi who previously instructed at the Sohonbu Dojo in Kumamoto, Japan.



# **New Members**

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

Dylan Antao - Oatley  
Lachlan Antao - Oatley  
Matthew Argyle - Ashmore  
Petrea Avgerinos - Oatley

James Baker - Oatley  
Kunal Bhatia - Oatley  
Angela Blofield - Lithgow  
Timothy Blofield - Lithgow  
Ashton Bougoure - Maroochydore  
Daisy Bowler - Oatley  
Jesse Bowler - Oatley  
Sasha Bowler - Oatley  
Letitia Bowman - Lithgow  
Taylor Bronson - Lithgow  
Daniel Bugavcic - Kogarah-Bay  
Nicholas Bugavcic - Kogarah-Bay  
Chantelle Burke – Katoomba

Jessica Caldwell - Maroochydore  
Juliette Caldwell - Maroochydore  
Sera Caldwell - Maroochydore  
Cameron Chalk - Maroochydore  
William Chou - Oatley  
Olivier Claes - Maroochydore  
Ally Clift - Oatley  
Bradley Cody - Bathurst  
George Colitsas - Oatley  
Joshua Coman - Oatley  
Alexandros Constantinou - Kogarah-Bay  
Henry Corlett - Katoomba  
William Corlett - Katoomba  
Nic Cunneen – Maroochydore

Lauren de las Heras - Ashmore  
Jackson Dean - Maroochydore  
Max Dodd - Oatley  
Christopher Donnelly - Oatley  
Sean Drury - Oatley  
Alec Dudley-Bestow - Katoomba  
Reece Duncan - Oatley  
Nick Dutton – Maroochydore

Dylan Ellison-O'Malley - Katoomba  
John Epsimos - Oatley  
John Epsimos - Oatley  
Anthony Esper – Oatley

Zac Field - Maroochydore  
Jess Firkin - Ashmore  
Tayla Firkin - Ashmore  
Jack Fry – Bathurst

Orazio Gambino - Oatley  
Lachlan Gilmour - Maroochydore  
Sam Gilmour - Maroochydore  
William Gilmour - Maroochydore  
Adriano Giunta - Oatley  
Aidan Giunta - Oatley  
Robert Giunta - Oatley  
Ellie-May Glover - Katoomba  
Tyrone Glover - Katoomba  
Christian Gourlas - Oatley  
Cameron Guppy - Oatley  
Renee Guppy – Oatley

Chad Haggett - Oatley  
Liam Haggett - Oatley  
Megan Hall - Lithgow  
Billy Harte - Oatley  
Matthew Harte - Oatley  
Patrick Hatton - Katoomba  
Patrick Hatton - Katoomba  
Max Hersey - Katoomba  
Adam Hoteit - Oatley  
Brodie Howard - Bathurst  
Reilley Hunt - Katoomba  
Riley Hunter – Oatley

Laura Ibrahim - Oatley  
Olivia Ibrahim - Oatley  
Keita Inui - Oatley  
Xena Irvine – Newcastle

Pino Jahn - Lithgow  
Blake Jessen - Maroochydore  
Daniel Johnson – Oatley

Bowman Kirrilly - Lithgow  
Maj Koren - Ashmore  
Nikolay Kravsun – Oatley

# **New Members**

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

Tristan Labroski - Kogarah-Bay  
Lisi Lagilikoliko - Ashmore  
Kristopher Latimer - Oatley  
Eugenia Livanos - Oatley  
Phillip Livanos - Oatley  
Phillip Livanos - Oatley  
Ebony Loudoun Shand - Bathurst  
Eli Loudoun Shand - Bathurst  
Jade Loudoun Shand - Bathurst  
Serene Loudoun Shand - Bathurst  
Thomas Loudoun Shand - Bathurst  
Uriah Loudoun Shand - Bathurst  
Isabella Luken – Katoomba

Ed Makarski - Oatley  
Luke Marshall - Oatley  
Jake Mastroserio - Oatley  
Louie Mastroserio - Oatley  
Eric Mavrikos - Kogarah-Bay  
Candy McCarthy - Oatley  
Harvey McCormack - Maroochydore  
Ashton McDonald - Lithgow  
Olivia McDonald - Lithgow  
Angel McGrory - Katoomba  
Aiden McLaughlin - Lithgow  
Kaitlyn McLaughlin - Lithgow  
Kalum McMurray - Katoomba  
Chantal Milani - Oatley  
Isabelle Milani - Oatley  
Mark Milani - Oatley  
Ethan Morrirt - Oatley  
Robert Muellner - Maroochydore  
William Mullaney - Oatley  
Jack Mullard – Katoomba

Grace Newton – Oatley

Gabrielle O'Brien-Tucker - Katoomba  
Jack O'Brien-Tucker - Katoomba  
Jack O'Brien-Tucker – Katoomba

Trisden Page - Katoomba  
Jeremy Palazzolo - Oatley  
George Paraskevopoulos - Oatley  
Maria Paraskevopoulos - Oatley  
Ethan Patton - Katoomba  
Alexander Phetsayarat - Oatley  
Jayden Pickett - Oatley  
Daniel Purnell - Lithgow

Jessica Radic - Oatley  
Lilly Rankins - Katoomba  
Mary Raymond - Bathurst  
Peta Reeves - Oatley  
Indiana Ri - Oatley  
Paris Rouesnel - Kogarah-Bay  
Xavier Rowe - Katoomba  
Ewan Ruse – Katoomba

Tony Sablone - Oatley  
Patrick Scarfo - Oatley  
Oliver Sekulceski - Oatley  
Elissa Shand - Bathurst  
Jamie Slater - Oatley  
Benjamin Smith - Katoomba  
David Smith - Bathurst  
Fiona Smith - Newcastle  
Imogen Snow - Lithgow  
Jacinda Snow - Lithgow  
Stanley Solomon - Maroochydore  
Adrian Spoto - Ashmore  
Georgia Stack - Lithgow  
Sienna Stewart - Kogarah-Bay  
Lachlan Stokes - Oatley  
Korey Stone - Oatley  
Marissa Supriadi - Oatley  
Clayton Symons – Katoomba

Hiroshi Tanaka - Oatley  
Aron Taylor – Lithgow

Tevin Van Elten - Oatley  
Tristin Van Elten - Oatley  
Tyrone Van Elten - Oatley  
Jett Vogels – Maroochydore

Lucia Wakim - Oatley  
Eric Wang - Oatley  
Kyle Warrington - Katoomba  
Marley Weti - Oatley  
Nicholas Wiles - Maroochydore  
Mitchell Williams - Maroochydore  
Rhys Williams - Maroochydore  
Russell Williams - Oatley  
Saskia Williams – Oatley

Samuel Xiang - Kogarah-Bay

# Grading Results

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

Adam Amos - Sunshine Coast  
 Jordan Andonoski - Kogarah Bay  
 Keely Ansell - Sunshine Coast  
 Matthew Argyle - Gold Coast  
 Caitlin Argyle - Gold Coast  
 Taylah Corney - Kogarah Bay  
 Shannon Corney - Kogarah Bay  
 Camellia Curreen - Sunshine Coast  
 Quinn Curreen - Sunshine Coast  
 Ethan Donovan - Sunshine Coast  
 Nick Dutton - Sunshine Coast  
 Jordan Egan - Sunshine Coast  
 Tayla Firkin - Gold Coast  
 Jess Firkin - Gold Coast  
 Ben Fleming - Sunshine Coast  
 Jack Fry - Bathurst  
 Nakita Haycock - Gold Coast  
 Max Holzgreffe - Sunshine Coast  
 Brodie Howard - Bathurst  
 Saki Howell - Gold Coast  
 Blake Jessen - Sunshine Coast  
 Marie Just - Sunshine Coast  
 Catherine Kefallinos - Kogarah Bay  
 Madison Key - Kogarah Bay  
 Jasmine Leituva - Gold Coast  
 Cherish Leituva - Gold Coast  
 Ashley Leituva - Gold Coast  
 Jade Loudoun-Shand - Bathurst  
 Ebony Loudoun-Shand - Bathurst  
 Serene Loudoun-Shand - Bathurst  
 Lara Mastafa - Kogarah Bay  
 Nadim Mastafa - Kogarah Bay  
 Bayley Olson - Sunshine Coast  
 Matthew Olson - Sunshine Coast  
 Nicholas Pasfield - Kogarah Bay  
 Ashlee Pasfield - Kogarah Bay  
 Joy Qi - Kogarah Bay  
 Isabella Robinson - Kogarah Bay  
 Constansa Robinson - Kogarah Bay  
 Renae Saunders - Sunshine Coast  
 Alyssa Simone - Kogarah Bay  
 David Smith - Bathurst  
 Selina Strazzari - Sunshine Coast  
 Madeline Swaby - Gold Coast  
 Jaden Swaby - Gold Coast  
 Aimee Walsh - Bathurst  
 Cavorina Wyatt - Sunshine Coast

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

Kira Alexander - Gold Coast  
 Misty Baldwin - Kogarah Bay  
 George Britchford - Sunshine Coast  
 Daikin Donovan - Sunshine Coast  
 Luke Donovan - Kogarah Bay  
 Anthony Gorman - Sunshine Coast  
 Bryce Harrison - Sunshine Coast  
 Britney Locke-Thompson - Kog Bay  
 Andrew McMahon - Gold Coast  
 Barry Moulden - Sunshine Coast  
 Venkatesh Perumalla - Sun Coast  
 Adam Popescu - Sunshine Coast  
 William Richards - Sunshine Coast  
 Liam Richards - Sunshine Coast  
 Radhika Singh - Bathurst  
 Zane Stevens - Gold Coast  
 Sean White - Kogarah Bay  
 Ryan Wilcox - Gold Coast

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

Emma Bayas - Kogarah Bay  
 Peter Hughes - Sunshine Coast  
 Thomas Page - Kogarah Bay  
 Dylan Pike - Gold Coast  
 Zoe Poulter - Sunshine Coast  
 Alexander Priala - Gold Coast  
 Harvey Robinson - Sunshine Coast  
 Jemma Simone - Kogarah Bay  
 Jessica Strazzari - Sunshine Coast  
 Matthew Thomson - Sunshine Coast  
 Laine Van Deventer - Gold Coast  
 Roarke Van Deventer - Gold Coast

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

David Holzgreffe - Sunshine Coast  
 Corey James - Sunshine Coast  
 Haideen Stahlhut - Sunshine Coast  
 Sabrina Stanghi - Gold Coast  
 Giovanni Stanghi - Gold Coast

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

Donell Cook - Gold Coast  
 Kara Howey - Bathurst  
 Monica Lester - Gold Coast  
 Elie Sikh - Kogarah Bay  
 Jared Van Deventer - Gold Coast  
 Nadia Stanghi - Gold Coast

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

Jessica Corney - Kogarah Bay  
 Scott Moulden - Sunshine Coast

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

Gabriel Long - Sunshine Coast  
 Luke Moulden - Sunshine Coast  
 Thomas Sowden - Sunshine Coast  
 Jack Sowden - Sunshine Coast

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

Tia Guy - Sunshine Coast  
 Ronnie Sikh - Kogarah Bay  
 Katlin Vella - Kogarah Bay

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

Tamika De Jongh - Sunshine Coast  
 David Strazzari - Sunshine Coast  
 Luke Vella - Kogarah Bay

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

Duncan Bigg - Sunshine Coast  
 Mitchell Booker - Sunshine Coast  
 Keanu Caston - Sunshine Coast  
 Aidan Leask - Sunshine Coast  
 Emma Moehead - Sunshine Coast

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

Jim Moehead - Sunshine Coast

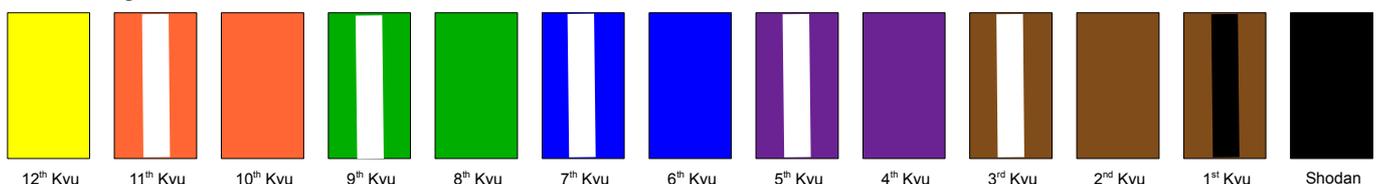
## 1<sup>st</sup> Kyu

Anthony Horgan - Gold Coast

## Junshidojin

Viktoria Crouch-Reeves

## Chito-Ryu Belt Colours



# 2009 ICKFA National Camp

This year's National training camp took place from 29<sup>th</sup>-31<sup>st</sup> May at the Sydney Academy of Sport. The special guest instructor this year was Soke Sensei, the international supreme head instructor for Chito-Ryu Karate Do, visiting from Japan. Soke Sensei began his Australian visit by touring all the dojo and regions before we all came together at the camp for an awesome weekend of training and catching up with old friends.

Friday night as usual was fairly casual with everyone arriving from their various destinations around the country. We all got settled into our rooms and after dinner and a quick housekeeping meeting we were all off to bed. I know in my room it was lights out nice and early so we could all be up bright and early the next morning for 6am training.

Saturday morning dawned cold and wet. For we poor Queenslanders it was a bit of a shock to the system coming out of our rooms into the icy rain so early in the morning! With only a short (about 15 minutes) seiza to start the day it was into the first training session of the Camp.

At the morning session a presentation was also made to several of our senior instructors who travelled to Japan last October for grading. They were presented with their grading certificates by Soke Sensei. Noonan Sensei was awarded his 6<sup>th</sup> Dan and Renshi teaching qualification. Martin Phillips Sensei and Snow Sensei were awarded the title of Shihan, Shane Ker sensei was awarded 3<sup>rd</sup> Dan and Adam McDonald was awarded his junshidoin. It was humbling to be in the presence of these extraordinarily talented and dedicated people, committed to sharing and teaching Chito-Ryu in Australia.

After breakfast it was back to the training hall for another training session before lunch and the black belt grading where Viktoria Crouch-Reeves from Newcastle Dojo was successful in challenging for her junshidoin teaching qualification, then more training in the afternoon before we headed off for dinner and a shower.



Grading Certificates presented by Soke Sensei.

Back Row: Mark Snow – Shihan, Mike Noonan – Renshi, Rokudan, Martin Phillips – Shihan  
Front Row: Adam McDonald – Junshidoin, Shane Ker - Sandan

After dinner there was some social time where several people shared their talent and some jokes. When the jokes started to get really lame a game of celebrity head was started and proved fun for everyone. After some late night laughs and biccys and milo in the dining room it was off to bed again for another early start and more training the next morning.

To be honest I don't remember much of the specifics of what we did in each training session and it is probably not all that relevant to you who are reading this either. We broke up into groups according to level for most of the training over the weekend so the specifics would

be different from different participants anyway. What was and is relevant was the theme behind all of our training. From the first session to the last there was a theme of Ichi Gan, Ni Soku, San Tan, Shi Roku:- First the eyes, second the stance, third the tanden, then, after all these things are taken care of, comes the technique and power. If we work on improving our understanding and use of eye focus, stance and Tanden, our posture and technique will improve and the power will come naturally.

In my group, throughout the weekend I had the chance to train with all of the most senior instructors from around the country.

Each of them shared in their own way and through different exercises, their own interpretation and guidance with respect to these most important aspects of our training. This is one of the things I love most about training camps- Having the opportunity to train with different instructors who explain things differently or who may see different strengths and weaknesses in my technique helping me to grow enormously in my karate.

I had an experience a week or so after camp where the advantage of varied instructors was illustrated to me. At camp both Noonan Sensei and Snow Sensei had made passing comments about an aspect of my stance. I didn't quite understand what they were referring to or, more specifically, how to fix it. The weekend after camp, we went to the Gold Coast for squad training and Higgins Sensei also made a casual remark about my stance, this time something clicked and I started to change some things and, by the end of the training session my kata and stance felt completely different. It wasn't until that night at home when I was playing around with the new feeling that I realised this was exactly what Noonan Sensei and Snow Sensei had been referring to also (and interestingly it was probably more to do with understanding of tanden than stance!).

All in all the training camp was a fantastic weekend. I always have a great time and learn so much and I enjoy catching up with people from other dojos who I don't get to see very often. Through camps and tournaments I have developed many great friends and we all have a common bond through our study of Chito-Ryu Karate Do. I look forward now to the National Championships where I will once again get to catch up with everyone but, until then, I am off to work on my eye focus, stance and tanden.



Soke Sensei helping Kira Alexander (Gold Coast)



Soke Sensei with Sensei Adam McDonald

Morning Training



# ICKFA Tournament Circuit

SYDNEY  
GOLD COAST

SUNSHINE COAST  
BLUE MOUNTAINS



ALL AGES - ALL SKILL LEVELS  
**BE PART OF THE FUN!**



# 2009 Blue Mountains Cup

The Blue Mountains Cup was held on Sunday the 3<sup>rd</sup> May at the Blue Mountains Grammar School, Wentworth Falls. This year the event attracted 55 competitors with representation from all of the NSW dojos. It was a sensible decision to have the Blue Mountains and Regional NSW tournament during early May as we avoided the snowy conditions from the previous year.

There was a good standard of technique displayed during the day and the participants are to be congratulated for their outstanding care and consideration displayed throughout the day. This event was the starting point for many players to work towards the Nationals in Queensland later this year and ultimately the Soke Cup in Japan, next year.

Organisers are to be congratulated on a well organised and managed event. Adam McDonald Sensei managed the event and worked extremely hard to ensure that the tournament was a success. Congratulations to Tamara Snow, Tracey Jones, Cordelia Campbell and the outstanding team of table officials for their professionalism and hard work on the day. An indication of this was the fact that the event finished at 2.30pm. Well done!

Jack Turner, Lithgow Dojo was the 'Tournament Champion' and this was a difficult title to win as there were a number of outstanding winners in both kata and kumite events on the day. Jack should be very proud of his efforts and all competitors, regardless, of placing need to be congratulated for participating and working hard to improve their personal performance in a competitive arena.



# Blue Mountains Cup 2009 Tournament Results

## Tournament Champion

Jack Turner (Lithgow)

## Junior Kata 11yrs & Under White-Green

- 1 – Ken Noonan (Oatley)
- 2 – Freya McNair (Katoomba)
- 3 – Siena Giunta (Oatley)

## Junior Kata 11yrs & Under Blue-Purple

- 1 – Jordan Maumill (Lithgow)
- 2 – Camran Hashmi (Kogarah Bay)
- 3 – Christian Goulas (Oatley)

## Junior Kata 12-15yrs White-Green

- 1 – Emma Wilks (Newcastle)
- 2 – Hope Riley (Newcastle)
- 3 – Riyo Hatazoe (Lithgow)

## Junior Kata 12-15yrs Blue-Purple

- 1 – Tiffany Nikolouski (Oatley)
- 2 – Montana Stewart (Kogarah Bay)
- 3 – Brendan McMahon (Bathurst)

## Junior Kata 15yrs & Under Brown-Black

- 1 – Jack Turner (Lithgow)
- 2 – Mitchell Case (Lithgow)
- 3 – Laura Case (Lithgow)

## Adult Kata White-Green

- 1 – Zoe Tonks (Newcastle)
- 2 – Joshua Kozis (Newcastle)

## Adult Kata Blue-Purple

- 1 – Craig Carter (Bathurst)
- 2 – Fiona Smith (Newcastle)
- 3 – Dale Snow (Lithgow)

## Adult Kata Brown-Black

- 1 – Viktoria Crouch-Reeves (Newcastle)
- 2 – Christopher Johnston (Lithgow)
- 3 – Cordelia Campbell (Lithgow)

## Team Kata White-Purple

- 1 – Newcastle (Zoe Tonks, Joshua Kozis, Matt Riley)
- 2 – Kogarah Bay (Camran Hashmi, Montana Stewart, Elie Sikh)
- 3 – Katoomba (Isabelle Wagner, Mona Amagi, Chantel Page)

## Team Kata Brown-Black

- 1 – Lithgow/Bathurst (Dale Snow, Craig Carter, Christopher Johnston)
- 2 – Lithgow (Mitchell Case, Jessie Luchetti, Jack Turner)
- 3 – Lithgow/Newcastle (Cordelia Campbell, Aiden Thompson, Viktoria Crouch-Reeves)

## Kumite 5-7yrs Mixed(Demonstration)

- 1 – Ken Noonan (Oatley)
- 2 – Olivia McDonald (Lithgow)
- 3 – Ebony Power (Lithgow)

## Kumite 7-9 yrs Mixed

- 1 – Tom Luchetti (Lithgow)
- 2 – Siena Giunta(Oatley)
- 3 – Kirra Powyer (Lithgow)

## Kumite 10-11 yrs Boys

- 1 – Jack Turner (Lithgow)
- 2 – Aiden Thompson (Lithgow)
- 3 – Camran Hashmi (Kogarah Bay)

## Kumite 12-13 yrs Boys

- 1 – Mitchell Case (Lithgow)

## Kumite 14-15 yrs Boys

- 1 – Joel Thompson (Lithgow)
- 2 – Riyo Hatazoe (Lithgow)

## Kumite 16-17 yrs Boys

- 1 – Luke Vella (Kogarah Bay)
- 2 – Ronnie Sikh (Kogarah Bay)
- 3 – Matt Riley (Newcastle)

## Kumite 10-11 yrs Girls

- 1 – Jessie Luchetti (Lithgow)
- 2 – Jessica Corney (Kogarah Bay)
- 3 – Amy Jones (Lithgow)

## Kumite 12-13 yrs Girls

- 1 – Tiffani Nikolovski (Oatley)
- 2 – Montana Stewart (Kogarah Bay)
- 3 – Emma Wilks (Newcastle)

## Kumite 14-15 yrs Girls

- 1 – Laura Case (Lithgow)
- 2 – Gabriella Sikh (Kogarah Bay)

## Kumite 16-17 yrs Girls

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

## Kumite Open Women

- 1 – Kae Narelle Reeves (Newcastle)
- 2 – Fiona Smith (Newcastle)
- 3 – Cordelia Campbell (Lithgow)

## Kumite Men White-Purple

- 1 – Joshua Kozis (Newcastle)
- 2 – Craig Carter (Bathurst)
- 3 – Ali Hashmi (Kogarah Bay)

	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>
Bathurst	1	0	1	0	1	0	1	1	1
Katoomba	0	1	1	0	0	0	0	1	1
Kogarah Bay	0	3	0	1	4	3	1	7	3
Lithgow	3	3	5	6	4	4	9	7	9
Newcastle	4	3	0	4	2	2	8	5	2
Oatley	2	0	2	2	1	0	4	1	2

# ICHI GAN, NI SOKU, SAN TAN, SHI RYOKU

During Soke Sensei's recent visit to Australia, he often stated the importance of using the principle of *ichi gan, ni soku, san tan, shi ryoku* in our training. In this article, we will explore the basic meaning of this statement and in future editions of the River of Knowledge, we will look at each of these points in more detail.

*Ichi gan, ni soku, san tan, shi ryoku* can be translated to mean first in importance is the eyes, second is the stance, third is the tanden and fourth is technique.

*Ichi gan* means first in importance is the eyes. We must see our opponent, assess his/her strength and weakness and see his/her strategy. In the last edition of the River of Knowledge, we looked at the concept of *enzan on metsuke* or focusing our eyes on a distant mountain. The point of focus and the way we look at our opponent is very important. We need to develop a wide field of vision to take in everything around us. We need to train our eyes so that we can see almost right around our body. At the camp, Soke Sensei emphasised the importance of this point to the black belts and demonstrated some eye exercises to help develop peripheral vision. Equally important is the concept of *kan*, which is perception. We need to be able to see our opponent's physical movement but we also need to be able to "see" our opponent's strategy and see his weak points. We will explore these concepts in more depth in the next edition of the River of Knowledge.

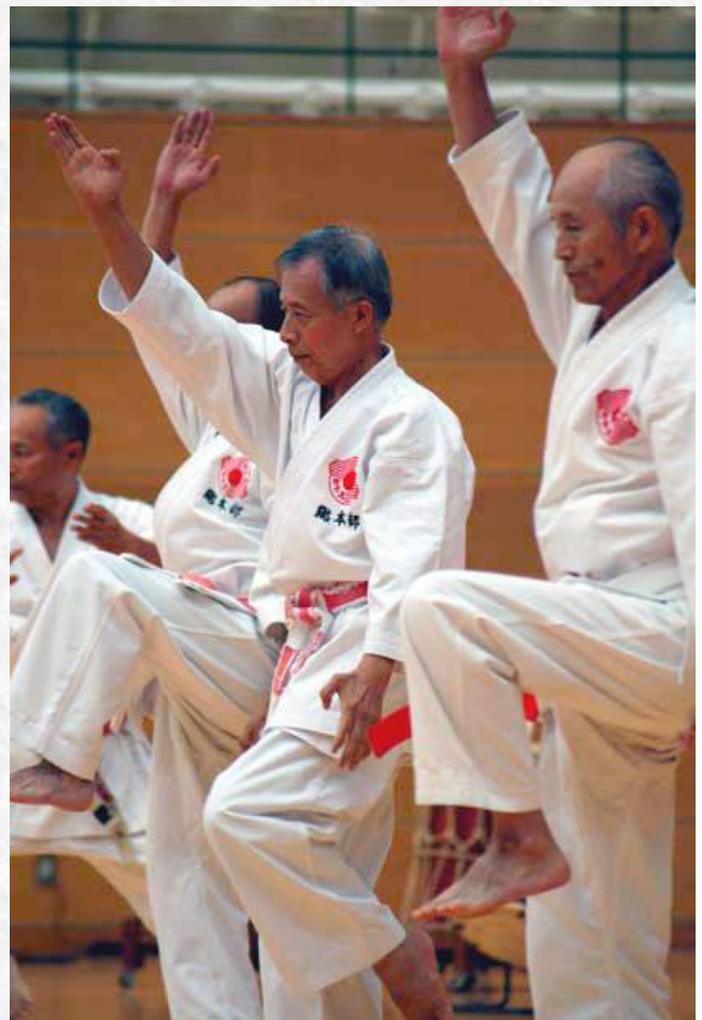
*Ni soku* means second in importance is the feet or stance. This refers to developing a strong stance and being able to move strongly between stances. To develop a strong stance it is important to have good posture, with the back and head held in correct alignment. With correct foot positions, correct posture and constant training, your energy will naturally sink to your tanden and give you a strong and stable stance.

*San tan* means third in importance is the tanden. The tanden is located in the lower part of the stomach, just below the navel and is important in breathing and developing power. The Japanese term *Tan* means more than just tanden, it also means spirit and courage. For beginner and intermediate students the term *san tan* should therefore be interpreted as meaning that they practice their karate with spirit, courage and with correct breathing. For senior students, *san tan* has a much deeper meaning and includes the concept of developing power from the tanden.

*Shi ryoku* means fourth is technique or strength. (*Shi* is another term for four in Japanese). *Shi ryoku* refers to the application of the technique and the use of strength. If the previous three (*ichi gan, ni soku, san tan*) are maintained while a technique is being executed, you can see that this will ensure the maximum potential of the technique is achieved. If any of the previous three are missing, the technique will be weak and will not be effective. Only if the first three are in place, can the controlled application of force be accomplished. It is a common mistake for beginners to try to overcome an opponent by only using uncontrolled force. Only if the principles of *ichi gan, ni soku, san tan, shi ryoku* are applied can success be assured.

Please remember *ichi gan, ni soku, san tan, shi ryoku* when practicing your karate and try to develop these principles in your karate.

Reference: Budo Theory, Volume 1 Introduction To Budo Theory, Richard E. Rowell



## Shihan Martin Phillips

Age: 32

Karate Rank: Yondan

Instructor Rank: Shihan

Dojo: Sunshine Coast

Primary Instructor: Soke Sensei

### Notable Tournament Results:

Over the years I have competed quite a bit. Here are some of the more prominent results.

Soke Cups 1989, 1992, 1995, 1998, 2004. I placed in at least one event at all Soke Cups that I have competed at in either individual or team kata or kumite, some years I have placed in multiple events. But my most memorable Soke Cup was my first one in 1989 in which I placed first in U/13 yrs kata, there were 72 competitors in the division.

I only ever got onto the NSW state Australian Karate Federation (AKF, all styles) team twice. But as a result of my efforts at the 1994 National Championships I got my foot in the door of the national team. That year I was turning 18, so I got to compete in Junior (18 yrs), Cadet (18-21 yrs, at least I think that's what the division was) and Adults. I competed in a total of 10 events placing in 9 events, including 1<sup>st</sup> place in senior heavy weight kumite.

World Karate Federation (WKF), Senior World Championships and Junior World Cups (all styles) in 1994 & 1996. And 1996 invitational teams tournament in Neumea where the top fighters from Japan, Australia and France came together. In the first round of the 1994 World Championships I fought Alain Lehetet (of France), who went on to win the event, at the invitational tournament I got to fight him again which was a great experience.

My favourite tournament so far, has definitely been the Kakedameshi last year in Japan. The AKF/WKF is too much of a game, although there are some great athletes, it's so far removed from real fighting that it's just not funny. Chito-Ryu bogu tournaments are great fun, but they too are a bit too restricted by the rules. Bogu tournaments are certainly a lot more realistic than the WKF, but I personally find the rules still make it a bit too restrictive. These kinds of tournaments certainly have their place as they are quite a safe way for most people to test their skills, but the kakedameshi is great fun. I love the heavy contact, leg kicks, throws, etc. I learned really quickly what works and what doesn't and I really look forward to having another go in the future.



2008 Kakedameshi

# INSTRUCTOR PROFILE

## How long have you been doing Chito-Ryu Karate, where did you start and who was your instructor?

I have been studying Chito-Ryu Karate for 25 years. I started training in Newcastle when Brian Hayes Sensei opened his very first Chito-Ryu dojo at West Wallsend.

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

I started with my two older brothers, one of whom who got started as a result of a severe case of bullying after moving to a new school. We initially started training in 'Kenpoken Karate' for about 18 months. When Brian Hayes Sensei started teaching history at West Wallsend High School one of my brothers was in his class. Shortly thereafter Hayes Sensei also launched the first Chito-Ryu Karate dojo in Newcastle and because of this connection my brothers decided start training with him, we were all there on the very first night the dojo opened. As the younger brother I just kind of tagged along. As my older brothers finished high school and moved away from Newcastle I was the only one in the family that continued training.



Prior to 1989 Soke Cup, the day we got our Australian team tracksuits. I am in the white, others L-R are: Matthew Thompson, Brent Newstead, Jason Shelly, also from Newcastle dojo.

## What was training like when you first started Chito-Ryu karate? How does it differ from training today (if it does)?

I don't have too many memories from when I started as I was quite young. Probably the main thing that I remember was that fairly early on I got into a leadership role as one of the senior students and had a lot of opportunities to develop as an instructor. The dojo that I trained in was a competitive dojo and my teacher encouraged us to work hard and feeding off the competitive spirit in the dojo. There were a few people that had bad attitudes and I remember one person in particular that spent more time cleaning the dojo in the early days instead of training to develop humility and respect. I won't name this person but they did turn out to be one of the stronger members of the dojo for quite a few years. I do remember this person along with my brothers also had great pleasure in hitting me in class to see if they could make me cry. Although I didn't like it at the time, it was probably a good thing as it helped toughen me up a bit.

## What was your first Black Belt grading like? What did you have to do, how long did it take etc?

My shodan grading was at the 1990 national camp not long after I turned 14. Soke Sensei conducted the gradings and there were three others who graded at the same time (Warren Tresidder – Newcastle Dojo, Mark Snow – Lithgow Dojo, Jason Partridge – Lithgow Dojo). At that time the rules were that you had to be a minimum age of 16 to grade to shodan in Australia, however I was allowed to grade. I don't remember specifically what we had to perform, but after the formal grading in the afternoon, we had the evening to write our essays and the results were presented the following day after we submitted our essays. I remember being quite nervous having to wait for what seemed like an eternity to hear the results, but in the end, all four of us passed.



1987 - Shane Ker & Martin Phillips - 1st & 2nd place in "Pee Wee" Kumite at national Chito-Ryu Championships. This was one of my first tournaments

# INSTRUCTOR PROFILE

## Have you studied any other types of Martial Arts? If so when, what rank, who with etc.

In Newcastle I studied arnis for a couple of years as a teenager and gained the rank equivalent to brown belt. Also studied kendo for a little while in Newcastle around the same time. Although I trained for a while I never graded. In Japan (1997-98) I studied Jodo under Miyase Sensei (8<sup>th</sup> Dan – Jodo, 6<sup>th</sup> Dan – Chito-Ryu). Over a course of a few months I had a number of 3-4 hour private lessons along with Tanaka Sensei who introduced me to Miyase Sensei. Before returning to Australia I was graded to Shodan.

## How did you get started in instructing?

It was a natural progression to move into a teaching/leadership role as I was always one of the senior students in the dojo. Even though I was quite young I had a lot of opportunities to develop as a teacher. As a teenager I was allowed to open my first dojo where I taught for a few years until my own teacher moved his dojo to the same suburb and consumed my small dojo. Looking back on it, that was probably a bit premature, but I was grateful to have had the experience.



Newcastle – November 1999



2006 National Titles at the Blue Mountains, Nage No Kata demonstration with Shihan Mark Snow

## Why do you instruct?

Chito-Ryu has been a very big part of my life in terms of shaping the kind of person I am and I haven't really known life without it. I guess I want to share the positive things I have gained from my training with others. From a more selfish point of view it helps me grow as a student by watching the people that I teach and learning from them. Everyone is my teacher.

## What has been some of the highlights of your instructing?

The opportunity to teach in Japan at the the Sohonbu. After my sandan grading Soke Sensei invited me to go to Japan where I lived and trained at the Sohonbu for about 10 months (97-98). More recently the opportunity to teach at the national camp each year and at other dojos throughout Australia.

## What are some of your most memorable experiences of training in Chito-Ryu Karate?

Having done a lot of competition the various overseas trips have certainly been a highlight. It has given me the opportunity to travel to places that I may not have been to otherwise. The trips themselves have been great, but probably more memorable is the training leading up to these international events and the friendships that are formed along the way.

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

The more you seem to learn the less you seem to know. It just seems like there is always so much more to learn, it's a never ending study. Every time I train with Soke Sensei especially, I just feel like such a beginner. It's great to have something in my life that keeps me humble. I also love that training is such a great metaphor for life. Everything that you do in the dojo you can take into other areas of your life whether it be business, relationships or how you approach problems or challenges; there's always an answer in what we do in the dojo if you look close enough.

# INSTRUCTOR PROFILE

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

The more you seem to learn the less you seem to know... Just when you seem to get your head around one thing you realise that there is a whole lot more that you need to go and study. So although you can't help but get better if you work hard, the more you learn, there more there is to learn, so at times it kind of feels like you are going backwards.

## Describe your favourite Chito-Ryu karate moment.

It was after my 21<sup>st</sup> birthday, while in Japan. I went out for dinner with Soke Sensei and a few other members of the dojo and after we sat down for this huge spread of a dinner we wandered downstairs from the restaurant into the main shopping strip, in Kumamoto's Kamitori. Soke Sensei starts getting into a mini lesson there on the street, reiterating a lesson that he had been hammering into me during morning training for several months prior. With a cheeky grin he gets down into shiko dachi doing suri ashi around in circles as he's explaining the importance of this kind of training to develop leg strength and tanden, meanwhile all the locals are all walking past with some interesting looks on their faces, wondering what's going on.

## What is your karate goal?

As a student – just to continue learning from my great teachers Soke Sensei and Noonan Sensei. I feel very fortunate to have access to such great technicians of Chito-Ryu to help guide me to more senior dan levels. I'd like to get things to a point where they make sense and you can do them consistently, so that they just work every time. As a teacher – I would like to help spread Chito-Ryu in Australia and internationally to become a more mainstream style while maintaining a system of great depth rather than diluting it for the masses like many of the sports oriented styles of modern karate.

## How has karate helped in your life?

It is kind of a hard one to answer as I don't remember life without it. But I like to think that Karate has helped me to develop perseverance and a strong spirit that enables me to excel in any area I choose.

## What one piece of advice would you pass on to your fellow Chito-Ryu karateka?

Just work hard on the basics. Everything stems from the basics. I don't mean the basic techniques, but the basic principles that underpin all techniques.

## Anything else you would like to add?

I feel very fortunate to have fallen into something like Chito-Ryu and am grateful that it has brought so many wonderful things into my life. It is how I met my wife and is something that has evolved from a hobby to now being my profession. And it has allowed me to be a part of a community both here in Australia and internationally. The kind of community that is created around Chito-Ryu is unlike anything I have seen anywhere else, everyone is on a level playing field – you have primary school students teaching lawyers and doctors, you have your house wives working along side of professionals. When you put on your gi and enter the dojo, everything in the outside world just disappears and we all work together, yet individually towards a common goal of developing ourselves towards becoming the best possible people we can. Without getting too philosophical, that's what I think Chito-Ryu is all about.



Beach training with wife Sensei Sandra Phillips

# ICKFA Dojo News

## Bathurst

Colin Phillips Sensei

It's hard to believe I'm doing the dojo news for the Winter ROK the year is going so fast, Bathurst continues to grow and this year we have broken age groups down to,

- Karate Crocodiles ages 4 to 7
- Karate Kids ages 7 to 12
- Adults ages 13 and above

What is pleasing is that all groups continue to grow in numbers, the Karate Crocodiles are doing well and this is a fast paced class for fitness and entry level karate more importantly it's exciting and fun and the little Crocs are keen to learn, see photo of the karate crocodiles after their first grading they look exhausted I know I was.

The karate kids are doing well with excellent manners and strong karate developing, some of the karate kids are starting to really develop a strong punch and kick and this is where we need to be for self defence purposes, Brendan Mc Mahon did us proud at the Blue Mountains Cup placing third in his kata division.

The adults class is going from strength to strength with numbers increasing with many people doing martial arts before to beginners just starting out; mid May we had 11 adults training; this was the biggest adults class and another milestone for the club.

Craig Carter did us proud at the Blue Mountains Cups winning two kata divisions team and individual, placing second in his kumite event and winning the open division defeating last years Blue Mountains Cup Champion, with our club only being two and a half years old this is very pleasing, a full sports story of Craig's success has been supplied to the Western Advocate our local Bathurst paper.

Soke Sensei enjoyed his trip to Bathurst and can now see first hand the great future that our style of karate has in the region.



1. Karate Crocodiles after grading
2. Craig Carter and myself taken after the Blue Mountains Cup
3. Brendan McMahan and myself in the dojo

# ICKFA Dojo News

## Lithgow & Katoomba

by Mark Snow Shihan

Lithgow and Katoomba Dojos were very fortunate to have Soke Sensei visit both schools during his recent visit to the region. Soke Sensei once again demonstrated flawless technique, impeccable character and offered guidance to all of the participants. Many of the parents/carers commented that he looked a good twenty years younger than his age. Not to mention Soke Sensei's incredible flexibility that impressed not only the students but the onlookers.

Soke Sensei is an inspiration, outstanding ambassador and true modern day master of Chito-ryu karatedo and we are all so blessed to have his leadership. To have Soke Sensei visiting Australia again in 2009 will only continue to deepen and raise the standard of all students and continue this wonderful relationship.



# ICKFA Dojo News

## Newcastle

Sensei Greg Field

The past couple of months have been a busy time for the Newcastle Dojo, with the Blue Mountains Tournament, a visit by Sensei Sandra Phillips to promote the Soke Cup, the opening of Sensei Noonan's Hombu Dojo in Sydney and a visit by Soke Sensei.

We had a strong team of competitors attend the Blue Mountains Tournament, with a mixture of experienced and first time competitors. Xena Irvine, in her first tournament, surprised everyone by coming fourth in a large junior kata division. Emma Wilks also performed very well and received two medals. Emma has the potential to be a very good tournament competitor. Hope Riley also performed very well and despite not obtaining a medal on this occasion, displayed the character and good sportsmanship that we try to engender in the Newcastle Dojo. Viktoria Crouch-Reeves and Joshua Kozis continued their excellent performances at the tournament. The full results can be found elsewhere in this newsletter.

We were very excited to get a visit by Sensei Sandra Phillips, in her role as national coach for the 2010 Soke Cup. Sandra gave an excellent presentation and encouraged everyone to start preparing for the Soke Cup. After the presentation, Sandra took the class for a sports kumite session. During this session, Sandra made time to talk to each student individually and provide personal coaching on areas to improve. The students found Sandra's advice very helpful and wish to thank her for the visit and sharing her experience.

Four students from Newcastle attended the official opening of Sensei Noonan's new Hombu Dojo. It was real privilege to see demonstrations by Soke Sensei, Tanaka Sensei, Noonan Sensei and Snow Sensei. It was a great experience to see these demonstrations and then be able to train with Soke Sensei. Everyone thoroughly enjoyed the opening celebration.

In late May, Soke Sensei visited the Newcastle Dojo and took the class for an evening and morning training session. Our students were really looking forward to Soke's visit and had been training hard to demonstrate their dedication. Soke took the class through all the basics and spent time with most of the junior students to improve their yoko geris. In the morning session, Soke took the senior students through their kata and spent time on open hand techniques. Everyone learned a lot from these sessions and we really appreciated Soke making time in his busy schedule to visit Newcastle.



# ICKFA Dojo News

## Gold Coast

Adam Higgins Sensei

Wow! What an exciting time it has been over the last few months at the Gold Coast dojo.

In April and June the Gold Coast dojo hosted the monthly QLD Soke Cup training sessions, with Sensei Sandra Phillips and Shihan Martin Phillips bringing a number of the Sunshine Coast students down for the training. Both sessions were great fun and educational. It has been great to watch everyone's skills improve through the training and experience gained. The first QLD tournament for the year is coming up on the Sunshine Coast and everyone is keen to put their training to the test!

In April South East QLD regional instructor Shihan Martin Phillips came to the dojo and took the Monday night classes, this was a great opportunity for the Gold Coast students to show off the hard work they have been doing leading up to their next grading. Everyone had a great time and was left wide eyed when Shihan Phillips demonstrated his flexibility in doing the splits, at 6 foot 4 it is an impressive sight (especially compared to watching me do the splits!).

In May we had another special guest with Soke Sensei's visit to the dojo. Unfortunately the Gold Coast was hit by wild storms whilst Soke Sensei was here making the night class interesting with the rain on the roof deafening at some stages. Soke Sensei took a Junior and a Senior class and impressed all with his technique, seeming to move in slow motion yet still finishing before everyone else in some of the drills. Both classes had a great energy with the senior class going a little bit over time as everyone tried their hardest to show off their tobi yoko geri to Soke Sensei. The Tuesday morning was scheduled for beach training but unfortunately the weather had not improved so it was back to the dojo for some morning training, this time with Shihan Phillips also in attendance. As always it was fantastic having Soke Sensei at the dojo and we would like to thank the ICKFA for making this possible.

Also in May was the Gold Coast winter grading with 24 students grading this was the largest grading the Gold Coast dojo has held. All students demonstrated their abilities well, successfully progressing to their next level. Special congratulations to Anthony Horgan who successfully graded to 1<sup>st</sup> Kyu becoming the first Gold Coast student to reach that level.

The ICKFA Annual Camp is always popular amongst Gold Coast karateka with 7 students making the big trip down to Sydney to attend. Anthony Horgan, Tasi Schiffers, Phil Heath, Bina Schiffers, Conor Emery, Ryan Wilcox & Kira Alexander accompanied Sensei Adam with all returning excited about the experience, what they had learned and the friends they had made. Everyone is now keenly looking forward to the QLD camp.

## Class Clubs

At the Gold Coast dojo students are recognized for their commitment training by the 100, 200 & 500 Class Clubs. Congratulations to the following new editions to these clubs:-

### 100 Club

Jake Nicholson  
Giovanni Stanghi  
Monica Lester  
Jared Van Deventer



# ICKFA Dojo News

## Sunshine Coast

by Martin Phillips Shihan

Since the start of the year the Maroochydore dojo has been a hive of activity with a significant growth in membership. Now that we are fast approaching the middle of the year, many of those new members that started earlier in the year are starting to move through ranks. By the time this is published, we will have finished our mid-year grading which will see a lot more members moving onto higher ranks including quite a few new brown belts, if all goes well.

In May, we have added to our regular class schedule with new padded weapons classes which have proven to be very popular. These new classes were kicked off with a weekend workshop and padded weapons tournament that was well attended and a lot of fun. Since the workshop the classes have continued to grow and there are now a number of members that are starting to excel by applying their karate basics, but the learning has also flowed the other way too. From an instructors point of view the addition of padded weapons classes has been great, because it allows students to develop of keen sense of distance and timing because they know that if they don't they get hit! In particular, many of the participants in these classes are also starting to take these skills into their kumite, so I really look forward to seeing how this continues to develop over the longer term, particularly as we progress towards the national in October and the Soke Cup next year.

Prior to the Blue Mountains Regional tournament in early May, our dojo lost Sandra Sensei for about a week while she did a NSW dojo tour to start promoting next year's Soke Cup. Before the tour we spent a few weeks going through lots of old Soke Cup footage and pulled together a promotional video to help educate members what next year's Soke Cup is all about. Before leaving on the tour, we got a preview of the video at our second Qld Soke Cup squad session on the Gold Coast in April. Based on the reactions that I saw from members and the level of energy that followed in the training session I can only image how well received the dojo tour was for everyone else. Locally we have now had 4 Soke Cup Squad sessions, that we are alternating monthly between the Sunshine Coast and the Gold Coast dojos to help build skills and draw upon a deeper pool of talents. With each session we are starting to see the skill levels rise and friendships strengthening between our two dojos. Thanks to a suggestion from one of our local members, we have also started Japanese language and cultural lessons in conjunction with our local squad sessions. This was introduced to help everyone prepare for the cultural challenges that we are sure to face with a Soke Cup in Japan. We have been very fortunate to find great teachers for these classes on the both the Sunshine Coast and the Gold Coast and so far it is proving to be both fun and interesting.

Recently members from all around Australia got to enjoy Soke Sensei at the national camp, but we were quite fortunate here on the Sunshine Coast to have Soke Sensei at the start of his dojo tour. With a greatly expanded class schedule compared to previous visits, Soke Sensei only taught 3 of the 5 evening classes each night and I can tell you that the dojo was quite full. In previous years, we had enjoyed morning training at the beach and this was something that Soke Sensei was really looking forward to, but due to the bad weather at the time of Soke Sensei's visit, we didn't get the chance this year. In fact on the second afternoon of his visit, many local school students were sent home in preparation for gale force winds and severe storm warnings. Fortunately, we missed the brunt of the storm near the dojo, but much of South East Queensland suffered with flooding and storm damage. Prior to moving on to Newcastle dojo, Soke Sensei did get to enjoy a bit of clear weather and a walk on one of our local beaches, although the effects of the storms were quite obvious with very high tides and a lot of erosion. Apart from the poor weather, Soke Sensei's time was greatly appreciated by members and instructors alike.



# Members Profile

## Viktoria Crouch-Reeves

Age: 17  
Rank: Shodan, Junshidoin  
Dojo: Newcastle

### Tournament Results:

Tournament: 2008 ICKFA Nationals  
Events: Kumite  
Places: 1<sup>st</sup>

Tournament: 2009 Blue Mountains Cup  
Events: Kata & Kumite  
Places: 1<sup>st</sup>

Tournament: 2008 Bathurst Cup  
Events: Kata & Kumite  
Places: 1st

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

I have been training in karate for almost twelve years.  
I started when I was 5 years old.

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

I started as a hobby and for something to try out. After training for a while it really helped improve my self discipline and it was good to learn some self defence.

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

Yes, my mum, sister, brother, boyfriend and cousin all train at the same dojo.

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

I train twice a week in the dojo.

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

I train regularly at home mainly by practicing kata and basics. I also train with a kick bag and target pads and do some general fitness training, such as sit-ups and push-ups. I train in my garage or in the lounge room.

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

My favourite thing about training is the great atmosphere in the dojo and the morals and hard work that karate demands. I like the fact that Chito Ryu is a traditional style of karate and we study in detail the biomechanics of each movement.

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

The most challenging thing for me has been the transition from a kyu grade to a black belt and all the responsibility that entails. I have tried to be a good role model for other students. I have also found it challenging to start teaching and to try to ensure that my students are being taught everything the correct way and that they do not get any bad karate techniques.

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

Mawashigeri and reverse punch



# Members Profile

## Viktoria Crouch-Reeves

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

Karate has taught me how to deal with difficult situations with a sense of dignity and respect. It has also helped me understand the concept of self discipline and it keeps me fit and healthy.

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

My favourite moment was when I was graded to Junshidoin by Soke Sensei, Noonan Sensei, Snow Sensei and Phillips Sensei.

### *What is your karate goal?*

My karate goal is to keep training hard and to keep improving so that I become a better student and a better teacher. I also want to achieve my personal best at the next Soke Cup.

### *Sensei's Comments (Sensei Greg Field)*

Viktoria is an excellent student that displays all the character and behaviour that we encourage in Chito Ryu Karate. She displays a maturity beyond her age and is a great role model for the junior students in our dojo. Viktoria has started her own dojo where she has a beginner kids' class. Her students really admire her and she is doing a great job of teaching these kids.



***“Karate has taught me how to deal with difficult situations with a sense of dignity and respect.”***

# 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)



Lithgow



Gold Coast

## Soke Sensei in Australia!



Gold Coast



Sunshine Coast



Sunshine Coast



ICKFA Annual Camp

# Coaches Corner

ICKFA National Coach – Sensei Sandra Phillips

## Preparing for Competition What preparation works best for you?

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

Athletes who are serious about their sport, enthusiastic and motivated to perform well, often have fixed ideas about how they should prepare before competition.

When the competition day is a long time away it is not as hard for an athlete to be optimistic and positive about their ability to achieve. It gets more difficult as the competition day draws closer and doubt start to seep in. Before you know it, the athlete is worrying about failing and disappointing others rather than focusing on the actions necessary to achieve the best possible result they are capable of at the time. The more the athlete worries, the more energy they waste.

'Preparation is an important key to successful performance.' As the saying goes, 'failing to prepare is preparing to fail'. A good preparation is the difference between going into an exam having done the extra study, or going in just with what was retained from lectures. Most of the time the extra study produces better results. Successful sports men and women don't compete without preparation or planning.

### Exercise for athletes:

What type of preparation works best for you? Tick the most appropriate responses and share them with your parents and coaches.

#### As an athlete I generally:

- a) prepare adequately
- b) under prepare
- c) worry too much

#### As an athlete I generally prefer:

- a) not to prepare
- b) to prepare early in the week
- c) to be clear about what is required of me and how best to achieve it, than let it go and revisit my plans and objectives just before competing
- d) to prepare late in the week, close to competition time

#### As an athlete, before competing, I like my coach to set goals with me that are:

- a) challenging with moderate expectations
- b) challenging with high expectations
- c) challenging with few expectations

#### Before competing I like my coach to:

- a) focus on my strengths and how to keep them strong
- b) focus on my weaknesses and how I can improve
- c) offer general encouragement and support
- d) comment on who I am to defeat
- e) generally encourage with an emphasis on personal effort

#### Before competition I like my parents to:

- a) provide me with general support
- b) talk to me about my competition
- c) talk to me about things other than my competition
- d) leave me to prepare on my own

#### After competition I like my parents/coach to:

- a) focus on the win or loss
- b) not to focus on the win or loss
- c) encourage me irrespective of the result
- d) give me space and not to comment at all
- e) offer me advice when I ask for it
- f) not to offer me advice
- g) provide me with general support and focus on the positive

# Coaches Corner

ICKFA National Coach – Sensei Sandra Phillips

## Summary: Preparing to Compete

How best to prepare depends on the individual

There is no one way to prepare for competition

It is okay for athletes to distract themselves away from thinking too much and becoming too nervous

It is okay to sit quietly and reflect on thoughts and the event

Some athletes need to be challenged

Some athletes like to be reassured

Ask the athlete what works best for them

Draw on past experiences to determine the best approach

Prepare early, to avoid last minute worry

Make sure expectations are realistic

Focus on how to get the best result, rather than on the result itself

## Exercise:

Take the time to develop a plan that you can use prior to your competition. You may need to trial a few formats until you come up with the best preparation for your needs. Once you have a preparation routine, be sure to rehearse it regularly and know it well. To help you with designing a pre-competition plan please visit <http://sport-karate.karate4life.com/> to download a 'pre-competition plan' sheet.



2004 Soke Cup Action

# **Calendar of Events**

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

## **June 2009**

14<sup>th</sup> June Grading (Sunshine Coast)  
20<sup>th</sup> ICKFA Seminar (Sunshine Coast)  
21<sup>st</sup> Sunshine Coast Championships

## **July 2009**

5<sup>th</sup> Kangeiko (Gold Coast)  
12<sup>th</sup> Kangeiko (Blue Mountains)

## **August 2009**

2<sup>nd</sup> August Grading (Sunshine Coast)  
16<sup>th</sup> Gold Coast Cup (Gold Coast)  
23<sup>rd</sup> Spring Grading (Gold Coast)

## **September 2009**

18<sup>th</sup> – 20<sup>th</sup> QLD Chito-Ryu Camp (Gold Coast)  
26<sup>th</sup> ICKFA Seminar (Sydney)  
27<sup>th</sup> Sydney Regional Tournament

## **October 2009**

24<sup>th</sup> ICKFA Seminar  
25<sup>th</sup> ICKFA National Titles

## **November 2009**

29<sup>th</sup> Beach Training (Gold Coast)

## **December 2009**

5<sup>th</sup> December Grading (Sunshine Coast)  
6<sup>th</sup> Summer Grading (Gold Coast)  
17<sup>th</sup> End of Year Break-Up (Gold Coast)

## **August 2010**

7-8<sup>th</sup> Soke Cup (Kumamoto)

## **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  
6<sup>th</sup> Dan, Renshi  
Honbucho  
Sydney Region  
Head Instructor  
"Tasseikan" Dojo



Hiro Tanaka Sensei  
6<sup>th</sup> Dan, Renshi  
"Tasseikan" Dojo



Shane Ker Sensei  
3<sup>rd</sup> Dan, Jun-Shidoi  
South Sydney Dojo  
"Tasseikan" Dojo



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



Viktoria Crouch-Reeves Sensei  
1<sup>st</sup> Dan, Jun-Shidoi  
Newcastle Dojo

## Blue Mountains & Western NSW Region Instructors



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



Colin Phillips Sensei  
2<sup>nd</sup> Dan, Jun-Shidoi  
Bathurst Dojo



Adam McDonald Sensei  
1<sup>st</sup> Dan, Jun-Shidoi  
Lithgow Dojo  
Katoomba Dojo

## South East QLD Region Instructors



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



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



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

## ICKFA Committee



**President**  
Sensei Martin Phillips



**Secretary**  
Sensei Shane Ker

**Treasurer**  
Nancy Li

## Dojo Websites

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