

JANUARY, 2019

SHÚSHIN KAI GOJU RYU KARATE

No. 31

# Kiai !!!!

## 2018 BREAKUP & GRADING RESULTS

A successful Breakup night was held at the Hillside dojo on 18<sup>th</sup> December. Grading results.....

### Promoted to 1st Kyu Brown Belt

Con Daglis (Hillside)  
Jake Daglis Hillside)  
Jack Daws (Westmeadows)  
Craig Smith (Hillside)

### Promoted to 3<sup>rd</sup> Kyu Kyu Brown Belt

Felicity Darcay (Hillside)  
Daniella Smith (Hillside)  
Anthony Balia (Westmeadows)  
Tara Balia (Westmeadows)  
Chan Somarayhna (Hillside)  
Janindu Somarayhna (Hillside)

Promoted to 4<sup>th</sup> Kyu (Green Belt)  
Javeria Naved (Hillside)

### Promoted to 6<sup>th</sup> Kyu Orange Belt

Jordan Saykarosky (Hillside)  
Benjamin Daws (Westmeadows)  
Brian Lu (Hillside)

### Promoted to 8<sup>th</sup> Kyu Orange Belt

Isha Bangara (Hillside)  
Sanindu Somarathna (Hillside)

New belts and Certificates will be awarded on the first night back in class.

## XMAS BBQ

On 16<sup>th</sup> December the club held its Annual Xmas function at Brimbank Park. This was the second time we had our Xmas breakup function at the park as a family day out. Two years ago we had an all-time record when around 55 people attended. Last year the day was not very well

supported and sadly this year was even less supported .

A big thank you to the members who did come along to support the club We didn't get any photos this year either so we can't share much of interest here. Thank you to those who attended. Many thanks to Suraj who organised the event for everyone. We are disappointed by the level of support the club received and trust that the 2019 event will receive the support it deserves.

## STUDENT OF THE YEAR

Once again we had our Student of the Year Award presented on our breakup night. We are pleased to announce this year's winner was Felicity Darcay from our Hillside dojo. Felicity attended class regularly and showed great improvement and dedication to karate studies. Felicity also helped with teaching younger members. We are looking forward to Felicity continuing her karate career well into the future and realizing her full potential. Congratulations again Felicity !!!



Here is Felicity with Sensei's Graeme and Lincoln holding her Student of the Year Certificate.

## ANNUAL TRAINING DAY 2018

On Saturday, 6th October we held our 13th Annual Training Day and Competition at the Westmeadows dojo. Thank you all for attending and helping to make the day enjoyable and productive!!

Before each session during the day candidates for Black Belt grading took the class for warmups and

stretching. This was part of their Black Belt grading assessment.

In the first morning session Lincoln Sensei taught Saifa kata and applications. Saifa has undergone some substantial technical changes for us since we became a part of the Shigaku Kan dojo in Tokyo, so this was time well spent in consolidating our learnings and making sure we were all on the right path.

This was followed by the Black Belt kata grading test for Stephen Afflitto, Nathan Daws, Prashant Sehgal, Shane Huntington and Alexander Hodge. The katas showed that each applicant had trained hard over the months and years since they joined the club. Of course the demonstrations were not perfect, and nerves played a significant role!!! But over the next few years we expect them all to consolidate their training and continue to grow along the martial path.

After a quick lunch we conducted our annual club kumite tournament for both adults and juniors. There was spirited sparring, some laughs and a small number of injuries brought about by some poor skills and unfortunate "meltdowns". We will be concentrating this coming year on developing better sparring skills and appreciation of the role of kumite in developing ourselves to our best potential.

Crowned "Shushin Kai Kumite Champion" this year was Dr Shane Huntington from the Hillside dojo, who showed a shrewd approach to combat and rightfully earned him his trophy. The junior tournament was won for the second year running by Felicity Darcay from the Hillside dojo. Well done to you both!!!

Shane received a silver plate engraved with his victory and Felicity received a 1<sup>st</sup> Place Medal for winning the Junior competition. The tournament incorporated a "grading" or "handicap" system. Lower grades and females received higher scores for fighting higher grades, thus giving everybody a fair chance of winning. The sparring was based on close quarter self defence sparring of 30 seconds duration. This year under strict control rules, the juniors competed for their own winner

After the tournament Graeme Shihan took the class for an explanation and demonstration of timing techniques. This was followed by another session with Lincoln sensei on Saifa applications. Then came the reading of the assignments written by the applicants for Black Belt. The assignments, which every aspiring Black Belt must write is entitled "What Karate Means to Me". The object is for each applicant to think back over their karate journey and analyse what they have experienced over the years and what contribution karate has

made to their lives. Each assignment was thoughtfully written and earned each candidate a pass in their day long grading examination.



*Shane Huntington won the adult section of the Club Kumite Championship. Here Shane receives his trophy from Shihan Graeme*



*Felicity Darcay won the Junior section of the Club Kumite Championship, pictured here wearing her medal with Shihan Graeme*

Thank you to everybody who came along to support the event, and particularly to Suraj who organized life-saving food and drinks, and Sensei Lincoln who organized the whole day plus taught and conducted and refereed the sparring competition. Thanks also to Vicki, Suraj and Sophie who officiated as timekeepers and scorers.

## NEW DAN GRADES

A major highlight of the day was the promotion of Stephen Afflitto, Nathan Daws and Prashant Sehgal from the Westmeadows dojo, and Shane Huntington and Alexander Hodge from the Hillside dojo to 1<sup>st</sup> Dan Black Belt.

Their promotion was very well deserved, so congratulations to you all.

In the evening, after the Training Day, all the Black Belts met for the Annual Black Belt dinner at Chiba Japanese Restaurant in Moonee Ponds.



*Nathan Daws, Prashant Sehgal, Stephen Afflitto, Shane Huntington and Alexander Hodge, pictured here with their new certificates.*

**SHUSHIN KAI (AUSTRALIA) WEBSITE**

Our website [www.goju.com.au](http://www.goju.com.au) continues to attract visitors and provides an email facility for interested people to contact us with a view to joining. If you have not visited the website, please do so as it is full of good information!!!

**SHIGAKU KAN (TOKYO) WEBSITE**

Our parent organization in Japan is Shigaku Kan, the head dojo under the Ichikawa-ha Goju Ryu Karate organization. Under the leadership of Sensei Tsubamoto 10<sup>th</sup> Dan, Shigaku Kan has an interesting website which we recommend you visit. The address is [www.karates.net](http://www.karates.net)  
The website can be viewed in English or Japanese formats.

**FACEBOOK**

Our Facebook is ShushinKaiGojuRyuKarate, or there is a live link from the bottom of the Home Page on our website [www.goju.com.au](http://www.goju.com.au)  
Please visit our Facebook page regularly as it carries more up to date, day to day information than the website. Please "like" us, share pages and invite your friends to visit and "like" us. Please feel free to make entries and comments.

**FUNDRAISING**

To meet the costs of running the club members have been busy fundraising. This year we held our usual chocolate drive. Thank you to everybody who supported us. We are a very small club and have some major fixed costs (particularly insurance and advertising) that we cannot cover with fees alone. This was our best chocolate drive ever. Not one person absconded from the club and refused to pay for their chocolates like last year. So thank you to all our members for your efforts on the club's behalf. Your help is very much appreciated. A huge thanks also to Suraj who administers the choco drives.

**JAPAN TRAINING**

In 2018 Shihan Graeme, and Sensei Lincoln travelled again to Japan train with our teacher, Tsubamoto Sensei, 10<sup>th</sup> Dan. We spent a totally exhausting week in Japan and received high level instruction and training from Shigaku Kan. A number of detail changes have already been introduced to our dojos, and further changes will be introduced as we travel into 2019.

**VISIT TO MELBOURNE BY ISHII SENSEI**

In October this year Ishii Sensei (8<sup>th</sup> Dan) is coming back to Australia as a guest of the club for his third visit. Ishii sensei was a student of the late Ichikawa Sensei and is now Tsubamoto Sensei's most senior student. Ishii sensei will be attending our 2019 Annual Training Day and will be attending all our regular classes during his visit. He will be living with Graeme Shihan during his stay and there will be lots of training for everyone!!!

Ishii sensei is very excited and is looking forward to meeting and training with us again. As October draws closer we will keep you informed about Ishii sensei's visit and training arrangements at each dojo. Everybody in the club can look forward to great training and instruction from our friend and senior karate instructor Ishii sensei.



*This pic shows sensei's Lincoln and Graeme with Tsubamoto Sensei and Ishii Sensei, in the Shigaku Kan dojo, Tokyo, in October, 2018.*

**IMPORTANT NEWS : FEES**

This year once again (9<sup>th</sup> year), there will be no increase in training fees.

***Given that we are not increasing training fees would all members please pay their fees promptly on the FIRST training night of each month.*** (Which means of course, bring your fees to the first night back in class).

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**PAYING FEES**

We accept cash or cheque for any fees. You can also pay your fees via direct banking on the internet.

Ask Shihan for the banking details.

## **2017 CLASSES START DATES**

Westmeadows dojo, (Westmeadows Hall, Raleigh St, Westmeadows) : Monday, 4th February, at 7.00 pm

Westmeadows Dojo (Home dojo, present members only) : Wednesday, 6th February at 7.00 pm

Hillside Dojo (Banchory Community Centre, Banchory Ave, Hillside): Tuesday 5th February at 7.00pm.

### **THE YEAR AHEAD IN SHÚSHINKAI**

We are looking forward with great anticipation to seeing you all when class recommences. We are sure 2019 will be exciting and productive for everybody!!!

See you back in class.....

Shihan Graeme  
Sensei Lincoln

January, 2019



*The group photograph of Shushin Kai members taken at Hillside dojo at our Breakup night, 2018.*