



# The Budo Times

August/September 2008 Edition



Welcome BudoKa to the August/September 2008 edition of The Budo Times. How fast does the year go by? Powercamp 08 is just around the corner and we hope that everyone is getting ready for what promises to be another successful camp.

## Congratulations!

On 28<sup>th</sup> August 2008 Graeme Sneddon Kaicho successfully completed a 580lb Tamishawara ice break which can be viewed on youtube.com. This has led to Graeme entering into the ISKA World Karate Championships to be held at Homebush States Sports Centre, Sunday 19<sup>th</sup> October 2008!

We can't underestimate the importance of supporting Graeme at the World Championship at Homebush. Put this date into your diaries and clear everything else. It's a great opportunity to support Graeme who provides an enormous amount of support to us all and its time to repay his generosity.

## This Month!

Message from Graeme Sneddon Kaicho  
Spring Training Camp

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Last Word

## From Graeme Sneddon Kaicho:

At the Woonona Hombu Annual Coaching Clinic Graeme provided us with some insight into the way martial arts transcends the Dojo walls and is carried through to other areas of our lives. The following is a small part of what was said at the Coaching Clinic.

### *The Importance of Stance.*

When considering the component parts that go into making up our fighting repertoire, many overlook the importance of **stance**.

Whilst in BKK our focus is not on the long and deep stances (*Dachi*) that are synonymous with the more traditional systems of fighting, one fundamental commonality transcending all arts is the physical *function* of a stance. That is, provide **support, balance, stability and mobility**.

When in an incorrect stance, (*not to be confused with posture which relates to upper-body position*) our ability to successfully **evade an attack** is seriously

delayed whilst we spend valuable time correcting our footing and weight distribution. The ability to generate any degree of **speed, continuity, power & accuracy** in forward striking is mutually dependent with that of an appropriate stance.

Thus, without the correct stance, regardless of our huge power base and lightning fast wallop, we may miss the vital seconds essential to effectively counter-strike, which ultimately may prove costly. Ever wondered why little guys can drop seemingly much bigger opponents with a single strike?

An excellent training method that concentrates on correct stance is to strip back the training drills to just *stepping* in forward, rearward and matrix directions *with hands on hips*, so that total attention can be dedicated to correct foot placement, and then gradually add your strikes from close quarter to long range.

On a more cerebral level, stance in combat can be likened to our *career* in our everyday lives. Our *job* provides the support and stability from which our livelihood exists. Complacency and apathy in the competitive job market would almost certainly see us left behind, as the workforce continually demands of us to perform at a higher level.

Those of us with families to support recognise the importance of stability in providing for our other half and our

children. In this case of course, it isn't just yourself who risks defeat, but your entire family unit.

Next time at training when you're engaged in drilling, pad work or all out free-fight, give some thought to how your life might be if you weren't as focused on how well you're applying yourself to your employment.

Life is the Dojo.  
Osu!

## Spring Training Camp

On Saturday, 25<sup>th</sup> October 2008 we will be holding a Spring training camp at the Baulkham Hills Dojo, Balcombe Heights Community Centre, Seven Hills Road, Baulkham Hills.

The training day will run from 12.00pm to 4.00pm at a cost of \$30.00 for adults and \$20.00 for teens.

The basis of the day is for students to improve their sparring techniques in Karate/Freestyle rounds, boxing and grappling. This is an opportunity to workshop different techniques in a friendly competitive atmosphere. For further information drop me an email at [scotthay@bigpond.net.au](mailto:scotthay@bigpond.net.au).

We hope to see you all there for a day of hard training that will set you up for the October Powercamp!

## *Around the Dojos!*

### **Bringelly Dojo**

Bringelly Dojo held a grading on Saturday, 9<sup>th</sup> August. The day was a successful showcase of what the students had been working on for the past 3 months.

The camp was packed with true Budoka Spirit with Steve Harvey completing 20 sparring rounds for his 3<sup>rd</sup> Kyu. The day concluded with a mass destruction of assorted building materials including concrete blocks, concrete roof tiles, boards and a couple of baseball bats. Ron Jennings Hanshi broke 3 concrete tiles with a descending elbow.

Congratulations to:

Domenic Gattellari, Grace Gattellari, Amelia Gattellari, Marcus Arcuri & David Arcuri who all successfully completed their grading requirements to progress to 9<sup>th</sup> kyu.

Michelle Miller & Kate Motley who successfully completed their grading requirements to progress to 8<sup>th</sup> kyu.

Jordan Murray & Julian Di Maio who successfully completed their grading requirements to progress to 7<sup>th</sup> kyu.

Chelsea Mayer & Benjamin Mayer who successfully completed their grading

requirements to progress to 6<sup>th</sup> kyu and Steve Harvey who successfully completed the requirement to progress to 3<sup>rd</sup> Kyu.

### **Woonona Hombu**

Woonona Hombu held a grading on 2<sup>nd</sup> August 2008. Again this was a resounding success. We would like to congratulate the following students:

Oliver Smith, Carla Smith, Tiarne Walker, Arcadia Babister, Charlie Passfield, Rhani Walker, Jai Brancato, Benn Rubain, Chloe Siddle, Bronte Eady, Harrison McClaren, Angus Lawson, Ben Walker and Alexandra Ritchie who all successfully completed their grading requirements to be promoted to 9<sup>th</sup> kyu.

Kathleen Garvie, Aleisha McClaren, Alex Sneddon, James Overton, Jake O'Brien, Duncan Kaehne, Ben Senior and Nash Davison who all successfully completed their grading requirements to be promoted to 8<sup>th</sup> kyu.

Luke Atlagica, Cooper Hayward, Amy Dunwoodie and Mathew Messenger who all successfully completed their grading requirements to be promoted to 7<sup>th</sup> kyu.

Jared Brancato, Liam Tuxford, Lawson Charlesworth, Maurice Chatfield and Erin Leslie who all successfully completed their grading requirements to be promoted to 6<sup>th</sup> kyu.

Nathan Stephen, Brooke Bowtell, Damon Van Putten and Jai Edwards who all successfully completed their grading requirements to be promoted to 5<sup>th</sup> kyu.

Emma Sloane and Matilda Garrett who successfully completed their grading requirements to be promoted to 3<sup>rd</sup> kyu.

Special congratulations to:

Damon Van Putten, Champ of the Camp - Junior

Matt Messenger, Champ of the Camp - Senior

### **Baulkham Hills Dojo**

On Thursday, 14<sup>th</sup> August 2008 we held the first Fight Night at Baulkham Hills Dojo. This has led to organising a Spring Training Camp for Saturday, 25<sup>th</sup> October 2008. Please see below for further information.

We would like to welcome Daniel Climent to the Baulkham Hills Dojo.

### **BKK Clothing and Merchandise**

Guys & girls, look the part at the next BKK outing and get into some of the great BKK gear. Sleeveless shirts, pullovers and other training gear are all available through the website:

[martialartsresearch.com.au](http://martialartsresearch.com.au)

## **The Last Word**

### **EGO**

There is an old saying that in true martial arts there is no ego.

As the Karateka progresses through the ranks it is quite easy to forget that ultimately we are all students still wanting to learn and progress, no matter what age we are or level of competency we have attained. It is very easy to get carried away with what we already know and forget that there is still much to learn from so many sources.

Ego in martial arts generally raises its head when we are sparring. When our opponent gets the better of us its easy to loose our composure and focus and sometimes to become disheartened.

As a student of martial arts we should try and remember that we will not win every battle and any battle lost is an opportunity to learn more about ourselves. Pay respect to your opponent, in martial arts and in life and you will learn. Disrespect your opponent on the street and you may loose more than your ego!

Guys, please send any information that you would like included in the October/November edition to [scotthay@bigpond.net](mailto:scotthay@bigpond.net)