



THE BUDO TIMES

BUDO KENKYUKAI
MARTIAL ARTS RESEARCH CENTRES

Issue 7

August—September 2009

Special points of interest:

At The Movies

- Check out the new release martial arts flick, "Fighting" at a cinema near you.
- Sensei Ray Grech turned the big '5—0' and still smashing concrete with his shins.
- Join our BKK discussion group on facebook. Its an opportunity to chat with students from all the Dojo's.
- If you have HD TV don't forget every Thursday night at 10.00pm to check out the UFC action.

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Sensei Leigh Klintworth Opens New Kenthurst Dojo!

Due to the popularity and success of his first Dojo at Kenthurst, Sensei Leigh Klintworth has moved to a permanent premises which is rivaling the benchmarks of the BKK Dojo's.

Situated just 20 metres from his previous Dojo the former Girl Guides Hall affords the students the luxury of hanging bags, jigsaw mats, rubber dummy men and a host of other essential equipment to assist them in reaching their training goals.

The Dojo is situated at the Lucas Road Girl Guide Hall and classes are being held for kids and adults on Monday and Wednesday nights. Sensei Klintworth can be contacted on 0414 333 145.



Pictured above is the new Kenthurst Dojo and to the right is Jackson Klintworth going through his paces at a Thai Boxing Gym in Thailand. Watch out for Jackson in the future!!!



Sensei Ray Grech —Turns the BIG 50

Sensei Ray Grech of Bringelley Dojo has cause to raise a glass this month.

On September 7th he celebrates his 50th birthday and all of BKK wishes him a happy birthday.

On top of that he and his lovely wife, Joanne, celebrate 25 years of wedded bliss on September 1st. Congratula-

tions to Ray and Joanne. (On the quite, how does Joanne put up with the big bloke?)

Ray has said that he intends to celebrate the event with an intimate dinner and all of BKK would like to wish them a happy anniversary with many more to come.

Still on Sensei Ray, we wish to extend best wishes to his

daughter, Tara, also a fine martial artist, and her now fiancé, John on their recent engagement. When asked, Ray said "she doesn't come with a refund."



WHAT IS KII?

This is an interesting question and one posed by Daniel Climent of Baulkham Hills Dojo to Kaicho Sneddon recently.

Ki (Japanese, or Chi in Chinese) can be referred to as coordinate energy.

Training in Budo (martial arts) enables the practitioner to focus this energy into a more powerful movement (or thought) than that of a similar movement without the use of Ki. This focus allows for the entire body to synchronize

with the mind to produce the maximum energy possible. Essential during the performance of Tameshiwari (test striking or breaking.).

This type of mental training allows the mind to push the body beyond normal limits and allows the body to produce power beyond expectations.

The energy centre which houses this Ki is located two inches below the naval. This is embodied in the practice of Mokuso (meditation) at the

start and finish of each lesson in our Dojo. Hence the reason for the circle of our hands as we sit in Seiza (kneeling).

The use of Kiai (dominate the spirit via shout from the tanden) is one tool often used to unite the mental and physical realms of training. Reduced breathing to produce explosive power coupled with positive visualization is what I believe to be the secret of my success in the execution of Tameshiwari. But don't take my word for it. Practice?



Kaicho Sneddon putting Ki into practice at the last Hombu grading.

POWER CAMP 09 ARE YOU READY?

Student Profile—Mark Johnson Sempai

Mark Johnson began his training in martial arts in 1984. Studying under Master Peter Robinson, 3rd Degree In Chinson School of Tae Kwon Do, he earned his 1st degree in May 1988 and 2nd Degree in November 2002.

Dragged along to Kaicho's Woonona Dojo by Chris Tuxford in 2004, Mark took to BKK like a fish to water, earning himself another Black Belt in 2007. An excellent technician with a flawless kicking

ability, Mark is steadily training towards Ni Dan at Powercamp November 2009. He now heads up the bi-monthly self defence work-shop that can be view on our website.

Check out Mark's stuff on the website which is constantly being upgraded.



武道研究会

Fighting Tips—Making Tomorrows Black Belts Better

- Defend smoothly; attack dynamically
- Once you touch him, he's as good as down
- Lead or be led: Therein lies the key to victory
- When kicking, always utilize the v principle
- Use the element of surprise. Strike with a series of blows of unexpected nature
- Seek out and study better fighters. You will discover technique or some advise which will make you stronger
- Good techniques are difficult to learn and even more difficult to keep. Practice makes progress.
- Visualize the + sign in front of your opponent & deliver your combinations in cross over format
- The one the opponent didn't see coming was the one that knocked him out.

"Fighters are like steel, when they lose their temper, they lose their worth."

AROUND THE DOJO S.

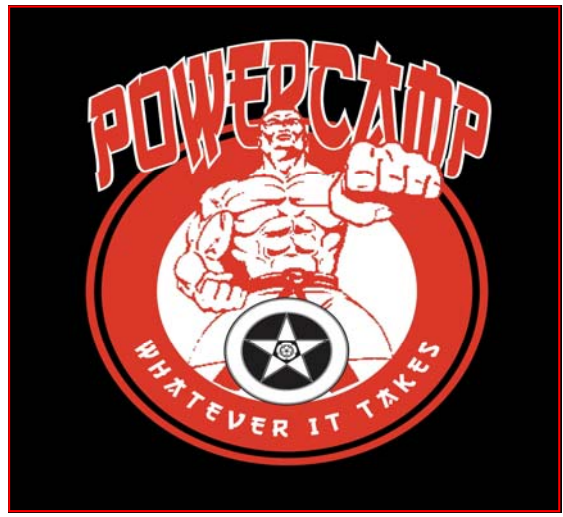
<p>Wollongong Dojo Grading Results: 9th Kyu—Yellow</p> <p>Zander Smith Lori Burzacott Tegan Beml Nicholas Beml Tamsyn Beml Hillary Language Callum McCombie Jayden Murray Olysha Manion Billy Laybutt Georgia Hay Amy Laybutt 8th Kyu—Orange William Webb</p>	<p>Jack Gilfoyle Bethany Lang Hannah Caitens Paris Fabian-Carter Ben Bala Nina Bala Gemma Davis 7th Kyu—Red Carl Eady Dylan Murray Carla Smith Nathan Bala Jonamado Piegia Abbey Stephens Rachel Lewis 6th Kyu—Green</p>	<p>Jake O'Brien James Overton Harrison MClaren Angus Lawson Chloe Siddle 5th Kyu—Blue Alex Sneddon Bronte Eady Alisha MClaren Ben Luyten 4th Kyu—Purple Lawson Charlesworth Marcus Chatfield 2nd Kyu—Brown Matthew Messenger Liam Davison</p>	<p>1st Kyu—Brown/Black Tip Kyra Edwards Jason Davison CHAMP OF THE CAMP Carl Eady & Chloe Siddle</p>
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<p>Bringelley Dojo Results: 9th Kyu—Yellow</p> <p>Taylor Mock Lachlan Bowe Michaele Navratil Kyle Mock Same Davey Thomas King 6th Kyu—Green Michelle Miller Champ of the Camp Michelle Miller & Taylor Mock</p>

<p>Helensburgh Dojo Results: 9th Kyu—Yellow</p> <p>Samuel Venn Ashleigh White Daniel White Matthew Bell Kye Fisher Zander Smith 8th Kyu—Orange Jack Gilfoyle Tara Kenny</p>	<p>7th Kyu—Red Carla Smith 6th Kyu—Green Acadia Babister</p> <p>Zander Fisher was the first ever student at Helensburgh Dojo promoted in the adult class. Well done Zander!</p>
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From Ron Jennings:
On the weekend of August 8—9 I attended a grading of Zenryuoko Style of Martial Arts where I met the NSW technical director for an off-shoot Tae Kwon Do System. There was an open exchange of conversation over the weekend and it was also great to see a father son combination training and grading. A very enjoyable weekend and I was also able to help a mature lady over her nerves in order for her to complete her grading!

<p>Kenthurst Dojo Results: 9th Kyu—Yellow</p> <p>Brock Brady Brad Murry Barbra Black 8th Kyu—Orange Megan Fletcher Teresa Ferkins Jessica Pye Matthew Pye Jackson Klintworth Emma Fletcher Natasha Murry Harley Bruce Tiana Williams Gabby Williams</p>	<p>Katrina Pye Leanne Murry Elizabeth Thompson Dianne Fletcher Tess Lim Jarra Shaw Taylor Blamey 7th Kyu—Red Sally Klintworth</p> <p>Champ of the Camp Elizabeth Thompson & Megan Fletcher</p>
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Instructors!

Please send any new items for next edition to:
scotthay@bigpond.net.au

Guys, we are relying on you to place information and photographs in the newsletter.

Hope you enjoy the new format!

Don't forget to check out the web site for our range of BKK clothing and merchandise.
Martialartsresearch.com.au



The Budo Times Back Page

Marathon 100km Walk for Oxfam

On Friday, 28th August I, along with three other crazy blokes set out on the Oxfam 100km walk. The walk is run over 48 hours, however, we had set ourselves a time of 26—30 hours in order to complete it.

The team of four set out at 7.00 am on Friday along with about 200 others, some who were running the entire distance and finished in an absolute mind bending time of 13 hours.

The walk commenced in Brooklyn and headed straight into the bushland and winds up to Cowan, down to Berowra Waters, back to Berowra and eventually you finish at Mosman Park. At about the 25 km mark we lost one of our first team members who tripped and sprained his ankle which meant we had to carry him out about 500 metres to a fire trail. We lost our next member at about 59 km with knee problems and two of us finished in 25 hours. We managed to raise in excess of \$7,000 and I thank all those from BKK that donated.

It was a reasonable tough task and I had some pretty good blisters at the end. I would have to say, though, that I have had worse bruises and punishments inflicted on me at various gradings throughout my martial arts career.



The Psychology of Winning by Dr Denis Waitley

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| Take action today for a more positive self-expectancy. | 5. Think well of your health | 9. The best way to remain optimistic is to associate with winners. |
| 1. Use positive self talk from morning to bedtime. | 6. Realize that your daily conversation is the automatic readout of your thoughts. | 10. Wake up happy |
| 2. Find something good in all your personal relationships. | 7. Focus your child's attention toward the benefit or reward of being well. | |
| 3. Look at problems as opportunities | 8. Expect the best from others—encourage and praise. | |
| 4. Learn to stay relaxed and friendly. | | |

Bits & Pieces

Jimmy Edgar's On The Mend!

On a more serious note, I'd like to initiate some thought regarding a night out to honour our mate Jimmy Edgar. As you know he's been doing it tough since his accident which almost cost him his right leg. His injuries have kept him from work and training, so a night out with the guys at his favourite restaurant might be just the right tonic. I'd like to get he ball rolling and do this ASAP so stay tuned for the details as the plans come together.

From Bringelley Dojo

Two of our most promising junior students are moving interstate, Chelsea & Benjamin Mayer. All of your friends from BKK wish you and your family all the best for the move and you will be sadly missed.

Congratulations to Steven Srzich for winning the Bill Turner Cup (Soccer) last Wednesday. Steve has taken a break from BKK to pursue a promising soccer career!