



*New Zealand
Kyokushin Karate Ltd.*

Affiliated to IKO Matsushima

KURO OBI & Cha Obi SHINZA

(Black-Belt & Brown-Belt Grading)

16 January 2016 – Raroa Intermediate
Johnsonville – 11.00am – 3.00pm

Programme

WELCOME



Welcome to another special occasion for our organisation and also for those individuals who are presenting themselves for promotion

Today, we have two students attempting to earn the right to wear the envied (IKO Matsushima) Kyokushin Black Belt. In addition, we will witness another eight (including three juniors) being tested for progression to either 2nd kyu or 1st kyu (brown-belt levels).

Whilst most candidates are from the Marist Johnsonville dojo, joining Sempai Lachie in his shodan attempt is Sempai Russell from Auckland. In addition, two brown-belt candidates (Melody and Cheyenne) have travelled down from Hawkes Bay to participate.

I offer a special welcome to their senior instructors, Sensei Ron Discombe and Shihan Richard Wooster, both fine karate-ka's and long-time personal friends.

OSU

**Shihan Peter Jennings
Branch Chief
IKO Matsushima**



SHODAN CANDIDATES

**LACHLAN (Lachie)
JENNINGS**

柳真澄



**RUSSELL
DYE**

柳真澄



1st Kyu Candidates:

Michael Norman
Neiko Love

2nd Kyu Candidates:

Adam Jennings
Alana Mnerdanis
Melody Khan
Cheyenne Collins
Meghan (Meg) Jennings
Jonathan (Jonty) Nguon

SHINZA PROGRAMME

Grading Officials:

Branch Chief (Examiner)

Shihan Peter Jennings

Grading Co-ordinators

Shihan Richard Wooster
Sensei Ron Discombe

Facilitating Sensei's (Assistants)

Sensei Julian Browne
Sensei Bev-Anne Jennings

Kumite (Fighting) Co-ordinator

Sempai Jim Jennings

Pre-grading day requirements

Essay (Shodan Candidates)

Copies attached

Class Instruction

The candidates have already demonstrated their ability to competently:

- Start and finish sessions (including reciting Dojo Kun).
- Take class warm-up
- Demonstrate, and count basic (Kihon) techniques in prescribed order.
- Describe, perform and correct medium level (up to 3 technique combination) Ido Geiko.
- Take a class through Taikyoku and Pinan kata – making corrections to students' stance and technique as appropriate.

Grading Day Requirements

NOTE: Black-belt candidates will be required to competently perform all of the following requirements. Brown-belt candidates will be exempt from some aspects.

Strength/Stamina

Exercises in accordance with IKO Matsushima senior dan-grade requirements

Ido Geiko (Moving basics)

10 combinations –using variable basic strikes, kicks, blocks in formal stances - to be advised during grading

Renraku (Combinations)

10 combinations of own making (from fighting position)

Ippon (one-step) Kumite

Own choice of blocks and retaliations against:

- 5 Chudan Tsuki
- 5 Jodan Tsuki
- 5 Mae Geri

Sanbon (three-step) Kumite

10 combinations to be advised during grading

Kata (Patterns)

ALL:	SHODAN CANDIDATES:
Taikyoku Ich- San (incl. Tate and Ura)	Seishin
Taikyoku Sokogi Ichi - Yon	Seipai
Juji Kata	Chion
Pinan Ichi (Ura & Tate)	Pinan Ni Ura (Blind-folded)
Pinan Ni-Go	Sanshin-Tensho
Yantsu	Own kata
Tsuki No	
Gekisai Dai	
Gekisai Sho	
Saiha	
Sanshin	

10 Minute Break

Tameshiwari (Board Breaking) –

Shodan Candidates to decide any three of the following:

- 1 Seiken Waza (Punch)
- 1 Shuto Waza (Knife hand)
- 1 Hiji Waza (Elbow)
- 1 Geri Waza (Kick)

Self Defence – Shodan Candidates

Defences against multiple attacks (including at least 1 weapon) – to be demonstrated as a continuous scenario.

10 Minute Break

Jiyu Kumite (Free fighting)

Shodan Candidates - 40 bouts

Ist Kyu Candidates - 25 bouts

2nd Kyu Candidates – 20 bouts

Spirit Test

As advised at grading

Grading Ends

My Karate Journey

By Lachie Jennings

All my life I have wanted to do martial arts. I always liked fighting and hitting stuff. I always thought I would do Kung Fu, I mean who wouldn't want to fly through the air defeating enemies, and who wouldn't want to cast sorcery and learn powerful spells. Unfortunately I couldn't do Kung Fu where I live, so Karate it was.

When I was six I started training. In my first class there were very few people at the time, I felt nervous when I walked in and had to take my socks and shoes off. I met my teacher Sensei Peter Jennings, who showed me around and helped me to join in the class. I remember how awesome it was being able to hit things as hard as I could and shout as loud as I could. Eventually I reached my first grade 9th kyu, now I had more responsibility to prove myself and to set an example for the lower belts. Over time I jumped up to 7th kyu then 5th kyu and 4th kyu. Now I was a green belt with a lot of responsibility for an eight year old in Year 3.

At this time I started to do tournaments in Hastings, Hamilton and Wellington. I would normally compete in full contact, non-contact and Kata. These were all good experience for my learning and development. I also went to the Kyokushin Karate camps where we learnt under the wisdom of Hanshi John Taylor, a 9th Dan. The next thing I knew I was a 2nd kyu and a Brown belt. That grading was by far the hardest one I'd had to do until that point. In 2013 I graded to 1st kyu, back then I was trying not to think about grading to black belt one day. Now my role in the club mostly revolves around training the kids' class. It's taken time for me to get used to the fact that I'm teaching kids who are older than me.

Over the last couple of months I've been going to Shihan's on Sunday mornings to train, along with some other adults to help get me ready for my grading by getting me fitter. Because I'm a 1st kyu I train with a lot of the adults instead of the kids to further push myself; it's a weird feeling being a higher grade than most of the adults and kids I train with. Karate has become a family thing for us too, with my sister and Dad joining in. At first it felt weird because Karate was my own thing to do, but now it's cool training with them.

I believe that to truly be great at Kyokushin Karate you must have heart. I've seen many students with great talent and potential. They can do all their kata well and they are amazing fighters, but they will drop out and leave if they don't have the right attitude and heart. If you think that this is too tough and that you can't do it, then you

never will be successful, but if you have the belief and the determination to get better, then you eventually will.

I want to thank everyone who has supported me in this crazy, hard journey that has led me to make new friends, meet amazing people, and let me do this martial art that I love.

Stepping up to the mark

BY *Russell Dye*

The opponent standing in front of me was well over 140kg and an inch or two taller than me. He was a fresh and fit looking eighteen-year old. I was about forty and around 82kg. With his black hair tied back into a neat pony tail he reminded me of a giant Sumo wrestler.

This was my first Kyokushin Tournament full contact fight and I had been presented with a big challenge –literally.

I stepped up to the mark.

“Hajime.”

I had decided to start with a Migi Jodan Mawashi Geri. Catch him off-guard. Hit the one part of him that wasn't protected by layers of solid muscle. If I could wrap my foot around his ear I could finish it right there. If he didn't topple, at least I would encourage him to keep his hands up for the fight allowing me to work around the rib area.

I stepped forward on my left foot and threw the kick off my right.

His block was lower than it should have been and consequently I landed my kick with full force – on the point of his shoulder. Another inch higher and I would have rocked him. Unfortunately his height combined with my lack of flexibility meant it wasn't to be.

Disappointed with my near-miss, I went to work with punches and kicks...

A number of years earlier, my kids had met a bull-rider with a missing finger. He was riding a Quarter Horse when they met him, not a bull. Which is just as well as they met on a quiet country lane.

The rider had lost his finger to a bull during a rodeo ride, but that didn't deter him from bull-riding or karate.

The bull-rider would later become my first instructor – Sensei Iain Gifford.

When he wasn't doing rodeos around the country he was taking Kyokushin Karate classes in Tauranga.

Due to this chance meeting on a country lane my kids were invited to go along and try karate.

I went along to watch and support the kids.

In the dojo there were families training together. As martial arts had long held a fascination for me, I soon found myself at the back of the class training with my kids.

At thirty-six, I felt I had found something I had been looking for for a long time.

It was the mid-seventies and I was eight years old. I was sitting in my Grandparents' lounge in Hamilton watching one of my favourite TV programmes: Kung Fu.

The main character, Caine, had been exiled from his home in China where he had trained in Kung Fu. He was now destined to travel around in exile using his martial arts to defend those in need from the various bad guys that popped up each episode.

I recall the calmness and confidence that Caine demonstrated when under attack, often by many opponents at once. He seemed to effortlessly control and defeat those around him due to a total mastery of his martial art.

As a skinny eight-year old kid I could not even dream of doing anything as amazing as Caine's Kung Fu.

Yet here I was years later training in Kyokushin Karate.

From 2002 to 2007, I trained under Sensei Iain. Sensei Iain was a hard fighting, hard training instructor. He thoroughly knew his karate and knew how to get the best out of his students.

Over the years I competed in a number of tournaments – in Tauranga, Hastings and Hamilton, competing in kata, ippon, and full-contact.

In May, 2007 I graded to brown belt.

And then one month later, I accidentally started my own business. This was due to being made redundant without warning and finding myself with a bunch of clients that wanted to continue working with me.

Unfortunately, the demands of setting up a business at short notice severely affected my training – particularly at this level.

I decided to put karate on hold for six months while I attended to matters of business.

Six months became six years.

By mid 2012 I had rejoined Kyokushin, this time in Auckland.

After 18 months training with Waitakere Kyokushin, I began training with Sensei Ron at Auckland Kyokushin in March of 2014.

Having begun my journey and graded through the belts with IKO Matsushima, I was keen to continue through to my black belt with the same organisation if possible. I now live in Pokeno. It is a one hour journey in peak traffic times and about forty minutes when the traffic is flowing freely.

Despite the travel, I look forward to training on Monday and Thursdays.

There are times when Sensei Ron is unable to train due to his work pressures which has given me the opportunity to take the class. I believe we learn best when we teach and this experience has helped me understand Kyokushin Karate from a different point-of-view.

It's rewarding and enjoyable taking classes. I hope to continue taking classes in future with the extra credibility that a Black Belt provides.

I have also set up the club's website and Facebook page. We are now starting to see regular enquiries from prospective students.

I hope our club will continue to see growth in the years ahead.

My fight with my 140kg pony-tailed opponent went the full distance. We may have had an extension round – I don't recall. What I do know is that I lost by decision. There would be more losses to come before I would experience victory.

For me, regardless of result, the important thing is to continue to step up to the mark and give it your all.

With this black belt grading I am taking on another big opponent. But if there is one thing we know as Kyokushin students is that we have to step up to the mark and give it everything we've got.

Osu.