

New Zealand Kyokushin Karate Ltd.  
Official Branch of: IKO Matsushima



(Black-Belt Grading)

24 October 2009

Programme

# INTRODUCTION

Welcome to this very special occasion for our organisation and particular thanks to those instructors and students from other Dojo's who have joined our own in supporting the two candidates as they attempt to earn the right to wear the envied Kyokushin Black Belt.

Our style of karate is renowned around the world as the "strongest karate" due to the physicality of the training and the full-contact nature of our tournament fighting. To achieve a Shodan (first degree black-belt) is a significant achievement indeed.



The technical, emotional and physical demands of such a grading, coupled with the years of dedicated training needed before reaching this stage in a persons karate life means that relatively few students make it through to black-belt level.

Despite their young age, Max and Lucho have elected to attempt the grading as senior Karate-ka (students) and will therefore be assessed against the same criteria as adult men. This includes concluding the grading with up to 40 fights – many more than if they were to complete a junior grading.

In addition to the Shodan grading, we are taking the opportunity today to assess Sam Green for the rank of 1st Kyu (second level brown- belt). If Sam is successful he will be attempting his own black-belt grading late next year.

I'm sure the family, friends, fellow karate-ka and other supporters who are here today will join me in wishing the candidates a successful grading.

**OSU**

**Sensei Peter Jennings  
Branch Chief  
IKO Matsushima**

# SHODAN CANDIDATES PROFILE

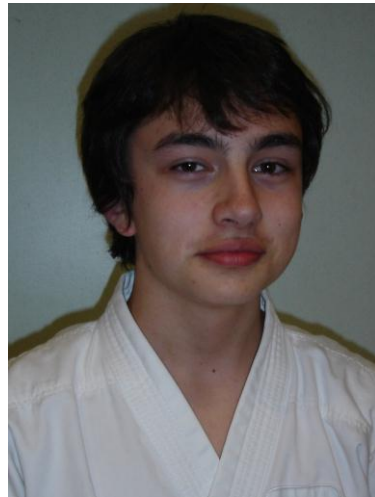
Name: **Max Apse**

Age: **15**

Occupation: **Student**

Commenced training:  
*Kyokushin - 2001*

極真會



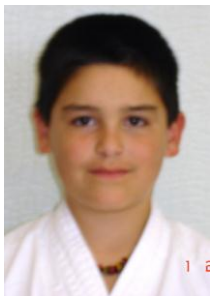
Name: **Lucho Arca**

Age: **15**

Occupation: **Student**

Commenced Training:  
*Kyokushin - 2001*

極真會



# SHODAN SHINZA SYLLABUS

## Essay

Completed prior to grading date (Copies attached)

## Grading Sempai's (Co-ordinator's)

Sempai Bev-Anne Jennings & Sempai Lisa Baker-Heke

## Kumite Sensei (Fighting Co-ordinator)

Sensei Ron Discombe

## *Grading Commences*

## Instruction

Candidates to jointly:

- Conduct class warm-up
- Count basic (Kihon) techniques in set order.

## Terminology

In addition to terminology required for basic class instruction, must be able to translate English/Japanese-

- All striking parts of hand and foot
- All Stances

## Renraku Waza (Combination techniques)

10 combinations of own making –using variable strikes, kicks, blocks and stances

5 unrehearsed combinations to set by Grading Sempai's

## **Ippon Kumite (One-step sparring)**

Own choice of blocks and retaliations against:

- 5 Chudan Tsuki
- 5 Judan Tsuki
- 5 Mae Geri

## **Sanbon Kumite (Three-step sparring)**

10 combinations to be advised by Grading Sempai's

## **Kata (Patterns)**

Taikyoku Sokogi Ich	Taikyoku Sokogi Ni	Taikyoku Sokogi San
Taikyoku Sokogi Yon	Taikyoku Ich Tate	Taikyoku Ni Tate
Taikyoku San Tate	Pinan Ich Ura	Pinan Ni Ura
Pinan San	Pinan Yon	Pinan Go
Yantsu	Gekisai Dai	Gekisai Sho
Tsuki No	Saiha	Seienchin
Own Kata		

## **Stamina**

Exercises to be advised by Grading Sempai's

## **Final Kata**

Tensho-Sanshin

## ***10 Minute Break***

## **Self Defence**

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

## **Tameshiwari (Board breaking)**

- 1 Te Waza (with hand)
- 1 Hiji Waza (with elbow)
- 1 Geri Waza (with kick)

## **Jiyu Kumite (Free fighting)**

Minimum 30 maximum 40

## **Spirit Test**

As determined by Sensei Peter

## **Dojo Kun**

Reciting of Kyokushin Oath

*Grading Ends*

# CANDIDATES ESSAYS:

## My way to the ultimate truth.

By Maxwell Apse

For the past eight years I have been studying Kyokushin Kai Karate (or “The way to the ultimate truth”). It’s been a long journey and now I’m training for my black belt (or Shodan). Though it’s been eight years, I can still remember my first day. As a kid I watched a lot of movies, but my favourite one was “Rush hour” with Jackie Chan in it. I know it sounds cliché but that’s the reason I started Karate, to be like Jackie Chan. Well I didn’t really know what to expect when I turned up to my first session, maybe to get into a fight the first day, break some boards. Little did I know how much technical work I would need before Sensei Peter would let me fight. Being a little kid at the time, I can’t remember the exact size of the classroom but at a guess I would say about 20 students. I don’t recall there being many Dogis so that must have meant that I came when there were a lot of new students joining.

The first thing we learnt was Chudan tsuki (Or middle punch) and this is where Sensei taught us how to punch properly and I, like so many new karate students (young and old), was punching completely the wrong way. I had my thumb on the inside of my fist. I still remember why I thought that was a good idea. Because I thought it would keep my thumb out of the way. Thank goodness Sensei set me straight; otherwise I would have broken my thumb. After that we were taught how to properly get in and out of the stance we use the punch in and I still remember how he taught us and I try to teach it exactly the same way. Sadly there is only one other thing I remember from my first lesson. The entire class was asked to stand on one leg and keep our balance for as long as we could. If you couldn’t however you had to sit down. I didn’t win being one of the youngest there, but I remember thinking “Next time I’m going to try harder” and even today I remember to try my hardest.

The lessons after that are a bit of a blur and I can only remember little things like learning my Kata. We didn’t practice so we had to go through it one step at a time. Then I remember I got to do the Kata with the “big kids” because I had practiced. I remember being taught that the quality of the techniques were more important than just doing them as fast as I possibly could. After a few years I had moved up to yellow belt and I was taking Thursday sessions with Sensei Alex. This was back when training was only once a week. And then Sensei Peter was able to get another hour on a Thursday, however not as many people came to those sessions so the teacher could offer more individual attention to the students who were there. I remember that’s where I learnt how to properly execute a spinning back kick. We must have spent about four sessions on that, but it was worth it.

I remember when I first got my green belt, right after the grading, that’s when Peter said “Okay boys, now it’s going to get harder” and it has. More complicated katas, tournaments and, of course, new responsibilities such as teaching the juniors. The first time I taught was at the start of a lesson. I had recently got my green belt when Sensei Peter said “Max, take the warm up”. I was caught off guard but I stepped forward and turned to face the class. And completely forgot everything. Since then, that’s been my motivation to learn and remember as much as I can. So I don’t embarrass myself in front of the other students. That being said it has happened numerous times which has resulted in push ups for me as punishment.

When I had finally graded to my brown belt I learnt that before anyone can attempt a Black belt grading, they must first take part in a tournament. Up till then I was really a pacifist, preferring to fight on the defence. However the tournament wouldn't allow that so a lot of training was put into fighting. We learnt how to fight with all the gear on, with a mouth guard and how to breathe properly. But none of it clicked until sparring with a student called TJ. TJ's a great fighter, one who tried to use knife hand techniques and I had to tell him to stop. But he came along to Sensei Peter's house for extra training. We padded up and paired up. Then me and TJ started fighting. That's when something clicked. We really went into it. We punched as hard as we could and when we got too close, we used our elbows. Afterwards, TJ said that it was the best fight we ever had and I agreed with him. Thinking I was ready for the tournament.

When I got to the tournament everything had changed. Though I had been training for weeks, nothing prepared me for the nerves. Walking to the side of the ring and knowing everyone is watching you. It didn't help that the guy was twice my size. However I'm proud to say that I stayed up the entire fight and was able to finish it with my head high. Though I did not win it was a personal victory for me.

After grading to 1<sup>st</sup> Kyu (brown belt black tip), I took on a huge teaching role in the club and its one of the parts I enjoy the most. Watching the kids learn how to punch then go on to their green belts is such a great experience. It reminds me of the Journey I've taken to reach where I am today. And I really hope that all the students will stick with it and be able to talk about the same experiences I've had and also go for their black belt, because I know they can do it.

Throughout my entire Karate career there's always been one friend that I have constantly relied on. Lucho Arca has been with me the entire way and I don't think I could have made it this far without his help. We have both been training with Sensei Peter for eight years and now we will attempt our black belt grading together.

What will come after? I don't know. I used to think that after I got my black belt I would move on to something else. Because this is in part to prove to myself I can do it. But I want to stay and teach the others and see where they go. So all I can say is that for the future I will keep an open mind and see where this will take me.

Osu!

## **From Then 'til Now**

by  
**Lucho Arca**

As the founder of Kyokushin Kaikan, Mas Oyama said "Come ye trials and challenges; come life's big waves, for I am ready." Today both Max and I will attempt the trial and challenge of becoming a Black Belt.

Our journey began eight years ago in Raroa Intermediate's Hall at the back of the line poking our heads to see what our new teacher, Sensei Peter, was doing. As others stopped both of us continued moving from the back of the line to the front, we began to take the class and we even got to be at the very front with the other black belts, and now we are here, ready for karate's big wave.



8 years ago I began karate thanks to Sensei Peter's son Patrick. As most seven year olds do, I asked to go around to his house after school to watch Spongebob Squarepants and Dragon Ball Z. While walking to his house Patrick was reminded that he had karate that night, and as any seven year old watching Dragon Ball Z would do was ask to go and take a look and hopefully break boards, learn how to break someone's arm and do back flips.

During the lesson I found out that karate was nothing like that, but what I learnt in that short hour made me come back the next week. I can still remember the second I got home I went to my room and started practicing punching. I was hooked. I showed my parents and my friends what I was taught in that first hour of training. I believe because of me starting karate at such a young age, it gave me the self confidence I have today. It has given me focus, discipline and strength in both body and mind. It may sound cheesy, but it's the truth.

One of the hardest things for a boy under ten to do is to stay focused on one thing. It was hard to continue to go to karate because I had been doing it for quite a long time and being after school when you're tired, you don't want to go out in the cold and train for an hour but my parents kept on telling me they were so proud to say that: "My son does karate, he's already a blue belt!" Karate gave me uniqueness because only two or three people did it in our school. My dad motivated me to keep on doing karate because I was going so well and I was so high up. I kept on going.

As I kept on rising up the ranks the idea of becoming a black belt came into my minds, but first I had to complete my first major challenge in karate, Nationals up in Hamilton. Sure Max and I have had hard gradings, but there was nothing to prepare us for our first tournament. Every training leading up to the event was long and hard. For one hour every Tuesday and Thursday night we trained. Getting punched in the sternum constantly by Sam was the worst part, I still dread it.

On the day I had butterflies not only in my stomach, but in my arms and legs. I was incredibly nervous. During our last minute training it really set in that we were about to fight someone with the intent to hurt them. As I walked onto the mat I was still shaking, not knowing what was ahead. I was fighting a guy twice my size, all my training went out my head. Once the fight started I tried my best to get in and punch my opponent to no avail. When you're fighting you don't feel when you're getting hit, you don't hear anything, and all you're there to do is to fight. Though I lost, I gained valuable experience. It was the point where I said to myself, its black belt time.

I have no idea what to expect today. Here am I ready to see what the next long hours will throw at me. My mum says it's going to be harder for her to sit and watch me put through my paces and use my 8 years of experience to step into the world of being a black belt. The next few hours will show what I am made of and it will show my focus, discipline and strength.

One of the things that will be in my mind will be what Sempai Bev-Anne has been telling us the past few months, "You know the show Fear Factor? You put anyone on a plank one foot off the ground; they'll glide across it, but put them on a plank 100 feet off the ground they will tremble and scream and say 'I can't do it'. It's all in the mind! And when you're in that grading just think to two years ago when ol' Bev-Anne was doing the same thing and say 'If she can do it, so can I!' It's all in the mind!"

I owe a huge thank you to Max Apse, my training partner, my fellow Black Belt hopeful and my friend. He has always pushed me, helped me and encourages me. Also to all the people that have taken me home after karate. And all my gratitude goes to Sensei Peter who has led me to this point in my life. Without him I'd still be that little boy watching Spongebob Squarepants and Dragon Ball Z. So from then 'til now, it has been an amazing and life-changing journey.

Thanks to karate I have made new friendships, overcome obstacles and pushed myself. So may the trial and challenge begin, let the big wave come, for I am ready!

“Behind each triumph are new peaks to be conquered”  
- Mas Oyama

**OSU**