



*New Zealand
Kyokushin Karate Ltd.*

Affiliated to IKO Matsushima

KURO OBI SHINZA

(Black-Belt Grading)

29 April 2017

Raroa Intermediate – 1.30pm – 5.50pm

Programme

WELCOME



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 (IKO Matsushima) Kyokushin Black Belt.

In addition, we have others who are attempting their brown-belt grading and a couple who have accepted the challenge to test to a lower grade in a much more intense environment than would normally be the case.

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.

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.

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

OSU

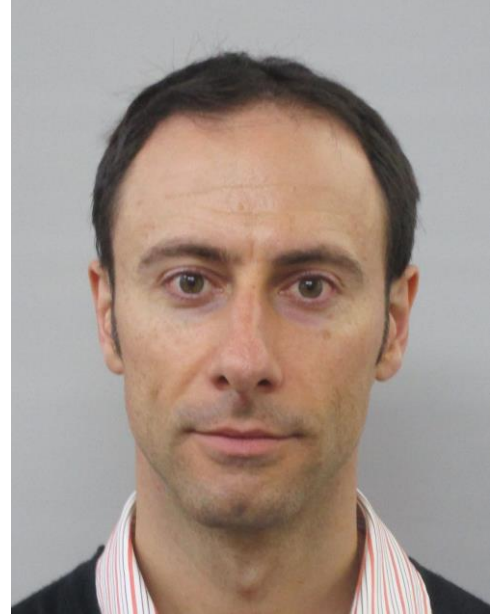
Shihan Peter Jennings
Branch Chief
IKO Matsushima



SHODAN CANDIDATES

Michael NORMAN

篠田 真智



Finn HORWELL

篠田 真智



SHINZA PROGRAMME

Grading Officials:

Branch Chief (Examiner)

Shihan Peter Jennings

Guest Co-ordinator

Sensei Ricky MacIntosh

Facilitating Sempai (Assistant)

Sempai Daravut Nguon

Pre-grading day requirements

Essay (Shodan Candidates)

Copies will shortly be available on our website: www.nzkyokushinkarate.co.nz

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 class through Taikyoku and Pinan kata – making corrections to students' stance and technique as appropriate.

Grading Day Requirements

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 Judan Tsuki
- 5 Mae Geri

Sanbon (three-step) Kumite

10 combinations to be advised during grading

Kata (Patterns)

ALL:

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

10 Minute Break

Tameshiwari (Board Breaking) –

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 –

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

Spirit Test

As advised at grading

Grading Ends

From White Belt to Black Belt – Finn Horwell

I grew up watching action movies and I played video games from a young age and seeing all of those big action characters running, jumping and fighting each other excited me. Stars like Bruce Willis in Die Hard, Jackie Chan in his numerous jaw dropping action sequences and Bruce Lee's lightning fast reflexes got me interested in martial arts.

I began Karate in year 7 when I was 11 years old. My brother Mitchell started training about 1 year before me, and my mum offered me the chance to go and watch to see what he had been doing. She wanted me to improve my coordination and concentration because I was tall for my age with long limbs that I had trouble controlling and she hoped karate would help me.

The only sport that I had done before this was rugby, so karate was a big change and took some getting used to. I knew karate was a type of martial art but I thought it was just for fighting and fitness training. When I got there I was surprised to see the variety of activities they actually did. The classes were a lot smaller back then with the number attending rarely exceeding 25 people. The average age of the students was higher than today with most people Intermediate age or older. I spent the first few times watching how the sessions worked until I felt I was ready to start. The first few sessions were very physical and pushed me hard and at first I struggled with the Japanese and figuring out my left from my right but I had a good memory and picked up the moves quickly.

Back then Sensei Peter took the junior classes mostly by himself or with the help of Sempai's Bev-Anne, Lisa, Max and Lucho. Every session we worked on the basics and did some sparring and fitness and I really enjoyed the sessions. I remember when I was training for my first grading Max took me aside and taught me the first few Taikyoku katas that I had to know and because I learnt them so quickly he taught me Yantsu, an advanced kata for the grade I was training for. It made me feel really good that I was able to pick up the katas so well and when I graded I was rewarded by skipping a grade to 9th kyu. My next grading I skipped from 9th kyu to 6th kyu and it was then that I realised that, being a visual learner, I was good at this and could pick up the movements relatively easily, so this was the sport for me.

One year we had a combined karate camp. Shihan said that there would be more clubs staying with us at the same time. This was the first time I'd meet people from other Dojos. I had a great weekend although it was really tiring and hard work. We were split into four different competing teams and each team was led by a younger Black Belt from Marist or Wooster clubs. This was a great learning experience for me and I enjoyed meeting the other people outside my club. We had several training sessions led by Hanshi Taylor who is a 9th Dan black belt. It was amazing to be taught by one of the most advanced teachers in Kyokushin karate. We got taught in a very traditional manner starting very early in the morning which was hard work but fun. We had to take part in activities which helped us with our flexibility and hand eye coordination, both of which I needed. We had breaks in between our training which was when I got to meet the other participants and talk to them about their experiences in Kyokushin Karate. Having this time with other clubs and meeting new people was a great experience and helped me with my training.

I went to a few tournaments and competed but found it wasn't my thing. Later I helped look after and organise the juniors at some of the local tournaments and I really enjoyed doing that. I found it more rewarding to help them prepare in the weeks leading up to the tournament and to see them win was a rewarding experience.

When I reached 3rd kyu Shihan started giving me small groups of beginners to work with, teaching them the basics and katas. This was a real test of my patience and was a great opportunity for me to practice my leadership skills and pass on my knowledge to the kids.

I took a two term break so that I could try some other spots. I looked into going back to rugby and tried shooting and eventually found squash. I really liked squash and found my long limbs were an advantage and I got pretty good

at it. I was trained by a good coach but it never really grabbed me as much as karate did so it didn't take long before I returned. When I got back into karate I was a bit rusty but within a short time I was back on track.

As I got older I began training with the seniors straight after the junior session and later started attending the Sunday sessions at Shihan's home dojo, where I got to train with weights and bags. Making these a regular in my weekly routine helped me improve my fitness and strength. Now that I am a senior, the training sessions are tougher and I get to test my limits weekly. My training partners are bigger and many of them have years more experience than me which is a great challenge that often leaves me battered and bruised - which my mum doesn't like.

I helped my brother prepare for his Black Belt in 2014 so I got to see first-hand what's required. I was very proud to have been able to support him in his achievement. It helped me to understand it's not only about testing your knowledge, your memory and your understanding of techniques but also about testing your strength and perseverance and showing that no matter how many times you get knocked down, you keep getting up.

During my 1st kyu grading I suffered a severe patella dislocation but thankfully it was during the last fight and I was successful in my grading. This injury has taken a toll on my training and I have had to adapt, wearing knee braces so that I can continue to train. I have since dislocated my patella 3 more times at karate and this has had an impact on my training and my confidence. I found being at home missing trainings was very boring so I pleased when I could go to the sessions and help with the juniors and was thankful when I was allowed to return to training. I have to be careful when I do moves that require me to spin on the spot and I have to remember to lift my foot so it doesn't happen again. Karate, weight and fitness training have helped strengthen my knee ligaments and helped me to recover faster.

It has been 8 years since I started Kyokushin Karate and I feel that I am ready to attempt my Shodan grading. The years have been full of ups and downs but karate has been a positive in my life and I'm glad that all those years ago I came with my brother and my mum to see what Kyokushin was all about.

I aim to better myself every day physically and mentally. I've not found anything that rewards me as much as the sport of Karate. It has helped me to be a more tolerant person toward others and patient with myself. Through training I have pushed myself physically and mentally and Karate has helped me achieve my goals and set new limits.

Looking back I remember so many people who have helped me on this journey and I am thankful to all of them. The skills I have acquired will always be a great asset to me. Respect, humility, patience and tolerance are skills that will be with me throughout my life. It's strange to think that I have been doing karate for longer than some students have been alive and looking back to what the training sessions were like back then, things have evolved and it's fantastic to have seen our little club grow its numbers over the years.

Today I am ready to attempt my black belt. You will see me pushed to my limits, in pain and may see a tear or two, but trust me, I'm happy. I'm excited and looking forward to the challenge and hopefully my knees won't let me down.

When I started my journey I thought this day would never come but here I am today, ready to face the biggest challenge of my life so far and I hope I make all the people who have supported me along the way proud.

Thank you.

Finn Horwell

My Essay - Michael Norman

Karate for me started over 30 years ago, when the movie Karate Kid popularised it as a sport to my generation. I remember long training sessions in Nam Wai Pai, my first dojo under Steve Kitson in Tauranga. These sessions were formative in their emphasis on correct technique and dojo etiquette, and represents the first and last time I have ever been able to do the splits. My second dojo was Zendokai, a mixed martial art also based in Tauranga, which incorporated numerous styles and broadened my general karate knowledge. I achieved green belts in both disciplines and kick-started my lifetime interest in Japan and learning Japanese.

Moving to Wellington many years later, I actively sought to restart karate. A fortuitous meeting with a dogi-clad Kyokushin student heading to Raroa Intermediate for the junior session spurred me to investigate the local Johnsonville Marist Club. After participating in several trial sessions my two children enrolled with the club, though I was also eager to join the adult session myself.

I enjoyed participating in the junior sessions with my kids at the start of their early karate journey, when I luckily had more time to do so, occasionally helping out with basics or kata. They have both achieved their 3rd kyu green belts, and have learned much through the discipline of karate. Watching their last grading, I realise just how much they have achieved and grown since first donning their white belts, and has inspired me to push myself further – and to keep at least one belt ahead of them.

Memories of my early Kyokushin experience are somewhat hazy. I had expected being able to count in Japanese and knowing some basic techniques from my previous dojos would help. I don't recall much of my first senior sessions other than them being both physically and mentally challenging. Of nursing sore muscles with ice, developing the all-important scar tissue from bruising block-kata work, or poring over kata guidebooks and demonstrations posted online to get up to speed after class. But there was always a sense of achievement and energy following each session. Like finally grasping the pattern to Jyuji kata. Or mastering a new combination of moves.

Kyokushin karate has been an important part of my life for the past 5 years, under the expert tutelage of Shihan Peter Jennings, Senseis and Sempais. I managed to advance through several earlier belts quickly, which I don't think I would have achieved without the support and push of others. And the same sense of fulfilment from the early days continues even now, whether it be learning a new kata with Sempai Dar, sparring techniques with Sempai Jackie, or surviving one of Shihan's Sunday training sessions. As a brown belt, I've enjoyed passing on that knowledge and even some from previous dojos, like several gruelling warmups drills from Nam Wai Pai to improve kicking techniques that I ran over a couple of Kyokushin training sessions in late 2016.

Again, a big thank you to Shihan Peter and fellow Johnsonville Marist Club members. Shihan's dedication to Kyokushin karate is inspiring, and watching how hard he trains during each session motivates us to work even harder – or at least try to keep pace. In addition to learning self-defence and improving my fitness, I have challenged myself and enjoyed the camaraderie of fellow students. Kyokushin is not just a club but representative of a community, with members from different backgrounds, sizes, strengths and ages, all coming together to practice karate.

Kyokushinkai roughly translates to "Ultimate Truth", which signifies the bushido concept of discovering the nature of one's true character when tried. One Kyokushin goal is to strengthen and improve character by challenging oneself through rigorous training. 1st kyu brown belt gradings are tough, and shodan black belt gradings an even greater test. But then again, challenging oneself is a key part of Kyokushin.