



Shihancho Viccars Branch Victoria & Tasmania

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Shihancho says:

When we first came under Kancho he called us "the Viccars Family". He did not know us well then but even so he could see there was a special connection amongst us all. That is even more true today and we have had many instances in recent times. The Branch camp was a really good example, followed by the Hobart grading. I hope that everyone in the Branch realizes that they are a part of something special, not just some people who train together.

On behalf of the Branch I would like to wish our International competitors (Gabriel Shields, Michael Dent, Leigha Adams and David Weir-Smith) the best of luck in the World Cup in China next month. I know they have prepared long and hard for the event and I am sure they will do themselves, Australia and this Branch proud. In addition to the fighters we also have representatives as judges and referee's (Shihan Robbie, Shihan Scott, Sensei David, Sensei Ron, Sensei Peter and Sempai Wendy. So yet again we supply many officials and that is also a show of the strength of the Branch. I don't know of any other Branch that will have 7 officials there.

I am sure many are looking forward to the end of the year gradings and we will have 3 trying for nidan and 2 for shodan. Need I say more.

Next year there will be a tournament in New Zealand to celebrate 50 years of Kyokushin in that country. We plan to take a team over. Who wants to go?

Warrnambool Day Seminar

Nearly 40 people (including 6 black belts) braved a freezing cold Saturday to attend the day seminar in Portland (30 June). It was a great day and the smiles on all faces said it all. Sempai Natalie did a fantastic job in organising it and it was a pleasure to be there. The students were broken up into groups so that all received the training and instruction they needed.

Portland Open Border Challenge

On behalf of myself, Suzanne and the entire Portland Kyokushin Karate Club, we would like to express our many thanks who once again supported our tournament. To all those who put their hand up to judge and referee, without you there would be no tournament and we are sincerely grateful.

To all your students who made the journey to partake, we thank them! The sportsmanship and skill level were of high quality and we can see many future talents progressing up through the age levels.

We know the weather wasn't ideal on the weekend but we do very much appreciate the fact that everyone travelled from near and far to make this event such a great one. In our first year running this event without our leaders, Sensei Ron and Sempai Deb, we understand there are a few minor things to look at for next year, but we

are extremely proud of our club and we hope that you will all support us again for the 2019 POBC!

Osu, Sempai Rach and Suz

On July 7th we saw the Portland dojo put on the Open Border Challenge without the guidance of Sensei Ron and Sempai Deb, and they did a fantastic job.

The weather was cold but the atmosphere and fighting was HOT. A great day and a great event. It was especially pleasing to see many gain some great experience and that is what it was all about.

There were many noteworthy performances and I will name just a few. Lily Shields in her first knockdown event showed that she is going to be a very good fighter. Serina Bogers completed a double that will give her confidence and huge boost. Lachlann Shanahan also impressed.

There were many in the No Contact that showed great technique.

The Sayonara party was also a special event and we all left vowing to be back next year.

A special thank you to all our officials who did a fantastic job on the day and there were several who got the opportunity to judge or referee for the first time. Sensei Ron was thrilled by it all.

NO CONTACT

Kickstart / Beginner Female

Gold: Charlie Holmes

Silver: Demi McSorley Wagner

Bronze: Siennah Warren

Kickstart / Beginner Male

Gold: Coby Duncan

Silver: Chayce Wagner

Bronze: Henry More

7-8 Male

Gold: Blake Wales

Silver: Nathan Akers

Bronze: Noah Phillips

8-9 Female

Gold: Summah Wilson

Silver: Gia-Vy Ventue

Bronze: Layla Hawke

10 YO Female

Gold: Chloe Homa

Silver: Camryn Smith

Bronze: Summer Williams

9-10 Male

Gold: Toby Ralph

Silver: Cooper Harkins

Bronze: Ari Donaldson

11-12 Female

Gold: Kyrah Budge

Silver: Charlie Wilson

Bronze: Kloe Payne

11-12 Male

Gold: Bryce Thornhill

Silver: Samuel Wyntjes

Bronze: Alexander Baulch

13-14 YO Female

Gold: Tenayah Ford

Silver: Chelsea Homa

Bronze: Hailey Smith

13-14 Male

Gold: Alexander Glen

Silver: William Nagele

Bronze: Kobi Buckland

15-17 Male

Gold: Seth Northam

Silver: Austin Perrott

Bronze: Dylan Meade

Male Intermediate

Gold: Jason Vertue

Silver: Alaric Worrall

Bronze: Trevor Meade

Female Open

Gold: Serina Bogers

Silver: Alyona Punch

Bronze: Jacqueline Hamblin

Male Open

Gold: Heath Smith

Silver: Matthew Worrall

Bronze: Peter Gill

Female Veterans

Gold: Debra Millard

Silver: Melinda Baulch

Bronze: Michelle Duncan

KNOCKDOWN

Female Lightweight Junior Colts
Champion: Lily Shields
Runner-Up: Zoe Parham-Hawke

Male Lightweight Junior Colts
Champion: Seth Northam
Runner-Up: Brendan Gladman

Female Novice Lightweight
Champion: Melanie Mulraney
Runner-Up: Michelle Duncan

Female Novice Middleweight
Champion: Serina Bogers
Runner-Up: Kim Courtney

Male Novice Middleweight
Champion: William Oldroyd
Runner-Up: Asim Bhatti

Female Novice Heavyweight
Champion: Michelle Hamblin
Runner-Up: Casey-Louise Makevits

Male Novice Heavyweight
Champion: Lachlan Shanahan
Runner-Up: Remo Nicholas-Herron
Third: Brendan Priess

Male Novice Super Heavyweight
Champion: William Campbell
Runner-Up: Aiden Stuart

Fighting Spirit Award: Seth Northam

Drysdale dojo

On 13th July, the final training session was held at our Drysdale Dojo and thank you to everyone who trained. We've simply outgrown the multipurpose room at the Potato Shed (nice problem to have) and with Frank Meek's support we have been able to source a much larger venue at Clifton Springs Primary School Hall. The change of venue has also required a change of training night and the new Clifton Springs Dojo will now train on Thursday nights from 6:30 to 8:00.

Bellarine Kyokushin will now operate out of Ocean Grove Dojo on Monday, Splashdown Dojo on Wednesday and Clifton Springs on Thursday.

Thank you to everyone who has supported the Drysdale Dojo especially Sempai Samuel and Leigha who have worked tirelessly to ensure its success. They will continue to operate the Clifton Springs Dojo with the support of our Bellarine Black belts.

We are all very excited to commence training at Clifton Springs with the very first class to be held this Thursday 19/07/18. I encourage all Bellarine members to come along and be part of what will be a history making class.

All Shihancho Branch members are most welcome to join us.

The school is located at 80-118 Jetty Road, Clifton Springs.
Shihan Robbie Adams

Dan Grading July 21

The Dan grading was nothing short of sensational. It was the first time I can remember where we only had female candidates for Dan grades (spare a thought for Sempai Richard Freitag who had trained for 18 months to do this grading only to rupture his calf 1 week before).

The ladies put on a fantastic display of technique, determination and courage. It was a day when every person there was truly proud of all the candidates. We also had almost every training black belt present for the kumite and that made for a very exciting group.

Congratulations and well done to Natalie Williamson Nidan, Leigha Adams Shodan and Sherriden Trevena Shodan. You certainly lifted the bar.

Also, congratulations to Alistair Wilby (Warrnambool) 3rd Kyu and Deb Millard (Portland) 3rd Kyu.

Thank you to all the Dan grades and our senior instructors for making the effort to be there and helping the candidates.

It was a day that will be remembered for a long time and one where to old adage was proved correct yet again - the key to success is preparation, preparation, preparation.

Tasmania Training

On Saturday 4th August Sempai Elias and I travelled down to Launceston for a training session with our Branch members.

It was a great day with 3 hours of spirited training. There were 8 black belts present and 4 International fighters so the standard could not have been better.

Everyone enjoyed the day and I am sure all left with increased knowledge, experience and confidence.

A special thank you to Sempai Elias for making the effort to come down. His presence was greatly appreciated.

Our Branch Dominates AKKA Nationals

It has been a long, long time since any one Branch dominated the National Championships like we did this year.

There were 253 competitors on the Saturday (no contact & padded contact) and we had only 10 of them but we brought back 7 placing's.

Elaina Domagala had a day out winning both 10-12 Female divisions, Tyler McDermott took out the 10-12 Lightweight padded division and Jacob Scott did likewise in the 8 & 9 Middleweight division. Shayla McEwan Robertson and Lily Shields both placed 3rd in their divisions. Elias Kavadias showed that there is life after knockdown fighting by winning the Veterans No Contact division with a faultless display of controlled technique.

Into day 2 and the Branch had 16 knockdown fighters. Originally there were 58 entries but by the time we arrived the number had dropped down to about 50 and the results speak for themselves.

Reid Paul from Burnie, Champion in the 4th & 3rd Kyu Heavyweight. Michael Dent Lightweight Open Champion, Gabriel Shields Middleweight Open Champion, Samuel Shields Runner-Up Heavyweight, David Weir-Smith 3rd Heavyweight, Melanee Barclay Open Heavyweight Champion. Our other fighters also performed exceptionally well and we were all so proud of them.

Craig Gollan and John Lucas from Tasmania both performed exceptionally well. Adam Riddle (Traralgon) and Lachlan Shanahan (Leopold) put in fantastic first-time performances as did Olivia Adams and Shayla McEwan Robertson. Sherriden Trevena (Traralgon)

also fought well and Leigha Adams (carrying an injury into the tournament) showed her class.

All in all, it was one of those days where the Branch really strutted its stuff on the national stage. Gabriel Shields and Melanee Barclay made it into the team to China on the back of their performance.

Our officials also did a great job and as a person (not from our Branch) commented, "thank god the Victorians are here otherwise it would be a very small event". Congratulations and well done to all competitors and officials.

Advanced Training in Traralgon

I travelled to Traralgon on Saturday 25th August from an advanced training session.

The black belts thoroughly enjoyed the very spirited 3-hour session.

It was a great experience and a pleasure to be a part of it.

Nidan grading by Sempai Nat Williamson

On Saturday 21st July 2018 I was given the opportunity to attempt my Nidan alongside Sheridan Trevena & Leigha Adams who were both attempting their Shodan.

As with all gradings, the preparation toward the day commenced 12 months prior, with extra training sessions & fitness work... all roads were leading to Nidan.

When we finally got to Saturday 21st July nerves, doubt, excitement and fear were taking over, but the end goal was in sight!! We lined up, wow all the grading candidates were female, with the exception of Al Wilby. We were also joined by other students & Dan grades who weren't grading but made themselves available to train & motivate us.

As the grading unfolded the tick list in my head was getting shorter and shorter... stamina, tick; basics, tick; ido geiko, tick; self-defence, tick; kata, tick. I think to myself, yes, all the technical part is done, I've proven I know my techniques and kata, now it's time to finish it off...

We line up, and I can see a sea of black belts standing in front of us - it's time to fight!!! I get through a few rounds, I'm feeling good... then all of a sudden, I get a shita tsuki up under my ribs, and it stops me in my tracks... crap, that rib that's been out of place for the last two weeks before the grading is not doing well... I have 15 fights left, but I think to myself, just keep going. All of

a sudden that rib just seems to be a target, it's getting hit fight after fight. The pain of each strike was like nothing I've felt before... but I know it will all be worth it.

I'm down to my last four fights, reserved for those people who have guided me, taught me, encouraged me and pushed me to my limits. The fights that mean the most, because it's your chance to prove their hard work and dedication for the last 24 years has been worth it. First up is my training partner & friend Sempai Rach; then Sensei Peter and Sensei Chris my previous instructors, friends and persons who have watched me grow up... Finally, exhausted and emotional, I'm down to my last fight, number 20 is here... mum, Sempai Debbie Jorgensen, is lined up in front of me. Adrenalin kicks in. We exchange punch for punch, kick for kick. Before I know it, the fights are over and myself, along with Sempai Leigha & Sempai Sheridan are all hugging our instructors or parents.

We compose ourselves and line back up in class formation.

Shihancho announces we have all passed & places our new belts in front of us... my dad, Sensei Ron Jorgensen's Nidan belt is sitting in front of me, a belt he was awarded at the same time 20 years ago. My Shodan belt is tied up, never to be worn by me again (but hopefully in the near future by one of my students). I tie dad's belt around my waist... it's done, I've succeeded! I would like to take this opportunity to thank all the people who have supported me the last 24 years; all the people who came out on grading day and supported and encouraged us throughout the day. I would like to thank my students who continue to motivate me to be a better karateka and instructor, and who continue to support not only me, but the Warrnambool Dojo.

But most of all I would like to thank my family... Sensei Ron & Sempai Debbie (Papa Sensei & Mama Sempai) who introduced me to karate and have always supported my decision within the sport/ art and continue to push me and keep me honest. My husband, Trent, who continues to support me throughout my karate journey, even when it means I'm rarely home because I'm training. Lastly, my daughter, Kaytie, who always has to share me with our karate family, or be dragged along to karate events.

Lastly, I would like to thank Shihancho, for believing in my abilities; for making himself available for day seminars and advanced classes,

and for continuing to run our great Branch and making that branch feel like a family!

Day Seminar Sept 8

50 devotees of Kyokushin came together for a day seminar and the training was varied and full of interest.

The feedback received by the instructors was very positive and the day obviously achieved its objective.

We had people travel from Portland, Warrnambool, Traralgon, Narre Warren and all places in between.

Thank you to all who attended and especially the Dan grades and senior instructors.

Regional Championships 2018

Sunday Sept 16 saw 106 competitors contest our regional no contact and kata championships. It was a huge success with every competitor gaining valuable experience and a better understanding of their technique.

There was some inspiring match with great technique displayed. The event ran like clockwork and was also an opportunity for judges and referees to gain valuable experience.

I have listed the results below. Thank you to all the helpers, your work did not go unnoticed. The Moriac / Winchelsea dojo did a great job of organising the event (again)

Female 6&7 yo Kumite

Gold	Charlie Holmes	Colac
Silver	Elsie Chapman	Pt Lonsdale
Bronze	Sienna Warren	Bellarine

Male 6&7 yo Kumite

Gold	Blake Wales	Colac
Silver	Zain Makevits	Portland
Bronze	Jacob Columbine	Warrnambool

Female 7&8 yo Kata

Gold	Charlie Holmes	Colac
Silver	Taylor Holmes	Colac
Bronze	Summah Wilson	Colac

Male 7&8 yo Kata

Gold	Brody Meek	Bellarine
Silver	Nate Shields	Bellarine
Bronze	Blake Wales	Colac

Male 8 yo Kumite

Gold	Nate Shields	Bellarine
Silver	Brody Meek	Bellarine
Bronze	William Ray	Pt Lonsdale

Male 9 yo Kata

Gold	Bradley Elliott	Corio
Silver	Cooper Harkins	Leopold
Bronze	Jackson Palmer	Warrnambool

Male 9 yo Kumite

Gold	Bradley Elliott	Corio
Silver	Jackson Palmer	Warrnambool
Bronze	Cooper Harkins	Leopold

Female 8&9 yo Kata

Gold	Jasleen Garcha	Narre Warren
Silver	Taylor Holmes	Colac
Bronze	Summah Wilson	Colac

Female 10 yo Kumite

Gold	Camryn Smith	Birregurra
Silver	Ella Kay	Leopold
Bronze	Paige Hames	Freshwater Creek

Male 10 yo Kumite

Gold	Ryan Farr	Corio
Silver	Angus Meade	Portland
Bronze	Heath Pitt	Leopold

Male 10 yo Kata

Gold	Rowan Vickers	Moriac/Winch
Silver	Angus Meade	Portland
Bronze	Heath Pitt	Leopold

Female 11&12 yo Kata

Gold	Kyrah Budge	Bellarine
Silver	Charlie Wilson	Colac
Bronze	Kirra Purcell	Freshwater Creek

Female 10 yo Kata

Gold	Camryn Smith	Birregurra
Silver	Tamzin Columbine	Warrnambool
Bronze	Paige Hames	Freshwater Creek

Male 11 yo Kata

Gold	Toby Ralph	Portland
Silver	Ashley Lakey	Warrnambool
Bronze	Vinamra Nagar	Narre Warren

Male 11 yo Kumite

Gold	Toby Ralph	Portland
Silver	Ashley Lakey	Warrnambool
Bronze	Vinamra Nagar	Narre Warren

Male 12 yo Kata

Gold	Alexander Baulch	Bellarine
Silver	Finn Newtown	Moriac/Winch
Bronze	James Harry	Bellarine

Male 12 yo Kumite

Gold	Alexander Baulch	Bellarine
Silver	Angus Newman	Ballan
Bronze	James Harry	Bellarine

Female 11&12 yo Kumite

Gold	Isabellah Ford	Bellarine
Silver	Kyrah Budge	Bellarine
Bronze	Charlie Wilson	Colac

Female 13 yo Kata

Gold	Cleo Fawcett	Moriac
Silver	Janelle McCluskey	Portland
Bronze	Zoe Fawcett	Moriac

Female 14 yo Kata

Gold	Lily Shields	Bellarine
Silver	Tenayah Ford	Bellarine
Bronze	Gemma Gallpen	Portland

Female 13&14 yo Kumite

Gold	Lily Shields	Bellarine
Silver	Gemma Gallpen	Portland
Bronze	Quinn McEwan Robertson	Bellarine

Male 13&14 yo Kumite

Gold	Kobi Buckland	Portland
Silver	Hayden Lakey	Warrnambool
Bronze	Mitchell Elliott	Corio

Female 15,16,17 yo Kata

Gold	Kelly McPherson	Ballan
Silver	Jordyn Clark	Portland

Male 13,14,15 yo Kata

Gold	Jaiden Worrall	Corio
Silver	Angus ten Have	Portland
Bronze	Kobi Buckland	Portland

Male 17-20 yo Kata

Gold	Gabriel Shields	Bellarine
Silver	Daniel Worrall	Corio
Bronze	Lachlann Shanahan	Leopold

Male Open Kumite

Gold	Gabriel Shields	Bellarine
Silver	Daniel Worrall	Corio
Bronze	Angus Naylor	Pt Lonsdale

Female Veterans Kata

Gold	Serina Bogers	Warrnambool
Silver	Donna Kerr	Warrnambool
Bronze	Suzanne Gallpen	Portland

Male Veteran Kata

Gold	Heath Smith	Birregurra
Silver	Craig Thomson	Narre Warren
Bronze	Alistair Wilby	Warrnambool

Male Veteran Kumite

Gold	Heath Smith	Birregurra
Silver	Alistair Wilby	Warrnambool
Bronze	Paul Palmer	Freshwater Creek

Most Spirited Trophy:

Charlie Holmes (Colac Dojo)

Riverina Championships

The Branch sent its smallest contingent for some time (but it was still much bigger than Sydney) and each and every fighter represented the Branch extremely well. It is fair to say that with the knockdown events, they would have been very small if we were not there.

As usual the tournament was well organised and we all had a great time.

Lily Shields took 3rd place in the Female 13-15 division. Tasmania got right amongst it with a very strong showing. William Campbell followed up his Nationals win by taking out the Male Novice Heavyweight. Joe Grist took out the Open Veteran Heavyweight and Craig Gollan came a very creditable 2nd in the Open Heavyweight. John Lucas also found well and placed 4th.

The Open Middleweight saw Michael Dent take on Gabriel Shields. As you would expect, this match was a "beauty" and they hit each other with blows that would have dropped a working bullock. In the end the judges went for Michael but it was anyone's match and a true highlight.

We all retired to the club for Chinese and had a great time before heading home.

Sensei Frank and Sempai Karen were profuse in their thank to us. Will there be a Riverina tournament next year? We don't know.

Senior Branch Camp

My alarm went off at 5.30am on Saturday morning and I remember thinking "and so it begins". Little did I know that the best ever VKKA camp was in front of me.

30 minutes later I knew we were in for something special. The level of energy and the loud Kiai in the first session was a great indication that we were in for something special.

The presence of Shihan Penita Davies was a real bonus. She is just such a lovely person but OMG her karate is so damn good. Shihan Robbie Adams and Sensei's Chris Paul and David Nabulsi completed the senior instructor lineup and where else could you get such a collection of fantastic instructors. They proved this over the camp with some exceptional classes. We frequently broke up into smaller groups with each group receiving specialised training.

We had 45 attending including 19 Black Belts but the great thing was there were many lower grades there and it is to be hoped that this trend continues.

The sayonara party was also a great hit with everyone getting into the spirit.

Sunday was a very special day. The weather was perfect but it was also the start of daylight saving so we started training at 8.45 instead of 6am and everyone appreciated the extra rest because the next 3 1/4 hours were intense.

We finished with a very spirited session at the beach with everyone getting wet. We had students from almost every dojo from Portland to Traralgon as well as Tasmania and Adelaide. Their faces told the story. A memorable experience

The VKKA has gone from not holding a camp last year due to lack of interest to having one of the best ever, all in the space of 12 months.

OUR annual camp is one of the measures of a strong branch. Again, this year's camp demonstrated our commitment and strength. Where else could you get this quality of instruction AND such a feeling of family.

Sosai said: The true essence of the Martial Way can only be realised through experience. Knowing this learn to NEVER FEAR ITS DEMAND.

Those who attended gained an experience that money cannot buy. **IF** you were not there you really missed out and should make a vow now to be there in 2019. November 8 - 10 is booked, lock it into your diary.

Shihan Penita has expressed her desire to return and husband, Shihan Duayne 6th Dan, has also expressed his interest in coming next year.

Some of the feedback received:

- I would like to thank you for a great weekend at the branch camp. Training under yourself and Shihan Penita was definitely a big highlight.
- I would like to take this opportunity to tell you how much I enjoyed this year's branch camp. It was the best one I have been to. Perfect weather & high spirits by all. Thank you very much for the effort put into making this year's camp such a success.
- Thank you for a great camp! The annual camp is one of the measures of a strong branch. Again, this year's camp demonstrated our commitment and strength. Osu thank you for the opportunity.

Hobart Grading

I was accompanied by my wife, Sempai Wendy, as well as Sensei Peter McCarter, Sempai Wendy McCarter, Sempai Elias Kavadias and his wife Helen.

We had 14 grading, which in itself is significant as that number is HUGE for Tasmania and it shows that the state is on the move. In recent times Tasmania has had fighters at most of our tournaments and our camp and that is very pleasing.

The other very pleasing thing was that every Tasmania Dan grade was there to show support. So, in all there were nine black belts present.

Everyone knows that the Shihancho Branch does not take a black belt grading lightly. No padding and hard fighting is the order of the day.

The candidates were put through a severe 5 1/2-hour test and they came through it well.

Congratulations to Andrew Goodwin, Nidan, Joe Grist 1st Kyu, Dane Enslow 3rd Kyu, Logan Crack (a chip of the old block) graded to senior 4th Kyu, Reid Paul 3rd Kyu, Jeremy Anderson 4th Kyu, Caitlin Crack 4th Kyu Junior (write this name in your diary and look back in years to come), Ben Ciampa 5th Kyu, Kylan Kaufman 6th Kyu, Callum Rowberry 8th Kyu, Nick Swan 10th Kyu, Jye Mackenzie 10th Kyu, Gerry Young 10th Kyu and William Campbell 10th Kyu.

They all did themselves proud.

Of course, we retired to the Ball and Chain for the traditional steak dinner (and it was magnificent) and to enjoy each other's company. It was a great night and one that strongly reinforced the family concept within the Branch.

A special thank you to those who came down to Hobart, it was truly appreciated by all.

My Nidan Grading - Andrew Goodwin

Well, that time came around again sooner than expected. Grading day. I never anticipated I'd still be training these many years on from when I first walked in the dojo 13 years ago, let alone attempting a Dan grading. I thought I'd train for a year, learn how to fight and be set for life. How wrong I was. A year in I realized I knew nothing, I would have to train for a lot longer to achieve anything even remotely close to being the Karateka I wanted to be. So, I just trained with no goal in mind, just to get better each time. Shodan seemed a goal beyond the horizon like chasing a rainbow, but that didn't worry me, I was enjoying the journey. Like all journeys though, they

eventually lead somewhere and before I knew it, there it was. I don't mean to take that statement too lightly, it wasn't an easy stroll down the garden path but what seemed impossible and improbable at first can be overcome by patience and perseverance. Four and a half years later I meet the horizon again. Grading day. A hundred worries, what ifs and fears racing through my mind. I haven't trained hard enough. I'm not as fit as I should be. Will I remember my Kata? What if I get seriously injured? OSU! Line up! No time for these thoughts now, just focus on the task at hand and get on with it. One thing at a time. Just this set, just this ido geiko, just this kata, just this fight. I won't bore you with my internal monologue of the day but I can tell you I was absolutely spent, my world closed down to a small ring of vision, a kanji in front of me. A blurry six-armed Indian god in a Dogi hitting me everywhere at once. There is a loud yame and a lot of clapping somewhere far away. I hear OSU Line up once again. Things slowly come back. I realize another stage of the journey has passed. Much thanks to everyone who participated and supported the grading candidates and especially our Victorian and Burnie crew. No one walks this path alone so a big thank you to the many, many people who have helped me along the way. OSU! Sempai Andrew Goodwin

Fund Raising

If anyone has ever wondered where the funds go from the 25 fight nights and our other fund-raising efforts then here is the answer.

For 2018 this Branch has spent \$14,612 in sending fighters and officials away. We have sent fighters to NSW Championships, Australian Championships, Griffith and fighters and officials to China.

It is a long-held principle of this Branch that those who represent us should not have to worry about costs so they can put all their energy into training and it also gives them a feeling of total support.

This principle would not work without the support of everyone in the Branch, so thank you and well done to all.

Dojo Report - Colac

It has been an incredibly busy few months since our last dojo report.

Colac has a core group of students who show a high level of commitment and discipline in turning up for training every week. This is showing in their progress and results. It has been a long hard winter and those students that continued to brave the freezing nights have our absolute admiration and respect. Those who didn't bother training over winter will need to work hard to regain that lost ground and meet their karate goals.

The Colac crew have shown a great level of commitment in attending and participating in a range of karate-based activities. We are very lucky to have the opportunity to participate at our chosen level. Well done to everyone who has taken the opportunity.

We've had some fantastic results in a number of arenas in the last few months. In Portland on 7 July, everyone who made the long drive down the highway came home with an excellent result: Will Nagele fought hard to earn a silver medal; Charlie Wilson and Summah Wilson were both awarded bronze medals; Blake Wales and Charlie Holmes put in amazing efforts and were awarded gold medals. We are all very proud of these young people and impressed with the way they represented the dojo on the day.

The Wilson family (the travelling Wilsons) went to Sydney in August to participate in the AKKA National Tournament, with Charlie and Summah competing. Summah fought very well going to a split decision. She did not get the result that she hoped for but learned a lot in the process. Charlie also fought very well, winning her first fight. The split decision in the second fight did not go Charlie's way. Charlie also stepped up to the padded full contact division and lost to an ippon. It's great to see the girls extending themselves outside their comfort zone and continuing to give it their all.

The middle of September saw us sticking closer to home and competing at the Regional Championships in Winchelsea. What a great day that was! Colac had karateka competing in both Kata and Kumite sections. Our first mentions go to Zeke Gage and Spencer Adrichem who were competing at their first tournament. They did an amazing job and we are very pleased with the way these two presented themselves and did their

very best. Well done Zeke and Spencer. Zeke particularly showed great sportsmanship, his applause and excitement when the results were announced was commendable. We had fantastic representation in both the kata and kumite sections at Winchelsea. Charlie Wilson and Taylor Homes were awarded silver medals for their efforts; Summah Wilson and Blake Wales earned bronze medals and Charlie Holmes got gold. In the kumite section Charlie and Summah Wilson earned bronze medals; Charlie Holmes and Taylor Holmes earned silver medals and Blake Wales got gold. Again, all competitors showed fantastic spirit and represented themselves and the dojo in the best possible way. Charlie Holmes put up a great show in her fights, not only earning the gold medal but also being selected by Shihancho, from among all of the fighters, as most spirited competitor. This is a great honour for Charlie and very exciting.

We are pleased to have been able to start up our beginner class. The first night was a come and try night on 11 October and saw about 25 kids come through the doors. The kids all left with a smile and seemed to have enjoyed themselves immensely under sempai Jenni's tender guidance. This will be a great way for these kids to get an idea of what karate is about and maybe go on to train in the general class down the track.

The Branch camp was held on 5-7 October. Everyone who attended came away remarking about the extraordinary level of training and the caliber of the excellent instructors. Anyone who is considering attending this camp next year, don't think about it ... just do it. It was well worthwhile.

We have six juniors looking forward to the junior camp with much excitement and some nervousness. Some students have worked hard and learnt what they need to learn and have been asked to grade. To those students, good luck and enjoy the experience.

Lastly, we are looking forward to 1 November when we are having a 1000 kick training to inspire some fund raising that will go toward a set of mats to supplement our training. This will be a fun night that will also serve to prove that we can all attempt something that seems really difficult but still achieve our goals. We have no doubt that everyone who tries will be able to achieve the 1000 kicks despite some personal apprehensions.

Osu,

Sempai Steve, Sempai Leonie and Sempai Jenni

Dojo Report - Hobart PCYC & Kingborough

It has been a fairly quiet year for Hobart PCYC dojo, with numbers of those training regularly lower than in previous years. A serious consideration for 2019 will be the reintroduction of a children's class, something we haven't had for a few years now, along with some media promotion.

The highlight of the year was today's black belt grading, which involved three Hobart PCYC students. Sempai Andrew Goodwin successfully completed his Nidan grading after a tough test. Joe Grist, who also trains at Van Demon dojo, was successful in his 1st Kyu grading (Shodan next year Joe!) and Dan Enslow achieved 3rd Kyu.

Thanks to Shihancho, Sensei Peter and Sempai Wendy McCarter, Sempai Wendy Viccars and Sempai Elias Kavadias for making the trip South for the grading. Also, thanks to the Burnie crew from Sensei Steve Crack's dojo for making the long journey to Hobart and staying for the post grading dinner at Hobart's Ball and Chain restaurant.

Sensei Geoff, Osu

Dojo Report - Hobart

It's been quite a big few months at Van Demons. We have had a few fighters travel to the AKKA Nationals and the Riverina Championships where Sempai Craig fought the overall winner in the first round. Sempai put in a good battle but lost.

Reid Paul fought in the intermediate heavyweight division and won both his fights and became the National Champion. Well done Reid Osu.

Next up was the Riverina Championships.

We had a good turn out with this one even though we had a wee bit of travelling to get there.

We had all our fighters win or place. Well done to Joe Grist, William Campbell and Sempai Craig.

And just last weekend we had Tasmania's big grading. It was a high energy and spirited grading With Sempai Andrew Goodwin from the Hobart PCYC, grading to Nidan. Osu Andrew. It was a good high standard of Kyokushin but as always there are things to work on from some big things, or to the little 1%ers.

Well done to everyone that achieved their new Kyu grades Osu.

And big thank you to Shihancho, Sensei Peter McCarter and Sempai's Wendy Viccars, Wendy McCarter, Elias Kavadias for making the journey over to our island.

Osu

Sempai Craig Gollan

Van Demon Kyokushin

Dojo Report – Leopold

The Leopold dojo has had an influx of new junior students enabling us to have a beginner's class at 5.30pm, followed by more a more advanced class when they finish at 6.30pm. With Jo Collier aiming to attempt her Shodan grading at the end of the year, those classes have been formatted around her, as well as fine tuning our kyu grade requirements.

We have had students fight in No Contact and Knockdown to date this year, and all have done well. It is very pleasing to see them put themselves under the pressures of a tournament coming out of it a better people.

Our students, parents and instructors are all pitching in to help at the Leopold Bunnings this Saturday for a BBQ to raise funds for the club which we are thankful for. On the social side we have just held a games/pizza night and intend on having a car trial at the end of year breakup.

Dojo Report - Moriac / Winchelsea

As we approach the end of another year, it is satisfying to look back at the achievements of all our students, the Dojo and the Branch.

Individual grading goals were achieved by many of our juniors, the highlight of which was Hez gaining 10th kyu Junior after training intermittently for 3 years. Proof that persistence pays off! Many of our juniors are looking forward to the Junior Camp and it's great to see the Branch and Sensei Darren continue to offer this great experience.

This year we have welcomed Cullan and Fionn, Sippy, Annabelle, Raphael, Layla, Suma and John to our Kickstart ranks and it is great to see them thriving under Sempai Jacqui's instruction. We also thank Kim for her assistance in the second half of this year.

Our Senior numbers have remained constant. We farewelled Mellissa due to injury but have recently welcomed Michaela to our ranks. It has also been great to continue to have Asim's spirit and sweat in the Dojo, despite the recent arrival

of his second son. We are glad all are well, and thank Maha for giving Asim a regular "leave pass".

As a Dojo, our greatest achievement has been to host the VKKA Regional Championships for the third successive year.

Each year the event improves as we continue to tweak the format. The smooth running of the day was made possible by many volunteers from Moriac/Winch Dojo, Branch members, family and friends. Thank you to you all. Your contribution makes it possible for our students to compete locally and showcase Kyokushin in South Western Victoria.

Thanks to our sponsors, Barwon Hotel and Rosemont Stud for their continued support and thanks to Shihancho for his confidence in our ability to host the event.

On the day we were represented by 8 of our students, with 5 of those medaling! A great effort by all, especially considering your other responsibilities on the day. A special congratulations to Fionn and Cullan Newton, for having a go, despite only training for a couple of months prior.

We look forward to Junior Camp, Gradings, China World Cup (good luck to the MKA Squad) and end of year celebrations, all of which will be upon us in no time. Hope to see you there.

Osu, Sempais Brad and Jac

Dojo Report - Point Lonsdale

We ran our third fight night at Point Lonsdale on Thursday 20th September. This one was a smaller turnout than the last two, so hopefully we will get good numbers for our final fight night later in the year.

Elsie Chapman and William Ray represented Point Lonsdale Dojo at the VKKA regional championships; both entering the non-contact kumite. This was their first time at competition kumite and both did really well. Elsie took out 1st place in the 7 YO female division and Will claimed 3rd place in the 8 YO male division.

The junior camp is coming up at the end of October. Point Lonsdale Dojo is looking forward to hosting the branches junior students again this year. Elsie Chapman and William Ray will be attending the camp from Point Lonsdale. Have fun and I hope you both enjoy the experience.

Osu, Sensei Darren

Dojo Report - Traralgon

Term 3 has been an exciting time for the Traralgon Dojo. We began the term with grading candidates receiving their promotions. (Congratulations everyone)

Our fight nights have been very successful. Both the kids and the adult's classes have shown up with their donations and put on a great display of Kyokushin sparring. Continuing on with our junior 'Osu' award, this time it was awarded to one of our new starters, Sienna.

On Saturday July 7th we made the drive down to Portland to see Sam Wyntjes compete in the non-contact, placing 2nd in his division. Well done to the Portland dojo for organising such a great tournament, especially with Sensei Ron's absence. Later on, in July was the senior grading, held at Corio. After hours of hard work and dedication, we saw Sempai Sherriden achieve the rank of Shodan, grading alongside Sempai Natalie and Sempai Leigha. All three girls showed great spirit throughout the entire 5-hour grading, making us all very proud. (Osu, well done girls!)

Leading up to Nationals, we continued on with running our Friday night fight training sessions. Sensei Dave gives up his time to run these sessions, providing both experienced fighters and beginners with sparring drills and techniques that he has acquired over his many years of training. We also appreciate Sempai Samuel Shields for making it over from Geelong to join us for some solid sparring rounds, one night while we trained. The dojo sent a team of 12 competitors to the Nationals in Sydney. The team did really well with Elaina Domagala winning 1st in non-contact and 1st Full Contact Padded Division, Tyler McDermott 1st Full Contact Padded division and Jacob Scott 1st Full Contact Padded Division.

Sempai Elias Kavadias came 1st in the adult Non-Contact. Jenna Errey, Samuel Wyntjes, Summah Scott and Kate Williams also competed hard and unfortunately didn't place. In the full contact division, Adam Riddle placed 3rd in the 5th Kyu and under Heavyweight Novice, Sempai Michael Dent 1st Place Open Lightweight, Sempai David Weir-Smith 3rd place Open Heavyweights and Sempai Sherriden Trevena competed well but unfortunately never got the flags.

Awesome effort.

A few weeks later, we were very fortunate and honoured to have Shihancho run an advanced class at the Traralgon dojo. This provided a rare

opportunity to pick Shihancho's brain and utilize his knowledge to hone our karate. The class was very comprehensive and quite enjoyable. Again, thank you very much Shihancho.

While the Collingwood supporters were mourning over their Grand Final loss, Sempai Michael Dent competed in Griffith, having to fight Sempai Gabriel. A solid performance by both fighters, with the flags going to Sempai Michael. We look forward to seeing both these guys represent the VKKA in China, later in November.

As the end of the year approaches, there are two big milestones still left on the calendar. The World Cup in China and the Senior Grading. With Traralgon students in both of these events, we are all training our butts off to make both the dojo and branch proud.

Osu, Sempai David Weir-Smith.

Dojo Report - Warrnambool

Since the last Kiai in June the Warrnambool Dojo has continued to go from strength to strength.

The 30th June saw the Warrnambool Dojo host the third annual South West Day Seminar. 34 Branch members attended, travelling from Leopold, Geelong, Colac & Portland to be a part of the day. We were also fortunate enough to have Shihancho attend and take the seminar.

We look forward to hosting another seminar in 2019.

The 7th July saw Warrnambool students, Serina Bogers; Hayden Lakey; Ash Lakey; Angus ten Have; Jackson Palmer; Noah Phillips, Patrick Stuart, Aiden Stuart & Coby Duncan compete at the Portland Open Border Challenge. Place getters saw Serina receiving 1st place in both Full & Non-Contact; Coby Duncan 1st Place Non-Contact; Noah Phillips 3rd Place Non-Contact; Aidan Stuart 2nd Place Full-Contact.

Congratulations to the Portland Dojo on hosting yet another successful tournament.

Saturday 21st July saw Sempai Nat attempt her Nidan & Alistair Wilby attempt his 3rd Kyu. Both of us were put through our paces and successfully obtained our next grades.

The 5th of August marked the Warrnambool Dojo's 5th Birthday. We have seen many people come and go in that time, but presently we are seeing the greatest number of students training at any one time at the club, with 26 students in general class and 15 students in kickstart. We have been fortunate enough to still have 4 of our

original students still training, being Serina Bogers, Jane McDonald, Hayden Lakey & Ashley Lakey.

September 16 saw the Winchelsea/ Moriac Dojo host another Successful Regional Tournament.

The Warrnambool Dojo was represented well with 12 students competing.

The results were:

Non-contact- Serina Bogers 2nd Place; Alistair Wilby 2nd Place; Donna Kerr 1st Place; Hayden Lakey 2nd Place; Ashley Lakey 2nd Place; Jackson Palmer 2nd Place; Jacob Columbine 3rd Place.

Kata- Serina Bogers 1st Place; Alistair Wilby 3rd Place; Donna Kerr 2nd Place; Ashley Lakey 2nd Place; Tamzin Columbine 2nd Place; Angus ten Have 2nd Place; Jackson Palmer 3rd Place;

October 6 saw Sempai Nat, Serina Bogers, Alistair Wilby & Donna Kerr travel to the VKKA Senior Branch Camp. It was another terrific camp hosted by Shihancho of which we all feel very privileged to have attended.

We now set our sights to the Junior Branch Camp, The Senior Grading (for Serina to attempt 2nd Kyu) and The South West Junior Grading on 15th December.

We would also like to take this opportunity to congratulate Sempai's Sheridan and Leigha for obtaining their Shodan's in July.

Osu Sempai Nat

Website:

Shihancho Gary has his own domain at: www.shihancho.com

The International Organisation (I.K.O.) has its website at: www.kyokushin-matsushima.jp

It is full of interesting information and well worth a look.