

KIAI

Shihancho Viccars Branch Victoria & Tasmania

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Shihancho says:

This will be the last Kiai in this format, from 2019 we will be going digital with a blog available after every major event. This will give you all quicker access to our events and also allow us to publish many more photos. This will also mean we won't be printing an annual calendar but the calendar of dates will also be available to all.

If you want to be sure of keeping up with everything just email me gviccars@pipeline.com.au and I will put you on the mailing list so you will be notified for every posting.

I would like to thank Sempai Wendy McCarter for all her hard work in putting Kiai together. When I asked for help, she did not hesitate to volunteer and she has done a great job.

This year has been a very busy one but everything we did went to a bigger and better level. At the end of last year, we made a very significant decision to leave the AKKA. This decision has been proved to be the correct one for us and we have thrived during 2018.

The Victorian Championships was sensational, our Branch Camp was thrilling and our junior camp was the best in history. Our regional event again has sensational numbers and our seminars were all well supported as were our gradings with huge numbers being the norm. We have created another four Shodan's and three Nidan's and a Godan this year.

We sent fighters away to the NSW Championship, National Championships, Riverina Championships, Portland and the World Cup.

Our 25 fight nights continue to be hugely successful and a major source of funding for our fighters. We raised over \$11000 from the 25 fight nights and this is in a year where we also raised over \$13000 for the Royal Children's Hospital.

A special thank you to Sempai Chris Naylor for supplying the supporter T shirts for China.

We have also achieved historic results in competition. We totally dominated the nationals and then had the first male (David Weir-Smith) in 15 years to get to the top 4 in a World event. In addition, our officials were used extensively in the World Cup.

So, 2018 will long be remembered as a year where this Branch had huge success.

Thank you to all who supported us in any way they could. A huge thank you to our senior grades (Shihan Robbie, Shihan Scott, Shihan Ron, Sensei Chris & Sensei David) without whose support things would be very different. Next year is already shaping up as another very busy one with the Asian Pacific Tournament in Myanmar and the New Zealand tournament in Hasting. Please read the calendar and start planning for these events now.

Have a great Christmas and New Year break and I hope to see you all back training early in 2019.

Branch Camp

My thoughts and aspirations of the time I spent with you, Sempai Wendy and the VKKA Branch Senior Camp.

I am truly honoured and privileged to have been invited to your area and event, celebrating and highlighting the VKKA.

It was not only a highlight of my career but exhilarating as a Kyokushin Karateka. Your Branch is a reflection of you and your hard work to preserve the BUDO and teachings of our Master Sosai.

I learnt so many aspects of why I love this system even more than before and that traditional Kyokushin is still very much alive and thriving in this day and age!

Thank you for believing in my role as a woman in Kyokushin and giving me the opportunity to impart my experiences to your students.

Shihan Duayne & I, have so much love for you both and I am very fortunate to have your leadership and friendship apart of our lives.

Yours in KYOKUSHIN... Osu Shihan Penita Davies

Junior Camp 2018

The camp was nothing short of sensational for a variety of reasons.

We had 60, yes 60, juniors attend as well as about 20 support staff and helpers. It did tax us to organise everything for so many but in true Kyokushin fashion everyone went above and beyond, and the camp was truly successful.

If you put the 60 attending with the 45 that attended the Senior it shows that our numbers are very, very good.

As usual, Sensei Darren did a fantastic job organising the event very ably assisted by Sempai Wendy McCarter. Rachael Warren was in charge of the kitchen and did a fantastic job and there were no complaints about the meals.

The training was varied and interesting and, I am told, the sayonara party was special.

I conducted a grading over the 2 days and the thing that stuck out was the improvement and standard of the juniors. It is a great testament to our junior policy to see so many with exceptionally good technique. Quality always hits the mark.

Lily Shields did a great job to gain her 4th Kyu. Her last 4 fights were with Australian representative fighters and that is not something you see every day.

My biggest test is to look at the faces of the students and the parents. There was not one frown; everyone was happy, enjoyed the training and had a great time.

The camp could not succeed without the presence and help of all the Dan grades, people such as Shihan Scott, Sensei Darren, Sensei Ian, Sensei Peter and all the other Dan grades (11 in all) present. The other senior students that attended and the parents that came to help all contributed greatly to the weekend.

2019 promises to be even bigger and better, put it in your calendar when the date is announced. Next year we might even have to put a limit on the number attending so get in first.

I was so proud of everyone. It is a great compliment to you all and I am sure that those who were there will remember this camp for a very long time.

Feedback from camp:

What an absolutely amazing experience for the kids - learning, fun experience and making new friends.

A huge thank you to everyone involved in making this event so successful. All the hard work and co-ordination is so very appreciated.

Our girls loved their first camp and can't wait to attend many more! Thanks to our incredible Colac Sempai's for the work they put in every week so the kids continue to improve.

So very grateful and proud to be part of the VKKA.

Toni Kirkup

Matsushima World Cup 2018 - Shanghai, China.

The first World Cup I attended was in Sydney in 2006. The first thing that impressed me back then was that this is truly an international event. Fighters from all over the world, Europe, North America, South America, Asia Pacific, South East Asia, Central Asia, Middle East, North Africa, South Africa. It is just a fantastic atmosphere with all these different peoples and cultures coming together to share their passion for Kyokushin Karate. Nothing has changed over

the past 12 years, the Matsushima Kyokushin community from all over the world assembled in Shanghai to compete for the title of World Cup Champion.

Every 4 years the World Cup gives the lighter male fighter the opportunity to compete in their weight Divisions. As opposed to the World Tournament held in Japan every other 4 years which is an open weight tournament for Men. This year we took Sempai Michael Dent light weight, Sempai Gabriel Shield middle weight, Sempai David Weir Smith heavy weight and Sempai Leigha Adams middle weight women. All fantastically talented and humble young Karateka who you will find putting in 150% at advanced training sessions one day and the next day running juniors and kids training sessions. That is what our Branch is all about, grass roots Kyokushin.

Sempai Leigha Adams, fought a tough Ukraine fighter in the first round. The fight was extremely even in the first minute, with both fighters exchanging punch for punch, kick for kick. Unfortunately, Sempai Leigha injured her foot badly and was unable to fight on. After being treated by the medics Sempai Leigha has walked away from the tournament without serious injury. Sempai Gabriel Shields fought a Chinese fighter in the first round. Fighting with a lot of confidence and commitment he dominated his opponent. Taking the victory via Ippon (Waza-ari/Waza-ari). Round 2 saw Gabriel face a more experienced fighter. Trying hard to have an impact on his opponent and again fighting with commitment. But unfortunately, was beaten by ippon.

Sempai Michael fought well but could not get the flags against a difficult Chinese fighter in the first round.

Sempai David Weir Smith battled through the four preliminary rounds and two extensions to make the semi-final of the heavyweight division. In the semi-final David fought a tough Canadian fighter, taking the fight to an extension, but unfortunately losing on points. David was awarded 3rd place after his opponent from the other side of the draw was too injured to fight. Sempai David has been competing internationally for the past 5 years with this 3rd place at the World Cup being a career highlight.

Congratulations Sempai David, a great victory in Shanghai. It has been a long drought for our

Branch in the male divisions. Not since Sensei Eddie Sorenson came 3rd in 2002, have we had a male trophy winner at a World Cup or World Tournament event.

All World Cup & World Tournament are high level events. The competition is tough and fierce, and pressure is always next level. Our 4 fighters all represented themselves and their branch fantastically. The experience and learning they bring back from an experience like this benefit everyone in the Branch and will make us all stronger. So, congratulations and thank you again! We are all very appreciative of your commitment and efforts.

In addition to the fighting these events are always an opportunity for our Judges and Referee's to gain some experience on a world stage. Our branch had 8 judges and referee's in attendance, all being rostered on for different mats and divisions. Leading the way for us all was our Branch Chief. Shihancho Viccars was in demand all day. With the highlight being Shihancho refereeing the heavy weight final!

Another great Kyokushin adventure. Traveling to China, catching up with old friends from around the world, experiencing a different culture, expanding our Karate knowledge. What more do you want? Osu David Nabulsi.

China grading

Well where do I start. In 2017 Shihancho asked me if i would like to consider training for Godan. What would anyone say after a 3 second deliberation, as it took me that long to process what I had just heard, I responded with Osu. Don't worry I had my doubts at almost 56 years of age catching up to me and then a move to the USA, the closest dojo to train at was 1hr and 45mins away. I had to think and train differently. Fortunately emails to the Cho and his kata DVD provided some comfort. I started training weekly in Seattle with Shihan Jon Campbell and Sensei Holy Hazard and at Ellensburg over 3 hours from home with Shihan Ian Quitadamo. Both these guys of the Matsushima branch immediately took me in like an extension of the Viccars branch. I recall training on Dec 25th going for a 5 km run around the streets in snow, I thought my lungs were about to collapse from the cold and not raising a sweat, it was that cold. Anyway, I continued to regularly train at Seattle, Ellensburg and alone. Around mid-year I had a set back with injury and it took months to improve, after much

treatment and 3 weeks till the grading I was unsure if I could endure the rigours of a dan grading with my injuries and had almost given up hope. That's when my wife and daughter got involved and told me of a number of people coming to China to witness my grading and I would be letting them down, so regardless of the pain I had to get on with it and do the best I could. I had played back to me all the things I would say to my students to encourage them to persevere when things are tough. So off to China - we had a few setbacks with the tournament being moved and the knock-on effects to the grading as at the 11th hour a venue was found and we were finally off in the bus to a hidden gymnasium about 40 minutes away. The grading had around 60 participants from all over the world, with six from Australia - Shihan Mike Wyvill Qld, Sensei Alexander Kondakov SA, Sensei Daniel Wallace NSW, Sempai Graeme Hall Qld and now Sempai Dri Kaaho SA. The grading also included some karate legends Shihan Mark Van Wellingham, Shihan Klaus Rex and Shihan Roman Szyrajew. What would have made it more memorable would be to have had our Shihancho Gary grade. As would be expected it had all the requirements of an international grading, Kihon, Ido geiko, Kata, Kumite and Stamina. Now completing my 30th year of continuous training I'm delighted to have achieved the status of Shihan. I would like to thank all the support I received from my direct family, Australian karate family who travelled to witness the event, all the well wishes from Australia, my USA karate family and of course we are truly fortunate to have the leadership and technical strength in Shihancho Gary who selflessly passes this on to develop others.

Osu, Shihan Ron

Dan Grading

We had four candidates and a first for Narre Warren dojo with one trying for Shodan and one for Nidan.

It was another great day and a 5 1/2-hour grading in 30-degree heat is no small achievement.

All candidates performed well and were successful, with Julius Wolfe completing a grueling 40 fights.

As I mentioned later, the onus is now on all new Dan grades to live up to the expectations and obligations of their grade.

Congratulations to Elias Kavadias And Richard Freitag on gaining Nidan, and Joanne Collier and Julius Wolfe on Shodan.

Jason Homa from Adelaide also did well to get to 1st Kyu. Serina Bogers (Warrnambool) put in a great effort to gain 2nd Kyu as did Heleen Marx (Traralgon).

Zach Nabulsi showed us that the apple does not fall far from the tree to go to 3rd Kyu Junior and Craig Thomson completed a good year to get to 3rd Kyu.

We had five International representatives doing the kumite as well as a 5th Dan, two x 4th Dans and two x 3rd dans and numerous Nidan and Shodan. They all insured that the kumite was hard and honest.

Congratulations and well done to all.

My Nidan Grading - Richard Freitag

In the week leading up to the grading the usual up and down of emotions started. Excitement (wow this is happening!), nerves (goodness this IS happening!). It was also a very historical day for the Narre Warren dojo where for the first time we had two Dan grade candidates (Julius for Shodan and myself for Nidan).

When the day arrived, it was fantastic to see so much support from our dojo and our branch. For the next 6 hours it was a tough and mentally challenging day. For all the years of training this was the moment to shine and demonstrate our karate. Going through the stamina exercises, kihon, ido geiko, kata and kumite - to the outside observer this may seem brutal - however to a Kyokushin student they know that they wouldn't have it any other way!

I want to thank my family for being there for me on the day, as well as being accommodating throughout all my training leading up to the day. I want to thank my fellow students at the Narre Warren dojo who were there on the day supporting Julius, Craig and myself. I want to thank Shihancho for the honour of attempting my Nidan grading. I want to thank especially Sensei Ian who just kept at me to train and not give up! Finally, I want to thank all the other senior instructors and black belts on the day who reminded me exactly what it takes to be a Nidan in this Branch!

My Nidan Grading - Elias Kavadias

On the 1/12/2018 I was given the opportunity to attempt my Nidan grading alongside Richard Freitag. It was a test that pushed me to my limits as every past grading did. (I still wonder sometimes how do we remember all the requirements required to complete the grading). It was a good day and a true testament to the strength of the Branch our gradings are hard (as they should be).

Thanks to all the supporters who attended the day and everyone who help me along the way.

My Shodan Grading - Julius Wolfe

My honest thoughts on the grading was, it was very humbling!!

I had many preconceptions of how hard it would be but I never doubted my fitness!

But as I came up to the 20th fight I hit a wall I thought I could not break down. In the end it was just the dojo kun and the support of everyone cheering me on that kept me moving forward and getting it done!

Shihan Scott made sure the tempo was nothing but hard and the Sensei's and Sempai's made sure the standards were kept high! I could not be happier and more grateful to have been able to accomplish what I did and I thank you from the bottom of my heart for letting me be part of such a mammoth occasion!

It was also so exhilarating to make my Sensei and Sempai as well as all that came to support me so proud!

Osu

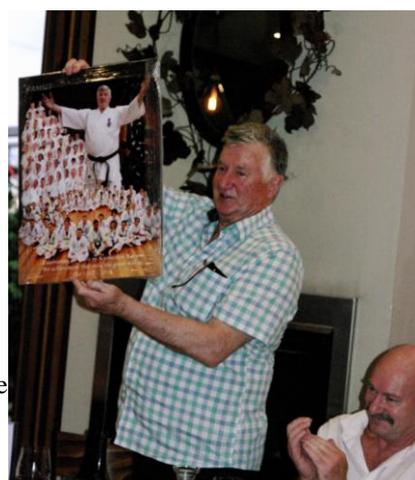
My Shodan Grading - Joanne Collier

Many of you know my journey to Shodan has not been quick, but I was always reminded throughout this journey that everyone's journey is individual and don't compare yourself to others; just be better than your own self. This is the advice I took into my 18 months of training prior to Saturday's grading. The week of the grading I was a roller coaster of nerves, but kept remembering all the words everyone had sent me, knowing so many people believed in me settled the nerves. Saturday finally arrived and it was very surreal finally being the main focus of the grading and before I knew it my Shodan grading had commenced starting with stamina and then

moving into basics. There were some moments during the grading that challenged me and some frustration that I had to quickly push aside and refocus. During one drink break I just wanted to sit down and cry, but with encouragement from Sensei Peter and Sempai Wendy I put that emotion and feeling aside and refocused on the next part of the grading. I was not giving up, before I knew it, I was in the middle of my 20 fights - the Osu Spirit strong, and Sempai Leigha in particular pushing me to want my black belt more than ever. My last fight was here against my instructor Sensei Chris Paul. I have never hit him so hard then boom, the power punch came back from Sensei Chris. It took my breath away but I stayed standing and was at last in the arms of my amazing instructors. Thank you to everyone in the Branch particularly all the black belts who have always supported me and helped me with my training. Being presented as Sempai Joanne Collier by Shihancho is something I will never forget.

Black Belt Dinner

Our Dan grade night of nights and what a night it was. 58 attended and had a hell of a time. It was so great to see everyone just enjoying each other's company and the atmosphere was sensational. Gabriel Shields won the Kansha award (voted on by all Dan grades, from a fast finishing David Weir-Smith and Leigha Adams placed 3rd - an exceptional result as she was only a Dan grade for 1/2 the year). Tears came to my eyes as I was presented with a very special picture with photos of all Dan grades on it. This was yet another celebration of my 50 years in Kyokushin and if that was not enough out came a cake (baked by Leisa Shields) with a 7th Dan black belt on it. My heart melted and I especially thank my wife Wendy for arranging such a tribute. Both of these things arranged under my nose and I was in total oblivion. I will remember these gifts till the day I die.



Abigael Therrien

It is seven years since the Portland Dojo hosted the breaking of “1000 Boards for a Cause”.

The cause was to raise funds to assist the family and wishes of Abigael Therrien who was diagnosed with multiple tumours and given a very short time in this life. The karate world pulled together and the event was a great success in sending Abi and her family to Disneyland and assist with medical expenses.

I'm please to say that in April this year I visited Abi, sister Oceane and Mum Veronique in Levi, Quebec Canada. Abi is still not out of the woods and her tumours have caused multiple health issues but her effervescence and determination radiates. The family returned to Canada some years ago to be closer to family but Abi is determined not to lose her Aussie accent and she thrives on being able to chat with me. Vero added that she too enjoyed speaking English as French is their primary language living back in their homeland.

Abi and her family are inspiring and I had the best time hanging out with Vero over two days and catching up with the girls for dinner.

I share a special photo from my visit.

Osu

Sempai Debbie

Dojo Report - Burnie

Burnie dojo will be breaking up for the year on Thursday 20th December and reopening on 8th January 2019. We will be going to the local beach for our last training session and follow up with a BBQ afterwards. Wishing everyone a Merry Christmas and Happy New Year for 2019.

Dojo Report - Colac

Colac continues to have a fantastic core of students training regularly in the general class. We continually admire their commitment and spirit in the dojo. We also have a great bunch of kids in the beginner's class. We're looking forward to some of them graduating to the general class next year.

Alongside the fantastic students that we have training, a shout out goes to the family members that support them. To the parents and grandparents of the crew training in beginners, well done and thank you. This class couldn't happen without you.



We have a great group of supporters in the general class as well; with special mention to:

Juggy – who is always there supporting Shelley and his girls; Juggy always steps up to help out with organised events, fight nights and promotion.

Phillip – who is at nearly every training session and is so supportive of Will and all of the tournaments, as well as a behind-the-scenes fundraising champion for the dojo.

Toni and Ben – who are always in the dojo supporting their girls and the dojo.

Members from Colac dojo have been lucky enough to have been a part of the junior camp with Charlie Wilson, Summah Wilson, Zeke Gage, Blake Wales, Charlie Holmes and Taylor Holmes all attending. They all returned having had a fantastic time and can't wait for next year. Whilst at camp Zeke, Charlie H, Blake and Taylor had the opportunity to show their progress in the 5th kyu and under junior grading. They all did very well should be proud of themselves.

We also had Taylah Murray and Will Nagele perform a successful grading in November. Taylah graded to 10th kyu and Will graded to 5th kyu. Well done to both of you.

We'd like to congratulate all successful grading candidates throughout the VKKA this year. There is no doubt that you all worked hard, demonstrated your ability and earned your current grade.

Colac have completed the 25 fight nights for this year, with Blake Wales being the champion fundraiser for the dojo. We're very proud of the efforts that Blake went to, to get sponsorship for his fights. We also recognise Charlie & Summah Wilson, who achieved 150 fights; William Nagele, who achieved 125 fights; Charlie Holmes

and Blake Wales who did 100 fights for the year. Well done.

The final training session for the Colac dojo will be on Thursday 20 December with a training session in the Memorial Square followed by a BBQ dinner. Please come and join us for our last training and bring your family and friends along to help celebrate.

We're looking forward to enjoying a summer break and will be back at training on Tuesday 5 February. Keep an eye on our Facebook page for reminders.

Osu

Sempai Steve, Sempai Leonie and Sempai Jenni

Dojo Report - Leopold

Osu all

The year is finally coming to a close and time for a much-needed time out with family and friends.

Our dojo has fluctuated from large numbers to smaller numbers but still hold a good base group. We must thank our students for their support for Sempai Jo Collier, who recently became Leopold's sixth black belt, and second female black belt. Sempai trained so hard this year and her focus was unwavering, particularly, since the Branch Camp, and the inspiration Shihan Penita and the other female black belts zoned her to the big day. All three of the instructors at Leopold welcome Sempai Jo to our ranks.

Sensei Peter and I recently went over to Shanghai for the World Tournament and as everyone now knows, found the Chinese government to be disappointing in how the China Kyokushin were treated. That being said, once the tournament finally got started, we were lucky to judge throughout the day and watch our highly motivated, experience Australian fighters do so well on the mat.

Another highlight was to see the International grading in which Sensei Ron Jorgensen, one of our original instructors at Leopold, gained his godan, now being called Shihan Ron.

We were privileged to be part of the Australian contingency cheering on the Australians at the grading.

Sempai Wendy

Dojo Report - Moriac / Winchelsea

What a year!

Moriac Winchelsea dojo has been represented at every event in the Victorian Kyokushin calendar

for 2018 and I thank a certain Blue Belt for ensuring I attended most of them. We call her Mrs Kancho since returning from China...

Memorial sweat sessions, Traralgon 10-year anniversary (Congrats guys), Tournaments in Traralgon, Portland, Geelong, Winchelsea and even China and Narre Warren 17-year celebrations. The Not-So-Small matter of \$12,888 raised for the RCH was a privilege to participate in. Congrats to all in the Branch.

National camp in Queensland, Senior/junior camps on the Peninsular.

Seminars in Warrnambool, Adelaide and Geelong. Gradings in Geelong and China.

As satisfying as these events are, the real joy comes from witnessing the success/development of others.

Congratulations to all those who have taken the next step this year. Be they be new Shodans, New Shihans or new Red belts. Well done for persisting and congratulations to you, your instructors and supporters.

Well done to all those who have had success in competition this year. Success is measured in many different ways, but participation is a key ingredient, so well done for having a go.

Our final training is scheduled for Thursday 13th on the banks of the Barwon River so fingers crossed for fine weather. See you there and also at the Branch breakup at Rippleside on Sun 16th. Lastly, thanks to Shihancho and the VKKA for providing the vehicles for all this development and thanks to our support crews for coming along for the ride in 2018

Dojo Report - Narre Warren

Looking back over the past 12 months you could be forgiven for thinking that you and the Victorian & Tasmanian Branch have been on a rocket ship ride.

The Branch has seen a considerable rise in numbers and the quality of students coming up through the ranks is excellent.

The Narre Warren Dojo has seen a surge in numbers of Junior students together with a steady increase in the number of adult students as well.

In March the Dojo celebrated our 17th year birthday with the biggest number of Instructors and students, headed by Shihancho enjoy a typical Kyokushin night of training and Kumite.

The Dojo has been actively participating in all the State Tournaments and both State and National Camps. This year we have had the pleasure of seeing more of both our Junior and Senior students participating in and enjoying the Junior and Senior Victorian Camps.

During the year we have also been very proud of our students who have progressed and graded to their new grades. Keep it up and you will achieve your goals.

Lastly, I am very proud to announce that Sempai Richard Freitag has achieved his Nidan and that Julius Wolfe is now a Shodan. This means that the Narre warren Dojo has a 3rd Dan, a 2nd Dan and a 1st Dan as instructors.

Well done to everyone who has put in during the year and we can honestly say that we are so proud of all that you have achieved. Our last training night will be on Thursday night for 2018 and that we will resume training on Monday 21st January, 2019 at 6.00pm.

Merry Christmas and a happy, safe and successful new year to all.

Sensei Ian, Osu..

Dojo Report – Timboon

We have accomplished another year training and have four new 10th kyu kids, two new 8th kyu and two new 7th kyu kids.

They are all enjoying their training and progressing well with their martial arts. Three of the kids stepped up for another 1-1/2 hours of training after they have trained for an hour in the beginner's class.

We have three adults plus Neil and I training in the general class plus the three boys and everyone puts in a great effort in their training.

Timboon would like to wish everyone a Merry Christmas and see you all next year.

Osu

Kind regards

Jenni Venner

Website:

Shihancho Gary has his own domain at:

www.garyviccars.com

and this site has links to the Branch homepage and Kiai as well as to the AKKA site.

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.