



Samurai Karate Australia presents....

The Heart of the Art

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SPECIAL POINTS OF INTEREST:

- Students prepare for the 3rd biennial Kawata Cup to be held in Kobe, Japan.
- Sensei Stuart Grey finds an inspiring correlation between the art of making Japanese swords and karate in, "The Last Word".
- A reflection from Shihan Darren Olsen Kyoshi.

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The Kawata Cup is just around the corner!

Australian Samurai Karate students have been rigorously preparing for the 3rd biennial Kawata Cup to be held in Kobe, Japan on Sunday, 6th. April 2014. The Kawata Cup is held every two years to honour the teaching of Kawata Soke, founder of Seikukai and most senior student of the late Grandmaster Tani Chojiro. As the successor to the original Goodwill Championships, this tournament has been encouraging international competition in friendship and honour, among our young karateka, for the past 20 years. The journey for our Victorian competitors began with the Kawata Cup team selections at the Samurai Interna-

tional tournament back in October 2013. They have since then been participating in extra training sessions together at the Honbu Dojo in Sunshine every second Friday.

Enthusiastic Queensland and Western Australian students have also been undertaking extra training sessions in preparation for the tournament.

As the team coach I would like to take this opportunity to thank all the instructors who have been dedicating

their time towards developing these young athletes for the Australian team.

I look forward to meeting and training with all of our competitors when the entire team convenes together for the first time in Japan on the 3rd of April.

Safe travels and I wish you all the best of luck.

Simon Hunt, Samurai Karate Australian Team Coach

The 2014 Kawata Cup Samurai Karate Australian team.



WA students finish 2013 with flair

For the last few years, WA students from both the Belmont and Karingyup dojo's have been coming together

for end of year training at Trigg Beach.

This year, students were given the challenge of cor-

rectly executing break falls.

Literally throwing themselves into it, they demonstrated courage and true Samurai spirit as they worked on this task. Students then moved onto kumite drills to enhance their speed, agility and movement before finishing the training with take downs and jo drills.

The participants – finishing with sandy smiles – their instructors and parents, concluded the day with a BBQ. What a great way to end the year!

Shidoiin Lillian McGinn (5th Dan Renshi)



An address from the top

Shihan Paul Mitchell
8th Dan Hanshi,
Samurai Karate
World Chief
Instructor



"Samurai Karate International has grown strongly not only in Australia but in New Zealand, Germany and the United Kingdom."

Shidoen Rocky Simmons
(5th Dan Renshi), QLD's
Chief Instructor, was
awarded Instructor of the
Year for 2013.

I am pleased to have been asked to contribute to this, our first national newsletter for quite some years. It has been very pleasing, over the last 12 months, to observe the enthusiasm and growth in our association. Samurai Karate International has grown strongly not only in Australia but in New Zealand, Germany and the United Kingdom. Our Women's Urban Survival Programs were hugely successful last year and in 2014 we are going to be running them again, not only in Victoria but in Tasmania, Queensland and Western Australia as well.

We will also be running them in Berlin in May. As a continuation of our community programs, all dojo's will be running a "Street Smart Kids" program. This program will teach, not only our Samurai kids but, youngsters in the communities we serve how to stay safe in what is becoming, a most dangerous environment for our children. Your Instructor will advise you of the dates set for your dojo. As I write this, our teams are looking forward to our trip to Japan to complete in the 3rd Kawata Cup. Nations competing in this competition are Australia,

Japan, USA, New Zealand, Germany and the United Kingdom. A great competition for young competitors and one where they will not only learn about competing but will share together a great cultural experience.

I look forward to training with you all at the upcoming Australian National Training Seminar and at the training camps in your State.

Until then I wish you great training.

Yours in Karate Do,

Shihan Paul Mitchell 8th Dan Hanshi

Samurai's Instructor of the Year

Each year this prestigious award is presented to an instructor who's leadership, commitment and dedication exceeds expectations. An instructor who selflessly contributes to the association, displays effective management practices within their dojo and best emulates the predetermined curriculum.

In 2013, the Samurai Karate National Instructor of the Year award was presented to Queensland Chief Instructor, Shidoen Rocky Simmons (5th Dan Renshi).

"Sensei Rocky was chosen because he consistently produces great students of the highest calibre despite his heavy work-

load outside of the dojo. He has also spent considerable time and effort developing new branding and apparatus for the organisation over the last 12 months." Shihan Darren Olsen (6th Dan Kyoshi) Samurai Karate Australia Chief Instructor.

Sensei Rocky has been studying karate for over 35 years and has been an instructor with Samurai Karate in South Brisbane, Queensland for 20 years.

One of his senior students describes him as; *"...tough but fair. Although sometimes a seemingly*

hard task-master, he has a knack for being able to get the best out of his students in order help them reach their potential. And hard work, dedication and persistence never goes unnoticed."

Congratulations Sensei Rocky!



Shihan Darren Olsen (left) presents Shidoen Rocky Simmons (right) with his award.

Women's Urban Survival Program - a huge success!

One of our biggest ventures last year was the introduction of our Women's Urban Survival Program's (WUSP's). Developed and facilitated by Shihan Paul Mitchell Hanshi, the programs are designed to empower women by giving them the basic skills they need to avoid becoming a victim of assault in an urban environment.

In association with the White Ribbon Foundation - who are dedicated to raising awareness and support for women who have suffered abuse - we have held six WUSP's over the last

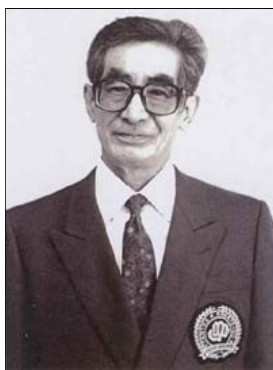
six months in Victoria. The program has been received with open arms by the broader community and after being inundated with requests,

we will continue to run WUSP's throughout 2014. Not just in Victoria, but in Queensland and Western Australia as well. Bookings are essential!

Shihan Paul Mitchell Hanshi teaches women basic self-defence that could prevent them from becoming victims.



Simultaneously celebrating a legend and his legacy



Tani Chojiro Soke

The 11th of January is an important date in the calendar of any Shukokai practitioner, especially for a student of Samurai Karate. It was on this date in 1998, that the founder of Shukokai Karate, Tani Chojiro Soke passed on. Having been a student of Sensei Tani himself, Paul Mitchell Hanshi has earmarked this date in every Samurai dojo calendar across the globe as a time to remember and reflect on the legacy he has left us.

Last year marked the 15th anniversary of his death and in a demonstration of unity, Samurai students gathered in their dojo's not just across Australia, but throughout New Zealand, the United Kingdom and Germany to spend time working on Sensei Tani's favourite kata, Superempai.

A brief glimpse at the history of Shukokai...

Shukokai was founded by Tani Chojiro in 1949. He started his formal karate training under Miyagi Chojun (founder of Goju ryu karate) whilst a student at Doshisha University, Kyoto. After some years Miyagi Sensei returned to Okinawa. Sensei Kenwa Mabuni - a friend of Miyagi Sensei and the founder of Shitoryu - took over his teaching. While still receiving instruction from Sensei Mabuni, Sensei Tani was teaching Kaicho Kawata Shigemasa who is the

residing international chief instructor of Shukokai today. Originally, Mabuni Sensei only taught the Naha-te system but eventually changed and began teaching the Shito system for which he became famous. On graduation from the university, Sensei Tani followed Mabuni to learn first the Shuri-te system before ultimately learning the developing Shitoryu system. After many years of training under Mabuni Kenwa Sensei, as one of his most senior students, Tani Soke received Shido Basho, title of succession, entitling him to use the name Tani-ha ShitoRyu. In 1949, whilst still a high school teacher Tani Sensei, with the blessing of his teacher, founded Shukokai.



Students work on Superempai in the Sangokan Dojo

Lynn Mitchell, Nicki Kingsbury and Sarah B. at the Victorian State Championships



Samurai Karate's Chief Referee reports...

A belated congratulations to Lynn Mitchell and Sarah B. for qualifying as State Judges for both kata and kumite in August

2013. Lynn Mitchell, Sarah B. and myself attended the Shitoryu Seminar on Chatanyara Kusanku on February 22nd

with Mabuni, Vice Head of Shitoryu KarateDo and Grandson of Kenwa Mabuni, founder of Shitoryu. The seminar was recommended for all intermediate to high-level competitors, coaches and kata judges. We gained valuable knowledge about the performance of the kata and

picked up some tips from world-class JKF kata coach Masae Sonoyama of Japan on kata training and performance. She was joined by Kiyou Shimizou, current JKF women's Kata Champion & U21 WKF World Champion and Rimi Kajikawa, current JKF Women's Silver medalist & gold medallist in numerous international kata championships, who demonstrated their extraordinary skills for us.

There was a Referee Seminar on March 1st prior to the Victorian State Championships held in Bundoorra on March 2nd that were both attended by Lynn, Sarah and myself. The seminar consisted of theoretical and practical components. I would recommend that more students (18yrs and older) and coaches attend these

seminars, as they would gain a valuable understanding of the rules that would assist with competing, coaching and refereeing.

After the State Championships the feedback for referees and judges from parents, officials etc. was very positive. I would like to congratulate all the Samurai students who participated, not only for their success in the tournament but also for the way they conducted themselves and the excellent sportsmanship they displayed. You are wonderful young ambassadors for Samurai Karate.

The three of us are now looking forward to officiating at the upcoming Kawata Cup in Japan.

Nicki Kingsbury
State Referee 'A'
Kata & Kumite

**Did you know...
that only 10
in every
10,000
white belts,
will become
a black belt?**

Karate Quiz!

Question 1

"Shito Ryu" comes from the alternate spellings of which two masters?

Question 2

Is the Shokokai logo of the left or right fist?

Question 3

What year did Tani Sensei form Shukokai?

Question 4

"Karate" means?

Question 5

What are the four major Karate styles?

Question 6

What is the full name for a Karate Gi?

Question 7

"Shukokai" can be translated as?

Question 8

In the Karate Kid Movies, Mr Miyagi first name is?

Answers on page 6.

A cut above the rest; Upholding tradition is the key

Why Samurai Karate?

Because we change lives.

**PROTECT.
DEVELOP.
TRADITIONAL
VALUES.**

Your instructors passion for guiding you on your journey comes from this idea.

Over the last three years, Samurai Karate has undergone various strategic structural changes and has seen our student and instructor base expand considerably. Therefore, I must take this opportunity to welcome aboard all of our new students and reflect upon what an amazing family you have become a part of.

You see, Samurai Karate isn't just a "club" or a "sport". We don't just "teach" karate, we offer you the opportunity to change your life. We pride ourselves on our traditionalism and set ourselves apart from other martial arts institutions by not only teaching real-world self-defence, but helping students develop and protect the traditional values of karate.

Our all encompassing, holistic approach is the fundamental reason Samurai Karate has become an internationally recognised institution. And in a world that constantly struggles to find a successful myriad of traditional values and contemporary expectations, it's not hard to pick a Samurai student out of a crowd.

But I must say, the ultimate reward as an instructor is to watch your students achieve their goals after years spent nurturing their karate development. And the skills and confidence we instil continues to resonate outside of the dojo. I have watched many students begin as children, continue their journey as adults, become leaders in their field and morally predominant human beings.

It is also important to recognise and thank my fellow instructors for their hard work helping to ensure Samurai Karate continues to uphold and maintain the values that make our association so special. For without your dedication, it would be impossible. And lastly, to all of our students. Enjoy the journey.

Shihan Darren Olsen, 6th Dan Kyoshi - Samurai Karate Australia Chief Instructor

Sensei Stuart Grey; The Last Word

The dojo: a forge of the karateka.

When a Japanese sword is made, like all handmade forged weaponry, it undergoes a procedure called tempering. Tempering is a process where the metal is heated, usually in a forge, then either cooled quickly in a water bath or left to sit and cool slowly. It is tempering that gives the metal its differing degrees of strength. Metal cooled quickly is harder which is ideal for holding an edge. The slower the metal is cooled, the softer and more resilient the steel will be. When a Japanese sword is made, it is painted with clay in varying thicknesses. This allows the majority of the blade to cool slowly in order for it to be able to absorb shock without breaking during use. The edge however, may have little or none of the clay applied to create harder steel that can hold an edge. The smith, after cooling, then assesses the metal and determines whether more hammering and tempering is

required.

Tempering, in short, creates an improved consistency or resilience of the sword. Similarly, the karate dojo creates an environment where tempering can occur within an individual. If the forging analogy is to be applied and extended to this scenario then the Sensei becomes the blacksmith. He creates an environment where the student is heated, cooled and generally put under stress. The Sensei must then assess how much heating a student can handle before needing to cool. This varies from student to student just as it varies from sword to sword. But the dojo is a special place. The Sensei is not the only one doing the forging. The students themselves have a responsibility to train hard and listen to their body, to push themselves further and know when to cool. The dojo is a forge that tempers the mind, body and spirit over time. Stepping into the dojo time and again knowing the pressure and commitment it takes to develop techniques,

being forced out of your comfort zone and repeatedly feeling inadequate and confused requires a hardening of spirit. It is the determination to push through and resist defeat. This is the true meaning of Osu. Like the blade being forged and tempered to achieve a hard unyielding edge, the body must learn it can absorb blows and become conditioned enough to recover and keep forging on. Our karate training needs to develop us in this way.

Jun Shidoen Stuart Grey, 3rd Dan

"The Sensei is not the only one doing the forging. The student themselves have a responsibility to train hard and listen to their body, to push themselves further and know when to cool."





Contact us...

Sangokan Dojo

Address: Glenburn, VIC
Sensei: Shihan Paul Mitchell (8th Dan Hanshi) - Worldwide Chief Instructor

BY INVITATION ONLY

Waverley Dojo - VIC

Ph: 0411 866 633
Address: 378 Blackburn Rd East Burwood
Sensei: Shidoiin Charles Bayliss (3rd Dan Renshi)
www.samurai-waverley.com



Runcorn Dojo - QLD

Ph: 0416 069 046
Address: Warrigal Road State School, 212 Warrigal Road, Eight Mile Plains
Sensei's: Shidoiin Rocky Simmons (5th Dan Renshi) & Jun Shidoiin Luke Brudenall (4th Dan)
enquiries@samuraiqld.com.au
www.samuraiqld.com.au
<https://www.facebook.com/groups/283189215475/>

Karrinyup Dojo - WA

Ph: 08 9446 6314
Address: Scout Hall, Huntriss Road Cnr Bartlett Crescent, Karrinyup
Sensei: Jun Shidoiin Don Godwin (3rd Dan)

Sunshine Dojo - VIC

Ph: 0414 500 886
Address: 54a Station Place, Sunshine
Sensei's: Shihan Darren Olsen (6th Dan Kyoshi) - Australian Chief Instructor & Brooke Olsen (3rd Dan)
www.shukokaisunshine.com
<https://www.facebook.com/groups/237678352367/>

Delahey Dojo - VIC

Ph: 0414 459 091
Address 1: Delahey Community Centre, 80 Copperfield Drive, Delahey
Address 2: Copperfield College Gymnasium, Kings Park Campus, Kambalda Circuit, Kings Park
Sensei: Fabian Carter (2nd Dan)
www.shukokai.com.au/delahey
<https://www.facebook.com/samuraikaratedelahey/>

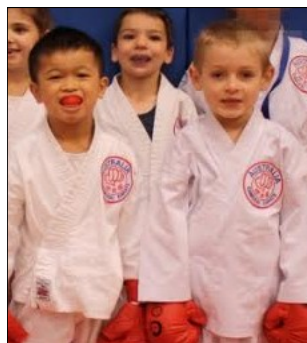
Darra Dojo - QLD

Ph: 0413 967 997
Address: Our Lady of Sacred Heart School, 115 Darra Station Road, Darra
Sensei: Jun Shidoiin David Blake (4th Dan)
enquiries@samuraiqld.com.au
www.samuraiqld.com.au
<https://www.facebook.com/groups/283189215475/>



Wantirna Dojo - VIC

Ph: 0407 875 409
Address: Napier Park Scout Hall 998 High Street Road, Glen Waverley
Sensei: Mark Richardson (2nd Dan)
www.samuraiwantirna.com



Croydon Dojo - VIC

Ph: 0477 856 557
Address: Corner Tallent St and Croydon Rd, Croydon
Sensei: Shidoiin Craig Taylor (4th Dan Kenshi)
<https://www.facebook.com/pages/Samurai-Karate-Croydon/390275147736560>

Carnarvan Dojo - WA

Ph: 0439 902 970
Address: PCYC, Robinson Street, Carnarvon
Sensei: Shidoiin Lillian McGinn (5th Dan Renshi)

Perth Dojo - WA

Sensei: Shidoiin Ian Barlow (7th Dan Kenshi)

OPENING SOON

Denham Dojo - WA

Ph: 0429 481 446
Address: Denham Shire Hall, Hughes Street, Denham
Sensei: Janine Standen (2nd Dan)

Laverton Dojo - VIC

Ph: 0488 883 656
Address: 95-105 Railway Avenue, Laverton
Sensei: Simon Hunt (3rd Dan)
<https://www.facebook.com/groups/samuraikaratelaverton/>

Tarneit Dojo - VIC

Ph: 0414 500 886
Address: 81 Baden Powell Drive, Baden Powell College Art Room, Tarneit
Sensei's: Jun Shidoiin Luke Olsen (3rd Dan) & Tom Olsen (3rd Dan)
<https://www.facebook.com/groups/467574853310635/>

Belmont Dojo - WA

Ph: 0417 939 037
Address: All Saints Anglican Church 300 Belgravia St Cloverdale
Sensei: Natasha Fabian (3rd Dan)



Franklin Dojo - TAS

Ph: 0422 489 979
Address: Palais Theatre Huon Hwy, Franklin
Sensei: Jun Shidoiin Stuart Grey (3rd Dan)
samuraikaratetasmania@gmail.com
<https://www.facebook.com/Samurai.Tasmania>

Karate Quiz answers:

1 - Itosu and Higaonna. 2 - left. 3 - 1949. 4 - "empty hand".
 5 - Goju Ryu, Wado Ryu, Shotokan and Shito Ryu. 6 - Keikogi or Dogi. 7 - "way for all". 8 - Kesuke.



2014 calendar highlights

15th -22nd March Grading Week	31st August Victorian Samurai Karate Tournament
1st-10th April Kawata Cup trip	12th-14th September WKF Oceania
11th-13th April AKF Australian Open	15th-18th September Grading Week
1st May Black Belt Grading	4th October AKF Gala Final
2nd-4th May Victorian Gashku	11th October WUSP—Laverton Dojo
25th May Victorian Samurai Karate Tournament	23rd-26th October Queensland Gashku
1st June AKF Shukokai Open	25th October WUSP—Queensland
6th-8th June Western Australian Gashku	6th November Black Belt Grading
15th-21st June Grading Week	7th-8th November Victorian Student Gashku
21st June WKF Indonesian Open	9th-14th November Sangokan International Gashku
1st-3rd August AKF Nationals	5th November Shido & Shogo Gradings Australian Adults Awards Ceremony
24th August Goodwill Tournament—Queensland	7th-12th December Grading Week

EDITOR'S NOTE...

Special thanks must go to everyone who contributed to this newsletter. In particular Sensei Paul Mitchell, Sensei Darren Olsen, Sensei Lillian McGinn, Sensei Stuart Grey, Sensei Natasha Fabian, Brooke Olsen, Simon Hunt, Beck Porteus, Nicki Kingsbury, Lynn Mitchell and Sarah B. Your efforts were very much appreciated.

Regards, Melinda Preston.