



*New Zealand
Kyokushin Karate Ltd.*

Affiliated to IKO Matsushima

KURO OBI SHINZA

(Black-Belt Grading)

7 December 2014 – St Bernard's College
Lower Hutt – 9.30am - 2pm

Programme

WELCOME



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

In addition, we have the privilege of witnessing the rather rare spectacle of a female (at the tender age of 53) putting her body and mind through the arduous test to achieve the rank of Sandan and the title of Sensei (Teacher).

The mixture of age and youth (experience and enthusiasm) amongst the candidates will no doubt add an additional dimension.

Our style of karate is renowned around the world as the "strongest karate" due to the physicality of the training and the full-contact nature of our tournament fighting.

The technical, emotional and physical demands of such a grading, coupled with the years of dedicated training needed before reaching this stage in a persons karate life means that relatively few students make it through to black-belt level, let alone 3rd dan.

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

OSU

Shihan Peter Jennings
Branch Chief
IKO Matsushima



SANDAN CANDIDATES PROFILE

Name: **Bev-Anne JENNINGS**

Age: 53

Commenced training:

Nam Wai Pai - 1993

Kyokushin - 2000



SHODAN CANDIDATES PROFILE

Name: **Daravut NGUON**

Age: 44

Commenced training:

Kyokushin - 1983





Name: **Robert-James
(R-J) COULSON**

Age: **14**

Commenced Training:
Kyokushin - 2009

Name: **Rhiannon WOOSTER**

Age: **13**

Commenced training:
Kyokushin - 2005



Name: **Jacob Waretini**

Age: **14**

Commenced Training:
Kyokushin - 2006



SHINZA PROGRAMME

Grading Officials:

Branch Chief (Examiner)

Shihan Peter Jennings

Grading Co-ordinators

Shihan Richard Wooster
Sensei Julian Browne

Facilitating Sempai (Assistants)

Sempai Lisa Heke-Baker
Sempai Lawrence Ritchie
Sempai Mitch Horwell

Kumite (Fighting) Co-ordinator

Sensei Ron Discombe

Pre-grading day requirements

Essay (Shodan Candidates)

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

Class Instruction

The candidates have already demonstrated their ability to competently:

- Start and finish sessions (including reciting Dojo Kun).
- Take class warm-up
- Demonstrate, and count basic (Kihon) techniques in prescribed order.
- Describe, perform and correct medium level (up to 3 technique combination) Ido Geiko.
- Take class through Taikyoku and Pinan kata – making corrections to students' stance and technique as appropriate.

Grading Day Requirements

Strength/Stamina

Exercises in accordance with IKO Matsushima senior dan-grade requirements

Ido Geiko (Moving basics)

10 combinations –using variable basic strikes, kicks, blocks in formal stances - to be advised during grading

Renraku (Combinations)

10 combinations of own making (from fighting position)

Ippon (one-step) Kumite

Own choice of blocks and retaliations against:

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

Sanbon (three-step) Kumite

10 combinations to be advised during grading

Kata (Patterns)

ALL:

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

SHODAN CANDIDATES:

Own Kata

SANDAN CANDIDATES:

Garyu	Kanku
-------	-------

10 Minute Break

Tameshiwari (Board Breaking) –

Shodan Candidates to decide any three of the following:

- 1 Seiken Waza (Punch)
- 1 Shuto Waza (Knife hand)
- 1 Hiji Waza (Elbow)
- 1 Geri Waza (Kick)

Self Defence – Shodan Candidates

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

10 Minute Break

Jiyu Kumite (Free fighting)

Shodan Candidates - 40 bouts

Sandan Candidate – 30 bouts

Spirit Test

As advised at grading

Grading Ends



Subject: Kyokushin Kai and I

Kyoku meaning "Ultimate"
Shin meaning "Truth" or "Reality"
Kai meaning "Society" or "Association".

Kara meaning "Empty"
Te meaning "Hand"
Karate –empty hand

Osu!!!

Firstly, I would like to say thank you to Shihan Peter Jennings for the opportunity for me to do this Shodan (blackbelt) Grading.

I first started Kyokushinkai Karate in 1983 under Sensei Jack Gibbons at Newlands Primary School, Wellington, after a friend asked me to come along. I loved the physical work out, the fitness, the co-ordination, and the discipline (and managed to break my arm during a kumite (sparring) session. I remember Sensei Jack used to put us through a pretty good work out, i.e. stepping on our stomachs while we lay on our backs with both legs 6 inches off the ground, press ups on our knuckles or two fingers. We would run around a football field every now and then for warm up. Sensei Jack was a very small man, short but very strong, solid and fast. He used to get us to do demonstrations of kata and breaking boards at Johnsonville Mall as a youngster and I loved every minute of it. Most of us graded pretty fast back then, because we didn't have black tip between the colour belts. In 1986, I graded to 1st kyu. But unfortunately, I wasn't disciplined enough to continue training as my time got busier with other things at that age i.e. other sports, school and other things ☺.

Twenty-six years later, after I had been encouraging my children to take up karate for a very long time, eventually in 2012 all three of them joined the Marist Kyokushin Kai Karate Club in Johnsonville. I had looked at several other styles and clubs, but was looking for a Kyokushin Kai Karate club nearby. It had to be Kyokushin Kai Karate because I believe in the toughness work out and the reality of the training you put in when you have to confront a situation. Thankfully I have not had to use my karate at all as a youngster to defend myself, apart from a few loud verbal confrontations and then walk away because that is not what it is all about. Karate gives you the discipline and the confidence to walk away.

A year later, I decided that I had better join the club as well, along with several of my work colleagues. It had been 27 years since I had done any karate training. The first day back was like the first day at school all over again and had forgotten all the kihon jutsugo (basic terminology) of the techniques, but Shihan Peter was very accommodating and did I work out a sweat! It doesn't matter if you make mistakes, or are uncoordinated, this is the place where can you fix all that. It is a great fitness to get into at the same time as you learn the techniques to defend yourself. Kyokushin Kai is a very tough martial art, full contact kumite (sparring) using combinations of basic techniques. To me it is like teaching you what the reality would be if you got into a situation that you cannot avoid (you should always try to avoid in any circumstances, however if you cannot avoid then you must defend yourself), "How you train is how you fight" ... Hanshi Tylor said (from the June Karate Camp).

Repetitive Kihon (basics) and katas (patterns) might seem boring session after session after session but practice makes good technique, and depending on the amount of effort you yourself put into it, this can make it more strenuous. "1000 days completes a beginner, 10,000 days competes an expert" Mas Oyama (founder of Kyokushinkai). Practice and practice to develop and maintain physical strength and learn effective self defence technique

The basic philosophy behind Kyokushin karate is that strength of body *and* character come from continual challenge and through hard work. Like many other martial arts styles, the idea is that through rigorous training one learns self-discipline, which can be applied to self-improvement in other areas of one's life

Kyokushin places a very strong emphasis on learning how to *fight* efficiently
Despite its seemingly-brutal nature, Kyokushin is firmly rooted in the notion that one should treat others with courtesy and respect, and that *real* fighting (as opposed to sparring) is something that should be avoided whenever possible. As such, the Dojo Oath for Kyokushin karate is as follows:

We will train our hearts and bodies, for a firm, unshaken spirit.

We will pursue the true meaning of the Martial Way, so that in time our senses may be alert.

With true vigor, we will seek to cultivate a spirit of self-denial.

We will observe the rules of courtesy, respect our superiors, and refrain from violence.

We will follow our religious principles, and never forget the true virtue of humility.

We will look upwards to wisdom and strength, not seeking other desires.

All our lives, through the discipline of Karate, we will seek to fulfill the true meaning of the Kyokushin Way

During my one year back, I have seen my karate colleagues get stronger, faster, more coordinated and confident in themselves. Four months back into training Shihan Peter asked me if I wanted to compete in the Easter Tournament in the Veteran Category (over 40 years old). I said "ok, in the Veteran category only, that is ok us old guys can throw a few punches and kicks", but I found out on the day of the tournament that all the veteran's had pulled out, so the tournament organizer had put me into a middle weight division, fighting younger, fitter, faster and probably stronger guys, "ooohh ssshh...t!!!" But I managed to survive and come second for middle weight division along with lots and lots of bruises, and probably the only fighter in New Zealand to have won a trophy without having to fight (in the Veteran category).

Approximately eight months later, Shihan Peter said "Dar, I think you should start training for your shodan (black belt) grading" I was a bit surprised, a bit nervous and thought Shihan was joking deep inside, the thought of a blackbelt grading after being absent for 27 years. But he was not.

I am glad that I got back into kyokushin kai karate training, I really enjoy the physical work out, making new friends, joking and laughing at the senior training, (before and after training off course), a great way of winding down after a hard day at work.

OSU!!!!

Daravut Nguon

My Journey

*By R-J Coulson
Jnr Black Belt*

I was first introduced to Kyokushin Karate when I was 5 years old, but I didn't have the means to pursue it fully, I joined Wooster International just before my ninth birthday in 2009. I remember the day my mother took me to check it out, I was nervous and didn't know what to expect, walking into the room my heart was pounding, there were people doing homework and Senpai Jennifer said this is where some of our students come to get homework done before or even after training, I was taken into the other room where there was a training class happening and Senpai asked if I would like to jump in, I was so amped and excited I did. From then on Kyokushin became my world.

At that moment my mother was the driving force behind me pursuing the long hard journey from boy to the man I want to become. My mother's main goal was to fill my life with sports and activities to help me accomplish anything I set my mind to, she knew I had the potential to do great things. As a Maori/Pacific Island descendant, she wanted to make sure I was not to become the typical no hoper on the doll with no prospects in life, our society has classed as normal, my mum did not want that for me or my future.

Throughout the years I have accomplished many things I thought were impossible for me to handle, but have gained knowledge to help deal with those through Karate. As I started getting into the trainings and the focus on what I wanted to become, what came next blindsided me, not only were these people my team and training comrades but they were all sliding into the position of Whanau and the dojo became my second home, we do a lot of team building exercises as a group like the confidence courses and trips away to karate tournaments and activities at the dojo I thoroughly enjoy them. At my first grading I felt I was prepared, that's what I thought when I was going through the techniques and blocks. A whole lot of nerves were going up and down my spine at the time and was eager to see if I could do the spirit test, although it was hard I pushed through with a lot of sweat and tears, to be awarded 10th kyu was the best feeling ever and I decided my ultimate goal was to carry on and get my black belt. Every grading since the first has had its challenges and a few times I

have made the grades I have gotten to this day that much more personal to me and my family, it is this sense of achievement that will make my journey last throughout my legacy.

Ever since I graded to 2nd kyu I have had to take classes on Mondays and Wednesdays, so I get the confidence of teaching. I taught Ninja Tigers and sometimes the seniors in the later classes like basics, exercises, fun things as well even though I was nervous I pushed through and did it, however a few times I think I may have forgotten some of the commands. Most of the time the kids were hard to teach because of there listening skills or no listening skills but I remembered that they were just kids and I needed to be patient with them and through that in the end they still learnt new stuff everyday which boosted my confidence like so much more.

Throughout my years I have been to three beach trainings at Waimarama beach. We all line up in norundai and get greeted in and are taken over stretching and basics, next thing we did was water excersise, we ran into the water with a bottle to fill it up buckets but the bottles have holes in them so it made it a bit challenging. After that we had to go under eachothers legs while in the water. It was the best fun of my life.

Another activity is the karate camps, I've been to three camps, once as a 5th kyu, 1st kyu and junior black belt, we were put into teams, Taka, Tora, Same, Wane, I was put into Tora with the leader called lucho. We did skits, self-defence and a confidence course which I really enjoyed, later that weekend my team won at the last minute, I was jumping with joy since it was the first time I had been to a camp. The last camp would have been my best as I was team leader, it was nerve racking being in charge of a group that depended on me to get them to first place, as an individual I was praised for my creativity in making up my own Kata, that was the highlight of that.

If it wasn't for the kind hearted people in the club, plus the fundraising we all helped with I would not have had the opportunity to go to tournaments, camps, beach trainings and grading's. So the success I have achieved is not just mine or my families but it also belongs to each and every student that is a part of my dojo. All the hard training has also contributed to me gaining osuness when it comes to tournaments, mainly the full contact side of it. At the dojo I had to hold my ground and handle the hearty blows from not only my own age group but also the senior line as well. I class myself to be a solid rock due to all the hard sparring and pain conditioning I have experienced, this training and future trainings will be my lead up to one day competing in a world tournament in the future, I know with dedication and hard work

I will fulfil that. My time with Wooster Kyokushin has been a huge part of my childhood through to my teens and one day I will share the knowledge I have learnt and pass it on to the next generation. I hold a lot of respect and gratitude to Shihan Richard Wooster and consider him to be one of the best full contact instructors in the world and I am truly honoured to be a part of his teachings and that of all the instructors that have helped me get to where I am today, the art that is, Kyokushin is not only mine but every person that has trained in this style. **OSU!!!**

JACOB WARETINI

My name is Jacob Waretini I've been doing karate since I was 6 years old. My first instructor was Shihan Solomon Purcell, my mother put my sister and I in karate because we had nothing else to do. Mum especially put me in karate because I was clumsy, uncoordinated and a wee little fat thing. My first coloured belt was red belt, 10th kyu. After six months with Shihan Solomon's dojo, we moved to Sensei Richards' dojo in Havelock North scout hall.

When I was in the first grading for 9th kyu, I was last in the running, I couldn't do a press up or any form of exercise, and when I left the sparring I felt bruised and defeated.

At the age of seven I started to get really bored with karate. It felt like it was just basics and kata so I walked up to my mother after training, said I quit and I stormed out into the car park. Knowing Sensei Richard, it wouldn't be that easy. He ushered a small Jacob into his office, being only 7 years old I was petrified. I walked into Sensei's office and he asks, "Jacob what do you want to do in Kyokushin karate?" I didn't say a word because I didn't really know, but then he says, "Do you want to go to a world tournament?" and I knew then that I had a new goal in life.

From that day on I've stuck with karate, I want to make my dream come true. To fight on that world stage is my biggest goal. Training with Sensei Richard has helped to toughen me up for the real world. No matter what life throws at me, I can always rely on what I have learnt in Kyokushin and from Sensei Richard to push through and come out knowing I did my best.

In all my years of doing Kyokushin karate and being in so many tournaments and gradings, there are few that stand out in my mind.

I was put into my first tournament situation at the Hastings race course. My very first fight was against a girl named Rhiannon Wooster, and man did I learn that girls can hit too. Mum had always told me never to hit girls and I didn't know what was going on, I didn't know when to kick or punch. After that I still wanted to do karate and tournaments. I wanted to show mum I wasn't afraid to get back in the ring.

My second fight was at the Hastings sports centre and I won first place in full contact, it was one of the happiest days of my life. After that day I have won many placing's and fought at various venues, but none were more memorable than that day.

There was one part of my life were I was overweight and Sensei Richard couldn't find me a full contact fight. When another dojo instructor, Mardi, offered to help me lose weight, I was thankful for the chance to improve myself. Through many months of training and hard work I lost 12kg, grew slightly taller, my hair was not so oily and I felt good about myself. I am now able to find people to fight and have achieved a fitness level I didn't think was possible for myself. Realising I needed to change was the hardest part of my karate journey. Reaching that small goal has just motivated me more.

Learning karate has being the hardest and most enjoyable part of my life, maybe we get into a couple of hard fights but that's just Kyokushin.

Sensei Richard always been a good sparring partner for me, he teaches me to how block unsuspecting techniques, such as shin kicks or those sly rib hooks. Conditioning training has played a big part in the love I have for Kyokushin. The harder you get hit, the stronger you become.

The best thing about doing karate is that I am not so clumsy and I am more coordinated than I ever have been, I've got better balance and I have the courage to take a class. At first taking a class was pretty scary Sensei would give me a list of instructions and I had to teach everyone. Knowing there are 20 people, sometimes 30 people, looking at you for guidance is pretty freaky.

Sometimes the dojo may go down to the park or local pools and have a fun day. The club is like my family. There are all sorts of cultures and different people, but we have each other's backs though hard times, celebrate the good times and laugh in the fun times through our shared journey in Kyokushin.

What I want to achieve in Kyokushin karate is the same as many dedicated fighters, I want to go around the world fighting full contact against the best. But, ever since that day I was a 7 year old boy in Sensei's office my biggest goal has been to reach black belt and represent my country, my dojo, and my family in the world tournament.

As I get older I would like to become a police officer. I think doing martial arts will become a big part of that, the strength and discipline from Kyokushin is now a part of who I am and that "mind over matter attitude" is an important thing to have.

Karate will always be a big part of me when I get older because I have so many good memories and lots more to come. One day I will teach my children and they will teach their children Kyokushin karate. Through the hard times and the bad times karate will always be a big part of my life and knowing all this good knowledge will be passed down generation to generation makes me appreciate it more. I would like to thank all the people that have supported me, but that list would be too long. I will always be grateful to my mother for

bringing me to karate and driving me all around the country, and Sensei Richard for just being him.

Remember a black belt is a white belt that never gave up

OSU.

Journey well trodden

Rhiannon Wooster

Being brought up in a Martial Arts family and having older siblings who have been in the same place I stand right now is an honour and a privilege .

My name is Rhiannon Wooster and I first started Kyokushin Karate when I was just 4 years old .I was literally born in karate , so naturally it was going to be my chosen major sport.

My father is currently a fifth degree black belt (Shihan Richard Wooster) and my 3 older sisters are 2nd degree Black Belts (Sempais' Kitiara , Jackie and Shannon) . Knowing I had to work hard to follow in their footsteps was at times a struggle but with perseverance and determination , I knew with their help and my dads they will prepare me the best they can but only I can achieve .

I started karate to help me build up my self esteem and confidence , which as a middle child I lacked .I was bullied at kindy and then it followed throughout the first year of Primary .I realised then that I wanted to learn karate to be able to defend myself .

Karate has taught me that having the knowledge does not mean I need to use it and there are always other ways to deal with bullies .The best is to just walk away and take back my power - to choose to be bullied or not to be bullied .

My first tournament was at the Hastings Sabotan against my fellow Black Belt candidate Jacob Waretini. . I fought with all I had and beat him which was the start of many placings' throughout the years to come .

Coming through the ranks starting as a Ninja Tiger and obtaining my orange belt(a grade that only Ninja Tigers can get) , it did get harder and harder until I got to where I am now , a Junior Black Belt .

Being in a karate family and having a high grade father and sisters , has great expectations that even the most conscientious student would find daunting at times . My mum has just got her Black belt recently and it is my inspiration to go for mine also.

I have competed in many tournaments

- Easter Nationals

-Hamilton Nationals

-Wellington Nationals

-Tauramanui and Rotorua (Gosukaru)

-Fielding tournaments

-KIMA tournaments

-KAWERA tournaments

I have been to many camps

-Wellington National Camp 2008-2014

-Taupo

Beach trainings

-Waimarama Beach Training 2006-2014

I also attended, assisted and was awarded a certificate from HMAA-Hastings Martial Arts Academy for participation in an OSCAR approved holiday program.

I am currently teaching and assisting in two classes two days a week while also attending my own 3 classes three days a week. I enjoy my teaching classes ..

One class consist of students 5 to 10 years old beginners / 9th Kyu and below .

And the other is 7 to 11 years beginners / 8th Kyu to 6th Kyu .

I find the challenge to teach younger children is much harder to do but more rewarding. Compared to students that are older and already have the ability to learn quickly and adjust .

As a saying in our club goes "if you can teach a child to achieve and do the best they can , then half the battle is won " .

Today I am a confident , self disciplined and committed student of Kyokushin Karate and it is my goal to one day compete in the World Tournament in Japan and represent my country with pride .

Until that day my goal at present is to achieve my International Black Belt and wear it with pride to compete overseas and represent my family , my dojo and my country .

I can achieve if I believe because how we train is how we fight. With the spirit of Kyokushin .

OSU