

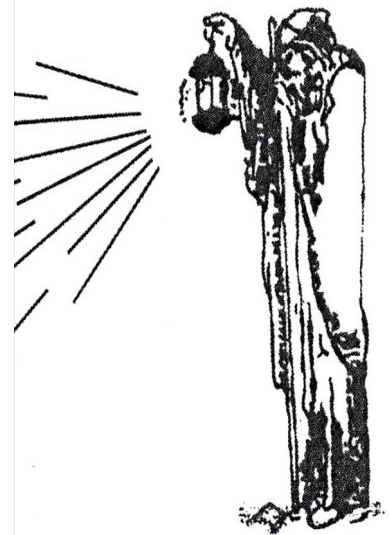
# Dojo Timaru

## Birthdays

2014

Senpia Eileen 15th August  
 Senpia Chris 9th September  
 Senpia Mark 23rd September  
 Sei Shihan Michael 26th September  
 Senpia Christine 30th September  
 Senpia Peter 1st October

A drop of water in  
 an ocean cannot  
 understand the  
 seas or the wave  
 that casts it up on  
 a sandy beach



### WHERE IT HAPPENS

The sciatic nerve is the largest in the human body. It runs from each side of the lower spine, through the rear of the thigh and down the leg, connecting the spinal cord with the leg and foot muscles.

**HOW YOU DAMAGE IT** By general wear-and-tear, overuse of back and shoulder muscles or from sudden pressure on discs that cushion the vertebrae of your lower spine when you stack too much weight on a bench press or squat. The gel-like substance inside the discs bulges and touches the sciatic nerve, causing pain.

**DANGER SPORTS** Weight-lifting, cricket, karate and wrestling

**WHAT IT FEELS LIKE** Agony. Sciatica usually affects one side of the lower body, with the pain starting in your lower back, then going all the way through the rear of your thigh and down to the foot. You might be suffering from sciatica if you feel a pain in your bottom or leg that gets worse when you sit. The final misery? A constant pain in your backside or a shooting pain in your lower back, making it difficult to stand up.

**FIX IT** Use the RICE method (Rest, Ice, Compression, Elevation) or take two anti-inflammatories, such as Nurofen Plus, when in pain. If you have weakness in your legs or bladder/bowel trouble, see your GP. He'll suggest an osteopath, physiotherapist, chiropractor or electrotherapist. All will try to relieve the inflammation at the root of the nerve.

**HOW LONG UNTIL YOU'RE BACK?** Most of the pain comes from the inflammation and will lessen in two weeks to a few months. But be sure to stay active. Non-impact, aerobic exercise such as swimming, is suitable. Light, lower-back strengthening moves and stretches are beneficial, as are pilates and yoga.

**PREVENT IT** Strengthen your lower back and abdominals with leg raises, sit-ups, and back extensions. Also make sure you sit correctly at your desk - feet flat on the floor, spine in neutral and shoulders pulled back. Your mum had a point - stop slouching

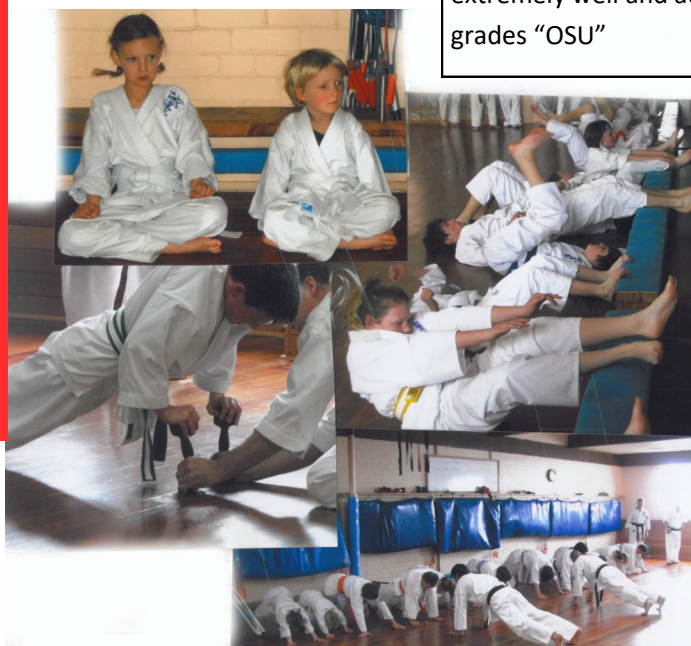
OUCH! THAT HURT

No 5: Sciatica



### General Grading 21st August

13 Students went for a general grading on the 21st starting at quarter to 11 highest going was Bailey for 3rd Kyu and beginners Julia and Max Munro all went extremely well and achieved their grades "OSU"



# Centenarian loved people, water and life

A Picton centenarian who swam every day and pumped weights has been remembered for his determination and passion for life.

Ian Mathieson, 100, died at Wairau Hospital on Sunday, surrounded by family, after a short illness.

He celebrated his 100th birthday on May 8. At 98 he was the oldest participant in the South Island Masters Games and the oldest regular swimmer at the Marlborough Lines Stadium 2000 pool.

Mathieson was born in Havlock.

His father was a police constable and the family moved around the South Island.

After attending Timaru Boys' High School, he trained as a pharmacist in Christchurch.

During World War II he served in the medical corps in the Middle East for three years.

On his return from the war, while visiting his sister in Mayfield, he met June Harrison. They married in 1948.

They lived in Geraldine, where he ran Mathieson's Pharmacy and they raised their children, Neil, Brent and Vicki.

He was a keen sportsman in his youth and coached his children in swimming and running. His dry humour is remembered with fondness.

He retired, aged 63, and moved to Waikawa Bay in Picton.

Ian Mathieson enjoyed boating, fishing and water skiing.

"He loved the water. He wasn't a natural by any means but he wanted to keep mentally and physically fit."

Until two weeks before his death, he worked out in the stadium's gym and walked in the pool.

"He was exceptionally determined, a trait we loved him for," Vicki Mathieson said.

He is survived by three children, seven grandchildren and two great-grandchildren.



**Ian Mathieson**

## A KARATE MASTER AT THE AGE OF NINETY-SIX

Okinawa is the birthplace of karate. It is also the home of a man called Seikichi Uehara, who at the age of ninety-six was still teaching a rare karate-like martial art (mutubu-udundi). And he wasn't only teaching it; he was still extraordinary proficient, as he demonstrated on 1 January 2000.

On the first day of the new millennium, Seikichi Uehara, only four years short of 100, was featured in a New Year's Day boxing match that was televised throughout Japan. His opponent was Katsuo flyweight champion, also from Okinawa. It was quite a spectacle. The bout began with the young boxer, nearly 60 years the junior of Seikichi Uehara, punching powerfully and repeatedly at the older martial artist. But his blows never landed. The old master, displaying amazing flexibility and agility, kept evading every punch the younger man threw at him. Deftly twisting and turning, he managed to avoid the lightning-fast blows of the powerful former world champion boxer. This continued for more than twenty minutes, during which time the older man never sought to strike a single blow. The young boxer, Tokashiki, was becoming increasingly exasperated and fatigued.

Eventually, a moment arrived when Tokashiki dropped his guard. At that precise instant, the ninety-six-year-old Okinawan martial artist deftly landed one sudden blow, knocking the boxer off his feet, and the match was over. It was his first and only punch of the match. As the young boxer left the ring in a daze, he kept shaking his head in disbelief, muttering, 'I can't believe it! The old man beat me! I couldn't hit him!' Tokashiki was stunned, but not seriously injured. It was clearly the intent of the older martial artist to defeat, but not to harm him. The philosophy of the martial art of mutubu-udundi teaches people to avoid confrontation, and calls for striking only after all other options have been exhausted.

When Seikichi Uehara later spoke of the match to researchers conducting the Okinawan Centenarian Study, he laughed and said, 'it was nothing. He was just too young and had not matured enough to defeat me.'

The performance of this ninety-six-year-old man presents quite a contrast with the prevailing experience of ageing in the west, where most people think it inevitable that, as they age, their muscles will weaken, their reflexes slow down, their eyesight deteriorate, and their physical co-ordination plummet. Seikichi Uehara is no doubt extraordinary even by Okinawan standards, but his example speaks vividly of the human potential for healthy ageing



## Nidan Grading September 20th

A Nidan Grading was held at the dojo on Saturday at 2pm by Sei Shihan Peter Searle from shibu. Going were Senpais Mark Crowe and Peter Martin both from Timaru dojo. Starting off with seido kihons left and right sides kata, line walk, Bo moves, and eventually Sparring both showed great skills and fitness. The grading went for

2 ½ hours each giving a talk about there essay at the end

-Well done- “OSU”

Later that night some of the Black Belts and wives went and had a meal at the Grosvener Hotel

A funeral was held for Geraldine Karate student Christopher Hollard at the Woodbury Hall on 6th October. The Hall was packed out with many from the small community along with so many karate students from Geraldine, Temuka and Timaru a guard of Honour was held at the end by sei shi John “OSU”



A Special Grading weekend was held (somewhere) going were Bruce, Graig, Glennys Johnstone, Peter Flowers, and Sandria Wiggims, All 5th Dan Kyoshs. It is believed that the intensive weekend paid off and all become Jun Shihans. Well Done

“OSU”



- > Camp - First week December 5th/6th/7th
- > Attempting Yondan at the camp will be Senpia Eileen
- > Break up and general grading will be December 14 10.30pm



Special Calendars for 2015 Now Here \$3.00

## NELSON 40TH ANNIVERSARY

After a 10 hour road trip (we did Sleep on the way) we arrive in Nelson on Friday night. In the afternoon at the dojo the start of the class outside and the whole street is awakened to the sound of drumming by a group of Japanese drummers. We all line up and what an impressive line up it is with so many seniors. After a short class and with demonstrations by Jun Shihan Steven Jo verse Jo, Jun Shihan Aaron Yakusokus, Jun Shihan Jane Sai and finally Hanshi Andy breaking a rock.

The evening reception at the boat house Wakefield Quay was packed out with everybody enjoying themselves. Good to see Senpia Karen and Graham from way back in time. Well done Nelson on Achieving 40 years.

“OSU”



## 2014 BLACK BELT DINNER

At The George > 50 Park Terrace > Christchurch Central

Hanging out at the Black - Belt dinner in Christ-church were Myself and Pamela, approx 90 people were present and a great evening had by all. Saved going out for my birthday by oneday and I wouldn't have gone to the George so a great night out with excellent people. We both enjoyed it immensely.

“OSU”

