

“All from the beginning, a free spirit.”

SHINDO NEWSFLASH

The best Victorian Championships yet?

A big call!! Shindo had yet another dominant performance at the Victorian karate championships on the weekend winning a phenomenal 11 Gold medals along with 3 silver and 9 bronze. While I have not yet seen to the full results I would expect that once again we are the number one club in the state.

In addition to the fantastic medal haul we had 31 students invited to be part of the Victorian Karate Squad.

INTERESTING STATS

- We won the Girls 10yrs, 11 yrs, 12 yrs, 13 yrs, 14/15yrs 47-54kg and 16/17 53-60kg.
- In four of these divisions we also won at least one of the minor medals.
- We won 9 of the 16 sparring division we contested.

HIGHLIGHTS

The highlights started early in the Children 12 and under team kata. Last year's national silver medallists in this division, **Alex Loughnan** and **Jasmyne Portelli** were joined by **Jayden Bullard**. Jayden was very nervous before the event in his first major tournament but he performed beautifully under pressure to help his team take the Gold. Also in this division the team named 'Shindo littles' by the organisers, 8 years olds **Emily Kro**, **Nicholas Stuhldreier** and **Max Noble** took the bronze in a promising start to major tournaments.

Competing in the Girls 9yrs and under kata **Tahlia Portelli** has always had lovely technique. This time she also showed off her new found power. She performed wonderful versions of Heian Nidan and Heian Shodan to take the Gold medal in a convincing display.

After a break for tea we finally got to the sparring divisions, traditionally our clubs strength. **Sarah Noble** got us off to a great start taking the Gold in the Girls 12 years beating three time National champion Jessica Saveska on the way. **Taylor Mason** took bronze in this division after staying composed under pressure in a come from behind win in the bronze medal match.

The massive Boys 11 year old division was also under way with **Daniel Foley**, **Cameron Kaye** and **Alex Loughnan** all through to the third round. Daniel went on to take the Gold in this division in a promising guide to his chances at this years Nationals. (Last time he won the Vics he also won the Nationals)

Lauren Spence was back in red hot form in the Girls 11 years sparring. Fired up after a silver medal in her kata she faced fierce rival Natasha Letunica in her first match. Lauren scored a number of points early before Natasha drew level with a three point head kick. Lauren kept the pressure up and scored again before the buzzer to take the match. From there Lauren was unstoppable going on to take the Gold. **Jasmyne Portelli** also took bronze in this division.

The Girls 13 years sparring is a year level has been a division we have dominated for years primarily with **Ashleigh Kaye**, **Stephanie Porter**, **Maddison Booth** and **Madeleine Hosking**. However this time it was kata specialist, **Charlotte Thorne** who stunned everybody with her speed and aggression to take the Gold. Stephanie Porter took the Silver and Ashleigh Kaye the bronze marking the 3rd year in a row we have filled at least top two in this age group.

Emily Bettio and **Erynn Stuhldreier** seem to have an agreement to take turns to win when they fight each other. The close friends met in an early round in the Girls 10 years sparring with Emily taking the honours this time. Emily went on to win the final while Erynn came back in the repechage to take the bronze.

Caitlin Noble had to wait until 11pm for her opportunity in an event that was running 2 hours behind schedule. This year saw the change to the divisions for 14-15 years olds moving them into weight divisions. Caitlin totally dominated her group, the 47-54kg division. She only had two fights, both of which were stopped before time, winning 9-0 and 8-0. (When a fighter is 8 points in front the fight is over.)

Travis Hennessey also in the 14-15 year old division had a breakthrough win taking Gold in the 52-57 kg division. Travis has worked long and hard to get up to this level and his win shows that hard work and commitment pays off in the long run.

Yours in karate-do

Sensei Wayne

The following is a list of results.

Alex Loughnan	1st Team kata	kata squad
Ashlee Kaye	3rd Girls 13 kumite	kumite squad
Anthony Rubino	1 st Mens 70-75kg kumite	kumite squad
Caitlin Noble	1st Girls 14-15 47-54kg kumite	kumite squad
Cameron Kaye	kumite squad	
Casey Bradford	1 st Girls 16-17 53-60kg	Kumite squad
Charlotte Thorne	1st Girls 13 kumite	kumite squad kata squad
Chloe Shields	3 rd Girls 14-15 47-54kg kumite	Kumite squad
Daniel Foley	1st Boys 11 kumite	kumite squad
Emily Bettio	1st kumite	kumite squad
Emily Kro	3rd team kata	kata squad
Erynn Stuhldreier	3rd kumite	kumite squad
Jacob Sinclair	kumite squad	
Jasmyne Portelli	3rd Girls 11 kumite	kumite squad kata squad
Jayden Bullard	1st Team kata	kata squad
Joel Hennessey	2nd round kumite	kumite squad
Lance Douglas	2 nd Junior 68 and Under	kumite squad
Lauren Spence	1st Girls 11 kumite	2nd Girls 10-11 kata kumite squad kata squad
Maddison Booth	injured	kumite squad
Max Noble	3rd team kata	kata squad
Nicholas Stuhldreier	3rd team kata	kata squad
Phillip Reardon		kumite squad
Rachael Foley	3rd Girls 47kg and below kumite	kumite squad
Rylee Booth		kumite squad
Ryley Stuhldreier	2nd Boys 12 kumite	kumite squad
Sarah Noble	1st Girls 12 kumite	kumite squad
Stephanie Porter	2nd Girls 13 kumite	kumite squad
Tahlia Portelli	1st Girls 8-9 Kata	kata squad
Taylor Mason	3rd Girls 12 kumite	kumite squad
Travis Hennessey	1st Boys 14-15 52-57kg kumite	kumite squad
William Hazell	3rd kumite	kumite squad