

HOSHIKI MONTHLY

April / May 2011

There's a lot going on in Hoshiki at the moment so please take a moment to catch up on the latest happenings! It is particularly important to mention that we hope to grade all of our junior students over the next two months, so there will be a big focus on grading requirements. Please encourage your children to practice at home and try to make it to every class for the rest of the term if possible.

I'd like to thank the following senior students for assisting Sensei Maree with the Junior classes whilst I was away recently - Jane, Andy, Kate, Shell, Delphine & Sensei Jules. I really appreciate you all helping out and supporting the club. It may not seem like a big deal to you, but it is to me.

WELCOME

Welcome to **Jack & Sam** in our Monday afternoon Junior class, to **Ethan, Ben & Jude** in our Saturday morning Junior class and to **Claudia** in our Wednesday night class. It's great to have you all as a part of our club.

And a very special welcome to our 2 newest and youngest Hoshiki "members"

- Zachary Thomas - was born on 14th May weighing in at 8 pound 3 oz.
Congratulations to Sempai Lana and Chris.
- Violet Jane - was born on 26th May weighing in at 9 pound 5 oz.
Congratulations to Jeff and Bec.

We look forward to meeting both babies in the near future.

GRADING RESULTS

JUNIORS

Congratulations to Adam, Conall, Lachlan, Coby, & Jackson on attaining their 8th Kyu (yellow belt).



Congratulations to Noah Sanders on attaining his 5th Kyu (red bars).



Congratulations to Danny, Cassidy, Nathan & Zach on attaining their 4th Kyu (red belt).



SENIORS

Congratulations to Claudia on attaining her 9th Kyu (yellow bars)



Congratulations to on Delphine on attaining her 7th Kyu (green bars).



Congratulations to Jane, Andy, Kate & Lachlan on attaining their 3rd Kyu (brown bars).



3rd DAN GRADING

Congratulations to Sensei Jules Blewer on successfully attaining his 3rd Degree Black Belt on the 11th of May. The precision and creativity displayed inspired the 40 plus spectators and 40 fellow Hoshiki members. The grading was the brilliant result of over 4 months of dedicated and disciplined training by Sensei Jules and his 3 partners – Dai Sempai Bill, Jane & Lachlan. There was an amazing array of Martial Arts skills including takedowns, throws, aerial kicking, lightning fast strikes and submission locks as well as extremely detailed kata presentation. Sensei Jules did Hoshiki proud. Thankyou to everyone who came along to watch and support Sensei Jules.





UPCOMING GRADINGS FOR JUNE / JULY

Juniors

- Daniel, Ethan, Ben & Jude will all be attempting 9th Kyu (yellow bars)
- Cameron, Cooper, Jackson L & Luke K and Daniel, Jake & Zach will all be attempting their 9th Kyu (yellow bars)
- Adam, Coby, Conall, Jackson O & Lachlan will all be attempting their 7th Kyu (green bars)
- Fynn, Jackson & Bec will all be attempting their 7th Kyu (green bars)
- Jack, Luke, Riley, Jordan, Abbey & Blake, will all be attempting their 6th Kyu (green belt)
- Jackson, Nick, Sharlotte, Luke R & Fletcher will all be attempting their 6th Kyu (green belt)
- Sabina & Gabby will both be attempting their 5th Kyu (red bars)
- Zac, Danny, Nathan & Cassidy will all be attempting their 3rd Kyu (brown bars)
- Jess, Mandy, Natalie, Mia, Alana, Elly, Jasper, Jude, Taylor, Riley & Thomas will all be attempting their 1st Kyu (black bars)

Seniors

- Claudia will be attempting her 8th Kyu (yellow belt)
- Brad & Ori will be attempting their 7th Kyu (green bars)
- Delphine will be attempting her 6th Kyu (green belt)
- Alasdair, Jeff, Jim, Steve & Rick will all be attempting their 5th Kyu (red bars)
- Alicia, Darren & Chelsea will all be attempting their 2nd Kyu (brown belt)

SOME CHANGES IN THE JUNIOR CLASSES

Now that all of our Junior classes are full and also our junior students are starting to mature as martial artists we have made a few slight changes.

* Firstly, we have moved the seats back a bit to give us some more training area. It is important that everyone not seated remains behind the front row of chairs;

* Secondly, it is important that all spectators keep noise levels to a minimum so our students can focus at all times, particularly at the end of class during our brief meditation;

* And finally, we will not be allowing any ball games before or after class as it's becoming crowded and there are smaller children present. We would prefer the students spend the time focussing on the class ahead.

If all parents could please explain this to both our junior students and their siblings I would appreciate it. Thank you.

JUNIOR STUDENT PROFILES

Jordan Martuccio – 7th Kyu

Hi my name is Jordan. I am 8 years old and am in grade 3 at Holy Spirit. I like basketball and play guitar. I also love karate and hope to get my black belt one day. I especially love building Lego and playing on my DS. I would like to be a builder when I grow up. I have a little sister Sienna and mum and dad.

My favourite food is pizza with mushrooms.



Blake Keane – 7th Kyu

Hi, my name is Blake.

I am 6 years old and have just started Prep at Holy Spirit Community School.

I like playing football and running around the oval and my favourite team is Carlton.

I also like playing tennis, riding my skateboard and roller-skates, and playing Mario Brothers on the Wii. I have also been known to enjoy putting stickers on my sister's face.

My favourite foods are spaghetti and jelly.

I love karate because we get to punch and kick a bag.

I have achieved 7th Kyu (green bars), and one day I want to be 10th Dan (I am being funny!).



SENIOR STUDENT PROFILES

Delphine Moreau - 7th Kyu

Bonjour!

I am Delphine and go to the Wednesday senior class. As you have already guessed by my accent, I come from France! I grew up in the French Alps where it is cold and snowy (only in winter bien sur). Right now I am just missing the snow (and a nice warm glass of wine) but who knows, it might get white in Melbourne sooner that I expect!

I came to Australia 12 years ago with my husband. We have now 3 great Aussie children! Luke who learns karate in the junior class, Thomas and Eloise.

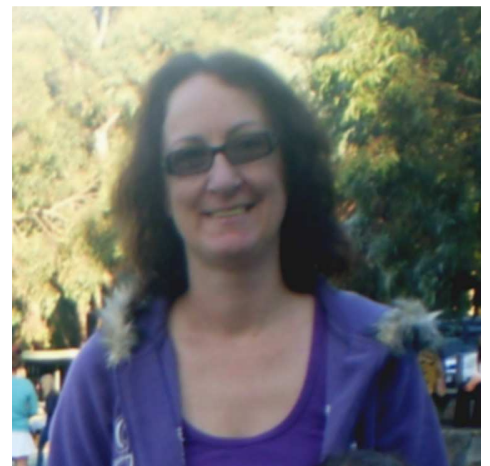
I started at Hoshiki Kiritsu last year and I am really enjoying learning martial arts techniques from various styles. I guess I've always been attracted to combat sports, after having gained some experience in French and English boxing. But life can be hectic and time is priceless. After having dedicated the time to start a family, I took the opportunity last year to pursue my interest.



Apart from learning martial arts, I work 4 days/week with the family business, as office manager, making lighting control systems for the entertainment industry. My professional background is in communication/marketing and graphic design, my favourite part! I enjoy creating, putting colours, textures and layouts together to make something aesthetic to look at. In my spare time (sounds like a very expensive luxury!) I play classical guitar, cook with my friends and like to read a good book. But most of all, we try to make every moment with our kids something special.

Jo Baker - 9th Kyu

Hi, my name is Jo, I live with my 3 gorgeous children Jude, Niamh and Noah. I began training at the start of this year after a friend encouraged me that it would be good for me (and my back) to do some physical exercise. Both my boys train in Hoshiki on a Saturday morning and love the fact that their mum has finally started too.



My interests include music, reading and photography. I have just started a photography course as a hobby and I am really enjoying it. My kids keep me very busy with all their activities. I have just started coaching my daughter's netball team.

I am really enjoying martial arts and look forward to my first grading (yellow bars) very soon. (arrgh, those Japanese words are fun!?)

HOSHIKI'S SPONSOR CHILD

Some of you may remember from our August / September newsletter last year that we decided that as a club we would sponsor a child through World Vision and a portion of everyone's fees go towards our sponsor child. Our sponsor child's name is Kosal Sok, he is 9 years old and in grade 2 at school and lives in Cambodia with his sister and parents who are farmers. We sent him a letter a while ago and recently received one back – it is on the notice board if you'd like to take a moment to read it.

COMPRESSION SUITS

Dai Sempai Greg & I have been wearing compression tops and pants under our gis recently and have found them very beneficial. It's something you may wish to consider, especially for winter to help prevent injuries. They cut down on muscular vibration and allow breathing.

BADGE FOR GI

By now you would have seen the new badge for our gi's. If you have not yet got one please see Sensei Maree. They are \$7.50 each and need to be worn on the upper left hand side of your gi.



PROFESSIONAL DEVELOPMENT

Brisbane Martial Arts Expo

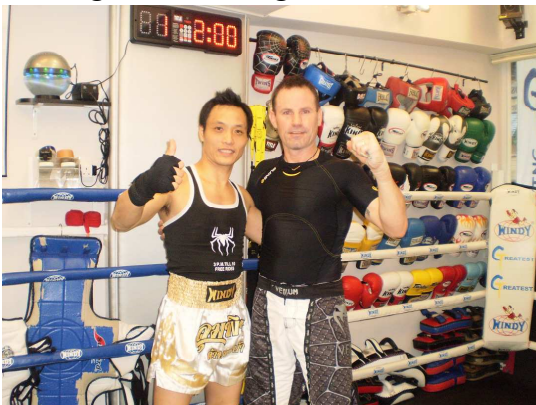
Dai Sempai Greg and I travelled to Brisbane on the 10th of April where we attended the biggest Martial Arts Expo in Australia. The Expo was a huge success with over 25 different Martial Arts conducting sample classes in 3 different halls. It was great to glean some information from Martial Arts such as Krav Maga System, Brazilian Jui Jitsu, Hapkido, Shaolin Kung Fu and many more. After spending some time with the organiser Sifu Jonathon Murphy I offered Hoshiki's services for next year's expo to add a Freestyle component to the Expo.

Training in Hong Kong

After 8 days of fairly intensive training in Hong Kong I am pleased to be back home with my family and our Hoshiki family. Although shorter than expected, the training tour was a great success with some great friendships formed with some superb Martial Artists, Kickboxers and Instructors.

Greatest Kickboxing

The first gym was Master Benny Yu's Thai Boxing Centre. After 90 minutes of fairly intensive pad work and strategy sharing I was much richer for the experience. A week later I trained a second time in Master Benny's family line of Kung Fu. It was fair to say that we had a great common love of Martial Arts and had very similar views on teaching and training and even the same magazines from the 1980's!



Pangea Kung Fu

The second Martial Art was Pangea Kung Fu run by Aussie expat John Cogan. I spent a fascinating couple of hours learning about centring, joint alignment and concentrating on the intention of the movement rather than the result.



Impakt Mixed Martial Arts

The next gym I trained at was Impakt Mixed Martial Arts Club which was definitely one of the most professional and hardcore Martial Arts / Kickboxing centres I have ever trained in. There I trained MMA with Thomas and this was one of the highlights of the trip as we all know the explosion of UFC or Cage Fighting has given rise to a new breed of complete and practical Martial Artists. After 2 hours of boxing, takedowns, grappling and submission I was completely spent but had a much better understanding of what this most gruelling of sports demands.



Brazilian Ju Jitsu – JAB MMA

Team Grips at JAB Martial Arts Centre was next on the schedule. There I participated in a 2 hour Brazilian Ju Jitsu class under the instruction of Silvio – a Brazilian expat with a wealth of knowledge. With Brazilian Ju Jitsu being the fastest growing and one of the most practical Martial Arts in the world, it was fascinating to see just how complex and devastating this system is.



Hong Kong Fight Club

Henry Chan's Hong Kong Fight club was next on the agenda and with another 2 hours of MMA my appreciation of these athletes was ever growing. Whilst Hoshiki is primarily a stand up Martial Art it is vitally important that we have an understanding of what is involved in training and counter acting all aspects of other Martial Arts. The MMA class with Henry certainly helped to develop this knowledge.



DEF Boxing

Next step was DEF Boxing where I spent 2 hours with professional boxing coach Jay Lau where he took me through all aspects of boxing training – without throwing one punch I was enthralled with Jay's philosophy on fitness, strategy, ring movement, impact work and the psychology of the fighter and opponent.



Andrew Dasz

My next training session was with an exceptional Martial Artist/Fight Choreographer/ Actor named Andrew Dasz. Andrew shared with me some of the techniques of his Kung Fu and the science behind formulating a realistic fight scene.

Now that I have made some wonderful new contacts in Hong Kong, we have been invited to visit anytime in the future to Pangea Kung Fu, Greatest Kickboxing, Impact MMA, JAB MMA & Hong Kong Fight Club.



Finally, I feel it necessary to constantly compare, share and test our Martial Art with many other diverse systems to learn and develop our system. Thank you to all the humble and learned instructors that welcomed me into their gyms and dojos.

TRAINING TIP

TAKE TIME TO WATCH, STUDY OR VISIT A VARIETY OF MARTIAL ARTS. THIS WAY WE GAIN AN OVERALL KNOWLEDGE OF WHAT OTHER MARTIAL ARTISTS ARE DOING & MORE IMPORTANTLY WE DON'T GET LEFT BEHIND WHEN FIGHTING SYSTEMS SUCH AS MMA START TO EVOLVE.

QUOTE OF THE MONTH:

*“Time is the only thing we all have the same amount of.
Use yours wisely.”*

*See you at training,
RENSHI MATT*