

HOSHIKI MONTHLY

June / July 2011

It has been very rewarding watching all of our junior students grade over the last couple of months. You have all focussed and trained hard and I can see you all improving each month. I'm really looking forward to an even higher standard of gradings later in the year – keep up the good work!

I would like to thank all of the senior students and instructors who have been helping us out with all of the recent junior gradings. We would not be able to do it without your help.

GRADING RESULTS

JUNIORS

Congratulations to Jackson L, Cooper, Zac M, Luke K, Cameron, Daniel, Sam & Jack on attaining their 9th Kyu (yellow bars).



Congratulations to Fynn, Bec & Jackson on attaining their 7th Kyu (green bars).



Congratulations to Lachlan, Adam, Cody, Conall & Jackson O on attaining their 7th Kyu (green bars).



Congratulations to Blake, Jordan, Jack, Abbey, Luke M & Riley on attaining their 6th Kyu (green belt).



Congratulations to Luke, Jackson D, Sharlotte, Nick & Fletcher on attaining their 6th Kyu (green belt).



Congratulations to Nathan, Cassidy & Danny on attaining their 3rd Kyu (brown bars).



Congratulations to Riley, Jasper, Jess, Taylor, Jude, Thomas, Natalie, Alana, Elly, Mandy & Mia on attaining their 2nd Kyu (brown belt).



SENIORS

Congratulations to Katie, Jo & Frances on attaining their 9th Kyu (yellow bars)



Congratulations to Delphine on attaining her 6th Kyu (green belt), Claudia on attaining her 8th Kyu (yellow belt), and Jeff on attaining his 5th Kyu (red bars).



UPCOMING GRADINGS FOR AUGUST / SEPTEMBER

Juniors

- Ethan, Ben, Jude & Lana will all be attempting 9th Kyu (yellow bars)
- Daniel, Luke K, Zac M, Jackson L, Cooper, Cameron, Sam & Jack will all be attempting their 8th Kyu (yellow belt)
- Sabina & Gabby will both be attempting their 5th Kyu (red bars)
- Zac R will be attempting his 3rd Kyu (brown bars)

Seniors

- Frances, Katie & Jo will all be attempting their 8th Kyu (yellow belt)
- Brad will be attempting his 7th Kyu (green bars)
- Alasdair, Jim, Rick & Steve will all be attempting their 5th Kyu (red bars)
- Alicia, Darren & Chelsea will all be attempting their 2nd Kyu (brown belt)

WELCOME

Welcome to **Lana** in our Saturday morning Junior class and to **Chris** in our Senior class - it's great to have you both as a part of our club.

KICKBOXING

SUNDAY 7TH AUGUST – BE THERE TO SUPPORT ANDY AND JANE IN THEIR FIRST FIGHT! (not against each other!). Andy and Jane have spent the last 2 months training extremely hard in preparation for their upcoming semi-contact kickboxing fight. Their training has included sparring at a variety of kickboxing gyms against numerous and varied opponents, running and many rounds of sparring, impact and bag training at our own dojo.

Thanks to "Grohly"

Thanks to Gav for helping out with their training and offering his body (calm down ladies) for impact work. Gav's dedication & help has been fantastic & much appreciated, he has applied the same hardworking attitude to preparing Andy & Jane for their fights as he did preparing for this own fights.

We hope to have a big contingent heading out to St. Albans on Sunday 7th August to support Andy and Jane. We will be organising car pooling so let us know if you can make it. See the attached flyer for further details.



WAITING LISTS & FEES

As everyone would be aware there are now waiting lists for all classes (except the Monday morning class). We love having a full dojo and maintaining an exciting atmosphere so please make a commitment to train regularly and stay focused on your martial arts goals. Whilst we understand that things crop up which makes attending class impossible, we would ask people to reflect & if you or your child's interest is waning please consider whether you can maintain your commitment to training or whether it may be best to offer your place to someone on our waiting list.

To assist with the smooth running of our administration and enable us to focus on training instead of paperwork please ensure that **term fees are paid within the first two weeks** of the commencement of each term and that grading fees must be paid on the day of grading. If you are having difficulty with payments speak with Sensei Maree to arrange a payment plan.

BLACK BELT DEVELOPMENT

If any Black Belts have any skills / specific drills they would like to teach please let Sensei Maree & myself know so we can allocate time in class. Please remember that as senior instructors you are responsible for your own development which includes deciding if you would like to attempt your next Dan grading & teaching specific skills / grading requirements.

NON ATTENDANCE

If anyone is not able to attend any given class please **DO NOT RING US**, whilst we appreciate the courtesy we mark attendances every class & do not have time to attend to multiple phone calls as we prepare for class.

BUSHIDO SEMINAR

There is another Bushido Seminar coming up on Sunday 11th September. It is being held at Aqualink in Box Hill. I went to the last one and found it to be very worthwhile. This full day seminar allows you to train with a number of instructors in a variety of martial arts and is suitable for beginners through to experienced martial artists. I know some of our students have already booked in. See the attached flyer for further details if you would like to attend.

BLITZ MAGAZINE

In the July edition of Blitz Martial Arts Magazine there is an article and photo from Sensei Jules' 3rd Dan grading – Pg 12.

The magazine also releases a Limited Edition Instructor Special every two years – In this Limited Technique Edition – there is a two page article featuring Renshi Matt & Sensei Glenn – Pg 34 & 35.

Copies of both magazines are in the dojo and worth reading. There may be a few copies left of the Limited Edition in newsagencies if you are interested. It is worth buying the magazine every now and then as there are often interesting articles and useful tips.

JUNIOR STUDENT PROFILES

Sharlotte Brown – 6th Kyu (green belt)

Hello my name is Sharlotte Brown and I have just turned 6 years old. My favourite colour is pink, but I really like all the colours of the rainbow and anything that sparkles. I naturally love dressing up in pretty dresses, handbags and heels. Let's work on our

Gi's people!!!! (I got the rhinestones, who has the glue gun'

I started school at Holy Spirit this year, where I join my brother Riley and sister Cassidy. I am the youngest human in our family, however I have my own pet lizard called Ariel (who I love to cuddle) and a marbled back gecko called Lily.

I loooooove the beach in summer, but I also looooooove getting tucked into my warm bed on a cold winters night. It's the Ying Yang influence I suspect.

I love Reading, Shoes, Beanie Kids, Barbie Dolls, Shoes, Colouring in, Shoes, Puzzles and spending time with my Friends. I participate in Swimming and Ballet as well and I am looking forward to my end of year ballet concert (I get to wear make up).

I love any movie that has singing and dancing and can watch it over and over... (Dad loves it even more).

My nickname is Miss Hav-a-chat... I don't get it, but not many seem to disagree.

I love Karate because I am the youngest in my family and it is quite useful. I used to be "A protected species" being the youngest and all, but it has somewhat expired!

Most importantly, I love Karate and love being part of the Hoshiki Kiritsu Family.

Jackson Boundy – 7th Kyu (green bars)

Name: Jackson

Age: Nearly 6

Family: Dad, Mum, Kaelan and Isaac

School: I am in Prep at Good Shepherd Lutheran Primary School

Favourite food: Chicken and salad wraps

Favourite colour: Blue

Likes: My favourite thing in the whole world is **LEGO**

Favourite Joke :

Q Why should you bury a greengrocer in a vegetable patch?

A So he can rest in peas.



SENIOR STUDENT PROFILES

Brad Maunsell – 8th Kyu (yellow belt)

My name is Brad Maunsell, and I have been asked to write a short profile for this current newsletter. Rather than bore you with a couple of paragraphs about me, I decided to interview myself for the Magazine....



Me: "Thanks for your time today Brad"

Me: "My Pleasure"

Me: "How long have you been hanging around here?"

Me: "I have part of the Hoshiki Kiritsu "family" for about 9 months (Senior Training) - and currently hold my 8th Kyu (yellow belt)"

Me: "What do you like about Hoshiki Kiritsu?"

Me: "A great question Brad...the practical style and nature of HK, along with the great people, who instantly make you feel welcome and a part of the team"

Me: "What don't you like about Hoshiki Kiritsu?"

Me: "Ahh, that is easy...I don't like having to bow first to my 6 year old son Conall, and having to walk behind him in the dojo...as he is a higher rank than me!!"

Me: "What do you do for a job?"

Me: "I run a website development company which has offices in Melbourne, Perth & Kuala Lumpur"

Me: "What other things do you do other than work and Karate?"

Me: "Try to spend some quality time with my wife Wendy and children Erin who is 9 & Conall who is 6. I also still run around each Saturday Afternoon playing Masters Rugby Union for Maroondah Rugby Club"

Me: "What is your favourite country in the world?"

Me: "Other than Australia, it would have to be Ireland. Wendy and I got married in my father's hometown of Clonmel in Co. Tipperary, and had a magnificent 4 weeks or so looking around - great people, great place."

Me: "Are you getting all emotional, you old romantic?"

Me: "No, I have just got an eyelash in my eye"

Me: "Whatever. If Hollywood made a movie about your life, whom would you like to see play the lead role as you?"

Me: "A cross between Hugh Grant, Sylvester Stallone & John Candy"

Me: "One last question, why do they make manhole covers round?"

Me: "What?"

JOKE CORNER

WHAT'S A CATS FAVOURITE EXERCISE.....?

- PUSSUPS. FROM ALANA



TRAINING TIP

IN ORDER TO MAINTAIN OR INCREASE OUR FITNESS LEVEL, WE NEED TO RUN AS REGULARLY AS POSSIBLE, THERE IS NO SUBSTITUTE FOR RUNNING TO FORM A BASE FITNESS LEVEL. RUNNING CAN ALSO BE USED FOR HIGH INTENSITY SPECIFIC REQUIREMENTS SUCH AS KICKBOXING BOUTS OR BLACK BELT GRADINGS & NEVER FORGET THAT IT IS ALSO A LEGITIMATE MEANS OF SELF DEFENCE – SO KEEP YOUR RUNNING UP!

QUOTE OF THE MONTH:

“Obstacles are those frightful things you see when you take your eyes off the goal.” - Henry Ford

*See you at training,
RENSHI MATT*