

HOSHIKI MONTHLY

August / September 2011

I would like to say thankyou to everyone at Hoshiki for all of your support over the last couple of months during Sensei Maree's injury and long recovery. We have had some lovely cards, messages and many appreciated meals which have been a great help. Thankyou to all of the senior students who have helped out with classes – it would have been very difficult to run all the classes without your help.

GRADING RESULTS

JUNIORS

Congratulations to Ben, Ethan & Lana on attaining their 9th Kyu (yellow bars).



Congratulations to Daniel, Zac M, Sam, Jack, Cooper, Luke K, Cameron & Jackson L on attaining their 8th Kyu (yellow belt).



Congratulations to Zac on attaining his 3rd Kyu (brown bars).



Congratulations to Noah on attaining his 4th Kyu (red belt).



SENIORS

Congratulations to Chris, Katie & Frances on attaining their 8th Kyu (yellow belt)



Congratulations to Alicia, Darren & Chelsea on attaining their 2nd Kyu (brown belt)



UPCOMING GRADINGS FOR OCTOBER / NOVEMBER

Juniors

- Ben, Lana & Ethan will all be attempting their 8th Kyu (yellow belt)
- Cameron, Cooper, Jackson L, Jack A, Luke K, Sam & Zac will all be attempting their 7th Kyu (green bars)

- Daniel will be attempting his 7th Kyu (green bars)
- Fynn, Jackson B & Bec will all be attempting their 6th Kyu (green belt)
- Conall, Jackson O, Coby, Lachlan & Adam will all be attempting their 6th Kyu (green belt)
- Luke M, Riley & Jordan will all be attempting their 5th Kyu (red bars)
- Abbey, Blake, Fletcher, Jackson D, Luke R, Nick & Sharlotte will all be attempting their 5th Kyu (red bars)
- Cassidy, Danny, Nathan & Zac will all be attempting their 2nd Kyu (brown belt)
- Alana, Elly, Jasper, Jess, Jude, Mandy, Mia, Natalie, Riley, Taylor & Thomas will all be attempting their 1st Kyu (black bars)

Seniors

- Brad, Claudia and Chris will all be attempting their 7th Kyu (green bars)
- Delphine, Alasdair, Jim, Rick & Steve will all be attempting their 5th Kyu (red bars)
- Andy, Jane, Kate & Lachlan will all be attempting their 2nd Kyu (brown belt)

KICKBOXING

Andy and Jane did Hoshiki proud on Sunday 7th August when they stepped into the ring at St.Albans for their 1st semi-contact kickboxing bout. After 10 weeks of intensive and demanding training it was time to put themselves to the test physically and mentally. With a massive contingent of over 30 Hoshiki family and friends, Andy was first in the ring. After a busy first round which was fairly even, Andy began to get on top as his superior fitness began to show through against his younger opponent. Landing good combinations and moving freely, Andy really dug deep. The bout ended in a split decision draw and I am positive if it went for a 3rd round Andy would have got the decision.

Next up was Jane who used her athleticism and reach to really rock her much more experienced opponent. The second round also showed Jane starting to get the ascendancy with better combinations and superior fitness; she also used evasion and counter combinations to her advantage. The fight also ended in a split decision draw.

I was so proud of not only the way they fought on the day but also the highly disciplined and willing attitude they applied to the training. Unless you have prepared for an intensive ring fight be it full or semi contact, then it is very hard to appreciate just how hard you have to push yourself, how much time has to be spent on skill development and how fit you must be for 3 minutes of fighting! Well done Andy & Jane – you have set a fabulous example for all Hoshiki students young and old. Thanks to Gav for his dedication & help with training and thank you once again to Mark Cook for allowing us to train and spar with his fighters at his club down at Greensborough. He is always happy to support Hoshiki and the experience is invaluable to our fighters.



BLACK BELT TRAINING

Mary-Anne, Melinda & Shell will all be training intensively from now on as they prepare for their Black Belt grading at the end of the year. They have already been spending a lot of time over the last few months on their katas and now their training will include running regularly each week and also before class as well as a lot of bag work and sparring. We will be asking different students each week to assist with holding bags and sparring and appreciate your support over the coming months.

5th Dan Requirements

Sensei Maree, Sensei Jules & I have now completed the requirements for 5th Dan and have added them to the curriculum in the dojo. The 5th Dan grading has a physical focus on practical self defence and grappling where the instructor must demonstrate 8 different Brazilian Jiu Jitsu submissions from both a standing position and a ground fighting position. 10 katas and a personal kata using a weapon must also be performed with precision and timing and the instructor is also required to give 2 talks as part of their theory component.

The 5th Dan grading is both a comprehensive overview of the Hoshiki system & also a reflection of our status as a progressive Martial Art as the structure & content of the grading was developed in consultation with many of the Masters I have trained with both here in Australia & more recently in Hong Kong.

One of the great advantages of being an ever evolving Freestyle Martial Art is that we can adopt the latest & most effective techniques & strategies from other systems such as Brazilian Jiu Jitsu & MMA.

Please take some time to read the curriculum board to see the details of the grading.

BUSHIDO SEMINAR

Another Bushido Seminar was held in Box Hill on Sunday 11th September. The seminar allowed participants to train with a number of instructors in a variety of martial art styles. Whilst I wasn't able to attend this time around, Shell, Alicia and Kate attended and reported back that they had a great day of training and learning. They trained in how to use a traditional weapon called a Hanbo (a hip height stick), Jiu Jitsu with a focus on pressure points, Wing Chun with a focus on movement and blind sides, Jeet Kune Do (JKD) with a focus on Filipino stick fighting and knife defence, and Kempo with a focus on defences against punches and grabs. As you can see, there was quite a variety for the day and we look forward to the information being passed on in our dojo. These seminars are well worth going to and I will let everyone know when the next one is.



FEES

As you would all be aware by now, we now have to add GST to all costs. You will now be emailed a Tax Invoice for term fees and gradings. If anyone has any questions regarding this new process please speak with Sensei Maree.

JUNIOR STUDENT PROFILES

Fletcher Thornton – 6th Kyu (green belt)

I'm Fletcher and I am 6 years old

Why did you start Karate? Because my Mum (Jane) and brother (Jasper) go.

What do you get out of Karate? Strong

What's your favourite word on the board? Focus

What does focus mean? Looking forwards, ignore everyone and focus on the teacher.

What's your favourite kick? Side kick

Favourite colour: Dark blue

Football team: Bulldogs

Favourite number: 40

Favourite thing to do: poison ball

What's your favourite food? Fish and chips

When you're not doing Karate what do you like doing? Basketball, DSI – Mario brothers, lego, wii and trampoline.

What do you want to be when you grow up? An actor on the TV

What are you looking forward to? Red bars

Favourite Joke: Knock, knock, who's there? Boo! Boo who? Why are you crying?



Jackson Long – 8th Kyu (yellow belt)

Hi, my name is Jackson and I am 7 years old.

My favourite holiday is going to Rye, we go all year round.

I love riding my bike, going to the beach and out for egg and bacon brekky. At Easter we go to Cobram, with a group of friends, next year the weather will be warmer so we can swim every day.

My favourite food is Jelly cake.

My friends are Sweeney, Nathan, Spencer, Ryan, Zac, Broadie and Ewan.

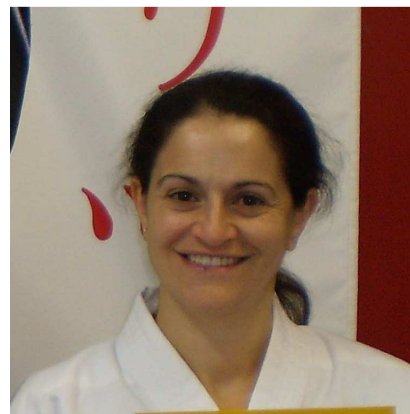
My favourite football team is Hawthorn and my favourite sport is football. I go to School Holy Spirit and I am in Grade 1 with Louise.



SENIOR STUDENT PROFILES

Frances Martuccio – 8th Kyu (yellow belt)

Hi, my name is Frances and I joined the new senior Martial Arts class on Monday mornings this year. I have 2 children Jordan 8 and Sienna 5 who started prep this year (yeah some free time). After having watched my son Jordan, green belt, do karate at the club I felt that I could be comfortable in this environment surrounded by such supportive people that I decided to give it a go myself. I



am really enjoying the bag work and learning my first kata, however not so confident about sparring yet. My daughter hopes to join next year and my husband is also considering joining (I think he is sick of me practicing my new karate moves on him). Before children I worked in the pathology field as a senior scientist in the immunology department. Now I work with my husband part time in our family tile business. I do miss my old career but I decided that my young family and spending time with them is more important. We love to go to the movies and travel as much as we can (only warmer climates). I also enjoy cooking and gardening. I hope to get fitter as I continue my training and who knows, maybe even get a black belt one day.

FAMILY FUN DAY

50 of us from Hoshiki had a wonderful day out at Action Indoor Sports Centre in Ringwood a few weeks ago. Martial Arts is often very focussed and disciplined so it was great to get together outside the dojo and have some fun. We played quite a few ball games and did lots of running, throwing, jumping and laughing! A few of the parents asked that we give them a bit more notice next time so they can get into training for it early - there were a few puffed out mums and dads on the day! Thank you to everyone who came along to make it such a success.

These two were too lazy to join in!





JOKE CORNER

From Jackson D:

- Do you know about the spider that lives in the computer?? It's got it's own website.
- Why did the golfer wear two pairs of pants? Because he had a hole in one.
- Why do the French like snails? Because they don't like fast food.
- What do you get if you pour water down a rabbit's hole? Hot cross bunnies!

From Conall:

- What do you call a pig that does karate? A pork chop

From Brad:

Here are some Karate facts - You Might Be A Martial Artist If.....

- You answer your boss "Kiai".
- You notice you never stand with your arms crossed or your hands in your pockets.
- You trip, go into a roll and come up in a fighting stance. In church.
- You tie your bathrobe belt in a square knot. Then check to make sure the ends are exactly even.
- You accept change from the cashier using a perfect knife hand with the thumb carefully tucked in.
- You use various strikes to turn lights off and on.
- You open and close doors with spinning kicks.
- You try to backfist the correct floor button on the inside of the elevator, based on your memory of the button's location, before you get in far enough to see it.
- You bow going into and out of the bathroom.

From Elly:

Will you remember me in a day?

Will you remember me in a week?

Will you remember me in a month?

How about in a year?

Knock, knock

Who's there?

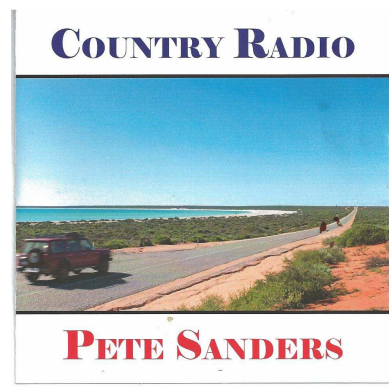
You've forgotten me already!

From Mandy:

Why did the toilet paper roll down the hill? - To get to the bottom.

PETE SANDERS CD

For those of you who do not know Pete Sanders (Jude & Noah from Saturday juniors dad) is a talented singer / songwriter. He has recently released a new CD titled "Country Radio". They are on sale now for \$10 - if you would like to order one please contact Pete on 0430 276 115. I listened to it on the way to Portland recently & can highly recommend it!



CHANNEL 31 FIGHT SHOWS

There are a couple of very interesting locally made fight shows on Channel 31 on a Tuesday night. KO Boxing show is on at 9.30 pm followed by Fight Night which features local MMA clubs show casing their training techniques & strategies. Neither show has a Titanic budget but both are well worth a look.

TRAINING TIP

WHILST SPARRING IT IS IMPORTANT TO CONSTANTLY BE AWARE OF WHAT OTHER POSSIBLE ATTACKS COULD BE LAUNCHED AT YOU, FOR EXAMPLE IF SOMEONE WAS TO SHOOT YOUR LEGS OR RUSH TACKLE YOU IN A BID TO TURN STAND UP FIGHTING INTO A WRESTLE OR POTENTIAL BRAZILIAN JIU JITSU SUBMISSION. IF WE ARE AWARE OF WHAT COULD POTENTIALLY HAPPEN THEN WE CAN BETTER COMBAT THESE STRATEGIES.

QUOTE OF THE MONTH:

*“The only opinion of yourself that really matters
is the one in the mirror”*

*See you at training,
RENSHI MATT*